



**Region One  
Assembly  
of  
Overeaters  
Anonymous**

**2021 Assembly Notebook**

Sharing Hope,

Offering Resources,

Recovering Together



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# **Section 1:**

**Welcome**

**and**

**About Assembly**

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## 2021 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.**

<b>SATURDAY, OCTOBER 23 (12:45-5:00 PM PACIFIC TIME)</b>	
12:45PM	CHECK IN, ICE BREAKER
1:00-5:00PM	<ul style="list-style-type: none"><li>● ASSEMBLY KICKOFF</li><li>● ADOPT STANDING RULES</li><li>● VOTE ON CONSENT AGENDA</li><li>● <b>BREAK!</b></li><li>● REGION ONE 2021 BUDGET</li><li>● <b>BREAK!</b></li><li>● SHARING HOPE, OFFERING RESOURCES, RECOVERING TOGETHER</li><li>● REGION ONE BOARD NOMINEE SPEECHES</li></ul>
<b>SUNDAY, OCTOBER 24 (12:45-5:00 PM PACIFIC TIME)</b>	
12:45PM	CHECK IN, SETTLE IN
1:00-5:00 PM	<ul style="list-style-type: none"><li>● ELECTIONS</li><li>● PIPO PROJECT TEAM PRESENTATION AND VIDEO</li><li>● <b>BREAK!</b></li><li>● BUSINESS MOTIONS</li><li>● <b>BREAK!</b></li><li>● PROJECT TEAMS MEET</li></ul>

## **Welcome to Region One Assembly 2021!**

**Thank you** for being a part of our Virtual Assembly! Whether you are a returning Representative, a “Green Dot” (first timer) 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.

**“Sharing Hope, Offering Resources, Recovering Together”** is our focus for Assembly 2021.

**Our agenda is full!** Region One (unlike most other regions) has only 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. Assembly business will include 2022 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 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. There will be limited time for budget questions during Assembly. Zoom links for all sessions will be emailed to registered Representatives.

- “All About Assembly” session 1 - Sunday, October 3, 5 pm Pacific time
- “All About Assembly” session 2 - Thursday, October 7, 7 pm Pacific time
- Budget Q&A session 1 - Tuesday, October 5, 7 pm Pacific time
- Budget Q&A session 2 - Sunday October 10, 7 pm Pacific time

**Help us carry the message in Region One!** This year we’ll elect a Chair, Second Vice Chair, Treasurer and Member At Large. Applications can be found here: [oaregion1.org/2021-region-one-assembly.html](https://oaregion1.org/2021-region-one-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](mailto: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 for 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.

**“Sharing Hope, Offering Resources, Recovering Together”** was chosen by the Board as the focus of our 2021 Assembly and our mission for 2021-2022.

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

## **Proposed 2021 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. OA members not attending the Assembly in an official capacity must identify themselves as visitors on the virtual platform.
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:
  - a. Voice and vote shall be granted to registered Region One Representatives, Region One Board Members, and Representatives from unaffiliated groups.
  - b. The Region One Trustee, General Service Trustees who reside in Region One, Region Representative Alternates, immediate past Committee Chairs not serving at the Assembly as Representatives and Intergroup Chairs have voice but no vote.
  - c. The Parliamentarian has no vote, and no voice unless requested by the presiding officer to address the Assembly on a specific topic.
  - d. Visitors who are OA members have neither voice nor vote but may provide information if recognized by the presiding officer.
  - e. The presiding officer will appoint a Center Mic Monitor. To be recognized, Center Mic speakers must send their questions, points of information, points of order, or points of personal privilege by private chat to the Center Mic Monitor, who will review the request and alert the presiding officer to recognize the requestor. Speakers must state their name and Intergroup.
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 presiding officer 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 presiding officer,



- 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, 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](mailto: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. Debate will be limited to three pro speakers and three con speakers for each main motion; and two pro speakers and two con speakers for each 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 presiding officer 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 presiding officer 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 on 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. Alternates 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 presiding officer 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 presiding officer. Electronic communication devices (pagers, cell phones, etc.) may not be in operation unless in silent mode. Attendees may only use the chat function of the virtual platform for official business, except as allowed by the presiding officer.
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 of their withdrawal 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) <b>Focus/Stay on Topic</b> – 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) <b>Inform</b> – 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) <b>Be Considerate</b> – 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) <b>Voice Opinions</b> – 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) <b>Vote Your Conscience</b> – 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) <b>Represent the Board</b> – 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) <b>Avoid Rehashes</b> – 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) <b>Practice High Standards</b> – 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.

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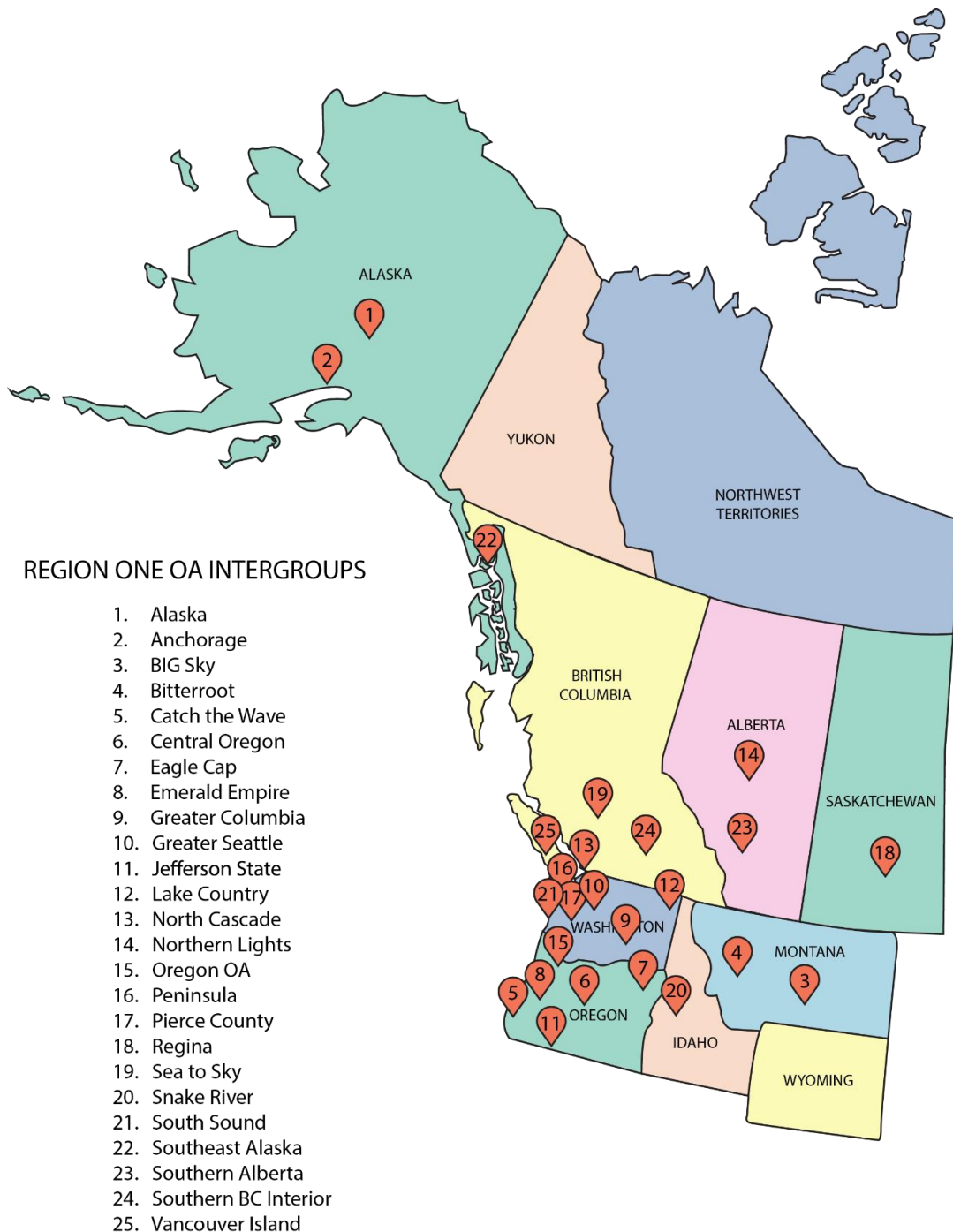


# Section 2:

## About Region One

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## Region One Intergroup Map



**Contact information** for Intergroups may be found at [oaregion1.org/intergroups.html](http://oaregion1.org/intergroups.html).

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

<b>Region One Board</b> (as of September 2021)		
NAME, OFFICE, EMAIL	TERM	LIAISON PROJECT TEAMS, INTERGROUPS AND OTHER ROLES
Cindy C. Chair <a href="mailto:chairr1@gmail.com">chairr1@gmail.com</a>	Appointed Interim Chair February 2020 to Assembly 2020. Elected Assembly 2020 to Assembly 2021 (first term).	Assembly Notebook, Audit, New Group Outreach, Region Chairs, Unaffiliated Groups, Alaska, Emerald Empire, Pierce County, South Sound
Alice W. First Vice Chair <a href="mailto:firstvicechair@oaregion1.org">firstvicechair@oaregion1.org</a>	Elected Assembly 2020 for 2-year term (first term).	Nurturing Newcomers, Convention, Big Sky, Bitterroot, Lake Country, Southeast Alaska
Paula Z. Second Vice Chair <a href="mailto:secondvicechair@oaregion1.org">secondvicechair@oaregion1.org</a>	Appointed Interim Second Vice Chair November 2020 to Assembly 2021 (first term).	Board Outreach Visit Coordinator, Convention, North Cascades, Oregon, Southern Alberta
Avi R. Treasurer <a href="mailto:treasurer@oaregion1.org">treasurer@oaregion1.org</a>	Elected Assembly 2019 for 2-year term (first term).	Budget/Finance/Delegate Support (BFDS), Zoom account management
Lesley K. Secretary <a href="mailto:secretary@oaregion1.org">secretary@oaregion1.org</a>	Elected Assembly 2020 for 2-year term (first term).	PIPO, Central Oregon, Jefferson State, Peninsula
Beverly M. Technology Coordinator <a href="mailto:webmaster@oaregion1.org">webmaster@oaregion1.org</a>	Appointed Interim Technology Coordinator May 2020 to Assembly 2020. Elected Assembly 2020 to Assembly 2022 (first term).	Bylaws, Board Calendar Updates, Nominations, Northern Lights, Regina, Sea to Sky, Southern BC Interior
Nadine D. Member-at-Large <a href="mailto:mal@oaregion1.org">mal@oaregion1.org</a>	Elected Assembly 2018 for a partial (1 year) term. Elected Assembly 2019 for a 2-year (first) term.	Nominations, Strong Recovery, Speaker List, Anchorage, Eagle Cap, Greater Columbia, Snake River
Margie G. Trustee <a href="mailto:regiononetrustee@gmail.com">regiononetrustee@gmail.com</a>	Elected at WSBC 2020 for a 3-year (first) term.	Journal Sales, Catch the Wave, Greater Seattle, Vancouver Island

<b>Region One Intergroup Roster</b> (as of August 2021)      For more information visit <a href="http://oaregion1.org/intergroups.html">oaregion1.org/intergroups.html</a>				
	INTERGROUP	CHAIR	WEBSITE/CONTACT	# OF MTGS *
1	Alaska (Palmer, Alaska – north of Anchorage)	Randy	<a href="mailto:chairperson@alaska-oa.org">chairperson@alaska-oa.org</a>	4
2	Anchorage Alaska	Liz M.	<a href="http://oa-alaska.org">oa-alaska.org</a> <a href="mailto:oachair@oa-alaska.org">oachair@oa-alaska.org</a>	10
3	Big Sky (Eastern Montana)	Rotating (Lynn K.)	<a href="http://montana-overeatersanonymous.org">montana-overeatersanonymous.org</a>	5
4	Bitterroot (Western Montana)	Gail M.	<a href="http://montana-overeatersanonymous.org">montana-overeatersanonymous.org</a> <a href="mailto:bitterrootig@gmail.com">bitterrootig@gmail.com</a>	14
5	Catch the Wave (Southern Oregon Coast)	Cindy T.		4
6	Central Oregon (Bend)	Janice K.	<a href="http://centraloregonoa.org">centraloregonoa.org</a> <a href="mailto:centraloregonOA@gmail.com">centraloregonOA@gmail.com</a>	5
7	Eagle Cap (NE Oregon, Baker City)	Barbara S.		4
8	Emerald Empire (Southern Oregon, Eugene)	Paul R.	<a href="http://oe Eugene.org">oe Eugene.org</a> <a href="mailto:intergroup.chair@oe Eugene.org">intergroup.chair@oe Eugene.org</a>	9
9	Greater Columbia (Central Washington)	Jennifer W. (Contact)		9
10	Greater Seattle	Erin F.	<a href="mailto:chair@seattleoa.org">chair@seattleoa.org</a>	38
11	Jefferson State (Southern Oregon, Phoenix)	Kathy M.	<a href="http://oasouthernoregon.org">oasouthernoregon.org</a>	9
12	Lake Country (E. Wash., Northern Idaho)	John B.	<a href="http://lakecountryoa.org">lakecountryoa.org</a>	15

13	North Cascade (Washington, North of Seattle)	Allen T.	<a href="http://oa-nci.org">oa-nci.org</a> <a href="mailto:ncichair12@gmail.com">ncichair12@gmail.com</a>	14
14	Northern Lights (Edmonton, Alberta)	*	<a href="http://oaedm.com">oaedm.com</a> <a href="mailto:nlioaedm@gmail.com">nlioaedm@gmail.com</a>	20
15	Oregon (NW Oregon, SW Washington)	Pat O'C	<a href="http://oregon-oa.org">oregon-oa.org</a> <a href="mailto:chair@oregon-oa.org">chair@oregon-oa.org</a>	60
16	Peninsula (Washington, Bainbridge Island)	Rosie S.	<a href="http://oopeninsula.org">oopeninsula.org</a>	17
17	Pierce County (Washington, Tacoma)	Jill L.	<a href="http://piercecountyoa.org">piercecountyoa.org</a>	8
18	Regina (Saskatchewan)	Vivian R.	<a href="mailto:oareginaintergroup@gmail.com">oareginaintergroup@gmail.com</a>	10
19	Sea to Sky (British Columbia)	*	<a href="mailto:oaseatosky@gmail.com">oaseatosky@gmail.com</a>	35
20	Snake River (Southern Idaho)	Nancy C.		13
21	South Sound (Washington, Olympia)	Kathy B.	<a href="http://oasouthsoundintergroup.org">oasouthsoundintergroup.org</a>	8
22	Southeast Alaska (Juneau)	Cassie J.	<a href="mailto:southeastalaskaintergroup@gmail.com">southeastalaskaintergroup@gmail.com</a>	4
23	Southern Alberta (Southern Alberta, Calgary)	Alanna C.	<a href="http://oa-southernalberta.com">oa-southernalberta.com</a>	11
24	Southern BC Interior (British Columbia, Kelowna)	Willa- (Acting Chair)		11
25	Vancouver Island (British Columbia, Victoria)	Lorraine Th.	<a href="http://oaviig.org">oaviig.org</a> <a href="mailto:vancouverislandintergroup@gmail.com">vancouverislandintergroup@gmail.com</a>	19
Total <u>affiliated</u> meetings in Region One				356
Total <u>unaffiliated</u> meetings In Region One				13
Total meetings in Region One				369
*# of meetings reflects OA World Service records as of August 2021. 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 2021*					
NUMBER	DAY & TIME	ADDRESS	CONTACT	EMAIL	CLOSEST INTERGROUP
57184	Sunday 4:00 PM	Athol Community Center 30355 3 <sup>rd</sup> Street Athol, ID 83801	Debbie	208-755-8335	Lake Country
57265	Sunday 4:30 PM	St Bernard's Parish Catholic Church 103 8th Ave Lone, WA 99139	Debbie	509-455-5544	Lake Country
54508	Sunday 5:30 PM	The Way Church 303 S Hawthorne Dr Middleton, ID 83644	Shellie	208-695-1678	Lake Country
54802	Monday 6:00 PM	Nazarene Church 2530 Elmway Okanogan, WA 98840	Terry	509-322-6729	Lake Country
56220	Tuesday 10:00 AM	City Government Offices 436 E 22 <sup>nd</sup> Ave B, Community Conference Room 156 Torrington, WY 82240	Amy	307-338-0622	Region 3 - N Colorado
48473	Tuesday 6:00 PM	First United Methodist Church 210 N Ruby St, Classroom #3 Ellensburg, WA 98926	Katie	509-724-0677	Greater Columbia
51533	Tuesday 7:00 PM	Melville United Church 148 5 <sup>th</sup> 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 <sup>nd</sup> St @ St Georges N. Vancouver, BC V7L 1C3	Susan	604.916.2247	Sea to Sky
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 <sup>th</sup> 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 <a href="https://oa.org/add-a-meeting/edit-a-meeting">oa.org/add-a-meeting/edit-a-meeting</a> 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](http://oaregion1.org/intergroups.html). Or contact our Region Chair at [chairr1@gmail.com](mailto: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](mailto: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](http://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](mailto:chairr1@gmail.com). Thank you so much for your time and service!

# **Section 3:**

## **Region One Bylaws**



# **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<sup>i</sup>**

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 TRADITIONS<sup>ii</sup>**

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 SERVICE<sup>iii</sup>**

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

### 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.

### 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.

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

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# **Section 4:**

## **Region One Policies and Procedures**

# **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 that would cause a budgeted line item to be exceeded by 10% 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 Intergrups 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 Intergrups 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 Intergrups 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 Intergrups 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 Intergrups or Intergrups that have never sent delegates to WSBC.
    - 5.4.2.5.2. Second: To Intergrups that have not sent delegates to WSBC in the last five years.
    - 5.4.2.5.3. Third: To Intergrups 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 Intergrups (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 two nights' lodging at 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.

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# Section 5:

## Motions to Assembly 2021

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## **2021 Region One Assembly Consent Agenda**

As per the Region One Virtual 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:

- Bylaws Motions: BL-1, BL-2, BL-3, BL-4, BL-5, BL-6
- Policy Motions: P-1, P-2

# OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

## MOTION BL-1 (on Consent Agenda)

Move to amend Bylaw Article III, Section 1 by striking and inserting the following:

CURRENT WORDING	PROPOSED WORDING
Article III Membership	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:	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 <u>as follows:</u>
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;	<del>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;</del>
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	<del>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</del>

<p>i. In the same physical location (face-to- face);</p> <p>ii. Through some form of electronic device (virtually); or</p> <p>iii. Both.</p> <p>c) An “unaffiliated group” is one registered with WSO but not affiliated with any Intergroup.</p> <p><b><i>(Sections 2 and 3 not included here for brevity, and unaffected by this motion)</i></b></p> <p>Section 4 – Representatives:</p> <p>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.</p> <p>B. An unaffiliated group may select 1 Representative and 1 Alternate.</p> <p>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.</p> <p>D. Member Intergroups and unaffiliated groups must register their Representative(s) and Alternate(s) with Region One.</p> <p>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.</p> <p>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.</p>	<p><del>i. In the same physical location (face-to- face);</del></p> <p><del>ii. Through some form of electronic device (virtually); or</del></p> <p><del>iii. Both.</del></p> <p><del>c) An “unaffiliated group” is one registered with WSO but not affiliated with any Intergroup.</del></p> <p><b><i>(Sections 2 and 3 not included here for brevity, and unaffected by this motion)</i></b></p> <p>Section 4 – Representatives:</p> <p>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.</p> <p>B. An unaffiliated group may select <u>one (1)</u> Representative and <u>one (1)</u> Alternate.</p> <p>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.</p> <p>D. Member Intergroups and unaffiliated groups must register their Representative(s) and Alternate(s) with Region One.</p> <p>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, <u>and</u> such Representative(s) and Alternate(s) shall be seated.</p> <p>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.</p>
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**SUBMITTED BY:** Katy H., Region One Bylaws Team

**INTENT:** Remove the definition of a group from Region One Bylaws.

**IMPLEMENTATION:** Update the Bylaws document. **COST:** None.

**RATIONALE:** Removes any confusion as to what defines an OA group, by referring to the definition in the OA Bylaws Subpart B, but not quoting it. This way Region One’s definition of membership will be in sync with OA Bylaws without having to change Region One Bylaws every time OA Bylaws are changed.

## OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

### MOTION BL-2 (on Consent Agenda)

Move to amend Bylaw Article IV, Section 1 by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article IV - Meeting</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Section 4 – Vote: Only those members present at the Assembly or other meeting of Region Representatives may vote.</p>	<p>Article IV - Meeting</p> <p>Section 1 - Annual Meeting The Region One Board shall sponsor an annual meeting of Region Representatives, which shall be known as the <b>Annual</b> Region One Assembly (sometimes herein referred to as the “Assembly”) on such date as the Board may designate. <b>This meeting may be in person or virtual, as determined by the Board.</b> 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.</p> <p>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.</p> <p>Section 3 – Quorum: A majority of those <b>eligible</b> voting members registered at the Annual Meeting or any meeting of the Region Representatives shall constitute a quorum for all proceedings of the Assembly.</p> <p>Section 4 – Vote: Only those <b>eligible voting</b> members present at the Assembly or other meeting of Region Representatives may vote.</p>

**SUBMITTED BY:** Katy H. - Region One Bylaws Team

**INTENT:** To allow for the flexibility to meet in person or virtually and to ensure that only those members who are eligible may vote.

**IMPLEMENTATION:** Update the Bylaws document. **COST:** No costs are anticipated.

**RATIONALE:** This allows flexibility to respond to situations like the pandemic, if needed, or to allow for meeting virtually if that is in the best interest of our members. In addition, to clarify that only those members who are eligible may vote.

# OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

## MOTION BL-3 (on Consent Agenda)

Move to amend Bylaws Article V by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article V – Region One Board</p> <p>Section 1 – The Region One Board shall consist of the following:</p> <p>A. Members with voice and vote: Chair, Vice-Chair, Second Vice-Chair, Secretary, Treasurer, Technology Coordinator, and Member at Large;</p> <p>B. Members with voice, but no vote: The Region One Trustee.</p> <p>Section 2 – Nominations:</p> <p>A. All Intergroups shall be notified seventy-five (75) days prior to Assembly of offices to be filled.</p> <p>B. Applicants may submit an application to the Region One Board or Nominations Committee at any time prior to the election.</p> <p>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.</p> <p>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.</p> <p><b><i>(Sections 3-4 not included for brevity and are unaffected by this motion)</i></b></p> <p>Section 5 - Terms of Office</p> <p>A. Board members shall be elected to serve for a period of two years and until their successors are elected.</p> <p>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.</p>	<p>Article V – Region One Board</p> <p>Section 1 – The Region One Board shall consist of the following:</p> <p>A. Members with voice and vote: Chair, <b>First</b> Vice-Chair, Second Vice-Chair, Secretary, Treasurer, Technology Coordinator, and Member at Large;</p> <p>B. Members with voice, but no vote: The Region One Trustee.</p> <p>Section 2 - Nominations:</p> <p>A. All Intergroups shall be notified seventy-five (75) days prior to Assembly of offices to be filled.</p> <p>B. Applicants may submit an application to the Region One Board or Nominations Committee at any time prior to the election.</p> <p>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 <b>Assembly Board</b>.</p> <p>D. Candidates for office shall be available <b>in person</b> for questioning by the members of the Assembly prior to the election at a time and method to be determined by the <b>Assembly Board</b>.</p> <p><b><i>(Sections 3-4 not included for brevity and are unaffected by this motion)</i></b></p> <p>Section 5 - Terms of Office</p> <p>A. Board members shall be elected to serve for a period of two years and until their successors are elected.</p> <p>1. In even-numbered years, elections by ballot shall be held for <b>First</b> Vice-Chair, Secretary, and <b>Communications Technology</b> Coordinator. In <b>odd-numbered</b> years, elections by ballot shall be held for Chair,</p>

<p>2. Newly elected officers shall take office at the close of the Region One Assembly at which they are elected.</p> <p>B. Board members shall serve no more than two (2) full consecutive terms in any one Board position.</p> <p>C. After an interval of one year, members may again be eligible for election to their prior Board position.</p> <p>D. Upon election to the Board, members shall cease to be a Region Representative for their Intergroup.</p> <p>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><u>Second Vice-Chair</u>, Treasurer and Member at Large.</p> <p>2. Newly elected officers shall take office at the close of the Region One Assembly at which they are elected.</p> <p>B. Board members shall serve no more than two (2) full consecutive terms in any one Board position.</p> <p>C. After an interval of one year, members may again be eligible for election to their prior Board position.</p> <p>D. Upon election to the Board, members shall cease to be a Region Representative for their Intergroup.</p> <p>Section 6 – Vacancies</p> <p>A. A vacancy on the Board, <u>other than Chair</u>, 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 <u>First Vice-Chair</u> will automatically fill the Chair's unexpired term <u>and the position of Vice-Chair is declared vacant. If the First Vice-Chair does not accept the position of Chair, then the First Vice-Chair retains the position of First 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, <u>and a</u>Any 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<u>A(a)</u>.</p>
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**SUBMITTED BY:** Katy H. - Region One Bylaws Team

**INTENT:** To change the position title of Vice-Chair to First Vice-Chair. To clarify that the Board is responsible for planning the nominations process. To place in the Bylaws a method for appointing a Chair by the Board a) when the current Chair resigns mid-term or leaves office for any other reason mid-



term and, b) when the person who is the current First Vice-Chair declines to automatically become the Chair.

**IMPLEMENTATION:** Update the Bylaws document.

**COST:** No costs are anticipated.

**RATIONALE:** This proposal changes the title of “Vice Chair” to “First Vice-Chair,” which more clearly differentiates the two Vice-Chair positions. It also updates the position title of Communications Coordinator to Technology Coordinator; the Assembly changed this position title several years ago.

In addition, the proposal clarifies that the Board is responsible for planning the Assembly, including setting a schedule for the nomination process. This reflects current practice. And although nominees need to be available to answer questions from the Assembly, removing the “in person” verbiage would allow for a different process, should the need arise.

The proposed change also adds clarity about what to do when the Chair resigns and the person in the role of First Vice-Chair does not want to be the Chair. If this motion is approved, the Bylaws will make clear that the First Vice-Chair automatically becomes the Chair only if the First Vice-Chair is willing to become the Chair. This clarity is needed based on recent history in Region One.

## OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

### MOTION BL-4 (on Consent Agenda)

Move to amend Bylaw Article VII by striking, inserting and renumbering, as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article VII – Officers’ Duties</p> <p>Section 1 – It shall be the responsibility of each Board member to attend all Board meetings.</p> <p>Section 2 – The Chair</p> <p>A. Shall preside at all meetings.</p> <p>B. Is an ex-officio member of all committees except the Nominating Committee.</p> <p>C. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p> <p>Section 3 – The Vice-Chair</p> <p>A. Is responsible for coordination of Board-related events and Assembly/Convention, working with the hosting Intergroup.</p> <p>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.</p> <p>Section 4 – The Secretary</p> <p>A. Shall take minutes of all Board meetings and meetings of the Assembly.</p> <p>B. Shall maintain a file of all minutes of past meetings.</p> <p>C. Shall update and maintain database of Intergroups.</p> <p>D. Shall coordinate registration at the annual Assembly.</p> <p>E. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p>	<p>Article VII – Officers’ Duties</p> <p>Section 1 – It shall be the responsibility of each Board member to attend all Board meetings.</p> <p>Section 2 – The Chair</p> <p>A. Shall preside at all meetings.</p> <p>B. Is an ex-officio member of all committees except the Nominating Committee.</p> <p>C. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p> <p>Section 3 – The <u>First</u> Vice-Chair</p> <p>A. Is responsible for coordination of Board-related events and <del>Assembly</del>/Convention, working with the <u>Second Vice-Chair and the</u> hosting Intergroup.</p> <p>B. Shall preside at meetings in the absence of the Chair.</p> <p><u>C. Shall perform all other duties as prescribed in the Region One Job Description Policies.</u></p> <p><u>Section 4 - The Second Vice-Chair</u></p> <p><u>A. Is responsible for coordination of Board-related events and Convention, working with the First Vice-Chair and the hosting Intergroup.</u></p> <p><u>B. Shall perform all other duties as prescribed in the Region One Job Description Policies.</u></p> <p>Section <u>4 5</u> – The Secretary</p> <p>A. Shall take minutes of all Board meetings and meetings of the Assembly.</p> <p>B. Shall maintain a file of all minutes of past meetings.</p> <p>C. Shall update and maintain <u>database the roster</u> of Intergroups.</p> <p>D. Shall coordinate registration <u>at for</u> the annual Assembly.</p> <p>E. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p>

<p>Section 5 – The Treasurer</p> <p>A. Shall maintain financial bank accounts, as necessary, as directed by the Region One Board.</p> <p>B. Shall present a financial report at the Board meetings and in the newsletter.</p> <p>C. Shall prepare financial documents of the fiscal year for the annual audit by the end of the first quarter of the following year.</p> <p>D. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p> <p>Section 6 – The Technology Coordinator</p> <p>A. Shall assemble material for electronic distribution.</p> <p>B. Shall provide for the maintenance and updating of the Region One web presence and other public media of communication as necessary.</p> <p>C. Shall work with Region One committees as deemed necessary by the Region One Board.</p> <p>D. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p> <p>Section 7 – The Member at Large</p> <p>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.</p> <p>B. Shall perform other duties as prescribed in the Region One Job Description Policies.</p>	<p>Section <del>56</del> – The Treasurer</p> <p>A. Shall maintain <del>financial</del> bank accounts, as necessary, as directed by the Region One Board.</p> <p>B. Shall present a financial report at <del>the</del> Board meetings and <del>in the newsletter</del> <u>for the annual Assembly.</u></p> <p>C. Shall prepare financial documents of the fiscal year for the annual audit by the end of the first quarter of the following year.</p> <p>D. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p> <p>Section <del>67</del> – The Technology Coordinator</p> <p>A. Shall <del>assemble material for</del> <u>assist with</u> electronic distribution <del>of materials, as necessary.</del></p> <p>B. Shall provide for the maintenance and updating of the Region One web presence and other public media of communication, <u>as necessary.</u></p> <p>C. Shall <del>work with</del> <u>assist the Board and</u> Region One committees <u>with technology access,</u> as deemed necessary by the Region One Board.</p> <p>D. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p> <p>Section <del>78</del> – The Member at Large</p> <p>A. Shall provide <del>back-up</del> <u>backup assistance</u> to all Board positions except for Chair. Shall step in to temporarily perform the duties of any Board member other than Chair, <u>as needed.</u></p> <p>B. Shall perform other duties as prescribed in the Region One Job Description Policies.</p>
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**SUBMITTED BY:** Paula Z., Region One Second Vice-Chair

**INTENT:** Add the Second Vice-Chair job description to the Bylaws. Update other job descriptions.

**IMPLEMENTATION:** Update the Bylaws document.

**COST:** None.

**RATIONALE:** The position of Second Vice-Chair was approved at the 2020 Region One Assembly. Bylaw amendments are necessary to differentiate between the positions of First Vice-Chair and Second Vice-Chair and to correctly reflect the duties and responsibilities of each position. Other changes are minor corrections to clarify and update to reflect current practice.

## OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

### MOTION BL-5 (on Consent Agenda)

Move to amend Bylaw Article X by striking and inserting the following:

CURRENT WORDING	PROPOSED WORDING
<p>Article X – Committees</p> <p>Section 1 – Standing Committees:</p> <p>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.</p> <p>Section 2</p> <p>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.</p> <p>Section 3</p> <p>The Region One Chair shall appoint all committee chairs.</p> <p>Section 4</p> <p>Committees may conduct business by postal mail, email or other electronic means of communication.</p>	<p>Article X – Committees</p> <p>Section 1 – Standing Committees:</p> <p>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.</p> <p>Section 2</p> <p>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.</p> <p>Section 3</p> <p>The Region One Chair shall appoint all committee <u>chairs members, and each committee shall select a committee chair from its members.</u></p> <p>Section 4</p> <p>Committees may conduct business by postal mail, email or other electronic means of communication.</p>

**SUBMITTED BY:** Rosanne K., Region One Bylaws Team

**INTENT:** Clarify who appoints committee members and committee chairs.

**IMPLEMENTATION:** Update the Bylaws document.

**COST:** None.

**RATIONALE:** Current practice is that the Region One Chair appoints members to serve on committees, but those committees select their own committee chair.

## OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

### MOTION BL-6 (on Consent Agenda)

Move to amend Bylaw Article XIV by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article XIV – Bylaw Amendments</p> <p>Section 1</p> <p>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.</p> <p>A. Amendments may be submitted by Region One Intergroups, the Region One Board and/or the Region One Bylaws Committee.</p> <p>B. Proposed changes shall be submitted to the Board or Bylaws Committee sixty (60) days before the annual Assembly.</p> <p>C. Copies of proposed amendments shall be sent to Region Representatives at least thirty (30) days prior to the annual Assembly.</p> <p>D. Amendments require two-thirds (2/3) vote of members present and voting for adoption.</p> <p>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.</p> <p>Section 2</p> <p>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.</p>	<p>Article XIV – Bylaw Amendments</p> <p>Section 1</p> <p>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.</p> <p>A. Amendments may be submitted by Region One Intergroups, the Region One Board and/or the Region One <del>Bylaws</del> Committees.</p> <p>B. Proposed changes shall be submitted to <u>and must be received by</u> the Board or Bylaws Committee sixty (60) days before the annual Assembly. <u>Receipt of all motions shall be acknowledged.</u></p> <p>C. Copies of proposed amendments shall be sent to Region Representatives at least thirty (30) days prior to the annual Assembly.</p> <p>D. Amendments require two-thirds (2/3) vote of members present and voting for adoption.</p> <p>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.</p> <p>Section 2</p> <p>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.</p>

**SUBMITTED BY:** Leila L. – Region One Bylaws Team

**INTENT:** Update the Bylaws to allow all Region One committees to submit motions to Assembly, and provide a deadline for receipt of motions, and require that receipt of motions be acknowledged.

**IMPLEMENTATION:** Update the Bylaws document.

**COST:** None.

**RATIONALE:** This amendment clarifies that motions to the Assembly may be made by committees other than the Bylaws Committee, without needing to wait to make a motion from the floor as provided in item E. The motion also provides a deadline for receipt of motions and that receipt of motions will be acknowledged. This will help ensure that all motions are accounted for.

## OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

### MOTION P-1 (on Consent Agenda)

Move to amend Policy 4 by striking, inserting and renumbering as follows:

CURRENT WORDING	PROPOSED WORDING
<p><b>4. REGION ONE BOARD JOB DESCRIPTIONS</b></p> <p><b>4.1. GENERAL RESPONSIBILITIES OF EACH BOARD MEMBER:</b></p> <p>4.1.1. Submits a written report of activity prior to each Board Meeting and Assembly.</p> <p>4.1.2. Acts as liaison to committees as assigned.</p> <p>4.1.3. Keeps records to pass on at the end of term.</p> <p><b>4.2. CHAIR RESPONSIBILITIES:</b></p> <p>4.2.1. Presides at all regular and special meetings of the Region One Board, Executive Board and Assemblies.</p> <p>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:</p> <p>4.2.2.1. Familiarity with the Twelve Steps, Twelve Traditions and Twelve Concepts of Overeaters Anonymous.</p> <p>4.2.2.2. Familiarity with the Bylaws and Policies and Procedures of the Region One Assembly.</p> <p>4.2.2.3. Ability to apply Robert's Rules of Order Newly Revised.</p> <p>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.</p> <p>4.2.2.5. The Parliamentarian may be an ex-officio member of the Bylaw Committee at the discretion of the Region One Chair.</p> <p>4.2.2.6. Parliamentarian's duties are as follows:</p> <p>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.</p>	<p><b>4. REGION ONE BOARD JOB DESCRIPTIONS</b></p> <p><b>4.1. GENERAL RESPONSIBILITIES OF EACH BOARD MEMBER:</b></p> <p>4.1.1. Submits a written report of activity prior to each Board Meeting and Assembly.</p> <p>4.1.2. Acts as liaison to committees <u>and intergroups</u>, as assigned.</p> <p>4.1.3. Keeps records to pass on at the end of term.</p> <p><u>4.1.4. May contribute articles to the Region One website blog.</u></p> <p><b>4.2. CHAIR RESPONSIBILITIES:</b></p> <p>4.2.1. Presides at all regular and special meetings of the Region One Board, Executive Board and Assemblies.</p> <p>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:</p> <p>4.2.2.1. Familiarity with the Twelve Steps, Twelve Traditions and Twelve Concepts of Overeaters Anonymous.</p> <p>4.2.2.2. Familiarity with the Bylaws and Policies and Procedures of the Region One Assembly.</p> <p>4.2.2.3. Ability to apply Robert's Rules of Order Newly Revised.</p> <p>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.</p> <p>4.2.2.5. The Parliamentarian may be an ex-officio member of the Bylaw Committee at the discretion of the Region One Chair.</p> <p>4.2.2.6. Parliamentarian's duties are as follows:</p> <p>4.2.2.6.1. Advises Chair to maintain the order of Business according to <u>Robert's</u> Rules of Order Newly Revised, Bylaws and established policies.</p>

<p>4.2.2.6.2. During Assembly, gives Chair motions in order of precedence.</p> <p>4.2.2.6.3. During Assembly, answers questions or parliamentary inquiries when requested to do so by the Chair.</p> <p>4.2.3. Serves as ex-officio member on all committees except Nominations.</p> <p>4.2.4. May maintain a blog on the Region One website.</p> <p>4.2.5. Represents Region One as a whole at the World Service Business Conference.</p> <p>4.2.6. Participates in the Region Chairs' meetings, and the Region Chairs' Committee meetings at WSBC.</p> <p>4.2.7. Appoints Committee Chairs and assigns duties as necessary.</p> <p>4.2.8. Assumes responsibility for planning of Assembly.</p> <p>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.</p> <p>4.2.10. Coordinates production of Assembly Notebooks.</p> <p>4.2.11. Prepares Assembly Evaluation forms and reports on results at next Board meeting.</p> <p><b>4.3. VICE-CHAIR RESPONSIBILITIES:</b></p> <p>4.3.1. Acts in the capacity of the Chair in his/her incapacity or absence.</p> <p>4.3.2. Maintains open communication with the Chair to be prepared to act in the event of his/her incapacity or absence.</p> <p>4.3.3. Carries out specific assignments as directed by the Chair.</p> <p>4.3.4. Acts as Assembly location coordinator.</p> <p>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.</p> <p>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</p>	<p>4.2.2.6.2. During Assembly, gives Chair motions in order of precedence.</p> <p>4.2.2.6.3. During Assembly, answers questions or parliamentary inquiries when requested to do so by the Chair.</p> <p>4.2.3. Serves as ex-officio member on all committees except Nominations.</p> <p><del>4.2.4. May maintain a blog on the Region One website.</del></p> <p>4.2.5. Represents Region One as a whole at the World Service Business Conference.</p> <p>4.2.6. Participates in the Region Chairs' meetings, and the Region Chairs' Committee meetings at WSBC.</p> <p>4.2.7. Appoints Committee Chairs members and assigns duties as necessary.</p> <p>4.2.8. Assumes responsibility for planning of the Assembly.</p> <p>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.</p> <p>4.2.10. Coordinates production of Assembly Notebooks.</p> <p>4.2.11. Prepares Assembly Evaluation forms and reports on results at the next Board meeting.</p> <p><del>4.2.11. May call regular meetings of Region One intergroup chairs.</del></p> <p><b>4.3. FIRST VICE-CHAIR RESPONSIBILITIES:</b></p> <p>4.3.1. Acts in the capacity of the Chair in his/her incapacity or absence.</p> <p>4.3.2. Maintains open communication with the Chair to be prepared to act in the event of his/her incapacity or absence.</p> <p>4.3.3. Carries out specific assignments as directed by the Chair.</p> <p><del>4.3.4. Acts as Assembly location coordinator.</del></p> <p>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.</p> <p>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</p>
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<p>that a direct bill application is completed, if necessary.</p> <p>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.</p> <p>4.3.8. Closely monitors the terms of the hotel contract to ensure all Region obligations are met.</p> <p>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.</p> <p>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.</p> <p>4.3.11. Works with the Convention Chair to develop the Convention Program.</p> <p>4.3.12. Maintains the Convention checking account and issues reimbursements in a manner consistent with Region One policies.</p> <p>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.</p> <p>4.3.14. Works with Intergroups to generate bids for Region Convention.</p> <p>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.</p> <p>4.3.16. Serves as a resource for Intergroups in planning their own events, providing formats and advice as needed.</p>	<p>that a direct bill application is completed, if necessary.</p> <p><del>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.</del></p> <p><del>4.3.8. Closely monitors the terms of the hotel contract to ensure all Region obligations are met.</del></p> <p>4.3.96. 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.</p> <p>4.3.107. Provides an up-to-date manual to Convention Chairs containing job descriptions, deadlines for specific activities, sample forms and other pertinent information.</p> <p>4.3.118. Works with the Convention Chair <u>and the Second Vice-Chair</u> to develop the Convention Program.</p> <p><del>4.3.12. Maintains the Convention checking account and issues reimbursements in a manner consistent with Region One policies.</del></p> <p><del>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.</del></p> <p>4.3.149. Works with Intergroups to generate bids for Region Convention.</p> <p>4.3.1510. Serves as resource and liaison for Convention Chairs <u>and for Intergroups hosting Board meetings</u>, providing guidance, clarifying expectations, keeping the Board informed of all major decisions and asking for approval/assistance as necessary.</p> <p><del>4.3.16. Serves as a resource for Intergroups in planning their own events, providing formats and advice as needed.</del></p> <p><b>4.4. SECOND VICE-CHAIR RESPONSIBILITIES:</b></p> <p>4.4.1. Acts in the capacity of the First Vice-Chair in <u>his/her incapacity or absence.</u></p> <p>4.4.2. Maintains open communication with the First Vice-Chair to be prepared to act in the event of <u>his/her incapacity or absence.</u></p> <p>4.4.3. <u>Monitors the number of hotel room nights booked, reminds Intergroups of the deadline for</u></p>
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*(Responsibilities for Secretary, Treasurer, Technology Coordinator and Member at Large are not included here for brevity, and are unchanged by this motion except for renumbering)*

registration to help ensure room night quota is achieved if it is part of the contract.

4.4.4. Closely monitors the terms of the hotel contract to ensure all Region financial obligations are met.

4.4.5. Works with the First Vice-Chair and the Convention Chair to develop the Convention Program.

4.4.6. Maintains the Convention checking account and issues reimbursements in a manner consistent with Region One policies.

4.4.7. Works closely with the Convention Committee to ensure no additional expenses are incurred without prior Board approval and that financial accountability is maintained.

4.4.8. Works closely with the Region One Treasurer to ensure that all Convention registration fees are accurately and appropriately recorded and that funds are transferred to the Region One General Fund at the conclusion of the Convention.

4.4.9. Serves as resource and liaison for Board Outreach visits to Intergroups, provides guidance, clarifies expectations, schedules Board visits and keeps the Board informed of all major decisions and asks for approval/assistance as necessary.

4.4.10. Assists the Chair in coordinating regular meetings of the Chair and intergroups chairs.

4.4.11. Serves as a resource for Intergroups in planning their own events, providing formats and advice as needed.

4.4.12. Carries out specific assignments as directed by the Chair.

*(Responsibilities for Secretary, Treasurer, Technology Coordinator and Member at Large are not included here for brevity, and are unchanged by this motion except for renumbering due to the inserted Second Vice-Chair responsibilities, above)*

#### **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.

#### **4.8.9. REGION ONE TRUSTEE RESPONSIBILITIES:**

4.8.9.1. Fulfills duties as described in World Service Business Conference (WSBC) Bylaws.

4.8.9.2. Keeps Region informed of current business concerning Region One and OA as a whole.

4.8.9.3. Attends Region One Board meetings, being a link between Region One and WSO.

<p>4.8.4. Is available to speak throughout Region One as schedule permits and within allowable finances.</p> <p>4.8.5. Serves on Nominations Committee during Assembly elections (if not running).</p> <p>4.8.6. May maintain a blog on the Region One website.</p> <p>4.8.7. Assists Intergroups with service and traditions related events.</p> <p>4.8.8. Maintains communication with unaffiliated groups.</p>	<p>4.8.9.4. Is available to speak throughout Region One as schedule permits and within allowable finances.</p> <p>4.8.9.5. Serves on <u>the</u> Nominations Committee during Assembly elections (if not running).</p> <p><del>4.8.6. May maintain a blog on the Region One website.</del></p> <p>4.8.9.7.6. Assists Intergroups with service and traditions-related events.</p> <p>4.8.9.8.7. Maintains communication with unaffiliated groups.</p>
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**SUBMITTED BY:** Paula Z. – Region One Second Vice-Chair

**INTENT:** To add Second Vice-Chair responsibilities to the Policies, and to modify the First Vice-Chair’s responsibilities as a result.

**IMPLEMENTATION:** Amend the policy document.

**COST:** None.

**RATIONALE:** The position of Second Vice-Chair was approved at the 2020 Region One Assembly. After the Assembly, the Region One Board solicited applications for the position of Second Vice-Chair and, after meeting with all candidates, appointed a person to a one-year term. Currently, there is no position description for this Board position. Also, modifications have been made to the First Vice-Chair’s responsibilities to reflect the addition of the Second Vice-Chair. Finally, minor updates are made to other job descriptions, to reflect current practice.

# OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

## MOTION P-2 (on Consent Agenda)

Move to amend Policy 5.1 by inserting the following:

CURRENT WORDING	PROPOSED WORDING
<p>5. BUDGET AND FINANCE</p> <p>5.1. FINANCE</p> <p>5.1.1. Region One shall operate its finances in an orderly and cost-effective manner.</p> <p>5.1.2. Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.</p> <p>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.</p> <p>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.</p> <p>5.1.3.2. Board Members shall immediately surrender all assigned bank cards at the end of their term or upon their resignation.</p> <p>5.1.4. All funds shall be held in registered and insured financial institutions.</p> <p>5.1.5. All expenditures must be supported by related receipts.</p> <p>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.</p> <p>5.1.6.1. The Convention audit shall be completed within 90 (ninety) days of the close of Convention.</p> <p>5.1.6.2. The general fund audit shall be completed by April 30.</p>	<p>5. BUDGET AND FINANCE</p> <p>5.1. FINANCE</p> <p>5.1.1. Region One shall operate its finances in an orderly and cost-effective manner.</p> <p>5.1.2. Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.</p> <p>5.1.3. The Treasurer, the Chair and the <b>Second</b> 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.</p> <p>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.</p> <p>5.1.3.2. Board Members shall immediately surrender all assigned bank cards at the end of their term or upon their resignation.</p> <p>5.1.4. All funds shall be held in registered and insured financial institutions.</p> <p>5.1.5. All expenditures must be supported by related receipts.</p> <p>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.</p> <p>5.1.6.1. The Convention audit shall be completed within 90 (ninety) days of the close of Convention.</p> <p>5.1.6.2. The general fund audit shall be completed by April 30.</p>

**SUBMITTED BY:** Katy H., Bylaws Committee Chair

**INTENT:** Update the Region One Policies to authorize the recently added position of Second Vice-Chair to be a signer on Region One financial accounts.

**IMPLEMENTATION:** Amend the Policies document.

**COST:** None.

**RATIONALE:** A primary responsibility of the Second Vice-Chair is to maintain the Convention checking account and work with the Convention Committee and Region One Treasurer to ensure that all Convention financial obligations are met. For that reason, the Second Vice-Chair was added to the Finance policies as a signer on Region One's accounts.

The First Vice-Chair is removed as a signer because those job duties no longer involve financial responsibility for the Convention. If the First Vice-Chair becomes the Chair, he/she would automatically become a signer on Region One accounts. Also, if the need arises, the Board could appoint the First Vice-Chair as the additional signer under Policy 5.1.3.

## OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

### MOTION P-3

Move that Policy 5.2.5 be amended by striking, inserting and renumbering as follows:

CURRENT WORDING	PROPOSED WORDING
<p>5. BUDGET AND FINANCE 5.2 BUDGET</p> <p>5.2.5. Region One shall annually use excess funds as follows:</p> <p style="padding-left: 40px;">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 Intergrups 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</p> <p>Excess funds are calculated as follows: fund balance less prudent reserve, less targeted expenses for the coming year.</p>	<p>5. BUDGET AND FINANCE 5.2 BUDGET</p> <p>5.2.5. Region One shall annually use excess funds as follows:</p> <p style="padding-left: 40px;">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 Intergrups 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. Up to 10% for PIPO 5.2.5.6. Up to 10% to increase funding for project teams per their request 5.2.5.7. The remainder, at least 10%, to be sent to the World Service Office of Overeaters Anonymous</p> <p>Excess funds are calculated as follows: bank balances per book at year-end fund balance less Prudent Reserve, less already-budgeted targeted expenses for the coming year. Targeted expenses for this purpose include: Board Special Projects, Member Outreach, Representative Support, and WSBC Delegate Support.</p>

**SUBMITTED BY:** Marjorie T., BFDS Team

**INTENT:** To clarify the calculation of excess funds and to provide for greater flexibility for use of excess funds.

**IMPLEMENTATION:** To modify the policy.

**COST:** None.

**RATIONALE:** This year the Treasurer and the BFDS Team wanted greater clarity in how “excess funds” is calculated. In addition, we saw a need for greater flexibility for allocating funds when they are available. PIPO is an important funding objective for Region, and we were unable within the current policy to allocate additional funds to the PIPO team or to Intergroups who wanted to undertake PIPO projects.

**HISTORY:** Prior to 2018, all funds in excess of the Prudent Reserve were sent to World Service. World Service has asked regions to take a greater role in supporting its intergroups, groups, and members. To that end, in 2018, the excess funds policy was amended to provide for allocating funds for up to 90% of excess funds to be used for targeted Region One projects. We now find that areas other than the original four would benefit from additional funding, if available. The new policy wording would maintain the minimum 10% for World Service.

# OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

## MOTION P-4

Move that Policy 5.3 be amended by striking, inserting and numbering as follows:

CURRENT WORDING	PROPOSED WORDING
<p>5. BUDGET AND FINANCE 5.3 PRUDENT RESERVE</p> <p>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.</p> <p>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 &amp; Finance Committee shall meet, and present a plan for reducing operating expenses for Board approval.</p>	<p>5. BUDGET AND FINANCE 5.3 PRUDENT RESERVE</p> <p><b>5.3.1.</b> 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' <u>net</u> annual operating expenditures and dividing by two. <u>Dedicated Targeted funds such as scholarships (Board Special Projects, Member Outreach, WSBC Delegate Support, and Representative Support)</u> shall not be included in this calculation <u>of net operating expenditures</u>.</p> <p><b>5.3.2.</b> <u>If, due to extraordinary circumstances, net expenditures of any particular year are less than 70% of either of the other two years in the calculation, the Treasurer will use an average of the previous five years instead of three years.</u></p> <p><b>5.3.3.</b> If the <u>Prudent R</u>eserve falls below the required level, a minimum of \$500 per quarter shall be transferred to this account from the general account until the <u>Prudent R</u>eserve level is restored. If the Treasurer's report at any Board meeting indicates a reasonable expectation that transfers out of the <u>Prudent R</u>eserve account shall be required in the next quarter, the Budget &amp; Finance Committee shall meet, and present a plan for reducing operating expenses for Board approval.</p>

**SUBMITTED BY:** Marjorie T., BFDS Team

**INTENT:** To clarify the calculation of net operating expenses in the Prudent Reserve calculation and to provide a mechanism to adjust for years with extraordinarily low expenses.

**IMPLEMENTATION:** To modify the policy.



**COST:** None.

**RATIONALE:** Current Prudent Reserve calculation description references the terms “dedicated funds” and “scholarships”, neither of which are utilized in our current financial reporting. This amendment clarifies how the Prudent Reserve is to be calculated. In addition, due to the COVID-19 pandemic, our 2020 expenses were quite low, and likely 2021 will be as well. If we use those numbers in a three-year average when calculating our 2022 Prudent Reserve, it would likely be too small to adequately cover 2022. Using a five-year average in such circumstances will even out the calculation to be more realistic.

# OCTOBER 2021 MOTION TO REGION ONE ASSEMBLY

## MOTION P-5

Move to amend Policy 8 – REGION ONE CONVENTION, 8.4 - PROGRAM by striking, inserting, and renumbering, as follows:

CURRENT WORDING	PROPOSED WORDING
8. REGION ONE CONVENTION	8. REGION ONE CONVENTION
<i>(8.1 – 8.3 unaffected by this motion and not included here for brevity)</i>	<i>(8.1 – 8.3 unaffected by this motion and not included here for brevity)</i>
8.4. PROGRAM	8.4. PROGRAM
8.4.1. Keynote Speaker Selection	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.	8.4.1.1. 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.	8.4.1.2. 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.	8.4.1.3. 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.	<u>8.4.1.4. All Region One Convention keynote speakers shall have at least five (5) years of current, continuous abstinence.</u>
8.4.1.5. Cost effectiveness shall be taken into consideration in selecting speakers.	<u>8.4.1.45. No Region One Convention keynote speaker shall be considered again for five (5) years. Any keynote speaker used at a Region One Convention shall not be considered again for five (5) years.</u>
	8.4.1.56 Cost effectiveness shall be taken into consideration in selecting speakers.

<p><b>8.4.2. Topic/Speakers</b></p> <p>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.</p> <p>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.</p> <p><b><i>(8.5 – 8.6 unaffected by this motion and not included here for brevity)</i></b></p>	<p><b>8.4.2. Topic/Speakers</b></p> <p>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.</p> <p>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.</p> <p><b><i>(8.5 – 8.6 unaffected by this motion and not included here for brevity)</i></b></p>
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**SUBMITTED BY:** Alice W. – Region One First Vice Chair / 2021 Region One Convention Committee

**INTENT:** To establish a requirement that all Region One Convention keynote speakers have at least five years of current, continuous abstinence.

**IMPLEMENTATION:** Update Region One Policies and Procedures

**COST:** None

**RATIONALE:** It is the opinion of the Convention Committee that all Convention keynote speakers should be required to have at least five years of continuous, current abstinence so that when addressing the Convention, attendees can be assured that they are hearing the experience, strength and hope of a member who is abstinent and qualified to share how she or he achieved and maintains abstinence by working the OA program of recovery .



# **Section 6:**

## **Financial Resources and 2020 Financial Reports**

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## 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](https://oa.org/find-a-meeting). Thank you for supporting OA!

### A Message from Our Treasurer

— Meg M., Treasurer, Region Four Trustee

Hello, recovery friends! I'm your new treasurer and current Region Four Trustee residing in Minneapolis, Minnesota USA. I've been a blessed member of this recovery community for over twenty years, and even amidst the kinks and wrinkles, I think OA rocks! Thank you for your continued financial support of OA through contributions and literature purchases. Through your ongoing funding, we can continue to carry the message of recovery.

I take a straightforward view to the financial side of OA: We have money coming in and money going out. We have creative ideas coming in and we want to continue funding these creations going out.

#### Welcome to Our Many Green Dots

Our first ever virtual World Service Business Conference brought fifty to sixty more delegates than usual, which meant a larger number of Green Dots (first-time delegates to WSBC) as well. Welcome! Because we have seen so many new faces, it would probably be helpful to look at the business side of OA as a whole.

As we know, OA, Inc. is a nonprofit organization, which means we are a group organized for reasons other than generating a profit. Therefore, none of OA's funds are distributed to its members, chairs, or trustees as a form of payment. OA is designated through New Mexico state law as a volunteer services organization.

What's so cool about this is that we can have many more committee members, which allows us to generate more ideas and create new and exciting documents, literature, and ways to get the word out about OA.

#### Tradition Eight Is Great

Through Tradition Eight, we can employ special workers, who currently number fourteen awesome professionals who staff the World Service Office. These paid employees manage the daily responsibilities of the business side of OA. To begin, our managing director works with her team to ensure that our finances are in good order, our public relations are effective while protecting individual anonymity, our literature is produced and distributed, and our Conferences and Conventions are well-organized and staffed. The staff answers all types of inquiries; manages all correspondence, licensing, and

*"If we get eight new Automatic Recurring Contributions every month, that would . . . reach our goal of 600 ARCs . . . by WSBC 2022! . . . I look at it this way 'Set and forget. Review each year.' When you sign up for your ARC, that's exactly what you get to do."*

insurance needs; updates our meeting database and website; and cares for our building. Most of all, they are able to handle ongoing changes, such as the rotation of service among board trustees and the effects of the pandemic, for which they've had to swiftly navigate from face-to-face events to virtual, such as with WSBC 2021. What I've listed here is only a glimpse of their duties and responsibilities.

In the decade that I've given service beyond the group level, I've experienced continuous proficiency and effectiveness from the WSO staff. I am bringing up this topic because only our contributions enable us to employ these highly skilled and dedicated people. Did you know that 50 percent of our WSO special workers have been at the WSO for seventeen years or more? (That takes us back to 2004, which, coincidentally, was the year we paid off the mortgage on our World Service Office.) As our contributions continue to increase, and our committees continue to create literature, surveys, workshops, podcasts, and guidelines, we need our talented and experienced staff to manage this ongoing information and communication. They are the engine that creates the final product with OA's branding and makes it available to the Fellowship and the still-suffering compulsive eater. As an organization, we are extremely fortunate to have them working on our behalf.

#### "Set and Forget" Your Contribution with ARC

Speaking of contributions, if we get ten new Automatic Recurring Contributions over the next ten months, that would be great! What does this mean? It would be so awesome to reach our goal of 600 ARCs. We are close. Right now, we have 498—only 102 more to add by WSBC 2022! If ten of you submit an ARC each month over the next ten months, we'll hit one hundred. Then just add "two to grow on," and we'll be there before you know it.



I look at it this way: "Set and forget. Review each year." When you sign up for your ARC, that's exactly what you get to do. Set your amount, choose a monthly or quarterly contribution, and it will be automatically transferred. Then once a year—for example, on your OA birthday—you can review and make an adjustment.

An ARC can start out with a contribution in relation to:

- the amount of weight lost,
- years in program, or
- a percentage of raises you received at work as a result of your recovery.

We've found that consistent contributions made through ARC better enables OA world service to budget and plan for literature, outreach, and other special projects that carry OA's message of hope, marvels, and miracles to the compulsive eater.

Making an ARC is easy:

- Go to [oa.org/contribute](https://oa.org/contribute)
- Fill out the information
- Check the box that says "Make this a recurring gift"
- Choose if you want to make your ARC monthly or quarterly
- Choose your dollar amount and day of the month

I can't wait to see where we'll be next month!

This article  
reprinted from  
the 2021 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.**

Unsure of your group number? Go to [oa.org/find-a-meeting/](http://oa.org/find-a-meeting/) and follow the search prompts

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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

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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--7th-tradition.html](http://oaregion1.org/donations--7th-tradition.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)	\$ _____

DONATIONS TO SERVICE BODIES (include meeting number with contributions)			
Intergroup	%*	\$	
Region	%*	\$	Region One, P.O. Box 23235, Tigard OR 97281 USA <a href="http://oaregion1.org/donations--7th-tradition.html">oaregion1.org/donations--7th-tradition.html</a>
OA World Service	%*	\$	OA World Service, PO Box 44727, Rio Rancho, NM 87174-4727 USA <a href="http://oa.org/contribute/">oa.org/contribute/</a>

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

## **2020 INTERGROUP DONATIONS**

<b>Date</b>	<b>Name</b>	<b>Paid Amount</b>
06/05/2020	09001 Anchorage IG	824.63
02/18/2020	09043 Oregon OA Intergroup	3,070.00
04/14/2020	09043 Oregon OA Intergroup	255.87
04/30/2020	09043 Oregon OA Intergroup	15.00
12/12/2020	09043 Oregon OA Intergroup	325.00
02/18/2020	09087 Big Sky IG	61.00
06/05/2020	09087 Big Sky IG	287.89
10/12/2020	09087 Big Sky IG	16.00
10/12/2020	09087 Big Sky IG	5.66
12/12/2020	09087 Big Sky IG	17.62
04/14/2020	09093 Greater Columbia IG	1,000.00
03/31/2020	09107 Lake Country IG, WA	186.74
06/30/2020	09107 Lake Country IG, WA	24.53
09/30/2020	09107 Lake Country IG, WA	73.59
02/18/2020	09132 CORE OA Everett, North Cascades IG	21.89
10/12/2020	09132 CORE OA Everett, North Cascades IG	76.25
10/12/2020	09132 CORE OA Everett, North Cascades IG	76.25
12/12/2020	09132 CORE OA Everett, North Cascades IG	59.73
12/12/2020	09132 North Cascade IG	90.00
10/12/2020	09166 Emerald Empire IG	25.00
12/12/2020	09166 Emerald Empire IG	534.25
02/18/2020	09193 Pierce County Intergroup, WA	152.10
04/14/2020	09194 Greater Seattle IG	678.09
06/05/2020	09194 Greater Seattle IG	377.91
10/12/2020	09194 Greater Seattle IG	231.06
12/12/2020	09194 Greater Seattle IG	595.42
01/13/2020	09215 Southern AB IG	460.37
02/18/2020	09215 Southern AB IG	78.52
10/12/2020	09217 Sea to Sky IG, Canada	1,588.25
12/15/2020	09235 Edmonton AB Sat OA	103.91
01/13/2020	09263 Vancouver Island IG	113.51
10/12/2020	09263 Vancouver Island IG	299.61
10/12/2020	09279 Bitterroot IG	2.37
10/12/2020	09279 Bitterroot IG	24.00
04/14/2020	09292 Snake River IG	253.97
04/14/2020	09366 SE Alaska IG	33.89
10/12/2020	09366 SE Alaska IG	151.23
04/14/2020	09384 Jefferson State IG	250.00
04/14/2020	09587 South Sound IG	15.00
08/07/2020	09592 Central Oregon IG	15.13
10/12/2020	09592 Central Oregon IG	9.80
01/13/2020	30951 Thur 7pm Ashland JSIG	60.00
01/13/2020	50522 Sat 9 Port Hadlock WA Pen IG	60.00

## **2020 GROUP DONATIONS REPORT**

<b>Date</b>	<b>Mtg No.</b>	<b>Name</b>	<b>Paid Amount</b>
01/13/2020	10822	11259 Vancouver WA Mon OA	50.00
01/13/2020	17026	21342 Cottage Grove OA	10.00
04/14/2020	39110	39110 Bellingham Tues NCIG	3.54
01/13/2020	39158	39448 Tue 5;30pm Hood River OIG	10.00
08/07/2020	45000	45438 Missoula Sat 9am, Bitterroot IG	53.00
11/30/2020	46198	46345 Bellingham Wed 5;30, North Cascades	50.05
10/12/2020	38753	47805, BC, Sea-to-Sky-IG	145.98
02/18/2020	47679	48261 Mon Olympia, WA SSIG	7.00
01/13/2020	23622	7am In The Solution Pdx OIG	12.35
01/13/2020	23622	7am In The Solution Pdx OIG	10.10
04/14/2020	23622	7am In The Solution Pdx OIG	15.51
10/12/2020	23622	7am In The Solution Pdx OIG	17.85
10/12/2020	23622	7am In The Solution Pdx OIG	13.67
10/12/2020	23622	7am In The Solution Pdx OIG	18.17
12/12/2020	23622	7am In The Solution Pdx OIG	34.80
01/13/2020	50122	Airdrie AB Thu OA	73.66
02/18/2020	24943	Anacortes Mon 10;30, North Cascades	20.00
04/14/2020	24943	Anacortes Mon 10;30, North Cascades	30.00
12/12/2020	40164	Baker City OR, Tue, Eagle Cap	10.00
04/14/2020	00706	Beaverton OR, Fri-AM OA	10.00
07/31/2020	33814	Beaverton, OR TUE 10AM, OIG	10.00
04/14/2020	52237	Bellingham Fri noon, North Cascades	20.00
02/29/2020	39110	Bellingham Tues NCIG	5.30
02/18/2020	36392	Bend Mon Noon, Central Oregon IG	26.55
06/05/2020	36392	Bend Mon Noon, Central Oregon IG	15.05
01/13/2020	50810	Boise ID Sun OA	13.00
01/13/2020	00437	Boise ID Thu OA	29.00
02/18/2020	47270	Boise, ID	14.50
12/12/2020	46534	Bozeman MT Mon12 OA	18.00
12/12/2020	49348	Bozeman MT Sat AM OA	28.00
01/13/2020	15584	Calgary AG Sat 930	99.44
06/05/2020	46198	Calgary, AB. Mon PM	42.82
02/18/2020	49243	CTR Sequim WA	8.60
06/05/2020	49243	CTR Sequim WA	13.91
10/12/2020	49243	CTR Sequim WA	22.90
12/12/2020	49243	CTR Sequim WA	13.88
11/30/2020	09235	Edmonton AB Sat OA	40.00
10/12/2020	10822	Edmonton AB Tue OA	55.02
11/30/2020	52306	Edmonton Thur 7pm NLIG	55.00
04/14/2020	56412	Eugene OR Wed EEIG	10.00
01/13/2020	39158	Fri 11am Eugene, EEIG	10.00
06/05/2020	39158	Fri 11am Eugene, EEIG	15.00
04/14/2020	52489	Hailey ID Thurs 6pm	90.00

Date	Mtg No.	Name	Paid Amount
04/14/2020	47679	Kalispell, MT	30.00
04/14/2020	53946	Kamloops BC Thu OA	163.63
04/14/2020	56646	Kennewick WA Mon OA	33.60
04/14/2020	52520	Langly WA Monday, Unaffiliated	25.00
06/30/2020	52520	Langly WA Monday, Unaffiliated	25.00
08/07/2020	52520	Langly WA Monday, Unaffiliated	75.00
04/14/2020	26650	Medford Sat AM; Oregon IG	11.47
10/12/2020	26650	Medford Sat AM; Oregon IG	29.75
04/14/2020	54508	Middleton Sun 7pm, Snake River IG	10.00
02/18/2020	50647	Mon 1615 FOB Sequim, WA, Pen IG	30.00
02/29/2020	50647	Mon 1615 FOB Sequim, WA, Pen IG	10.00
04/30/2020	50647	Mon 1615 FOB Sequim, WA, Pen IG	30.00
10/12/2020	26414	Mon 1730 Eugene, OR	20.00
01/13/2020	52520	Mon 6pm Langley WA, Unaffiliated	25.00
02/18/2020	40111	Mon Ashland OR	27.50
12/12/2020	40111	Mon Ashland OR	15.00
04/14/2020	30415	Mon Noon Ketchum SRIG	40.80
10/12/2020	48261	Mon Olympia, WA SSIG	10.00
12/12/2020	48261	Mon Olympia, WA SSIG	20.00
09/30/2020	56065	Nanaimo, BC Mon OA	7.37
02/18/2020	56474	Olympia WA Sat-AM OA	4.00
08/07/2020	56474	Olympia WA Sat-AM OA	18.00
01/13/2020	38648	Palmer Sat morning, Anchorage AK IG	10.00
01/13/2020	38648	Palmer Sat morning, Anchorage AK IG	40.00
08/07/2020	38648	Palmer Sat morning, Anchorage AK IG	0.00
08/07/2020	38648	Palmer Sat morning, Anchorage AK IG	0.00
08/07/2020	09193	Pierce County Intergroup, WA	120.19
06/05/2020	23622	Portland 7am In The Solution, Oreg	10.53
08/07/2020	23622	Portland 7am In The Solution, Orego	24.30
06/30/2020	38550	Portland OR Sun OIG	20.00
02/18/2020	07901	Rockwood Gresham OR OIG	24.88
02/29/2020	29424	Salem, OR. Sat AM	185.00
06/05/2020	29424	Salem, OR. Sat AM	13.00
12/31/2020	10553	Samaritan Ctr Seattle WA Sun PM	430.00
02/18/2020	41289	Sat 0930 Bend, Central OR IG	24.36
02/18/2020	53977	Sat 1030 Twin Falls SRIG	15.00
02/18/2020	38838	Sat 10am Bellingham NCIG	30.00
08/07/2020	38838	Sat 10am Bellingham NCIG	113.12
12/12/2020	38838	Sat 10am Bellingham NCIG	300.00
02/18/2020	53867	Sat 10am Grants Pass JSIG	8.88
06/05/2020	53867	Sat 10am Grants Pass JSIG	15.00
12/12/2020	53867	Sat 10am Grants Pass JSIG	10.00
06/05/2020	50522	Sat 9 Port Hadlock WA Pen IG	20.00
02/18/2020	29117	Sat 9:30am Eugene, EIIG	16.00
04/14/2020	29117	Sat 9:30am Eugene, EIIG	20.00
03/31/2020	17026	Sat 9am St Mary's Anchorage, AKIG	26.95

Date	Mtg No.	Name	Paid Amount
08/31/2020	17026	Sat 9am St Mary's Anchorage, AKIG	97.80
06/05/2020	49567	Sat-AM Kalispell, MT. Bitterroot IG	8.32
02/18/2020	50647	Selah WA Sat OA	23.40
08/07/2020	50654	Sequim Friends Of Bill W Mon 4;15,	30.00
10/12/2020	50654	Sequim Friends Of Bill W Mon 4;15,	30.00
10/12/2020	50654	Sequim Friends Of Bill W Mon 4;15,	30.00
01/13/2020	36929	Sequim Sat OA	11.00
02/18/2020	36929	Sequim Sat OA	14.00
06/05/2020	36929	Sequim Sat OA	12.43
10/12/2020	36929	Sequim Sat OA	10.90
11/30/2020	33269	St Josephs Bellingham Sun AM	97.57
09/30/2020	38838	St.James Bellingham WA Sat AM	25.00
12/31/2020	16988	Star of the North St Albert AB	60.00
01/13/2020	51726	Sun 6 Palmer AK, AKIG	10.00
10/12/2020	55528	Sun 7pm, Portland, OR	9.00
12/15/2020	54722	Sun Sherwood Pk Alberta NLIG	74.84
12/15/2020	54722	Sun Sherwood Pk Alberta NLIG	179.67
02/18/2020	30951	Thur 7pm Ashland JSIG	27.62
02/18/2020	45593	Thurs Noon Bend, COIG	17.68
06/05/2020	45593	Thurs Noon Bend, COIG	11.55
04/14/2020	25939	Tillamook Hospital Mon 5;30, Oregon	24.00
02/18/2020	54117	Tue Spruce Grove, AB	22.67
06/05/2020	54117	Tue Spruce Grove, AB	64.23
10/12/2020	54117	Tue Spruce Grove, AB	14.67
02/18/2020	48848	Tue-PM Kalispell, MT. Bitterroot IG	12.63
02/18/2020	51623	Tues AM. Twin Falls, ID. SRIG	15.00
04/14/2020	53514	Tues Noon Cocolalla ID, LCIG	50.00
04/14/2020	33504	Wasilla Mon Noon, Anchorage IG	6.50
04/14/2020	33504	Wasilla Mon Noon, Anchorage IG	10.00
04/14/2020	33504	Wasilla Mon Noon, Anchorage IG	17.00
10/12/2020	54561	Wed 1600 Redmond, OR, COIG	20.00
02/18/2020	37815	Wed 5;30pm Port Angeles PIG	30.79
06/05/2020	37815	Wed 5;30pm Port Angeles PIG	42.99
10/12/2020	37815	Wed 5;30pm Port Angeles PIG	21.28
12/12/2020	37815	Wed 5;30pm Port Angeles PIG	25.70
01/13/2020	45000	Wed 530pm Olympia SSIG	17.76
04/14/2020	45000	Wed 530pm Olympia SSIG	20.60
12/12/2020	45000	Wed 530pm Olympia SSIG	7.05
01/13/2020	51636	Wed 6 Wasilla AK AKIG	10.00
08/07/2020	51636	Wed 6 Wasilla AK AKIG	20.00
04/14/2020	37945	Wed Noon Kennewick, GCIG	14.07
08/31/2020	50014	Wed Noon, Boise, ID, Snake River IG	30.00
02/18/2020	33168	Wed, 33913 Fri Lake Oswego, Oregon	28.89
10/12/2020	33168	Wed, 33913 Fri Lake Oswego, Oregon	30.00
01/13/2020	00838	Yelm Tue OA	20.00

## 2020 Actuals vs Budget

	Jan - Dec 20	Budget	\$ Over Budget
Income			
Assembly Income - Registrations	0.00	1,225.00	-1,225.00
Convention Net Income	6,966.00	16,028.00	-9,062.00
Donation Campaigns			
Delegate Support Donation, WSBC	0.00	1,000.00	-1,000.00
PublicInfo/ProfOut Donations	0.00	1,000.00	-1,000.00
Rep Support Donations, Assembly	0.00	1,000.00	-1,000.00
Total Donation Campaigns	0.00	3,000.00	-3,000.00
Donations			
7th tradition	45.00	880.00	-835.00
Groups	4,704.41	7,500.00	-2,795.59
Individual	3,990.46	300.00	3,690.46
Intergroup Service Body	12,601.04	6,000.00	6,601.04
Total Donations	21,340.91	14,680.00	6,660.91
Interest Income	0.02	1.00	-0.98
Other income (specify)	0.00	10.00	-10.00
Ways and Means Income			
Journal sales	4,881.08	5,000.00	-118.92
OA Step Study	0.00	30.00	-30.00
WSBC Boutique Sales	0.00	900.00	-900.00
Total Ways and Means Income	4,881.08	5,930.00	-1,048.92
Total Income	33,188.01	40,874.00	-7,685.99
Expense			
Administrative Expense			
Bank Charge	74.05	15.00	59.05
Computer Services	410.54	650.00	-239.46
Liability Insurance	0.00	250.00	-250.00
Misc. Administrative	0.00	100.00	-100.00
PayPal charges	391.83	300.00	91.83
Postage other than for W&M or a	209.45	225.00	-15.55
Printing and copying other than	0.00	200.00	-200.00
Total Administrative Expense	1,085.87	1,740.00	-654.13
Assembly Expense			
Hotel	0.00	1,700.00	-1,700.00
Parliamentarian	0.00	850.00	-850.00



Printing, Copying, Admin	0.00	700.00	-700.00	
<b>Total Assembly Expense</b>	0.00	3,250.00	-3,250.00	
<b>Board Travel Expense</b>				
Assembly	0.00	3,500.00	-3,500.00	
Officer to WSBC	0.00	1,500.00	-1,500.00	
RCC Region Chair Committee	0.00	1,800.00	-1,800.00	
Travel Insurance	0.00	100.00	-100.00	
Within Region 1	636.76	6,000.00	-5,363.24	
<b>Total Board Travel Expense</b>	636.76	12,900.00	-12,263.24	
<b>CAD exchange</b>	3.84	300.00	-296.16	
<b>Capital Equipment Expense</b>	0.00	250.00	-250.00	
<b>Contributions to other service</b>				
World Service delegate support	2,018.00	2,018.00	0.00	
World Service general fund	4,000.00	4,000.00	0.00	
WS PI/PO Fund	1,000.00	1,000.00	0.00	
WS Translations Fund	1,000.00	1,000.00	0.00	
<b>Total Contributions to other service</b>	8,018.00	8,018.00	0.00	
<b>Project Teams</b>				
<b>Audit</b>	43.45	25.00	18.45	[c]
Binder	0.00	50.00	-50.00	
Budget Finance Delegate Support	0.00	50.00	-50.00	
By Laws	0.00	55.00	-55.00	
Nominations	0.00	500.00	-500.00	
Nurturing Newcomers	0.00	50.00	-50.00	
Strong Recovery	0.00	50.00	-50.00	
<b>Total Project Teams</b>	43.45	780.00	-736.55	
<b>Targeted Funds Expenses</b>				
Board special project	1,914.43	2,536.00	-621.57	
Delegate Support, WSBC	0.00	6,000.00	-6,000.00	
Member Outreach	657.50	2,036.00	-1,378.50	
Public Info and Prof Outreach	300.00	1,200.00	-900.00	
Rep Support for Assembly	0.00	4,018.00	-4,018.00	
Trustee Nominee Assistance	0.00	500.00	-500.00	
<b>Total Targeted Funds Expenses</b>	2,871.93	16,290.00	-13,418.07	
<b>Unanticipated Expenses</b>	0.00	378.00	-378.00	
<b>Ways and Means Expense</b>				
<b>Journal postage</b>	2,231.45	350.00	1,881.45	[d]
Journal printing	1,910.42	2,200.00	-289.58	
WSBC Boutique	0.00	500.00	-500.00	
<b>Total Ways and Means Expense</b>	4,141.87	3,050.00	1,091.87	
<b>Total Expense</b>	16,801.72	46,956.00	-30,154.28	
<b>Net Income</b>	16,386.29	-6,082.00	22,468.29	

<b>2020 Budget Overages</b> <b>Ratification of Expenses 10% or More Over Budget</b>	
<b>Ln</b>	Treasurer's Notes from collaborations with BFDS, Audit, and the Board:
<b>[a]</b>	Bank Charges. Higher than budgeted, from most purchases moving online.
<b>[b]</b>	PayPal Charges. Higher than budgeted, from most purchases moving online.
<b>[c]</b>	Audit Charges. Higher than budgeted, from mailing analog materials back and forth.
<b>[d]</b>	Journal Postage. Higher than budgeted, from most journals being shipped and very few direct sales.

# Section 7:

## Elections

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## **2021 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: 2 year term - Assembly 2021 to Assembly 2023
- Second Vice Chair: 2 year term - Assembly 2021 to Assembly 2023
- Treasurer: 2 year term - Assembly 2021 to Assembly 2023
- Member-at-Large: 2 year term - Assembly 2021 to Assembly 2023

### **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 OA 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](mailto:nominations@oaregion1.org) as soon as possible, but before the start of Sunday's session.

### **REVIEW OF APPLICATIONS – SUNDAY PRIOR TO ELECTIONS:**

- Nominations Committee reviews all new applications received for eligibility.

### **SPEECHES AND Q&A:**

- 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, Second Vice Chair, Treasurer, Member At Large.

**VOTING PROCEDURES FOR THE ELECTION:** 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 – Alice W.**

2 year term - Assembly 2021 to Assembly 2023

<b>Name:</b> Alice W.	<b>Intergroup:</b> Oregon
<b>Date joined OA:</b> August 1992	<b>Date continuous abstinence began:</b> February 20, 1995
<b>SUMMARY OF OA SERVICE:</b> Region 1 Vice Chair: Current (1 year), Nurturing Newcomers Project Team Liaison Region 1 Secretary: partial term 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.	
<b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>As Vice-Chair, I am working with an amazing team of people on the 2021 Region One Convention. With the help of service sponsors, I am keeping true to my commitment to spread the joy of service and not take on more work than I can sanely manage. After all, HP is in charge, not me!</p> <p>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.</p>	
<b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b> <p>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 as the Region 1 Chair will challenge me and help me give back to this fellowship. My previous experience on the Region One Board will serve me well as we move, hopefully, back to in-person events. I look forward to meeting the Chairs from our other Regions and learning more about OA as a whole. Mostly, I love working with others in service. The recovery I see in others, as well as myself during WSBC, our workshops, Assembly, and</p>	

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.

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 the Vice- Chair and Second Vice-Chair make sound financial decisions that will result in an affordable convention for our membership while maximizing revenue for Region One.

Nurturing newcomers and welcoming back member is a passion of mine. 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, and continues to be 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 confirms that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

**Signature:** Alice W. (electronic signature)

**Date:** August 28, 2021

## **Application for Region One Second Vice Chair – Laurie A.**

2 year term - Assembly 2021 to Assembly 2023

<b>Name:</b> Laurie A.	<b>Intergroup:</b> Big Sky
<b>Date joined OA:</b> 04/13/20	<b>Date continuous abstinence began:</b> 04/18/20
<p><b>SUMMARY OF OA SERVICE:</b></p> <p>07/2020 Built and currently maintain Montana OA website</p> <p>Lead variety of weekly Meetings regularly ongoing</p> <p>Secretary for Intergroup currently since I came back in April 2020, previously @ various times from 11/2015-11/2017</p> <p>Secretary for Serenity Sunday (OR) Meeting Jan-June 2021</p> <p>Attended 2020 Assembly as observer</p> <p>Assisted with 2020 Convention</p> <p>2021 Assembly Notebook Team member ongoing</p> <p>Started a Body Image Mtng January 2021 continue to provide weekly tech support</p> <p>Conducted a Body Image Workshop May 2021 with 3 speakers</p> <p>Sponsor ongoing</p>	
<p><b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b></p> <p>I'm professionally minded. I take my OA service very seriously. I like to know what's expected of my service so that I can meet those expectations or communicate any concerns of why I may not be able to. I am zoom, computer, word, excel, google drive savvy. I can prioritize and organize. I work well under pressure. From my program I've learned tolerance of people, places and things, even those that I do not agree with. Also, from my experience, I handle life better relying on a power, greater than myself.</p>	
<p><b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b></p> <p>I love OA and appreciate the difference it's made in my life. I appreciate being useful and helpful. I am very passionate about how much service matters, from the meeting level, up to the World Service. I would not have this beautiful journey and life beyond my wildest dreams if not for all those who have given service before me.</p>	
<p><b>BRIEF ACCOUNT OF YOUR OA STORY:</b></p> <p>I began OA in late March 2013 and became abstinent 04/20/13. I had the wonderful advantage of being shown the ropes by our current MAL, Nadine. Her recovery, peace and serenity shine brightly in our fellowship here in MT. My life had some big upsets in 2017 and I found it necessary to work sometimes 7 days a week, always at least 6 days. I thought I was strong enough to remain abstinent and use the tools without a sponsor or attending meetings in 2018.</p> <p>I gratefully became unemployed March 13, 2020 and due to covid, my now husband and I decided it would not be worth the risk for me to go back to work. It didn't take me long to think....OA! Our fellowship welcomed me back! I quickly got a sponsor and worked hard on the 12 Steps in our Workbook. I developed a God of my own understanding this time around and all of this has had a very powerful and wonderful impact on my life. I did 90/90 which gave me a lot of momentum. I have a great sponsor who has been an amazing example for how I like to sponsor, and carry the</p>	



message. I rely on a power greater than myself, and thus handle life way way differently, and very gratefully.	
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 confirms that I meet the qualifications found in <a href="#">Bylaws</a> , Article V, Section 3.	
<b>Signature:</b> Laurie A. (via email)	<b>Date:</b> August 19, 2021

## **Application for Region One Treasurer – Carrie A.**

2 year term - Assembly 2021 to Assembly 2023

<b>Name:</b> Carrie A.	<b>Intergroup:</b> South Sound IG
<b>Date joined OA:</b> 1985	<b>Date continuous abstinence began:</b> 1991
<b>SUMMARY OF OA SERVICE:</b>  2012 (approximately) Treasurer for the Centralia OA group 2014 (approximately) IG rep to Region 1 Assembly. Served on the Audit committee and performed the Annual Audit. 2021 South Sound Intergroup rep from the Wednesday meeting 2021 South Sound IG rep to WSBC 2021 Member WSBC Unity with Diversity committee 2019 to present- Administer the Virtual Sponsorship program of Region 1	
<b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b> CPA (certified public accountant), last worked in 1992. Volunteer Board treasurer, Love INC 2001-2003 (approximately)	
<b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b> OA Responsibly Pledge Service- I think I have the skills and motivation to be treasurer I've learned about the administrative side of OA, and I'd like to be part of the Region 1 team. I'd like to help keep OA strong for the next suffering COE.	
<b>BRIEF ACCOUNT OF YOUR OA STORY:</b> My first OA meeting was in 1995 in Seattle I attended OA meetings in Washington DC 1985-1993. I worked the HOW program in Washington DC 1991-1993, I became abstinent in 1991. I moved to Centralia in 1993 and attended Centralia and Olympia meetings sporadically; I didn't get to many meetings because I'm pretty much a shut-in with chronic health issues. I've re-connected with OA meetings and Intergroup now that the meetings are on Zoom.	
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 confirms that I meet the qualifications found in <a href="#">Bylaws</a> , Article V, Section 3.	
<b>Signature:</b> Carrie A. (via email)	<b>Date:</b> June 24, 2021

## **Application for Region One Member At Large – James G.**

2 year term - Assembly 2021 to Assembly 2023

<b>Name:</b> James G.	<b>Intergroup:</b> Bitterroot (Western Montana)
<b>Date joined OA:</b> 11/12/2016	<b>Date continuous abstinence began:</b> January 2018
<b>SUMMARY OF OA SERVICE:</b> Meeting representative to Intergroup (IG) IG Vice-Chair IG Representative to WSBC and Region One – (current) Member of Region One BFDS – (current) Member of Unity with Diversity Committee at WSBC level – (current)	
<b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b> I owned and operated a medical transcription company for more than 20 years. I am competent in the various common software applications and devices that OA uses for communication and business purposes. I type medical dictation, but my word editing skills have served me across many needs. I am also learning Spanish, but am not fluent.	
<b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b> Service in OA is the heart of my recovery, when all else has failed, when the disease is screaming at me, it is through service that I find hope. I promise to serve and represent to the best of my ability the many voices I have come into contact with through our program. I feel I could best serve in the Member at Large capacity, but I am happy to serve wherever needed, or, should I not be selected, not at all. I believe it to be my HP's will for me to be willing.	
<b>BRIEF ACCOUNT OF YOUR OA STORY:</b> I came to OA one Saturday morning when I finally realized I had turned on the very people who loved me most in this world (I thought my wife tore up my fat-guy shorts on purpose, but I just wore them out). I had trust issues, HP issues, and stubbornness with the best of them. I went through the motions, bought and read the literature, attended a retreat, etc., but until I began to actually WORK THE STEPS I just dreamed of recovery. My home meeting completed a Step workshop together, and I have been blessed with recovery since. It is a constant struggle, but my life is full and hopeful, mostly because of the people I have met through OA during my time in service. It's an honor to even be considered to be part of this Board.	
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 confirms that I meet the qualifications found in <a href="#">Bylaws</a> , Article V, Section 3.	
<b>Signature:</b> James G. (via email)	<b>Date:</b> 08/12/2021

## **Application for Region One Member At Large – Erin F.**

2 year term - Assembly 2021 to Assembly 2023

<b>Name:</b> Erin F.	<b>Intergroup:</b> Greater Seattle
<b>Date joined OA:</b> 2003	<b>Date continuous abstinence began:</b> Sept 2017
<b>SUMMARY OF OA SERVICE:</b> At the group level: secretary, treasurer, greeter, opener, newcomer outreach, Zoom host. At the intergroup level: Representative and Chair At the Region level: Representative two years	
<b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b> Negotiations, advocacy, contract review, project planning, annual event chair, planning, organizing people, cheerleading, motivation, listening	
<b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b> Service has been a very important part of my recovery. I am wrapping up two very transitional years as Greater Seattle Intergroup chair, and while I “want to” take a break, HP keeps nudging me toward this service. Although I’m afraid I know it will be ok. It’s also very much in my wheelhouse.	
<b>BRIEF ACCOUNT OF YOUR OA STORY:</b> Came in 2003 – was in for two years, “graduated”, and was in relapse for 12 years. Came back in 2017, got a sponsor, started working the Steps in the Big Book, and have been working a program imperfectly ever since. I have a sponsor, sponsor and 12 Day sponsor.	
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 confirms that I meet the qualifications found in <a href="#">Bylaws</a> , Article V, Section 3.	
<b>Signature:</b> Erin F. (via email)	<b>Date:</b> 8/1/21

# Section 8:

## Board Reports



## **Chair Report to Assembly 2021**

It's August, and a full year has passed since I wrote my last report to the Assembly as a very new Chair. In this position I continue to meet some my character defects head on: impatience, struggle to dig deep into an issue or challenge, and picking up my fifty pound cell phone (it's lighter this year!), while cultivating my recovery-based strengths: gentleness in service, encouragement, coordination, and quiet leadership.

Since November, we have had a full Board and the role of the Second Vice Chair has taken shape. We continued to make decisions together in harmony and support of one another.

### **The Numbers**

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

<b>Date</b>	<b>Intergroups in Region One</b>	<b>Total Meetings in Region One</b>	<b>Unaffiliated Groups in Region One</b>	<b>OA Meetings Worldwide</b>
July 2021	25	369 (increase of 8)	13	<b>6,663</b> , of which <b>1,652</b> (25%) are virtual
August 2020	25	361 (decrease of 14)	12	<b>6,197</b> , of which <b>855</b> (13.7%) are virtual
August 2019	25	375 (increase of 10)	12	<b>6,132</b> , of which <b>613</b> (9.9%) are virtual
August 2018	25	365 (increase of 8)	25	<b>6,185</b> , of which <b>591</b> (9.5%) were virtual
August 2017	25	357	39	<b>6,298</b> , of which <b>552</b> (8.7%) were virtual
September 2016	24	358	35	<b>6,246</b> , of which <b>480</b> (7.6%) were virtual

Virtual meetings (phone, online, and non-real time) continue to comprise a larger percentage of our meetings worldwide (an increase of 11% this last year) for a total of 25% of total meetings. Meetings are deciding about whether to stay virtual, go back to face to face, or explore the "hybrid" format. Many of you have shared that your traditional face-to-face meetings have grown in numbers since moving to a virtual format, and now include regular attendees from around the world. This last year, Region One realized an increase in meetings. We remain slightly below our 2019 numbers, but still above our numbers in 2016, 2017, 2018 and 2020).

### **Outreach/Connection/Carrying the Message**

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

Outreach:

- ✓ March 6 Region 10 Intergroup Renewal

- ✓ March 27 Big Sky March workshop
- ✓ May 15 Peninsula workshop
- ✓ June 12 Northern Lights Intergroup Board meeting, workshop
- ✓ August 22 Jefferson State “Sponsorship” workshop
- ✓ September 18 Board meeting, WSBC 2021 recap, Intergroup Renewal overview

#### Connection:

- Providing Zoom accounts to Intergroups in financial need
- 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](https://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, events, recovery blog, virtual sponsorship service

#### Carrying the Message:

- PIPO Project Team held workshop
- Two PIPO grants awarded to Intergroups
- Three Member Outreach grants awarded to Intergroups (coordinated by Budget, Finance & Delegate Support Project Team)
- Team Tech formed and meeting monthly
- Region One Journal now available on Amazon (much reduced printing and shipping costs!)
- Partnership with Washington and Oregon Academy of Nutrition and Dietetics
- New webpage for health care professionals [oaregion1.org/for-health-care-professionals.html](https://oaregion1.org/for-health-care-professionals.html)

#### **Strategic Planning and 2021-2022 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 brainstorm a theme for both Assembly and the Region overall:

- Assembly Theme and Region One Theme: “Sharing Hope, Offering Resources, Recovering Together”
- Convention theme: “Recovery That Lasts: The Spiritual Principles As a Way of Life”

Sitting shoulder to shoulder with our Member At Large Nadine was a special treat; I was able to arrange my annual road trip from AZ to WA so that we stopped for a week in Billings, where Nadine graciously hosted me at her home. Fun!

#### **Virtual WSBC 2021**

World Service Business Conference was held virtually for the second time, running like clockwork. Trustee Margie and I held an “All About Virtual WSBC” beforehand to talk about the agenda and the logistics of participating virtually. At 64%, Region One had the second highest Intergroup participation rate among the eleven regions. Region One Trustee Margie served as the WSBC conference committee Trustee co-chair. Thank you Margie!



Region	Total # of Intergroups/Service Boards (as of 4/24/21)	Total # of Intergroups/Service Boards Represented at WSBC 2021	Percentage of Intergroups/Service Boards Represented at WSBC 2021
Region 1	25	16	64%
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

The Region Chairs Committee met monthly this year; easy to do when getting together virtually. With many new Region Chairs, extra meetings where resources could be shared and questions answered has been a big help to all of us. Three of us worked together to create a new workshop: "Using Spiritual Principles to Guide the Journey, One Day at a Time". The workshop will be made available on oa.org.

### Shout Out To Our Project Teams

Region One Project Teams have shown such dedication to Region One and the fellowship throughout the year. In particular I want to thank the Budget Finance & Delegate Support Team for shepherding our effort to reduce printing and shipping costs of the Region One Journal, serving our members much more efficiently. A dedicated subcommittee formed under BFDS researched the viability of making the Journal available on Amazon.com and Amazon.ca and we expect it to be orderable very soon. I thank them for all of their work on this project.

### Unaffiliated Groups

Unaffiliated groups are OA meetings registered with WSO, but which are not part of an Intergroup. Currently there are 13 meetings in Region One unconnected with a Region One Intergroup. 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 2021, the Board looks forward to conducting our second virtual Assembly on October 23-24, followed by our virtual Convention (November 12-14). Although I have decided not to run for a second term as Chair, I do hope to help Region One with various projects and will stay in touch!

In service and love,  
Cindy C., Region One Chair

## **Vice-Chair Report to Assembly 2021**

### **Convention 2020 – Virtual**

Thank you to Pat O’C. (Oregon Intergroup) and Sue B. (Greater Columbia Intergroup) for stepping up to co-chair Region One’s first virtual Convention. Additional thanks to all who gave service to make this event such a seamless and successful event. The event was well organized and well attended. We appreciate your service to OA and your commitment to carrying the message of recovery in Region One and beyond. The Convention was held on Zoom, November 13-15, 2020. The technical support team was well-staffed and eager to serve. A heart-felt Thank You to everyone for their willingness to be available to help those in the fellowship who were new to the virtual platform.

We had 686 registrants for the convention with 207 of those registering as a newcomer.

### **Convention 2021 -Virtual**

Before the board made a decision about whether to attempt an in-person convention this year, a survey was sent out to the fellowship via email to previous registrants and through google groups, to ask how many would attend an in-person convention given the state of Covid at the time. The resulting vote was one-third in favor of in-person and two-thirds saying they would not attend an in-person event. With the boarders remaining closed due to the on-going Covid situation, the board voted to move forward with a virtual convention again this year. As it turns out, it was an inspired decision.

We have an active committee putting together another amazing weekend of recovery. The convention theme is “Recovery That Lasts: The Spiritual Principles As A Way Of Life”. We have a wonderful logo, thanks to Martha and Beverly. You can find a save the date page [oaregion1.org/2021-region-one-convention.html](https://oaregion1.org/2021-region-one-convention.html). Registration opens on September 12, 2021. We have lots of opportunities to do service during the convention. Please be sure to indicate how you would like to give back to OA during convention on your registration form. We look forward to seeing you all there!

### **Convention 2022 – Bellingham, Washington**

- Convention 2022 will be in Bellingham, Washington
- We were able to “roll-over” our hotel contract for Convention 2021 to reschedule for Fall of 2022 with no penalties incurred with the hotel
- As of the time of this writing, specific dates have not been selected

### **Nurturing Newcomers Project Team**

Remember what it was like when you were a newcomer? I was the Board Liaison for the Nurturing Newcomers Project Team this year. Our goal was to create a one-page flyer that each one of us can use to help carry the message of recover to a newcomer in some small way. Please check out our report in this Assembly Binder. We created a resource that we can all use to help our newcomers find lasting recovery.

### **Workshops**

I was grateful to help facilitate two workshops this year as a member of the board. The first was Big Recovery Under the Big Sky, Living in the Solution – One Day at a Time, which was held virtually in March. The second was for Jefferson State Intergroup in August (also virtual), titled Newcomers – a Different Way of Looking at Sponsorship. I treasure every opportunity to carry the message to this program that has

saved my life. If your Intergroup is wanting to host a recovery event, the Region One board is available and eager to help you! Reach out to a board member, or fill out a request form: [Region One Board Outreach Visit Application](#)

### **Blog Posts**

One of the pleasures of being a board member is the opportunity to share my experience, strength, and hope through our Board Blog. I wrote six blog posts, each an opportunity to share what was going on in my recovery at the time. My topics, all inspired by my Higher Power, included body image, covid fatigue, letting go of stuff that no longer serves me, a different way to meditate, a list of words that guide me in my daily recovery, and my journey to twenty-five years of abstinence from bulimia. If you have not checked out the board blog, it is filled with inspiring snippets of recovery and may be just what you need to reconnect to your fellows. You can find the blog at: [oaregion1.org/board-blog](http://oaregion1.org/board-blog). I look forward to another year of service to OA. How will you be of service?

Respectfully submitted,  
Alice W.  
Vice-Chair

## **Second Vice-Chair Report to Assembly 2021**

At the 2020 Assembly, the Region One Board was expanded by adding the position of Second Vice Chair. I was honored to be chosen to fill the initial one-year term of Second Vice-Chair. The two-year position will be filled at the 2021 Assembly.

The main reason the Second Vice Chair position was created was to divide the Vice Chair's Convention responsibilities between a First and Second Vice Chair. However, as I worked with the Board, the position has "taken shape" and position responsibilities also include tasks to assist the Chair. After discussions with the Chair and the First Vice Chair, I prepared a Position Description, which details responsibilities of the Second Vice Chair. The Position Description to be added to the Region One Policies and Procedures, along with necessary amendments to the Region One Bylaws, will be presented for approval at the 2021 Assembly.

### **Board Visits**

One of my responsibilities was to coordinate Board Visits to Intergroups. This year, due to COVID restrictions, Visits were made via Zoom. All Intergroups were encouraged to apply for a Board Visit, and the following Visits were scheduled:

- March 27: Big Sky Intergroup
- May 15: Peninsula Intergroup
- June 12: Northern Lights Intergroup
- August 21: Jefferson State Intergroup
- September 18: Anchorage Alaska Intergroup

### **Convention 2021**

- Alice, the First Vice Chair, and I collaborated on a survey, sent to Intergroups and members via the Region One e-mail group, asking whether members would attend an in-person Convention in 2021. Of the 176 responses to the survey, only 31% indicated that they would attend an in-person Convention. A Survey Report was prepared and sent to the Board and, after discussion, the decision was made to hold the 2021 Convention on Zoom.
- Convention is scheduled for November 12-14, 2021.
- The Board is hopeful that the 2022 Convention will be held in-person in Bellingham, Washington.

Being a part of the Region One Board has been a wonderful experience for me. I would urge anyone who has ever thought she or he might like to give service at the Region level to apply for a Board position.

Submitted by,  
Paula Z.  
Second Vice-Chair

## **Secretary Report to Assembly 2021**

My story starts with my first venture into service on an Intergroup Board. I agreed to take the secretary position for the Southeast Alaska Intergroup, but I felt very unqualified. My career as a lab technician did not prepare me well. But I found that it was a growing experience and wonderful to meet with others who have abstinence as a number one priority. Then Margie, Region One Trustee asked me to apply for the Region One secretary position. She did tell me that there would be at least two candidates. I of course felt unqualified and hoped a truly qualified person would apply! However, no other candidates turned up.

I have found working with the Region One Board also a recovery experience. I trust my Higher Power and the members to guide me in my tasks.

What does the Region One Secretary do? (As Alice said in her report last year):

- 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

### **Strategic Planning**

The Region One Board met over Zoom on June 5, 2021. Sharing Hope, Offering Resources, Recovering Together is our theme for Assembly and next year. Both Assembly and Convention will be virtual due to Covid. We discussed many possible outreach projects for the Region relating to newcomers, sponsorship, and PI/PO.

### **Region One Assembly Registration**

We have begun receiving registrations for Assembly as I write this report. Very fun to hear from the Intergroups!

### **Intergroup Liaison Work**

My Liaison assignments are Peninsula in Washington state, and Central Oregon and Jefferson State in Oregon. I have benefited from going to a meeting within the Central Oregon purview, attending Peninsula's Intergroup, and helping to do a workshop for Jefferson State on Sponsorship weekend (yet to happen as I write 😊). I also enjoyed sharing my story as a speaker for a meeting in Central Oregon. This part of being on the Board is very rewarding.

### **PI/PO Project Team**

The PI/PO team put together a workshop: Carrying the Message. We had a good turnout when we did it on June 19<sup>th</sup>, 2021. The team worked very hard putting this workshop together meeting almost every week. We became very close knit. We are considering offering the workshop again in November.

### **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 other week. I have written one and look forward to writing

others as the rotation brings each member up about every 6 weeks. If you have not had a chance to read our blog, check it out: [oaregion1.org/board-blog](http://oaregion1.org/board-blog).

Thank you for coming to Assembly and representing your Intergroup!

Lesley K.

Region One Secretary

## **Treasurer Report to Assembly 2021**

8/18/2021

This is my last year as Treasurer for OA Region One, having put the hat on in October 2019. Fortunately, we have had clean audits of transactions and spending activity for 2020 and 2021 across all accounts. Because of the great leadership of the Board, I have felt loved, included, and supported throughout the journey. Dare I say, it was actually fun? Resoundingly, yes.

With the global pandemic continuing well into 2021, and having to do without the many activities we usually propose year-to-year, 2020-2021 has been financially atypical. We conserved funds and expect to be contributing the surplus to OA World Service when the decision is agreed upon. Further, we proposed the 2022 Budget as a typical year, with the addition of video-conferencing support as an ongoing line item. Overall, I am grateful to report that OA Region One finances are in good health. You will have an opportunity to weigh in on our budget, our strategy, and many other needs for Region One at Assembly, October 2021.

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 is always an important part of my recovery.

In Service to the Good of OA,



Avi R.  
Region One Treasurer 2019-2021

## **Member at Large Report to Assembly 2021**

What a joy to be part of the Region One Board! It has been such a privilege.

Highlights from this year:

- Liaison to four Intergroups, each one navigating their way and re-inventing themselves as best they could through this interesting year.
- Working with Virtual Sponsorship to help encourage and support their efforts of handling sponsor & sponsee applications to over 100 people from 13 U.S. states and territories and over 18 different countries! Wow!
- Worked with my Strong Recovery/Sponsorship Project Team to help create a booklet we hope is extremely useful in sponsoring or being a sponsee. (See their report for more details!)
- Helping to provide support by being a part of several Intergroup workshops.
- Keeping our Speaker List updated so members can continue to hear recovery.
- Writing a recovery blog several times a year for the Region One website.

Thank you for encouraging me to serve. It has been such a pleasure and has helped to keep me abstinent one more day....

Pressing on~

Nadine D.

Member at Large "Just the Right Size"



## **Technology Coordinator Report to Assembly 2021**

I maintain our Region One website and Facebook page, provide technology support to the Board and within Region One, serve as Liaison to four Intergroups and the Bylaws Project Team. Also, this year we started “Team Tech” for our Intergroup webmasters.

**The Region One Website:** [oaregion1.org](http://oaregion1.org)

I love working on our website—it is a creative endeavor, and I am always learning something new. This year I’ve worked on a consistent look throughout the site, simplifying layouts, and regular “bad link” checks. The website is backed up at least monthly. I try to feature new and interesting content on the home page.

Weebly is an excellent choice for Region One, because it is a fairly easy to learn “drop and drag” website builder. When this position rotates, it will be easier for the next person to step in to this service.

After the home page, the pages most often visited are (in order and from mid-August):

- Events
- Meetings During Covid-19
- Intergroups
- Board Blog
- Journals
- Virtual Sponsorship
- Newcomers
- Podcasts

Most of our site traffic comes from Google, followed by Bing, Google Canada, and Intergroup websites.

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

- [\*\*For Health Care Professionals\*\*](#) – this page was created because we participated in a virtual health conference this year. If you want an easy way to share about OA with your doctor or other health care professionals, email them a link to this page!
- [\*\*Newcomers\*\*](#) – call-to-action buttons have been added for the OA Quiz and Find a Meeting function, as well as links to newcomer resources. This page also includes the new “Suggestions for Welcoming Newcomers to Overeaters Anonymous” resource from the Nurturing Newcomers Project Team.
- [\*\*Board Blog\*\*](#) – When I post a blog, I link 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 have a topic index. I was excited to hear recently that at least one group has started using our blog shares in their meeting!
- [\*\*Resources for Specific OA Populations\*\*](#) – This is one of my favorite pages on our website. It links to resources for special focus populations in OA – Anorexics, BIPOC, Bulimics, Men, Young People and more. There are also instructions for how to find special focus meetings on the OA website.

### **Team Tech - Website Support for Intergroups**

I am happy to announce that in June 2021, Region One “Team Tech” held its first meeting, and I am grateful to Laurie A. from Big Sky Intergroup for helping get this off the ground. Intergroup webmasters take turns hosting a one-hour meeting each month to compare notes on all thing’s tech, supporting one another in this service. We give design feedback, share resources, and can meet one-on-one if someone

needs more help. Check out the Team Tech flyer in the Region One Resources section of the Assembly Notebook.

### **The Region One [Facebook Page](#)**

Last year at this time we had 307 followers on our page; now we are up to 544. 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 or worthwhile. You can also invite others to follow our page, and, if you are a member of private OA Facebook groups, share event announcement and other Region One posts to those groups.

Our page follows other OA service body pages, including the World Service page, and I repost information that may be of interest to our own page followers. Our blog is always posted, as well as event announcements and other OA-related items.

We ran two “boost” ads this year. The first was for Convention 2020, and it was very successful. That ad reached 2,828 people, with 200 actually clicking on the link, for a total cost of \$33. The second was of a blog post “25 Years of Freedom from Bulimia,” which reached 497 people, with 18 link clicks, for a cost of \$10.

I still need to redesign the banner for our Facebook page to include information about what our page is about and what it offers. I would like the look of the Facebook page to tie in with our website for consistent “branding” across those two sites.

### **Intergroup Liaison**

I am Liaison to Northern Lights, Regina, Sea to Sky 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, or what worked for me when I was an Intergroup Chair. I was able to do an outreach workshop in June for Northern Lights Intergroup with Paula and Nadine. The workshop was held in conjunction with the annual elections; it was very interesting to sit in for this meeting.

### **Project Team Liaison**

This year I have been liaison to the Bylaws Team. What a SMART and DEDICATED Team! The Bylaws, Policies and Assembly Standing Rules have really gotten a good review. This Team also receives motions and assists the maker of the motion if any help is needed presenting a clear motion to the Assembly.

Thank you, Katy, Leila, Allen, Faye, Rosanne for putting your heart into this project.

It is a pleasure to be a part of Region One and to work with this Board. Thank you for letting me be of service.

Beverly M.  
Technology Coordinator



## **Trustee Report to Assembly 2021**

This year of Trustee service has been a strange and busy one. In the past when I was the Trustee I traveled frequently. This last year of course I have not traveled. But I have visited several Intergroups via Zoom, co-led a workshop on sponsoring and assisted one Intergroup to do an Inventory and make some decisions about what projects they wanted to work on as a team.

During the last year I served on two Trustee Committees: Conference Planning Committee (for WSBC 2021, Chair), and Convention 2020. Last year (May to May) the Convention Committee 2020 only met a few times. In contrast, the Conference Planning Committee was terribly busy especially after November when we switched from in-person to virtual Conference. In the last six weeks before WSBC the committee met twice a week for at least 2 hours each time. And in between meetings some subcommittees, like All About Conference met to plan the presentation and write the script.

This year 2021-22, I am serving on three committees: Conference Planning Committee (Chair), WS Convention 2021, and the Website Review Committee. Notice the difference; Conference Planning is for WSBC and Convention Planning, which is the once every 5 years fun Convention, in Orlando, FL. this year. The Convention has been cancelled because of surging Covid-Delta variant in Florida (as of Aug 3, 2021).

I am liaison with three Intergroups:

- 1) Catch the Wave – Southern Oregon Coast
- 2) Vancouver Island
- 3) Greater Seattle

This means that I call every couple of months and help out especially with resources; I also write a liaison report every couple of months.

In addition to the activities above I have:

- Led a retreat via Zoom for the Juneau, Alaska area.
- Assisted an Intergroup to do an Intergroup Inventory.
- They took the information gathered on the things which they wanted to be happening in their Intergroup and made them happen.
- Answered questions sent to me from the World Service Office on Traditions by individuals within Region One; and
- Participated in Region One Strategic Planning.

I am available to lead workshops on Service, Traditions and Concepts. There are many topics which can be included with workshops on those topics.

I am always humbled to do this service for Region One, I have been in OA for over forty years, and I am gratified to be able to give back to OA because OA has given me so much.

In love and service,

Margie G.

Region One Trustee

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# **Section 9:**

## **Project Team Reports**

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## **Assembly Notebook Team Report to Assembly 2021**

Cassie J.	Southeast Alaska Intergroup, Team Lead
Laurie M.	Big Sky Intergroup, Google Docs Coordinator
Sara H.	Peninsula Intergroup, Special Projects Coordinator
Sharon B.	Emerald Empire Intergroup, Cover and Reports Coordinator
Cindy C.	Greater Seattle Intergroup, Region One Board Liaison

Our team's goals for the year were:

- To publish the 2021 OA Region One Assembly Notebook
- To improve on the 2020 Assembly Notebook in readability and ease of use
- To continue to create an easy-to-follow blueprint for the Assembly Notebook 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, Notebook Outline and Timeline* with lots of help from previous years' work. The Assembly Notebook Team *Project Teams: Purpose, Action Plan and Resources* was considerably revised in 2020 and remains as a concise starting point and action plan for the next Notebook Team to put together and publish the Notebook with ease and timeliness. We continued use of the *Assembly Notebook Timeline* as the agenda for each meeting and plan for action items and due dates. We continued use of the *Assembly Notebook Section Status Report* (newly developed in 2020) as deadlines drew closer and the pace picked up. The *Section Status* is another tool to use at each meeting as a guide for immediate and upcoming actions, deadlines and was a great resource for us to keep on track, preserve time, and determine immediate and future actions with relative ease.

Sara spearheaded the Special Focus Section. In 2021 this section is aligned with the Assembly Theme: *Sharing Hope, Offering Resources, Recovering Together*. Requests were sent to the Region One Google Groups email list for submissions. We received some wonderful contributions from members around our Region!

Many documents were collected and uploaded, some of which were new and some remained 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 Notebook!

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 or three individuals. 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 Notebook Team, that were updated and used again in 2021. 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 Notebook: 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 Notebook 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 Notebook 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 Notebook! We appreciate your service!

Cassie J. - Assembly Notebook Team Lead



## **Audit of Region One 2020 General Business Account**

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

Avi sent us the files in April. Dorothy and Rosanne met April 27 and May 4. After each session, we met with Avi via Zoom to discuss anything we found that we did not understand. We found several discrepancies/inconsistencies, which we listed and sent to Avi.

Resolving the unresolved items:

Missing items were followed up on with the Treasurer. In our Zoom conferences we were able to clarify, verify, and reconcile each item we couldn't match. Avi is in the process of making those corrections.

Recommendations:

It is recommended that the current treasurer register with the state of Oregon before the October deadline rather than wait until after Assembly, *to avoid missing this required action*.

Although in the 2019 Audit we made recommendations concerning labeling receipts and the bank statements, in 2020 all transactions in the audit were transmitted electronically, so that system wasn't used. In the case, however, paper receipts are again used, we still recommend that method – see the 2019 Audit Report in the 2020 Assembly Binder.

Match PayPal deposits to checking account to PayPal entries in the General Ledger to minimize confusion.

We feel that the monthly balances of General Ledger should be closer to the month end balance in the bank account, except in cases where checks have been issued but not cashed in a timely manner.

We are wondering if the amount kept in checking account could be lowered and some deposited in savings.

Respectfully submitted,

Audit Team - May 8, 2021

## **Audit of 2020 Region One Convention Account**

Rosanne K.	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/Chair

We electronically examined all the materials supplied to us by the Region Treasurer. Procedure – Dorothy high-lighted the entries pertinent to the Convention and rearranged the reports emailed to us by the Treasurer, so that we could approach it in a more easily understood way.

The Team compared the receipts and reports supplied by the Treasurer to the bank statements. In cases where they didn't match up, we wrote a report and sent to the Treasurer and the Chair on February 4, 2021.

### **Recommendations:**

Any items originally estimated should be replaced by actual figures when available. Items need to be clearly labeled so they can be easily matched up between the General Ledger and Bank Statement so that anyone can easily cross-check them. Much care has to be taken to assure that Convention Expenses are kept separate from other types of expenditures, so that we know how much to budget for Conventions.

Audit Team - February 4, 2021

## **Budget/Finance/Delegate Support Team Report to Assembly 2021**

Marjorie T.	North Cascade Intergroup
Dawn M.	Northern Lights Intergroup
Diane D.	Northern Lights Intergroup
James G.	Bitterroot Intergroup
Jenny H.	Greater Seattle 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.

2021 has been a challenging year for the BFDS team and Region One. We are still working with Covid-19 restrictions and the changes that has meant for our revenue and expenses.

### **2020-2021 Activities:**

1. WSBC Delegate Support 2021: Region One approved funding for \$3,601. Since WSBC 2021 was held virtually, these funds were not spent.
2. Ways and Means WSBC 2021: This project was set aside, since WSBC was held virtually.
3. Assembly Representative Support 2020: \$4,018 was budgeted and approved. None of this was spent, since Assembly was held virtually.
4. Literature and Technology Grant 2021: The BFDS team utilized some of the 2020 "excess funds" to offer grants to support intergroups with unexpected expenses due to Covid-19 problems. These grants were for literature purchases, including journal purchases from Region One, and amounts needed for advanced technology aides. We had three Intergroups apply for support for \$1,126 of the possible \$11,513 to be expended. We recommended the board approve these applications, and they were approved. The remaining \$10,000 will be sent to World Service before the end of 2021.
5. Assembly Representative Support 2021: We did not prepare an application for support, since Assembly 2021 will be held virtually, with minimal intergroup expense.
6. WSBC Delegate Support 2022: Our preliminary budget for support is \$9,356. This is more than in previous years, since we anticipate airfares will be higher than in the past, and we had the help of "excess funds" from 2020. 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 2021.
8. The team formed the Journal Subcommittee (JSC) to work on the Region One Journal. The JSC did a lot of research as to the actual costs and revenue for these items, since the two do not line up in our financial reports.
9. Along with determining some instances where international postage makes direct sales to members very costly, the JSC investigated the option of print-on-demand from Amazon. JSC sent a survey to journal users to get suggestions as to what changes they would find helpful.

The Board approved the addition of the direct-print-and-ship option. The Amazon version will be available both in its original size and in a larger, 8.5x11 size. This should increase sales, be more convenient for members, and alleviate high postage costs for Region One.

## **Bylaws Team Report to Assembly 2021**

Katy H.	Anchorage Alaska Intergroup, Bylaws Team Lead
Leila L.	Snake River Intergroup
Rosanne K.	Oregon Intergroup
Faye D.	Sea to Sky Intergroup
Allen T.	North Cascades Intergroup
Beverly M.	Oregon Intergroup, Region One Board Liaison/Technology Coordinator

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 2020 Assembly, the Bylaws Team reviewed the newly adopted Bylaws and Policies for accuracy before they were posted on the region website. At the request of the Region One Chair, we revised the Standing Rules for consideration by the 2021 Assembly. We also compiled a list of various notice requirements found in the Bylaws and Policies, and from that list developed an Excel document that will automatically generate a list of action deadlines calculated from each year's Assembly date.

In preparation for reviewing motions to amend the Bylaws and Policies, the Bylaws Team edited the motion template for 2021, and received motions from other committees for consideration by this year's Assembly. We reviewed those motions and gave assistance and feedback to the drafters as needed. As an essential part of the Bylaws Team's ongoing mission, we reviewed current Region One Bylaws and Policies for other necessary changes and submitted relevant motions to the Assembly. Many of the revisions involved making changes to the Region One Bylaws and Policies to allow members to participate in Region One activities virtually through a digital platform such as Zoom.

Finally, we reviewed and made edits to the Bylaws Team's Purpose, Action Plan, and Resources document for update before inclusion in the 2021 Assembly Notebook.

Respectfully submitted,  
Katy H. – Bylaws Team Lead  
August 15, 2021

## **Nominations Team Report to Assembly 2021**

Nadine D.      Technology Coordinator, Region One Board  
Beverly M.      Member at Large, Region One Board

So grateful for the Region One Board who took quick action at the beginning of their Fall term to do some shuffling of board positions.

Cindy C. stepped up as Chair, with Alice W. as First Vice Chair, and Paula Z. in our newly created position of Second Vice Chair.

Avi and Nadine continued in their positions of Treasurer and Member at Large, and Beverly M. became our newly named Technology Coordinator with Margie G. as a newly appointed Trustee taking over Pat O's position.

Whew, if that weren't enough we have the lovely Lesley K. doing a bang up job as her first year as Region One's Secretary extraordinaire. Lesley puts her whole heart and soul into all the new items coming at her and her willingness to try is astounding.

All of these positions and people approved by your vote at the Region One Assembly.

This year, we are accepting nominations for positions on the board of:

- Chair, Second Vice Chair, Treasurer, and Member at Large

Several applications have already been received. We are prayerfully considering all of them and as always, look forward to your input at Assembly.

So grateful to be a part of the team,

Nadine D.  
On behalf of the Nominations Team

## **Nurturing Newcomers Team Report to Assembly 2021**

Barbara S. Eagle Cap Intergroup, Team Lead  
Kathleen H. South Sound Intergroup, Secretary  
Debbie H. Big Sky Intergroup  
Alice W. Oregon Intergroup, Region One Board Liaison

Our team's goals this year were to:

- Create a document with ideas for nurturing newcomers at meetings.
- Research appropriate resources for newcomers such as flyers and web pages for easy access.
- Create steps for newcomers to access online flyers and literature.

We spent our monthly meetings reviewing, discussing, planning, and sharing ideas for nurturing newcomers in our meetings. We generated a lot of ideas around Zoom meetings and providing opportunities for newcomers to ask questions and obtain appropriate pamphlets and resources.

We created a flyer to share with Intergroups titled "Suggestions for Nurturing Newcomers at Your Meetings". Our team feels very strongly that every member has a role to play in welcoming a newcomer and making them feel at home. Our hope is that each of us will use some of the suggestions on our flyer to help ensure our newcomers feel the love and acceptance that we enjoy in OA.

The flyer was sent to each Region One Intergroup Chair for distribution to meetings. The flyer can also be found on the Newcomers page of the Region One website and in the Region One Resources section of the Assembly Notebook. This flyer includes references to suggested flyers for newcomers and where to purchase pamphlets online.

We also wanted to create a way for newcomers to request a copy of the "Where do I Start?" pamphlet for free, mailed to them. We are hoping to add the request on the Region One website soon.

## **Public Information/Professional Outreach Team Report to Assembly**

### **2021**

Judy A.	Southern Alberta Intergroup
Katherine N.	Greater Seattle Intergroup
Lesley K.	Southeast Alaska Intergroup
Lorri B.	Vancouver Island Intergroup
Vivian R.	Regina Intergroup
Colleen M.	Greater Seattle Intergroup
Cat B.	Greater Seattle Intergroup

The PIPO Committee members spanned four different time zones so our initial goal was to connect by email and come up with a date and time for our first virtual meeting.

On November 22, 2020, the committee met via Zoom to brainstorm ideas and goals for the coming year. It was clear from the beginning that all members had a passion for PIPO and were especially anxious to find a way to carry the message to health care and other professionals. All of us were asked to conduct our own research to determine what was already out there and readily available. What a great learning opportunity!

At our December 27, 2020 meeting, we excitedly shared what we had learned and, following lots of lively discussion, came up with the following goal:

**To create and present to OA members a virtual workshop on how to effectively carry the message. Specifically, the goal for the workshop will be to give members the tools to enthusiastically and confidently carry the 12-step message to 1) those who suffer in your personal world and 2) to health care providers.**

Future meetings (and homework) were focused on creating the workshop. After coming up with an outline of what we wanted to include in the presentation, each committee member volunteered to tackle a particular portion of the proposed content and begin to create a Workshop Script. Three members worked together to design a skit illustrating the anxiety often faced when approaching a medical professional. Another member created a survey to be sent to attendees for feedback following the workshop. All members contributed their own unique talents to the creation of the workshop and we worked well together as a team. The secretary kept us on track with action plans, timelines and minutes. The group was very energetic, disciplined and committed to the process.

The two hour workshop was presented via Zoom on June 19, 2021 with approximately 40 - 50 people in attendance. We promoted the workshop through our respective Intergroups and via the Region One website. Participants were asked to register in advance so we would have their email address. A total of 74 people pre-registered although not all attended. On July 5th, participants were sent a handout from the workshop along with a link to a brief survey to complete. The handout consisted of the workshop script plus a list of links for additional information. A copy of the handout is included in Section 12 (Workshops) of the Assembly Notebook.

Feedback from the survey was generally positive and at the end of August, a second survey will be sent to participants to monitor whether they have actually taken the opportunity to apply the skills learned in the workshop.



The Committee is meeting August 23, 2021 to determine whether to offer the workshop for a second time on November 6, 2021.

The PIPO Committee initially had eight members identified at Assembly 2020. A couple of people had to step down early in the process but other members came forward to take their place. It was a great group of people who were enthusiastic about carrying the message and had just the right combination of skills to get the job done.

Special thanks go to Cat B. from Greater Seattle Intergroup who took on the role of technical advisor for the team. Cat is amazingly creative and artistic. She devoted many hours to designing special effects and graphics for the workshop, helping to make the final product look very professional indeed.

All in all, a great committee experience! On behalf of the entire committee, thank you to Region One for the opportunity to do this service.

Submitted by: Judy A. - Southern Alberta Intergroup

## **Strong Recovery/Sponsorship Team Report to Assembly 2021**

Joan McC.      Central Oregon Intergroup  
Rebecca T.     Peninsula Intergroup  
Nadine D.      Region One Board Liaison/Member At Large

What a fast and yet at times slow year, in the wake of this Pandemic. With changes to our lives in so many different ways. Our team has overcome challenges and has learned a lot about each other in the process. Our own recovery has been put to the test, with a few members leaving the group, personal family challenges, and changes within our own personal lives. Together we applied the 12 steps in our own lives, and practiced them as a group. We learned that hope is everything, that faith was primary and that every person in our group, had such wonderful gifts to share.

With our first meeting on October 25, 2020, we set out on a brainstorming mission, to find out ways that would best help our fellow OA member promote strong recovery and sponsorship. Collectively, we decided to explore these ideas by:

- 1) Signing up to be a virtual sponsor through [oaregion1.org/virtual-sponsorship.html](https://oaregion1.org/virtual-sponsorship.html)
- 2) Developing a mini booklet called **Growing Together..A guide for sponsors and sponsees**, inspired by our OA Oregon Intergroup: Program in my Pocket.

Our team had a wonderful experience with Virtual Sponsorship. They contacted Virtual Sponsorship via email, and were asked a few questions: How long they were in OA? Best time for contact? Things about themselves to match them up with a fellow sponsee, and what was their requirements of their sponsees? After the questionnaires were sent in, they were matched up with their sponsee. They chose to meet via the telephone, but both sponsor/sponsee could decide what the best method of contact would be. They are still working with their virtual sponsees till this day. The program proved to be a fast and efficient way of connecting sponsors with sponsees, from various states and even different countries. Reach out today and find your sponsor or sponsee with just an easy email!!!

Our final project was the booklet. As we discussed our goals, we realized that OA fellows already possessed such a wealth of knowledge and experience around the topic of recovery and sponsorship. So, we thought "Why not develop a small booklet?", that could be shared with all members of OA and that would be easily accessible? So for months our team met biweekly and monthly on Zoom, to formulate and compile our ideas, that have transpired into this beautiful book called **Growing Together..A guide for sponsors and sponsees**. By the time this Assembly takes place, the book will have been published. Please contact [mal@oaregion1.org](mailto:mal@oaregion1.org) for your copy today. We are asking a \$10 donation (shipping extra). The goal is to help newcomers, sponsors, sponsees, and weathered OA'ers with new abstinence or recovery to assist in their path towards maintaining abstinence, reaching recovery and sharing this with more members through sponsorship. Together we can!

## **Virtual Sponsorship Report to Assembly 2021**

I've had the service for the Region One Virtual Sponsorship Program since August of 2019 and expect to turn it over to fresh hands in September of 2021.

As far as I know there is only one other Region, the Virtual Region, which provides a sponsor match service. We serve all OA members who ask for Virtual Sponsors from whatever region they are in. Below is a partial tally of states and countries from which we've received applications.

The service consists of a Gmail account for communicating with potential sponsors and sponsees. The applications are accessed on the Region One website. We maintain lists of sponsors, sponsees and matches on a Google Doc.

Some rough statistics over the two-year period from August 2019 to 2021 are:

- Processing applications and working with around 100 sponsors.
- Making approximately 140 potential matches.
- Processing applications for another 50 newcomers and 140 regular members who ultimately didn't choose any of the available sponsors that we sent to them.

Respectively submitted, Carrie A.

## September 2019 to February 2021 Sponsee Applications Received by State or Country

Alabama	1	Puerto Rico	1
Arizona	5	Canada	44
Arkansas	1	UK	8
Alaska	1	Australia	4
California	14	Spain	1
Connecticut	3	Netherlands	1
Florida	12	India	1
Georgia	3	New Zealand	1
Idaho	5	Wales	1
Illinois	5	South Africa	1
Indiana	5	Israel	1
Iowa	1	Finland	1
Kentucky	2	Japan	1
Maine	1	Egypt	1
Maryland	4	Ireland	3
Massachusetts	2	Kuwait	1
Michigan	2	Mexico	1
Minnesota	4	Uganda	1
Montana	6	Kenya	1
Nevada	1	Dubai	1
New Jersey	6	<b>Total Worldwide</b>	<b>235</b>
New York	8		
North Carolina	6		
Oregon	10		
Pennsylvania	5		
Rhode Island	1		
Tennessee	3		
Texas	5		
Utah	2		
Virginia	2		
Washington	29		
West Virginia	1		
Wisconsin	2		
Wyoming	2		
<b>Total US</b>	<b>160</b>		

# Section 10:

# Intergroup

# Reports

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## Alaska Intergroup

**General geographic area:** Palmer, Alaska  
**Number of Groups:** 4  
**Intergroup Chair:** Randy  
**Website address:** alaska-oa.org

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Placeholder for report.

## Anchorage Alaska Intergroup

**General geographic area:** Anchorage, Alaska and other areas including Wasilla and Homer

**Number of Groups:** 8

**Intergroup Chair:** Elizabeth M.

**Website address:** [oa-alaska.org](http://oa-alaska.org)



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### News from our Intergroup:

We chose to vacate our rented meeting space. We had closed the space due to COVID in March 2020 and were not sure what the next months would bring. This uncertainty combined with the declining use for several years prior to COVID and the loss of our co-tenants led to our decision. From March 2020 through recent times, all group meetings have been via ZOOM. In the recent summer months, at least two of our groups have been meeting in a hybrid fashion. A few members meet in-person in a rented space they had used prior to COVID with others joining via Zoom on a member's phone.

The list of our Zoom meetings is included on our website [www.oa-alaska.org](http://www.oa-alaska.org). For security reasons we do not list the Zoom links with embedded passwords. We instruct those that wish to attend a meeting to contact the group rep listed to obtain the password.

### What is your Intergroup doing to strengthen meetings and help your members recover?

- **Meetings via Zoom** During the last 12 months of COVID, we offered all meetings via Zoom. We used Region One's license for most of that time, but recently purchased our own license and our technology chairs transferred our meetings to the new license. We experienced a few hiccups the first weeks of meetings on the new license, but since then, meetings have been running smoothly.
- **Public Service Announcements** Our outreach chair obtained the 30-second video ads from WSO and worked with local TV stations to have them aired as public service announcements.
- **Literature** Literature that was formerly for sale at our rented meeting space is now at the home of our literature chair. He offers curbside pick-up or delivery.
- **Newsletter** Our newsletter editor created and sent via email two quarterly digital newsletters in 2021. See the May 2021 edition at [oa-alaska.org/newsletter](http://oa-alaska.org/newsletter).
- **Google Groups** Our tech committee maintains two Google Groups for email communications. One for board members and one for all members. When new members attend meetings, the group secretary, or representative forwards the new member's email to the tech committee.

### Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop?

No at the time of the submission of this report. However, we are coordinating with Region One for reps to attend our September 2021 Intergroup meeting to provide an update on the 2021 WSBC and promote the Renewal Workshop and discuss the process for scheduling it.

### Tips and ideas we would like to share with other Intergroups.

When a newly elected board first meets, the outgoing chair could run the new leaders through an "installation," in which the new people would answer a question such as "Do you promise to serve Anchorage Area Intergroup to the best of your ability?" Answer: "I do."

**Submitted by:** Elizabeth M.



## Big Sky Intergroup

**General geographic area:** Southeastern Montana  
**Number of Groups:** 5  
**Intergroup Chair:** Rotates  
**Website address (if any):** [montana-overeatersanonymous.org](http://montana-overeatersanonymous.org)

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### **News from our Intergroup:**

A new virtual meeting started on Thursday Nights using the newest literature, Body Image, Relationships & Sexuality.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

We held two virtual workshops, March 27 Living in the Solution almost 30 attendees, and in May a Body Image Workshop 58 attendees.

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

Our Monday night is now a Hybrid

Our biggest meeting, Saturday is discussing and looking at face to face locations

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

No

### **Tips and ideas we would like to share with other Intergroups.**

We combined a meeting with members from both Intergroups in MT during the lockdown in 2020 and it continues to do well virtually.

### **Tips and ideas from other Intergroups we would like to hear about.**

How to foster and inspire more involvement at the Intergroup, Region and World Service level.

**Submitted by:** Laurie A.

**Date of Report:** 08/01/2021

## Bitterroot Intergroup

**General geographic area:** Western Montana  
**Number of Groups:** 14  
**Intergroup Chair:** Gail M.  
**Website address:** [montana-overeatersanonymous.org](http://montana-overeatersanonymous.org)

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### **News from our Intergroup:**

Bitterroot Intergroup meets monthly via Zoom on the 4<sup>th</sup> Wednesday of the month unless announced otherwise in advance. Most of our Board positions are filled. Included are: Chair, Vice-Chair, Treasurer, WSBC Delegate and Region 1 Representative. We have a Scholarship Coordinator but, we no longer have a Public Information and Outreach Chair at this time. The secretary position has been vacant for most of the year with our Alternate Chair assuming those duties.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

Bitterroot Intergroup continues to administer the Zoom accounts that Region 1 has provided and make them available to all group who would like in Western Montana.

Last year's Fall Retreat was held online in October with an out-of-state speaker. The Spring Retreat was held in May at "Camp Bighorn" in Plains, Montana. Our annual Fall Retreat is scheduled for August 27-29 at Boulder Hot Springs, near Boulder, MT and as of this writing, the registration numbers are better than normal.

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

Most of our local meetings have begun to meet in person again. Many are using the Zoom format to hold hybrid meetings. One positive outcome is that two Big Book study groups in different cities have combined over Zoom so that members have the option to attend in person at either location or to participate online.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Not at this time.

### **Tips and ideas from other Intergroups we would like to hear about.**

We would like to have more of our meeting representatives attend our monthly business meeting. Most months, we have 2-4 attend out of 14. We send reminders and the agenda to all reps ahead of time.

**Submitted by:** Gail M., Chair

**Date of Report:** July 30, 2021

## Catch the Wave Intergroup

**General geographic area:** Southern Oregon Coast  
**Number of Groups:** 5  
**Intergroup Chair:** Cynthia T.

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This year has been a challenge for all of us individually but did not take the life out of our Intergroup. Our geographical area stretches from Florence in the north to Brookings in the south. We continued, after a pause, to establish zoom meetings on Monday evening and a midday meeting on Wednesday. A Friday night meeting and a Sunday afternoon study were dropped.

We had two people who gave service to set up the zoom meetings. We have had great attendance and sharing at meetings. We collected a couple of attendees from San Diego, and a former member now living in Michigan, returned to us. Zoom has been great. We have approached restoring meetings in person several times, but the group conscious is that we keep going so everyone is able to attend despite our geographical differences.

In an attempt to share service, we have tried to have two volunteers commit to each meeting, so 4 for each week. We have a leader for the meeting and an additional person to choose a topic and use approved literature to support the discussion. That has worked well for us most of the time, but we do get lots of resistance from attendees who do not, for some reason or the other, want to take on either task.

Retreats and Marathons have been greatly missed but via the list from Region One and additional reminders of events, many of us have enjoyed the opportunity to listen to speakers around the country and world. This has been a great boost for those who attend. We have great gratitude in our group for those making the events possible and for all who carry the message.

We are planning a face-to-face event on August 7th at Tugman Park in Lakeside Oregon, (between Florence and North Bend/Coos Bay. An earlier event in late June was quite successful. We brought our own chairs, our lunches and beverage and shared ideas and fellowship. It was also a time where people made 7th tradition contributions after a year and a half.

As a result of Intergroup decision making, we have purchased a license of our own for Zoom and will put it to use soon so that we can meet more than 40 minutes on Monday evenings. And we will use our own account on Wednesday.

Much of this past year and a half has changed the way we look at meetings, our own service, and interaction with each other, Higher Power has been at work and saved us in our recovery as individuals and our two strong groups. We have also been open to new members and have made contact with those interested in our program.

**Submitted by:** Cynthia (AKA: Cindy) T., Chair  
**Date of Report:** July 25, 2021

## Central Oregon Intergroup

**General geographic area:** Central Oregon  
**Number of Groups:** 5  
**Intergroup Chair:** Janice K.  
**Website:** <http://www.centraloregonoa.org>

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### **News From our Intergroup:**

We have survived Covid with all five of our meetings intact. They are greatly reduced from their former membership levels, but we have great hopes and plans for the future.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

We have held two virtual events during the 'time of Covid'. Last November we shared our 'Hope for the Holidays' marathon with all comers. More recently, we hosted a virtual retreat in May. It featured high profile speakers with years of recovery to share with us. We did not require a fee, relying instead on free will donations. We cleared a profit on both events.

We are hoping to resume face-to-face meetings by the end of August, and plan on all five of our meetings being hybrid. We have gained some loyal members from around the state and feel the need to provide them with access. We are planning a call-to-come-back to members who disappeared during Covid, as well as asking members to provide Professional Information packets to health professionals they visit. Some of our members want to become even more active in Public Outreach.

### **With Improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

At the moment, all of our meetings plan on offering hybrid service, offering both face-to-face and virtual contact. We expect this to be an expensive venture but have some resources to draw on (prudent reserves of meetings and Intergroup). In addition, some members have offered use of extra or older equipment. We also hope to obtain financial aid from Region One, with the firm understanding that any Region One monies left unspent will be returned.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Yes, but not recently.

### **Tips and ideas we would like to share with other Intergroups.**

Some of us have developed a network of other members that we use as study groups. Some members have a conference call ability on their phones and can serve as host to study groups. Frequently through the week, we call each other and read program/spiritual-growth related material. We are in contact anywhere from five to two days a week. We read, we share, we grow and support each other throughout the bleak days of Covid. Reading over the phone is just one form of contact. Texting and e-mailing are also good forms of contact.

### **Tips and ideas from other Intergroups we would like to hear about.**

We would like to hear ideas about forms of Public Outreach.

**Submitted by:** Janice K., Chair

## Eagle Cap Intergroup

**General geographic area:** Eastern Oregon

**Number of Groups:** 4

**Intergroup Chair:** Barbara S.

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### **News from our Intergroup:**

The Eagle Cap Intergroup delegate has been participating in the WSBC 12 step within committee, sub-committee Sponsorship. We also participated in the Region One “Nurturing Newcomers” committee. A document specifically for newcomers will be coming out of that work. We participated in a special meeting for Unity Day and I.D.E.A. day and celebrated the OA Birthday by reading parts of Roseanne’s story.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

To improve the strength of our Intergroup meetings, we added a 12 step within chairperson who brings a recovery reading to each of our meetings to bring recovery and strength at the Intergroup level.

Ontario meetings are still meeting electronically. Friday meetings are phone meetings; they are not back to face to face yet. Wednesday night meeting is a hybrid meeting.

Baker City meetings: Tuesday is a hybrid meeting and Friday morning is still by phone only. Ontario meetings have a group rep, but since Baker City meetings are small, attendees are currently Intergroup Board members.

We sent a delegate to regional assembly and WSBC to as well.

### **Has your intergroup implemented innovative fundraising ideas or events that might be helpful to other groups and intergroups?**

In September, Ontario has a “hands around the park” event, bringing all recovery resources to the area. They have a booth in the park where they pass out the 15 questions card & a phone list (enclosed in a blank envelope.) People come around and can grab an envelope anonymously. It is an evening event for a few hours.

### **With improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

We have always had a “phone in” option, even before COVID, and so the transition was smooth for the most part. We will be continuing to hold meetings in a hybrid structure. Given the size our meetings, our intergroup determined it was necessary for recovery to offer this option to other OA members outside of our small intergroup.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Not in several years.

**Tips and ideas from other Intergroups we would like to hear about.**

We enjoy hearing how other intergroups are functioning, as we take the tips and ideas and incorporate them as we can. We may be small, but we are “mighty.”

**Submitted by:** Barbara S.

**Date of Report:** July 21, 2021

## Emerald Empire Intergroup

**General geographic area:** SW Oregon (primarily Eugene but also nearby cities)  
**Number of Groups:** 9  
**Intergroup Chair:** Paul  
**Website address:** [oeugene.org](http://oeugene.org)

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### **News from our Intergroup:**

Two of our meetings recently returned from Zoom to in-person (although one of them is going back to Zoom to allow for people out of the area to attend).

We are planning our first in-person event since COVID-19, which will be held in a local park in mid-September.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

1. Share news about the many virtual events that are happening around the world with our email distribution list.
2. Will be hosting an in-person event in September.
3. We had an IDEA event last November.
4. We had a Unity Day event in January.
5. One of our Intergroup members has represented us at Region One and World Service business meetings.

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

We are not sure but are talking with the buildings that have hosted our in-person meetings in the past. Several of the active members at our meetings used to live in Eugene but have moved to different states or other parts of Oregon, and it has been great to have them attend our virtual meetings.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

No.

### **Tips and ideas we would like to share with other Intergroups.**

Nothing comes to mind.

### **Tips and ideas from other Intergroups we would like to hear about.**

How other groups are creating hybrid virtual/in-person meetings and how that is going.

**Submitted by:** Paul, Chair

**Date of Report:** 7/28/21

## Greater Columbia Intergroup

**General geographic area:** Central Washington

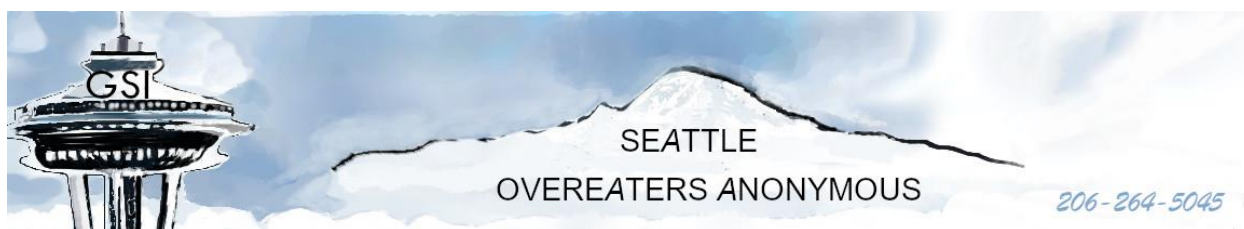
**Number of Groups:** 9

**Intergroup Chair:** Deidre H.

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Placeholder for report.





## Greater Seattle Intergroup

**General geographic area:** Seattle  
**Number of Groups:** 29-50 (unknown at this point due to COVID)  
**Intergroup Chair:** Erin F.  
**Website address:** [Seattleoa.org](https://www.seattleoa.org/)

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### News from our Intergroup:

Well, this was a year : ) Many meetings transitioned to zoom and GSI supported our groups by supplying zoom links to any group who wanted to utilize them. With a few hitches we were able to vote to transition our GSI meetings to virtual meetings and continue to vote, support our meetings, and continue supporting meetings that wanted to hold events. We have been doing a Wednesday meeting in the park and it's been really lovely to see people in person. We had a few meetings close and a few more open as new virtual meetings only! We just welcomed a newly WSO registered BIPOC virtual meeting, a virtual newcomers meeting focusing on steps 1,2,3 and a Saturday night 7pm Lifeboat meeting. Our Seattle OA website has gone under QUITE a transition, and we are seeing a real uptick in visits by new folks. Stop by... <https://www.seattleoa.org/> Our hotline has also seen quite a surge during the pandemic with an increase of about 350%. And we had so much great service around an interactive RAFFLE for all our events. It was so FUN! If you're curious please reach out and we'll share the magic : )

### What is your Intergroup doing to strengthen meetings and help your members recover?

New Step 1,2,3 Wednesday Newcomer online meeting, 12 Step within committee organized a craft night online as well as a 5k for fellowship at a nearby park. Annual Sunlight of the Spirit hosted by Saturday University district, 4<sup>th</sup> annual Sponstravaganza speaker event, and our Annual Spring retreat all pivoted to online! Fifteen-week BB study as well as Freedom from Fear, our annual Halloween speaker meeting and a Unity Day event; and last year we really got involved with organizing speakers for the convention.

Working on making our recovery accessible we also had ASL interpreters at three events; our 12 Step Within committee has a list of ASL interpreters that are familiar with 12 Step events and meetings! Please reach out if you would like this list!

### With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?

We have a few meetings that have gone hybrid at this point and there are many meetings considering a return to in person/hybrid/staying virtual but the big stumbling block as to in person is the limitation on attendance set by the various location hosts for public safety reasons of course. Let's just say no one is

rushing to make any decisions at this point. We do have a great link on how to create a hybrid meeting on our website and are directing those groups who are interested to review it. [seattleoa.org/how-to-hybrid/](http://seattleoa.org/how-to-hybrid/)

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes**

Not this year.

**Tips and ideas we would like to share with other Intergroups.**

Inviting any meeting to host a virtual event with GSI support. Providing Virtual support to new meetings. Intergroup provided pay-pal links for 7<sup>th</sup> Tradition during COVID so GSI groups can continue to be self-supporting.

**Tips and ideas from other Intergroups we would like to hear about.**

How you are transitioning to hybrid meetings, if it's working for you and what do you wish you had known re: tech requirements at your meeting place?

Has any group decided to have 2 meetings at the same time/same meeting group but virtual and in person?

How have your service positions changed/shifted with online meetings? With hybrid?

**Submitted by:** Erin F., Chair

**Date of Report:** 8/11/21

## Jefferson State Intergroup

**General geographic area:** Southern Oregon and Northern California  
**Number of Groups:** 8 active groups, 1 inactive group  
**Intergroup Chair:** Kathleen M.  
**Website address:** [oasouthernoregon.org](http://oasouthernoregon.org)

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### News from our Intergroup:

Jefferson State Intergroup groups have voted to change the name of our intergroup for a variety of reasons, and the overwhelming choice has been *Southern Oregon/Northern California* intergroup. We are also in the process of reviewing and updating our bylaws. It has been helpful to use the *Sample Intergroup Bylaws* available on the World Service OA website. Once this process has been completed, the name change and revised bylaws will be submitted to Region One for approval.

We remain financially healthy in accordance with the 7<sup>th</sup> Tradition and maintain a healthy reserve while donating to our Region and the World Service Office. We have also elected a full slate of officers for the current year. Thanks to all for their service.

### What is your Intergroup doing to strengthen meetings and help your members recover?

Our Intergroup offered a virtual retreat the first weekend in October, 2020. The theme of the retreat was *Together We Grow Our Recovery* with two keynote speakers and four workshops throughout the weekend. One of the goals of the retreat was to increase participation of members, which we were able to do. The Intergroup also hosted a Unity Day Celebration virtual event on Feb. 28<sup>th</sup> with a speaker focusing on the 1<sup>st</sup> Tradition and a workshop, *Embracing Diversity Fosters Unity and Recovery*. See below for additional information on our upcoming Sponsorship Day workshop in collaboration with Region One on Aug. 22<sup>nd</sup>. We are also once again planning a virtual retreat for the first weekend in October, 2021.

Our Intergroup has also put together a Plan of Service for the coming year to better serve our members and to reach more people outside of the rooms with the OA message. Some of the fruits of this plan are the events noted above, an enhanced webpage with meetings and events information as well as links to a variety of special focus meetings including meetings and resources in Spanish, young persons podcasts, BIPOC (Black, Indigenous and People of Color) meetings, LGBTQ (Lesbian, Gay, Bisexual, Transgender and Queer/Questioning community) meetings and OA Men's meetings. In addition, our Communications Coordinator has put together an email group of all interested members and regularly sends out information regarding intergroup events and news, upcoming and in-person virtual retreats and workshops and upcoming Regional and World Service business meetings and conventions.

We also continue to maintain a phone line to take calls from the community inquiring about OA and meetings available in the area and online.

Another goal of the Plan of Service has been to help groups to become more welcoming to newcomers, particularly to members of under-represented groups. Toward this end, the Intergroup has approved a process to encourage all groups to do the following: 1) consider changing their format to reflect the new language regarding diversity and inclusion as suggested by the World Service Office; 2) encourage groups to use OA's Diversity Checklist and 3) encourage groups to read/study OA's pamphlet on diversity and recovery during their meeting. The Intergroup has agreed to provide support for these endeavors by providing any materials needed such as literature. In addition, several of the events offered this year have

focused on these themes. As a consequence, some meetings have developed their own plans to become more welcoming, inclusive and supportive of newcomers.

One of our groups that is meeting virtually has agreed to have a Greeter position (rotating each month). The Greeter stays after the meeting to welcome newcomers and answer any questions they may have. In addition, a volunteer each month contacts newcomers (if they have left contact information in the chat as requested) within 2-3 days after their first meeting to follow up with newcomers.

Our Public Information Officer is also working to disseminate information and literature both in person (when able to do so safely) and virtually to a wide variety of local health care professionals as well as developing a list of speakers to share their experience, strength, and hope to local community organizations.

The Intergroup also maintains a Sponsors List – a list of individuals available to sponsor including both local sponsors and for men a list of sponsors outside of our area.

**With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

Currently three of our groups are meeting virtually and are expecting to continue to meet virtually or possibly as hybrid meetings for the foreseeable future. Five meetings are meeting face-to-face while following health advisory guidelines to protect members' health and well-being and are planning to continue in this manner. One group lost their host facility due to changes in the host facilities policies and is currently inactive but is in search of a new, viable host venue.

The Intergroup is supporting these efforts by providing access to our Zoom account to all groups interested and providing technical assistance for groups requesting assistance. The Intergroup has also encouraged members to participate in technical training offered by the Region and three members did attend.

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

We are planning a virtual workshop in collaboration with Region One for Sponsorship Day on Aug. 21<sup>st</sup>. The theme of the workshop will be *Newcomers: A Different Way of Looking at Sponsorship*.

**Tips and ideas we would like to share with other Intergroups.**

Virtual events and groups have attracted individuals from all over the US and from outside of the US, thus highlighting the importance of unity and inclusivity. Please see more tips on how to foster this in all of your groups above.

Earlier this year, we changed the OA.org listing of our virtual meetings to the "online" category (vs "face-to-face") which made it easier for members throughout the US and world to find these Zoom meetings. Our decision to list our meetings on WSO as virtual meetings has enabled us to meet geographically diverse fellows who are looking for a meeting at that time and drop in on a one-time basis. However, we also have a second category of fellows from the US that regularly attend and participate, thus enlarging our meeting. We are also aware that there are members within our fellowship that prefer and/or require, for a variety of reasons, in-person meetings in order to maintain their

involvement. Tips on how other intergroups help to foster and maintain this balance would be appreciated.

**Tips and ideas from other Intergroups we would like to hear about.**

Our Intergroup would be very interested in hearing from other intergroups and groups on how to attract and retain newcomers, particularly men, young people, people of color, and members of other underrepresented groups. We would like to connect with other intergroups who are working to increase the diversity of their membership.

Our groups would like to hear about other groups who have transitioned to hybrid meetings and what they have learned in the process, both positives and negatives.

We would also appreciate ideas/actions that promote increased interest in serving at the intergroup level.

**Submitted by:** Kathleen M., Chair

**Date of Report:** August 2021

## Lake Country Intergroup

**General geographic area:** Northern Idaho, far Eastern Washington, SE tip of British Columbia

**Number of Groups:** 15

**Intergroup Chair:** John B.

**Website:** [lakecountryoa.org](http://lakecountryoa.org)

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### **What is your Intergroup doing to strengthen meetings and help your members recover?**

We have created Zoom accounts for the Intergroup and individual OA meetings.

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

We had some meetings decide to meet in person, and some of those have returned to virtual meetings. Meetings in Idaho are face to face. At least one meeting in Spokane is, but most are virtual.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

We have not. At this point we are struggling with our Intergroup. The treasurer is resigning because she left OA and no one is stepping up to replace her. I as chair have asked to step down due to job stuff and no one is moving up to replace me. Committee Chairs have resigned and not been replaced. Last Intergroup meeting, only one meeting rep attended other than the board. I suspect we have had a large membership decline over the last eighteen months. It is scary and I am worried about the viability of our Intergroup.

### **Tips and ideas we would like to share with other Intergroups.**

Maybe combine Intergroups using Zoom for board meetings if there has been a decline in their activity or membership.

### **Tips and ideas from other Intergroups we would like to hear about.**

How they are making it work in the current climate.

**Submitted by:** John B., Chair

**Date of Report:** 09/06/2021

## North Cascade Intergroup

**General geographic area:** NW Washington State  
**Number of Groups:** 13  
**Intergroup Chair:** Allen T.  
**Website address:** [OA-NCI.ORG](http://OA-NCI.ORG)

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**What is your Intergroup doing to strengthen meetings and help your members recover?**

We hold quarterly Intergroup meetings via Zoom. Each meeting is preceded by two speakers from out of our area. We also held our annual spring retreat via Zoom, featuring two speakers.

**Has your Intergroup implemented innovative fundraising ideas or events that might be helpful to other groups and Intergroups?**

The Intergroup itself currently has very few financial needs. We have a page on our Web site to donate to the Intergroup. We also encourage members to donate to both Region and World Service with the appropriate instructions for doing that.

**With improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

We ask our groups whether they are staying on Zoom or going to face-to-face. Two meetings decided to go face-to-face. One of these added a new Zoom meeting on a different day to provide continuity for out of area attendees.

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

We have not had enough people coming forward to assist in these activities. We had an Intergroup Renewal in March of 2019.

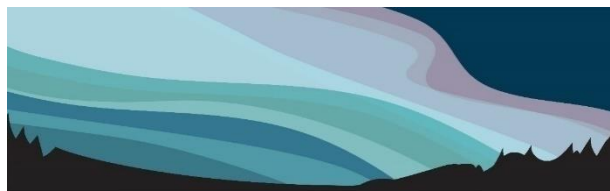
**Tips and ideas from other Intergroups we would like to hear about.**

How do you encourage Intergroup Reps to step up to Intergroup Board service?

**Submitted by:** Allen T.

**Date of Report:** August 1, 2021

## Northern Lights Intergroup



**General geographic area:** Northern Alberta, NWT & Saskatoon

**Number of Groups:** 16

**Intergroup Chair:** Bev S. vacating Chair position on August 13, 2021

**Website address:** [oaedm.com](http://oaedm.com)

## Northern Lights Intergroup

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### News from our Intergroup:

New letterhead design and new website platform.

### What is your Intergroup doing to strengthen meetings and help your members recover?

Transitioned to Virtual Retreats, Marathons and Meetings. Hosted a "Zoom Around the World" contest to encourage members to connect virtually. Our PIPO committee created a professional mailout to all our Intergroup group members. As well we welcomed Region One Board Members in June for an Intergroup Renewal.

### With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?

Our Intergroup is currently in the pre-discussion phase of transitioning to hybrid or face to face meetings. Expecting to have continued meetings virtual as well. Our Intergroup has purchased two Zoom licenses that are available for all our group meetings.

### Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes

Yes, an Intergroup Renewal workshop was hosted in June with an average attendance of members. It was nice to be able to have three Region One Board Members speak to their ESH.

### Tips and ideas we would like to share with other Intergroups.

Intergroup covered costs for mailing literature during Covid restrictions. We also incorporated a policy to cover \$5.00 of literature items for Newcomers. With moving our Intergroup meetings to be held strictly through Zoom, we have given members in geographical outlying areas the ability to attend.

### Tips and ideas from other Intergroups we would like to hear about.

The use of Closed Captioning in Zoom meetings.

**Submitted by:** Bev S.

**Date of Report:** July 29, 2021





## OVEREATERS ANONYMOUS **OREGON INTERGROUP**

UNITY • RECOVERY • SERVICE

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

### **Oregon Intergroup**

**General geographic area:** Southern WA state, south to Salem OR, west to the Oregon Coast, East to Mt Hood

**Number of Groups:** Pre-Pandemic 55, during - 37 zoom meetings

**Intergroup Chair:** Pat O.

**Website address:** [oregon-oa.org](http://oregon-oa.org/)

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#### **News from our Intergroup:**

We are in transition. Some meetings are going back to face to face with a variety of hybrid options being considered. Some are “splitting” into a zoom version and a face-to-face version. All is fluid and subject to change, but our membership is persevering! We elected some new Board members in July 2021. We are scheduling a Group Inventory for September. A group inventory has not been done for about 15 years. We are going to ask the basic question: what is our primary purpose?

#### **What is your Intergroup doing to strengthen meetings and help your members recover?**

Oregon Intergroup is providing zoom licenses to all meetings who want to use them. Thirty-seven meetings have been established on zoom. We offer periodic workshops on a variety of Recovery topics; a periodic newsletter and we have a 293 member google groups to stay in touch. Our website is top notch, and all meetings are on calendar and have clickable links. Intergroup meetings are held on zoom, and this has resulted in easy participation by our far-flung groups.

#### **Has your Intergroup implemented innovative fundraising ideas or events that might be helpful to other groups and Intergroups?**

Fundraising has NOT been a problem during the Pandemic. Our members are wonderful. They support OA very well. Our problem has become spending as carrying the message is a challenge in a virtual world environment.

#### **With improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

We have offered support via workshops, email connection and by providing resources to the meetings on options and the decision-making process. This is going to unfold in a myriad of ways, but we support every meeting's choice on how to proceed. Oregon Intergroup plans to maintain the number of zoom licenses we need to support meetings who stay on zoom or go hybrid with zoom. We have budgeted for hot spots if that helps meetings who want to go hybrid.

#### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

No.

**Tips and ideas we would like to share with others:**

Believe it or not, Oregon Intergroup has NOT had Intergroup Renewal. We are scheduled for a Group Inventory to be held in September 2021. After that, it is likely that Intergroup Renewal may be next on our agenda!

**Tips and ideas from other Intergroups we would like to hear about:**

Carry the message ideas and budgets.

**Submitted by:** Pat O., Chair

**Date of Report:** 7/29/21

## Peninsula Intergroup

**General geographic area:** Olympic Peninsula, Kitsap Peninsula and Bainbridge Island WA  
**Number of Groups:** Six meetings in three towns  
**Intergroup Chair:** Rosie S.  
**Website address:** [oopeninsula.org](http://oopeninsula.org)

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### **News from our Intergroup:**

We are a small Intergroup spread out in a mostly rural area. We have many recovering Compulsive Overeaters grateful for recovery and working to bring recovery to others. During the pandemic some meetings have closed, but the ones that remain are growing. We have a hardworking Intergroup Board and dedicated reps that readily dive into projects together. Last year we began the Intergroup Renewal process, and it is gratifying to see the results of the last two years of working together.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

We applied for Intergroup Renewal and held a meeting with Region One Board members. We have done an Intergroup survey and a PI member survey. We have held two successful workshops - their content a direct result of our surveys - including an event on sponsorship with multiple speakers. We have a new Peninsula Intergroup website and a quarterly newsletter. We have a new Meeting Coordinator/Team that works with meeting reps and has created a meeting document to help support healthy & effective meetings. We also have a new PI Coordinator working with reps for meeting support in Public Outreach efforts to our communities.

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

Some groups are already meeting face to face, some are waiting to transition, and others have chosen to remain virtual. We are letting each group decide but are sharing information on how others are making the transition.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

As part of Intergroup Renewal, we completed an Intergroup survey and then a member survey which gave us information about the path to take to best help our local COE's. Intergroup Renewal helped spark interest in growth and has resulted in the many changes outlined above.

### **Tips and ideas we would like to share with other Intergroups.**

Do Intergroup Renewal if you haven't already. It is very inspiring and energizing.

### **Tips and ideas from other Intergroups we would like to hear about.**

I would love a Region One Intergroup Chair zoom meeting to foster discussion and connection.

**Submitted by:** Rosie S.

**Date of Report:** August 10, 2021

## Pierce County Intergroup

**General geographic area:** Central Pierce County, Washington  
**Number of Groups:** 9  
**Intergroup Chair:** Jill L.  
**Website address:** [Piercecountyoa.org](http://Piercecountyoa.org)

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### **What is your Intergroup doing to strengthen meetings and help your members recover?**

Our webmaster suggested making the Pierce County Intergroup log-in information for zoom available for group usage. Most of the groups opted to do so.

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

Most groups continue meeting virtually and we expect that to be the case throughout the surges we are experiencing, and one or more are face to face. Sadly, we have had one meeting close and are hopeful that once we move from virtual to face to face that group will come back to serve our community once again.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes**

Though we have not in the past year, we are hosting a simple meet and greet on September 11<sup>th</sup> from 1-3 PM. It is our plan to do so each quarter to foster a sense of community that some, myself included, have missed due to Covid.

### **Tips and ideas from other Intergroups we would like to hear about.**

Plans to move from virtual to face to face and what considerations they have made.

**Submitted by:** Jill L.

**Date of Report:** August 23, 2021

## Regina Intergroup

<b>General geographic area</b>	Southern part of Saskatchewan, Canada
<b>Number of Groups:</b>	Six In-person groups, two Zoom groups
<b>Intergroup Chair:</b>	Vivian R.
<b>Website address:</b>	<a href="http://oaregina.com">oaregina.com</a>

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### **News from our Intergroup:**

Hello from the Regina Intergroup! Although our name says “Regina” Intergroup we are open and available to OA members throughout Saskatchewan, Canada. We are glad to be a part of Region One.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

When health restrictions first started our groups were paused. When we started the Zoom meetings, we had people from all our various groups joined together in one Zoom meeting. It was really nice to have the unity and to see members we may have not seen for a while. We were very grateful to have the ability to meet again.

As the restrictions carried on and we became more familiar with Zoom we were able to support our in-person groups by providing Zoom Meetings at their regular in-person dates and times.

We also supported our groups, newcomers, and other members by starting a Step Study group.

We’ve supported our groups with literature sales - they are up, and our Literature Representative Carol has gone above and beyond ensuring our members had access to literature. She has done no contact drop off and pickups, front step exchanges and mailed out literature. We have done more literature orders this year than we have in past years. We’ve had several newcomers through our Zoom meetings and Carol has ensured that they were welcomed with the newcomer’s pamphlet and made sure they had access to look at all the literature we have.

We have updated and improved our Newcomer page on our local website. As well, we have used the website reporting tool to track visits to our page and reviewed the data at our Intergroup meetings.

Through our Zoom meeting we’ve celebrated, Unity Day and Idea Day with extended themed meetings. On our website we’ve updated our “Newcomer’s Page” to add more links to Region One and World Service.

We listed our Zoom meetings on the World Service meetings page and have been enjoying visitors from all over Canada, the US and other countries.

### **Has your Intergroup implemented innovative fundraising ideas or events that might be helpful to other groups and Intergroups?**

No, we haven’t done any fundraising. However, we did set up our banking situation to allow us to receive e-transfers and photo cheque deposit which enables us to do contactless 7th tradition donations.

**With improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

When public health restrictions were put in place, we established two Zoom meetings. When we established the Zoom meetings, we intentionally chose days of the week where there were not in-person meetings. It is our intention that when in-person meetings start again we will continue with the Zoom meetings.

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

No, we decided to defer the Region One Outreach until we can do something in person.

**Tips and ideas we would like to share with other Intergroups.**

None to share at this time.

**Tips and ideas from other Intergroups we would like to hear about.**

Would love to hear any tips other Intergroup have.

**Submitted by:** Vivian R., Chair

**Date of Report:** July 25, 2022

## Sea to Sky Intergroup

**General geographic area:** Lower Mainland of BC + Yukon  
**Number of Groups:** 18 (16 online, 2 in-person)  
**Intergroup Chair:** N/A  
**Website address:** [oaseatosky.com](http://oaseatosky.com)

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### **News from our Intergroup:**

Our group has struggled to perform effective service over the past year. There has been much turnover in service positions at Intergroup; we have not had a consistent secretary for much of the year, and we are lacking nearly all of our executive board positions since our June elections.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

Current activities include maintaining an up-to-date meetings list, the distribution of our online newsletter, and a list of phone-buddies (OA fellows) available to take outreach calls.

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

As Covid numbers continue to fall, meetings in our area are starting to discuss what the transition back to in-person groups feels like. Some of our members attended a workshop on hybrid meetings in the early summer, and several meetings are considering this approach; challenges with this reside primarily with the technological questions: who will consistently offer-up their equipment to facilitate hybrid meetings? Who is willing to show up to the venues in-person when online attendance is also available? How will the meeting arrange for adequate wi-fi connections? How will meetings cope with the additional need for sanitation routines among in-person groups? These and other questions are being asked. Currently, our Intergroup is not positioned to adequately support such activities.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes**

We hosted an Intergroup Renewal workshop about 4-5 years ago. As a result of that workshop, we were able to come together and better serve our member groups; we had developed a list of outreach activities to do with our members in order to gain insight as to what activities our Intergroup should focus on to provide value to them.

### **Tips and ideas from other Intergroups we would like to hear about.**

We would love to hear about strategies to inspire members at the group level to be of service in their member meetings and at intergroup.

**Submitted by:** April P., OA Sea to Sky Website Administrator

**Date of Report:** August 23, 2021

## Snake River Intergroup

**General geographic area:** South Central Idaho  
**Number of Groups:** 15  
**Intergroup Chair:** N Lynne

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### **News from our Intergroup:**

Intergroup meetings are done by Zoom which has cut down on traveling costs and time. Attendance at our August meeting was 13! Zoom has turned out to be a positive for Intergroup attendance.

We celebrated a 50-year anniversary of a member this summer. Unfortunately, it could only be by Newsletter. Perhaps a party in the future.

For the first time in many years, we sent a representative to World Service Business Conference.

Our Newsletter has increased to monthly. In 2022 we will cover a step a month with member input.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

We voted in a new position, "Connections Officer" who updates the meetings and call list. Meetings have changed to Zoom to Hybrid and back, so this has been a very important everchanging challenge. This could be a voting position but is filled by a representative.

Public Information Committee has created a public Facebook page called "Overeaters Anonymous of Idaho". We will boost posts in Idaho increasing awareness and connect isolated people to meetings where possible. We hope that this will help all of Region One.

### **With improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both?**

A few meetings started meeting in person and hoped we could meet in person this fall. Most meetings are cautiously meeting virtual but do have a couple of face-to-face meetings. We have lost one member to Covid.

### **How are you supporting this transition?**

Attempting to keep everyone informed of changes.

### **Tips and ideas we would like to Share with other Intergroups.**

Be willing to be more flexible when sponsoring. Sponsors could request Sponsees to attend Region One Convention. Take advantage of technology

### **Tips and ideas from other Intergroups we would like to hear about.**

How can you make intergroup meetings fun on Zoom? We have lost a lot of members when changing to Zoom. How do we bring those back to Zoom or in person?

**Submitted by:** N Lynne

**Date of Report:** 8-22-21



## South Sound Intergroup (SSIG)

<b>General geographic area:</b>	Grays Harbor, Lewis, Mason and Thurston Counties in Western Washington
<b>Number of Groups:</b>	6 (4 groups on hold or closed, directly or indirectly related to the pandemic)
<b>Intergroup Chair:</b>	Kathy B.
<b>Website address:</b>	<a href="http://oasouthsoundintergroup.org">oasouthsoundintergroup.org</a>

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### News from South Sound Intergroup (SSIG):

- We continue active public information campaigns to carry the message.
- We have paid for and provided Zoom access to all our meetings, workshops, and special-interest groups, and will continue to provide this service as needed.
- We continue seasonal workshops/marathons; one in fall and one in spring, both online.
- We continue to review and look for ways to improve our outreach through our web site.
- We have started a monthly online step-study group using the Twelve Step Workshop and Study Guide.
- We have started a monthly online social gathering group.
- We recently placed an ad in our local paper using a Region One funded grant.
- We sent one representative to World Service and one to Region One Assembly. The attending members brought back valuable updates and information to Intergroup and meetings.

### What is your Intergroup doing to strengthen meetings and help your members recover?

We are focusing on outreach through an active Public Information Officer. We have been mailing newcomer pamphlets to newcomers. We are offering donated literature from closed meetings to members at no cost; the literature is delivered or sent out using Intergroup funds.

We support a monthly dinner/social meeting and a Twelve-Step study group. We have found these activities help to strengthen meetings, build relationships among members, and encourage members to focus on recovery.

We hosted an online fall workshop titled “Step 6 and 7 Practicing Compassion and Forgiveness,” facilitated by a speaker from California. Approximately 40 members attended this workshop. We hosted an online spring workshop titled “On Awakening, Daily Practice of Step 11: Prayer and Meditation,” facilitated by two speakers, one from the Sea to Sky Intergroup and one local member.

We held elections for new Chair, new Vice Chair, new PIO, new Web Master, and new Intergroup representatives at our scheduled election time.

### With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?

Although it may be too soon to decide – and each meeting is discussing this in its business meetings – South Sound Intergroup plans on continuing its support of at least one virtual meeting per week for those who cannot or prefer not to return to meeting face to face.

South Sound Intergroup is supporting this transition by researching what other meetings are doing and gathering information to be a resource for meetings.

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes**

At our Intergroup Renewal workshop in 2018, four subcommittees were created. These subcommittees continue to be active and are supported by South Sound Intergroup.

**Tips and ideas we would like to share with other Intergroups.**

- Changing meeting formats to meet the needs of newcomers in virtual meetings and keeping formats up to date with World Service recommendations
- Creating a Twelve-Step meeting
- Creating a Zoom dinner/social meeting for fellowship

**Tips and ideas from other Intergroups we would like to hear about.**

\* How are groups transitioning to hybrid, face to face...

**Submitted by:** Kathy B., Chair

**Date of Report:** July 28, 2021

## Southeast Alaska Intergroup

**General geographic area:** Southeast Alaska  
**Number of Groups:** Four (registered, one suspended until 9/10/2021, one suspended due to Covid-19)  
**Intergroup Chair:** Cassie J.  
**Email address:** [southeastalaskaintergroup@gmail.com](mailto:southeastalaskaintergroup@gmail.com)

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### **News from our Intergroup:**

We continue to serve Southeast Alaska via Zoom in Juneau, and in person in Ketchikan, the two largest population centers in Southeast Alaska. The Big Book Study Meeting on Thursday evenings has been suspended for the summer. It will resume meeting in September with a new study book yet to be determined.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

We have completed and implemented a survey of the group's needs and wants for their recovery. We have begun regular monthly speaker meetings and quarterly workshops using this information as our focus. The speaker meetings are a big hit and the two workshops we have held so far have been well attended.

### **Has your intergroup implemented innovative fundraising ideas or events that might be helpful to other groups and intergroups?**

Nothing innovative, just a request at each meeting which has solicited enough funds to pay for Zoom, meeting space and provide reserves and enough to donate to Region One and World Service as well.

### **With improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

We continually review the option to meet in person in Juneau. Ketchikan is already meeting in person. It's an ongoing discussion with many factors including using a hybrid meeting format.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

A Region One Team came to Southeast Alaska virtually in May 2020 to lead the workshops at our planned retreat. The workshops on sponsorship helped our sponsoring base. The Intergroup team held an outreach to members each day for a couple of weeks later in the year which also created sponsor-sponsee relationships.

### **Tips and ideas we would like to share with other Intergroups.**

Speaker meetings have been very positive and provide a boost to our members. We have had all our own members share their story and reach out to speakers on the Region One speaker list.

**Tips and ideas from other Intergroups we would like to hear about.**

What works well for your Intergroups or meeting. We want to hear about all ideas. Of particular interest are member retention, sponsoring approaches, what you have changed in your Intergroup or meetings during the last year.

**Submitted by:** Cassie J.

**Date of Report:** August 4, 2021

## Southern Alberta Intergroup

**General geographic area:** Southern Alberta  
**Number of Groups:** 11  
**Intergroup Chair:** Alanna C.  
**Website address:** [oa-southernalberta.com](http://oa-southernalberta.com)

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### **News from our Intergroup:**

- We have established a newcomers Zoom meeting which presents speakers sharing on different recovery topics each week that is drawing new members from far and wide
- We launched a Professional Outreach campaign that involved sending outreach packages to healthcare professionals providing education about OA and information for their patients/clients
- Since the beginning of the year we have included a “Tradition and Concept Minute” in our Intergroup meeting format where two members read/share on the Tradition and Concept associated with that month to help to reinforce our foundation and keep the Traditions and Concepts at the forefront of our minds

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

- A well-organized and well-attended Spring Retreat over Zoom themed “There is however, a vast amount of fun about it all” complete with speakers from near and far, yoga, crafting, and fellowship
- Attendance by our World Service Business Conference Delegate at the World Service Business Conference over Zoom
- Attendance by our Region One Representative at the Region One Assembly over Zoom

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

It remains to be seen which meetings will transition from Zoom back to face-to-face and which will remain online, a decision which each meeting will make for themselves. Southern Alberta Intergroup will assist member groups in making the transition back to face-to-face by communicating the change to the fellowship through the website and group representatives.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Southern Alberta Intergroup participated in an Intergroup Renewal Workshop in September 2020 with guest facilitators from the Region One Board. We developed project teams for two areas in which our Intergroup would like to grow: 12-Step Within and Public Information/Professional Outreach. The project teams brainstormed ideas for how we can grow in these areas (see below).

### **Tips and ideas we would like to share with other Intergroups.**

- Encourage group members to make outreach phone calls and texts to fellow members

- Encourage group texts with 3-4 people to check in each morning
- Have long-time members share their story in meetings which helps strengthen the recovery of the listeners and the speaker
- Host a workshop where members plan how they would tell their recovery story in three minutes or less so that they feel prepared to offer their experience, strength, and hope in a pinch
- When newcomers are present in a meeting ask long-time members to share a vignette of their recovery story
- Reach out to meetings in outlying areas and invite them to join larger meetings while meetings are being held over Zoom to help integrate them into the Intergroup
- Add a Newcomers Page to the Intergroup website complete with introductory information to help a newcomer learn and get involved in recovery
- Invite members from other Intergroups/Regions to speak at speaker meetings

**Tips and ideas from other Intergroups we would like to hear about.**

What 12-Step Within and Public Information/Professional Outreach initiatives have you found have strengthened and grown recovery in your Intergroup?

**Submitted by:** Alanna C.

**Date of Report:** 08/21/2021

## Southern BC Interior Intergroup

**General geographic area:** Southern British Columbia Interior

**Number of Groups:** 11

**Intergroup Chair:** Willa, (Acting Chair)

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### **News from our Intergroup:**

Since our Chairperson, Theresa S. passed away in December 2018 our Intergroup has been dormant and we are re-launching by zoom. We plan to have our first official meeting in September 2021. We've invited Beverly M. our Region One liaison from Oregon to participate with us. Date to be announced.

We've been unable to hold our Seton House Retreat for the last two years due to COVID. We are planning one for the first week of June 2022 in Kelowna.

### **What we have done in this last year in Southern BC Interior Intergroup:**

- Kelowna meeting was able to continue meeting face-to-face during COVID except for two months when our building was unavailable. Average about eight people each week.
- Penticton started a in-person meeting on January 6, 2020, which changed to zoom later and has an attendance of 6 – 12 every week from areas of North America. The group has paid for the annual zoom licence so the meeting will continue as zoom until at least June 2022.
- We've been unable to connect with anyone from Kamloops group.
- We have contact with a person in the Nelson area and think there is a face-to-face meeting.
- Fort St. John has just started a hybrid meeting on Thursdays at 6:30 PM at the Salvation Army, 100 Street.
- We also hope to start a meeting in West Kelowna in the fall.

**Submitted by:** Willa, Acting Chair

## Vancouver Island Intergroup

**General geographic area:** Vancouver Island, British Columbia, Canada  
**Number of Groups:** 19/20  
**Intergroup Chair:** Lorraine T.  
**Website address:** [oaviig.org](http://oaviig.org)

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### **News from our Intergroup:**

Elections were recently held, and several positions have new people holding positions. We are all currently learning our jobs. At this time most groups are transitioning to “face to face” meetings where possible. There are some that continue to meet online and there is some discussion about the possibility of continuing online via zoom. The online presence will continue as we begin to experience a “fourth wave” of Covid-19. Face to face meetings are following strict cleaning, masking and distancing protocols. We are financially solvent and are making plans to send two members to WSO Convention when we are at last able to have an “in person” convention.

### **What is your Intergroup doing to strengthen meetings and help your members recover?**

We held one online event called “Self-Care” which was well attended. We had many good comments about how useful it was. We continue to encourage members to participate in the online offerings via zoom as advertised on the main OA website, Virtual Region and other Regions. Intergroup has responded to the needs of our membership by meeting online and “in person” as permitted and all members are invited to attend.

### **With continued improvement in the public health environment, do you expect your meetings to continue to meet virtually, return to face to face, or both? How are you supporting this transition?**

We are expecting most meetings will return to “in person” status as public health conditions permit. However, there are a few meetings that may continue online. The online presence has worked well for some members since it eliminates driving and parking issues. We are supporting the transition back to “in person” meetings by continuing the online presence until we are sure we will not be facing another shutdown.

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes**

We have hosted a Region One Intergroup Renewal in the past. It was well attended, and the outcomes were positive. We learned about the “First 12 Days of OA” version of introducing newcomers to the program.

### **Tips and ideas we would like to share with other Intergroups.**

We found that the online zoom meetings were well received and have decided to continue to offer them.

### **Tips and ideas from other Intergroups we would like to hear about.**

We would like tips on how to attract younger members to OA. Our membership is aging and the younger members do not seem to value giving service at an administrative level.

**Submitted by:** Lorraine T., Chair

**Date of Report:** August 11, 2021



# **Section 11:**

## **Project Team Resources**

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## **2021 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 2021-2022 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 2022)

### **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. 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, as well other reports from past Assemblies on [oaregion1.org](http://oaregion1.org).

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 Notebook. 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 notebook.
  - 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 notebook 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 notebook. (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 with DRAFT in the file name. 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 notebook 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 Notebook Team. The Chair may then provide the required 30-day notice to Intergroups and Representatives.
- b. **Publish on Amazon (Kindle Direct Publishing).** Upload final notebook to the Region One account at [kdp.amazon.com/en\\_US/](https://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. NOTEBOOK INTRO AT ASSEMBLY, AND HELPING THE INCOMING TEAM

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

**Resources:**

1. This year’s Notebook will be an excellent reference—be sure to keep your hard copy.
2. Ask last year’s Assembly Notebook 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 Google 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 monthly 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 Notebook.
2. The Treasurer or prior BFDS chair can provide templates for necessary timelines, applications and budget spreadsheets. These are available on the Team's cloud folder (see the Treasurer for link.)
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 have been proofread, in order, and presented clearly, provide electronic copies to the Assembly Notebook 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.
13. Help next year's Bylaws Team be successful by organizing materials in the Google Drive folders, ensuring that all documents are current.

### Resources:

1. The past few years' Bylaws Team reports are in the Assembly Notebook.
2. The Region One Parliamentarian is an excellent resource for your team.
3. When in doubt about wording, check to see if 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 Notebook 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 Notebook.
2. The voting instructions are included in the Assembly Notebook.
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 ask them who else they would recommend.

## 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 kept you coming back when you were a newcomer?
2. Send literature to the newcomer, for example, “Where Do I Start?” Pamphlet and “To the Young Person” (both available in e-format).
3. Help Intergroups organize a monthly newcomer meeting (pick one meeting location a month and advertise Intergroup-wide).
4. Publicize the many “newcomer” resources available on the oa.org website.
5. Offer opportunities for members to “practice” welcoming newcomers and answering their questions.
6. Help Intergroups create a newcomer page on their website.
7. Research what is already available for newcomers and where it is available.
8. Insert your wonderful ideas here!

### Resources:

1. Check out “Suggestions for Nurturing Newcomers” on the Region One website.
2. The First Twelve Days in OA Sponsorship Program is available at:  
[oa.org/app/uploads/2020/05/Temporary-Sponsors-1.pdf](https://oa.org/app/uploads/2020/05/Temporary-Sponsors-1.pdf).
3. Check out the Newcomer Meeting Leader Kit at:  
[oa.org/files/pdf/Newcomer-Meeting\\_Leader-2016.pdf](https://oa.org/files/pdf/Newcomer-Meeting_Leader-2016.pdf).
4. Contact information for Intergroup Chairs, Representatives, Delegates, etc. is available from your Board Liaison.

## 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. Create a virtual workshop to provide members with ideas to enthusiastically and confidently carry the 12-step message to health professionals, family and friends.
8. 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](http://oaregion1.org/audio--speakers.html)
3. Contact [regiononetrustee@gmail.com](mailto: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 Google Group.
3. Create/distribute a Sponsorship workshop format (view one format on oa.org).
4. Promote “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 Google 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](https://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 [oaregion1.org/podcasts--speakers.html](https://oaregion1.org/podcasts--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 Google 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.

<b>Goal 1:</b>				
Action Item	Assigned to	Resources	Complete by	


<b>Goal 2:</b>				
Action Item	Assigned to	Resources	Complete by	

## Project Team Goal Sheet


### 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](http://oaregion1.org/documents.html)

# Section 12:

## Workshops

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## **Carrying the Message Workshop**

### **Handout**

Sponsored by Overeaters Anonymous Region 1  
Public Information and Professional Outreach Committee (PIPO)  
Saturday, June 19, 2021

*Please Note: When preparing the script, PIPO committee members researched various pieces of literature and used excerpts from those in their presentation. We tried to note sources of information wherever possible, however some excerpts may have been included without a notation.*

### **Workshop Welcome**

Welcome and thank you for joining us for today's workshop on "Carrying the Message." I'm Colleen from Edmonds, WA; and I'm a grateful compulsive overeater and I've been coming to OA for 6 years. Thanks to the program I have created a life worth living and have for the most part found peace within.

Our hope for today is that you will leave here enthusiastic and confident in carrying the message of OA to those who suffer from compulsive eating in your personal world and with your health care/mental health providers.

Topics to be covered include:

1. Why carrying the message is important.
2. How anonymity pertains to sharing our experience with others.
3. The difference between attraction rather than promotion.
4. We'll explore possible barriers we have in sharing our OA experience.
5. You'll create an "elevator speech" in a small group with an opportunity to practice what you created so you can comfortably share the OA part of yourself with others.
6. Finally, we have a session on sharing your OA experience with health care professionals.

### **Why do we carry the message?**

Carrying the message is a key part of recovery. Any willing and active OA member with a basic understanding of the Twelve Steps and Twelve Traditions is qualified to do so. If OA groups or members don't let the public know we exist, we block ourselves off from those in need.

[The 2017 OA Membership Survey](#) data shows that 23% of members were introduced to OA by a friend, family member or coworker; 18% through another Twelve Step program; 16% from Health Care/Mental Health professionals, and 15% by current OA members. Sharing the message is important to our own recovery and to those who still suffer.

### **How outreach relates to the steps/traditions**

The purpose of Step Twelve is Public Outreach: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs."

This Step encourages us to work and practice the Twelve Steps and to share the OA message of recovery with others.

One of my favorite quotes from the OA Twelve and Twelve, p. 106, “Those of us who live this program don’t simply carry the message; we are the message.” These powerful words highlight the impact our sharing has on the lives of others. When I give service, I get so much more back and feel so much gratitude for my life.

**Tradition Five** is key.

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

This idea is reiterated in the OA Preamble,

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

And again in the OA Responsibility Pledge,

“Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.”

## **Carrying the message while respecting our tradition of anonymity**

My name is Judy. I’m a compulsive overeater and food addict from Calgary, Alberta. I’ve been a grateful member of the fellowship for over 30 years.

OA absolutely saved my life. I arrived here completely demoralized and bewildered after coming off yet another diet where I had lost half my body weight. Now here I was again, face down in the food. After all these years, and even though OA has been around for over 60 years, I continue to be surprised at how many people have never heard of it.

I’m excited to be here today to share our enthusiasm for carrying the message in the hope that more people will learn about OA and help grow our membership so that OA remains vibrant and strong — a welcoming place for those who share my compulsion.

As Colleen said, carrying the message is mentioned specifically in Step 12 and Tradition 5 and is a key part of our recovery.

In addition to carrying the message to compulsive overeaters who still suffer, it’s vital to let health providers and others know about the existence of OA. We do this outreach through our Intergroup Public Information committees but, we can do it as individuals as well. Health care providers can include physicians, dentists, psychologists, physiotherapists, chiropractors, massage therapists, x-ray technicians, eating disorder clinic staff, and so many others. These health providers may know of someone (a patient, a friend, a family member, even themselves) who may one day want to explore OA further.

Having said that, we do want to attract those who are ready to take advantage of what we have to offer. We do this by telling people what OA is and how to find our meetings. We publicize OA without promoting it. OA does this in a variety of ways — through websites, tv, radio, print, videos, social media, displays at health fairs, etc.

As individual members, we can help spread the word about OA by sharing information with our friends and family but also with our health care providers and other professionals such as members of the clergy, social workers, employee assistance program coordinators, human resource officers, and the general public.

When speaking to our health providers and other professionals, we give them factual information about OA and we tell them briefly about our own experience. We will learn how to do this later in the workshop when we create our elevator speeches.

OA's Public Relations policy says we do everything we can to tell people what OA is, how it works, and where we meet. We don't publish "before and after" pictures of our members in the media. We don't promise quick weight loss or guarantee results. We don't have celebrities appearing in front of the public to talk about their success with our program and to invite others to join.

## **How do we practice anonymity when carrying the message?**

We carry the message best when we share frankly what OA is and what our own experience has been.

If we are speaking in a public medium of communication such as tv, radio, social media, exhibiting at health fairs, however, as an OA member, Tradition 11 requires that we maintain our personal anonymity. This means we do not divulge our last name or anything else that may identify us personally. We may need to hide our face on media such as television.

It can be confusing to carry the message while at the same time, practicing anonymity. When telling others about OA, it's helpful to remember that OA members are anonymous - the Fellowship is not.

In the pamphlet "In OA, Recovery is Possible", it says that we as individuals have the right to make our own membership known and, in fact, must do this if we are to carry the message to other compulsive overeaters. We don't use anonymity to limit our effectiveness within the fellowship.

### **Tradition 11**

Tradition 11 states: Our public relations policy is based on attraction rather than promotion.

What does "attraction rather than promotion" actually mean? Simply put, it means that nobody "sells" OA. Instead, others are attracted to OA by the recovery they see in OA members.

Having said that, we do want to attract those who are ready to take advantage of what we have to offer. We do this by telling people what OA is and how to find our meetings. We publicize OA without promoting

it. OA does this in a variety of ways — through websites, tv, radio, print, videos, social media, displays at health fairs, etc.

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Perhaps you can already think of a situation where you might want to tell someone about OA but are a little nervous to actually do it. Lorri and Vivian are going to talk about some of the barriers you might face and how to overcome them.

## **Where do I start - Identifying fears and looking for solutions**

Hello Everyone, my name is Vivian. I am a compulsive eater. I've been coming to OA for more than 35 years and it has changed me and my life in ways that I never imagined. Judy and Colleen have done a great job sharing why it is important to carry the message of OA and to be an ambassador. I love OA and I want to share it with the world. But sometimes — it's not that easy!

For example when I joined the PIPO committee we all agreed after the first meeting to go out and do the thing we are talking about - sharing the message. I was gung-ho to call up my Doctor and some other professionals to talk to them about OA and then I got stuck. I put it off. And I kept asking myself why - motivation and desire were there but I just couldn't bring myself to do it. I realized FEAR was holding me back. How will they react, what will they think about me, how awkward will I be, what do I say, how do I start the conversation.

Another example was a few months ago, my niece and nephew were participating in another weight loss program and having some success. My niece and I were talking about that and I shared that I had stopped using diet programs like the one they were on and that I went to Overeaters Anonymous. She sounded curious about it. I told her a little bit. I wonder if I said enough, did enough?

I'm Lorri, a compulsive overeater and I'm from West Kelowna, British Columbia. I joined OA in the mid-90s on Thanksgiving Evening.

As my body and attitude changed slowly some coworkers and community acquaintances started asking me what I was doing. One time when my husband and I were greeters at the door of an event I was asked just that "*Lorri, what's your secret?*" I was tongue tied and mumbled something about a spiritual program.

Afterwards I wished I'd had a prepared statement that I'd given some thought to in advance, something like; *"I d love to tell you more about it when we have more time, can we meet for coffee this week and I ll tell you what I've been doing. What day works for you?"*

If someone asks me about OA I can now confidently say *"Overeaters Anonymous gave me a precious gift - freedom from food obsession. This old dog can learn new ways to live life and enjoy it without using food to stuff my feelings – I learned that in the OA rooms."*

We are wondering if there are others out there who are like us and want to share the OA message. What are your fears? What are your roadblocks? What resources or help do you need to share the message?

Below are some examples of Fears/Roadblocks and possible solutions

Fears / Roadblocks	Possible Solutions
Sometimes I don't have an answer ready	Create and practice an elevator speech
Public Setting - What can you say?	I'd like to share what I've found to help me with compulsive eating. It's a little awkward to talk here in public. Would you like to go for a coffee and talk OR Can I give you my phone number?
What if no one asks me? How do I approach others?  How to bring it up.	I've noticed you've been trying a diet and weight loss program. Can I share what I've found that really works . . . When offered sweets - "No thanks, since I've been going to Overeaters Anonymous, I've found that sugar is a trigger food for me . . . (may cause the person to ask about OA)
How do I avoid Promotion?	"Carrying the message to others simply means to unselfishly share our experience, our strength and our hope with them." - <a href="#">Person to Person Pamphlet</a> . If we do this, we are not promoting. We are sharing our story.
I'm afraid I will offend the person.	"Sometimes when we reach out, our motives may be misunderstood or our efforts unappreciated. When this happens we accept it and look for other opportunities to carry the message." - <a href="#">Person to Person Pamphlet</a> .

Fears / Roadblocks	Possible Solutions
<p>I'm afraid I will talk to someone about it, then gain weight.</p> <p>Carrying the message is hard if you've been in relapse or are not at the correct weight</p>	<p>Live in the moment. We can only talk about how we are feeling and what is happening today.</p> <p>We have no control over the future or the past.</p>
<p>I feel awkward about sharing the message</p>	<p>Yes, We may feel awkward at first. The more times we share the more comfortable we feel.</p> <p>Yes, feel the feelings and do it anyway - the benefits are enormous.</p>
<p>I don't look like a success. I haven't lost weight</p>	<p>Compulsive Eating is a three pronged illness, Spiritual, Emotional and Physical. We can still share our successes with spiritual and emotional recovery even if we haven't noticeably lost weight.</p>
<p>Doctors won't admit that there are eating disorders other than bulimia or anorexia</p>	<p>All we can do is share our story, what we were like before joining OA, What it has done for us and what we are like now. Maybe something in our story will resonate with them. If not we accept it and move on.</p> <p>The pamphlet <a href="#">"Compulsive Overeating - An Inside View"</a> provides an introduction to OA. You can provide the doctor with a link to the pamphlet on <a href="http://oa.org">oa.org</a> or print it off and pass it to them. The link to this pamphlet is above.</p>
<p>Knowing what is appropriate to share. Afraid to say too much</p>	<p><a href="#">The Carrying the Message - Do's and Don'ts</a> document has some great ideas about what to share and how much to say.</p>
<p>Will I do it well?</p>	<p>Talk about the benefits and the lightness.' 'Push through the fear.'</p>

Fears / Roadblocks	Possible Solutions
	Have a hook such as, 'I'm allergic to chocolate, I break out in cellulite.'

## Planning Your Elevator Speech

An elevator speech is a specific way to prepare ahead for an unexpected opportunity to carry the message. It can also be a way to share your experience in an encounter with a health care professional, or with someone who asks about your physical recovery. These opportunities happen all the time, but they are hard to act on unless we are prepared and comfortable with what we want to say. The idea is to write and practice a short speech ahead of time, so you are ready when the opportunity arises. We think it probably won't really happen in an elevator – it's just the idea of it being very brief.

What are the elements of a an Elevator Speech

\*not necessarily in this order:

1. State you are a member.
2. Explain what OA is.
3. Explain what It has done for you – how it has helped you, how your life has changed.

EXAMPLE: I had no control over my food, my weight, and my life. I tried everything. I had lost hope and thought it was always going to be this way. But I started going to OA, which is like AA but for people with eating disorders. I learned about Compulsive Overeating and heard stories of others that gave me hope and changed everything. Now I have a healthier relationship with food and am maintaining a healthy weight.

How do I create one?

1. Work on your own feelings about doing this to be ready.
2. Get clear about what you want your message to be. That can be vastly different from person to person. The message could be different based on what form your disease takes.
3. Jot down bullet points.
4. Try saying it out loud as if you were talking to a friend.
5. Write it down and practice again, adjust until it is what you want it to be.

OK, this is a really brief introduction to this process, but we hope you can see it doesn't have to be complicated. It just takes some thought and practice ahead of time. It's a way to get comfortable with introducing your story. Ideally, you will memorize it. Once you have it, we

suggest carrying in your purse or wallet. If needed you could bring it out before an encounter to remind yourself about it.

Another example of Elevator Speeches

Vivian R.

*I was overweight a good portion of my life. I always felt awkward and out of place. I felt like I didn't fit in. I thought everything would be okay, if only I lost weight. I tried lots of diets and exercise programs. I paid to join programs that taught me about nutrition and moderation. They offered coaching, encouragement and guidance. I should have had everything I needed to be successful. But I couldn't stop eating. I gave up on having a better life. I was in despair. Then I heard about OA. I met people who talked about eating the way I did. I felt like I fit in. OA has helped me to find a balance in my life and in my eating. I'd love to tell you all about it if you are interested.*

## Sharing With Health Professionals

Below is a script for a skit about a member of OA carrying the message to her Doctor. She is fearful and has an internal conversation with her brain just prior to talking to her doctor.

Script for the Sharing With Professionals Skit

Person Speaking	Comments
OA Person	Hi Dr. Smith. I'm here for my annual exam, but as part of that there is something I want to share with you.
Doctor Smith	OK
OA Person's Brain	Oh geez - this is scary - I'm not a perfect weight. She's going to think I'm an OA failure or that OA doesn't work. How can I represent OA well??? OK OK - here I go.
OA Person	I'm a member of overeaters anonymous and I want to tell you about it and why it's important to me that you know this. Have you heard of OA?
Doctor Smith	Well, I've heard of it, but really don't know anything about it.
OA Person's Brain	Oh Man - I have to give her the whole thing - what if she thinks I'm a nut case. Will this affect how she cares for me from now on?



Person Speaking	Comments
OA Person	OA is a 12-step program, like AA, but its for people who have issues with food. It's helped me tremendously. I've lost 20 pounds, but more importantly, I'm much more sane about food and about my life in general. I used to binge a lot on sugar, Now I eat three healthy meals a day. As my doctor, I think it's important that you know about my eating disorder and how I'm managing it. I brought some additional literature for you because I'd like more health care professionals to know about OA for their patients who have problems with food.
OA Person's Brain	I DID IT!!! Wonder how she will react?
Doctor Smith	I'm so glad you shared this. I have many patients who struggle with food, and I'd love to see the literature. Thanks for bringing this up.
OA Person	I'm glad I did. It's an important part of my life and I'm grateful it's been there to help me. I had tried everything else, and nothing worked.

- We hope this skit shows how straightforward this can be. It doesn't have to be long. You are just getting the conversation going.
- We've talked about how our hesitations & fears can get in the way.
- But the opportunities for sharing the message are endless. The point is that we want to spread the word so that others may be helped. Wouldn't it be wonderful if OA were as available to others as AA? And yet few health organizations include it as an option when they consider approaches to weight and food issues.
- Think about the impact you could have. The average primary care provider has about 2,000 patients in their practice. Imagine how many people they could reach.
- Any time we see your doctor or another health care provider we have an opportunity.
- Have they heard of OA? If so, what is their impression of what it is?
- You can invite them to attend a meeting to learn more about OA if they seem really interested.
- Think about what materials you are going take along. The world service office sends a packet of materials to any health care professional who inquire about OA.

## Resources

- The [Carrying The Message Guide](#) lists lots of good tips. It's the Do's and Don'ts of carrying the message.

- [What to Remember When You See Your Doctor or Other Health Care Professionals](#) is a document you can print off and keep in your wallet for the next time you are seeing a professional.
- World Service Office (WSO) has a web page dedicated to [Professionals](#). You can review this webpage and you can provide this link to professionals.  
[oa.org/professionals/](http://oa.org/professionals/)
- [Region 1 has a web page dedicated to Professionals](#). You can review this web page and you can provide this link to professionals.  
[oaregion1.org/for-health-care-professionals.html](http://oaregion1.org/for-health-care-professionals.html)
- [Person to Person](#) is a pamphlet that talks about carrying the message
- If you would like to carry the message in a “quieter” way order some [Bulletin Board Attraction Stick Notes](#) from the [oa.org](#) book store (or check with your literature rep) and stick them in public places for people to find.
- [When Should I Refer Someone to Overeater’s Anonymous? \(To Members of the Helping Professions\)](#), is a pamphlet you can give to doctors and other health care professionals. Check with your group literature representative or your Intergroup for a copy of this pamphlet.
- Below are other links to Carry the Message Materials on the WSO website:
  - [oa.org/app/uploads/2019/12/Carry-the-Message-workshop-PowerPoint.pdf](http://oa.org/app/uploads/2019/12/Carry-the-Message-workshop-PowerPoint.pdf)
  - [oa.org/app/uploads/2019/12/Carry-the-Message-workshop\\_Scenarios-and-Situations.pdf](http://oa.org/app/uploads/2019/12/Carry-the-Message-workshop_Scenarios-and-Situations.pdf)
  - [oa.org/app/uploads/2019/12/Carry-the-Message-workshop\\_Things-to-Consider.pdf](http://oa.org/app/uploads/2019/12/Carry-the-Message-workshop_Things-to-Consider.pdf)
  - [oa.org/app/uploads/2020/01/carrying\\_the\\_message\\_1.pdf](http://oa.org/app/uploads/2020/01/carrying_the_message_1.pdf)
  - [oa.org/app/uploads/2021/01/guidelines-for-professional-outreach-committees.pdf](http://oa.org/app/uploads/2021/01/guidelines-for-professional-outreach-committees.pdf)
  - [oa.org/app/uploads/2021/01/courier.pdf](http://oa.org/app/uploads/2021/01/courier.pdf)
  - [oa.org/app/uploads/2020/06/Public-Service-Announcements.pdf](http://oa.org/app/uploads/2020/06/Public-Service-Announcements.pdf)
  - [oa.org/app/uploads/2020/02/Growing-Membership-Workshop-Questions.pdf](http://oa.org/app/uploads/2020/02/Growing-Membership-Workshop-Questions.pdf)

## **“If I Could Tell You One Thing” Workshop 2020 Region One Virtual Convention**

This workshop included two speakers, a writing prompt and writing for ten minutes, sharing in small group breakout rooms, and sharing as a large group at the end of the workshop. For each question, participants were asked to put their “one thing” in the chat. Here (with only minimal editing) are their responses.

### **One thing I have done to bolster my recovery in 2020:**

- Willingness to use Zoom
- Attended lots of different meetings across the country as we are able to attend meeting virtually.
- Went to an OA Rise meeting.
- honestly saying "I don't know" and being teachable
- I started a virtual meeting
- agreed to be a temporary sponsor, which opened a lot of doors
- "Balance" (more of it in life)
- studied the principle of the traditions once a month
- Doing Step 10 from Big Book - spot checking throughout the day, not just at night, I became aware of the sixth sense and intuition. This is the voice of HP.
- I make a choice everyday which road I am choosing to take 1/ the path to recovery abstinence living joyous and free or 2/ control, overeating, despair and suffering
- Setting Boundaries
- Getting a sponsor
- Attended Zoom meetings out of state.
- Making 3 or more outreach calls every day.
- Hosting virtual workshops
- began sponsoring
- Working the first 3 steps with sponsees.
- Learn to surrender to my Higher Power.
- More exercise. Discovering an online gym.
- Working with a sponsor to keep accountable so that I keep moving forward with my Ninth Step work
- Joined the Step 10/11 train which is a group of women who get paired up for two weeks and call each other with their inventories.
- Also to join Step 10/11 train, you can email [1011steptrain@gmail.com](mailto:1011steptrain@gmail.com). There is an orientation meeting you'll need to attend first.
- listened to my instinct in asking for a particular person to be my sponsor.
- realizing I am a food addict and that changed everything
- Made a decision to live (a healthy life) rather than continue to compulsively overeat.
- Coming to this Convention.
- getting "back to basics" with my program...asking what wirjs? and doing thatActing on any small willingness that came to me
- Meditation walk daily
- Lots of shares about steps 10, 11 and 12
- Attend or facilitate a 12 Step workshop from the green workshop guide
- More service

- Started a Step Study using the 12 Step Study and Workshop
- Facilitated a Virtual Step Study using the 12 Step Workshop and Study guide of OA (Green spiral)
- Sponsoring a newcomer very different from me with food and HP issues
- Even with COVID, I can still attend my Yuma meeting and see my Yuma OArS even if I am not going this year.
- I took on new service position
- Worked the steps with my first ever step sister from 20+ years ago and together we used the green workshop book. It was amazing. I also started using a meditation app twice daily.
- 3 meals 1 day at a time with nothing but life in between. My choice is to be in recovery.
- acceptance of necessity of shutting down, vs winter travel to warm places, of needing to scale back on risky activities (mountain climbing, skydiving) that also help with weight maintenance, willingness to give up diagnosed food allergens, break with family of origin. Willingness, acceptance, surrender, life on life's terms... etc...

**Just one thing I would say to a newcomer that might be helpful to them, OR one thing that really helped ME as a newcomer:**

- wanna temporary sponsor?
- don't do this alone
- Welcome Home
- Go to as many meetings as possible.
- to a Virtual newcomer meeting
- find a 12 day sponsor
- slow down and KISS!
- You're not alone, here's my number, keep coming back.
- This is an addiction and needs to be treated seriously.
- grab a sponsor guide
- Try at least 6 meetings
- listen for your story in others shares
- There is no one right way to do the program. Keep coming back until you find what works for you
- it works if you work it
- ask for a glossary for all the acronyms
- Don't give up because the program doesn't make sense at first...keep going to meetings, get a sponsor who can guide you through it.
- Put yourself in the middle of the herd so that you create connections and break the isolation!
- Take what you want and leave the rest     p.s. we do pick up more as we keep coming back.
- Try the "New to OA" meeting every Saturday at 6PM through Oregon Intergroup.
- [oa.org](http://oa.org) - find a virtual meeting
- Let go of defiance; and remember you have a choice; you don't HAVE TO to anything, You are choosing to do this!
- you are welcome you are deserving you are special and you are not alone
- tradition 3, together we get better
- It's a we program!
- It's ODAT, I don't give up eating a certain food for the rest of my life, but for today, I choose not to eat it.
- let us love you until you love yourself

- Here's my phone number, your very welcome to call.
- Get a sponsor
- Keep a journal from day 1 to reflect on as you go through your program.
- the only way you fail it to leave
- OA is the "Good Clean Plate Program" at a buffet of ideas. Take what you want, and leave the rest. However, you might consider taking what you need and leave the rest.
- know that you can't do it wrong ❤️
- a desire to stop eating compulsively is the only requirement
- this is a rough time to join a fellowship. congratulations on your bravery. keep coming back.
- Ask someone if they would like a temp sponsor! it helps!
- Give yourself some grace while learning the lingo and ask questions if you don't understand!
- A sponsor helps in working the 12 Steps and progressing in your recovery. It is okay to ask for a sponsor, even if you are new.
- bring your journal to meetings to take notes for recovery tips!
- Keep coming back and keep trying new things, even if abstinence eludes you.
- Join a Step Study Group
- life will change, the world will change, you will change over the long haul. but this can be the thread of your life....
- go to [oaregion1.org/sponsorship.html](http://oaregion1.org/sponsorship.html) to get a sponsor
- Ask someone to take you through the Newcomer's First 12 Days. (Let newcomers know about this resource. 12 Days may seem do-able to a newcomer and make it easier to start.)

### **One thing I would like to commit to adding to my program for the rest of 2020:**

- 30 meetings in 30 days....30 phone calls in 30 days 30 meditations in 30 days. Set up a calendar for whatever you decide to do 30 days on! Keep it Simple. :)
- More meditation walking meditation
- A E I O U 10th Step: a = abstinence e = exercise I = what I did for myself o = what did I do for others u = what was uncomfortable (more classic 10th step) (some people add "Y" for Yahoo's/Gratitudes) to the above format
- Begin looking at the Principles of the Steps/Traditions/Concepts
- Go to a meeting in every state / every province / why not in other countries?
- Ask for willingness, then act on it as soon as it comes!
- look at my food plan. Not perfection, but ask my sponsor if I can start committing my food. Or, find a food plan partner. look for a tai chi program on YouTube and begin doing that regularly again. I really enjoy it!
- I felt JOY at the idea of attending meetings in other countries -- I'm going to start doing that!
- oa region 9 can take you to Europe meetings
- Make outreach calls on a weekly basis
- really committing to an action plan, including being more open to service.
- continue project -- catch myself in being negative toward myself. work on this and make more progress.
- start a daily practice that supports my well-being for the day -- commit to making this a more regular, daily thing each morning
- Have been working on my action plan. Have made an action plan surrounding food plan, which helps me eat more regularly and on time. This helps me with daily routine.
- reach out to newcomers. call out and be humble and real

- Daily 3:00 tea time when depression sets in.
- I want to commit to loving myself fiercely for the rest of the year. Being kind to myself.
- Wake up and say I'm glad to be alive and today I'm going to be excited!
- I would tell newcomers that OA has taught me tons of new tools to live my life free of food addiction, obsession, and shame.
- So grateful for this experience. All the best to you for the next 24
- I love this banquet of ideas and the fact you set it up to record commitments in chat!!!

**Thank you to everyone for your amazing shares!**

# **Section 13:**

## **World Service Events and Resources**

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# **2022 OA WSBC Delegate Support Applications**

**April 25-30, 2022  
Albuquerque, New Mexico**

[oa.org/members/events/world-service-business-conference/](https://oa.org/members/events/world-service-business-conference/)

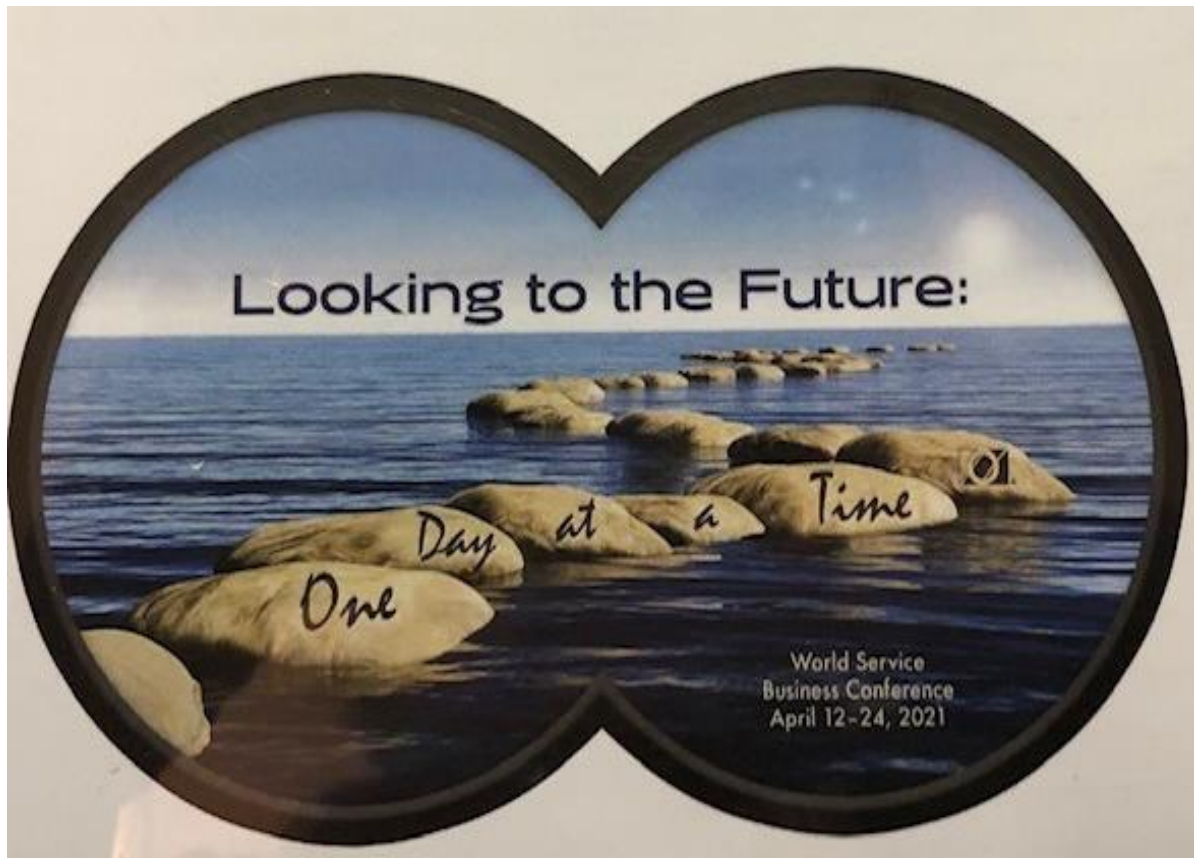
**Delegate Support Applications  
are due to Region One by  
**October 1, 2021.**  
World Service applications are due by  
**November 1, 2021.****

**Intergroups must apply to their Region first to be  
considered for Delegate Support funding from  
World Service.**

Email [bfds@oaregion1.org](mailto:bfds@oaregion1.org) for more information.

**Don't miss this amazing service!!!**

## World Service Business Conference 2021



This year the World Service Business Conference was held via Zoom, which most OA members have become comfortable using. It was the first ever totally virtual, live, and interactive WSBC. The main hurdle was the time zone differences all around the world. We decided to hold it from 10 AM to 2 PM Mountain (Albuquerque) Time. For most of Region One it started at 9 AM and ended at 1 PM. In New Zealand, the start time was 5 AM, the next day, and done at 9 AM. In Greece, the start was about 9 PM and ending at 1 AM.

Many activities took place before the formal business sessions. Committee meetings were scheduled by the committee members whenever it was convenient for them. Some of the committees meet before the business sessions and some meet after. The literature Q & A was conducted via email. The Trustee nominee speeches were available as recorded video starting well before the Conference. The Trustee nominee Question Session was held live with questions submitted by

Conference attendees and read by Sandy Zimmerman as a neutral questioner.

The formal business meetings were held April 20 – April 25. There were 248 voting delegates and 20 countries present. Last year there were only 180 delegates registered. Countries present: Australia, Brazil, Canada, Colombia, France, Germany, Greece, Iceland, Iran, Israel, Italy, Latvia, Mexico, New Zealand, Poland, Russia, South Africa, Spain, United Kingdom (England, Scotland) United States. It was the first time there have ever been delegates from Iran or Russia.

There were five Trustees elected as Trustee:

- Neva S – Region Three
  - Beth B – Region Six
  - Dora P – Virtual Region
  - CJ M – General Service Trustee
  - Judy H – General Service Trustee
- The Conference Seal of Approval was granted to three pieces of literature:
- Two pamphlets
    - *The Tools of Recovery*
    - *A New Plan of Eating: A Physical, Emotional, and Spiritual Journey*
  - And to the daily reader
    - *Voices of Recovery*
- A new definition of a hybrid meeting was adopted.
- The Proposed changes to the OA Preamble failed.

## Thoughts and Reports from Delegates!

### What did Region One Delegates have to say about their WSBC 2021 experience?

I learned about the careful attention given to the business matters of running OA, such as defining abstinence and updating literature. The process to make changes to OA bylaws and literature can often take a year or more to be on the agenda at the WSBC. Often motions are initiated by an Intergroup whenever a group feels strongly about a matter such as diversity or language to refer to gender. I have confidence that OA's WSBC is diligent about keeping the traditions and seeking counsel from our "one ultimate authority, a loving God as he may express himself in our group conscience."

**Carrie A., South Sound Intergroup Delegate**



Attending the WSBC was a wonderful experience. In addition to enjoying myself, I learned very much about how OA is structured and administered, and I had lots of opportunities to practice patience and open-mindedness! At every level of debate and discussion, it was very apparent that the makers of the motions and the Delegates had unity, inclusivity, and the best interest of OA as a whole in mind. Every Delegate was respectful of motions presented, whether speaking in favor of or against a motion. Questions were asked that helped Delegates make the best-informed decisions possible. Before the Conference started, I had read through the motions and had an idea on how I would vote on each. After debate and discussion, I changed my mind about many of the motions presented. The group conscience process worked as well for the WSBC as it does for our Intergroup meetings and at our individual group business meetings.

**Paula Z., Anchorage Alaska Intergroup Delegate**



This year was the first full virtual Conference. It was held over a week, with business sessions lasting only 4 hours in any one day. I did miss being in person, in the large room. The virtual format allowed for participation similar to in-person conferences, but not quite as powerful. Still, a Delegate this year could gain the experience of participating in something so much bigger than ourselves, our group, our Intergroup and our Region. Overeaters Anonymous is truly a worldwide organization, and service here is so rewarding. There is just nothing else like it. It is important that we each contribute to the extent we can. I heartily recommend this service to anyone who loves what OA has brought to their life.

**Marjorie T., North Cascade Intergroup Delegate**



**Thank you Region One Delegates!**  
**Your service makes OA Strong!**

## **News Section on oa.org**

**Check out the News Section on the [oa.org](https://oa.org) website.  
[oa.org/news](https://oa.org/news)**

**A revised “Unity with Diversity” Policy was adopted at World Service Business Conference 2021. OA’s revised policy states:**

### **“Unity with Diversity” Policy**

THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

THE FELLOWSHIP recognizes the existence of individual approaches and different structured concepts to working our Twelve Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approach(es) to recovery within our Fellowship need not divide us.

THE FELLOWSHIP respects the rights of members, groups, and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group, and service body to respect those rights as they extend the hand of fellowship to those who still suffer.

THE FELLOWSHIP encourages each duly registered group and service body to affirm and maintain the Twelve Traditions of Overeaters Anonymous by allowing any member to share his or her experience, strength, and hope in meetings regardless of the individual approach or specific concept that member may follow. Duly registered is defined as being in full compliance with Bylaws, Subpart B, Article V.

You can view or download this updated policy statement on the Unity with Diversity Policy Statements web page.

## **Abstinence and Recovery Policy**

A revised **Abstinence and Recovery Policy** was adopted at World Service Business Conference 2021. OA's revised policy states:

“WSBC 2021 accepts the following:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.”

(Business Conference Policy Manual, 1988b [amended 2019, 2021])

## **Guidelines from oa.org**

No need to re-invent the wheel! The Documents section of the oa.org website includes Guidelines on many topics.

Curious how to...

- plan a public information or outreach event?
- plan a convention or retreat?
- participate at a health fair?
- set up a newsletter?
- set up a website?

We have you covered with our guidelines. Here's a brief description of the ones available in [www.oa.org/guidelines/](http://www.oa.org/guidelines/).

**Planning an event:** Explore a list of the types of events that groups and service bodies typically host. Get suggestions on how to form a committee to get the work done and how to budget so expenses are covered by the suggested donations.

**Newsletters:** What to include, how to handle anonymity, where to get extra material, and who should review it before distribution.

**Health fairs:** What you need to know if you ever want to participate in a local health fair, so healthcare professionals and the public can learn about OA.

**OA CARES – Inmate Correspondence:** Did you know there is a need for members to write to inmates who want to start meetings or need a sponsor so they can work the program? Here's how volunteers perform this important service.

**Public information events:** Make OA known in your area through public events how to plan for them, including publicity ideas, volunteer roles, and a suggested timeline.

**Professional outreach committees:** Learn ways for your service body to reach out to the doctors, educators, therapists, schools, and other professional organizations in your area.

**Website development:** Groups and service bodies use websites to help spread the word about OA. Here is a single source to review from time to time to ensure you are making the most of your site, while also honoring the Traditions.

## **Guidelines: Website Development**

### **Using Technology without Compromising Traditions**

#### **Content**

- Introduction
- What format to use on a website
- Mobile technology
- How do the Traditions affect what we put on a website?
- Unity: deciding on content
- Security: inside and outside
- Welcome newcomers!
- Avoiding endorsement and/or opinions of outside interests
- Technical issues
- Summary

#### **Introduction**

These guidelines have been developed specifically for OA service bodies that wish to use the internet to help inform others about the presence of Overeaters Anonymous in their area. As with most things in Overeaters Anonymous, these are not meant to be “rules.” They are provided to help OA members with specific interests related to developing or maintaining an OA-related website.

#### **What format to use on a website?**

Generally, OA-related websites contain information presented in a structured, logical format. The main or “home” page contains general information about OA and the service body sponsoring the website. In addition, it may provide links to any or all of the following:

1. Links for newcomers to [oa.org](http://oa.org)
2. Local meeting information
3. Links to OA basics, such as Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service
4. Local events list and/or local newsletter
5. [OA.org](http://OA.org) bookstore
6. Other OA websites, such as the region

The sponsoring service body decides what information it wants to provide and maintain. Remember that the more complex a website is, the more difficult it is to maintain and, probably, to navigate. “Keep it simple” applies here.

#### **Mobile technology**

Staying relevant and attractive to visitors means enabling them to access your website anywhere, anytime, from any device. Recent statistics from a large city’s OA website indicate that 50 percent of its visitors were using mobile devices. It’s likely that visitors already coming to your website are also on mobile devices.



Service bodies should strongly consider having a mobile-optimized version of their website. A single website can be designed to be mobile-friendly. Or, in more and more cases, a separate but identical website exists that only mobile users are directed to. Often website development software includes an option to include a mobile version of the website.

### **How do the Traditions affect what we put on a website?**

Our Eleventh Tradition states: “We need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.” The internet is one of those “other public media of communication,” and we must be aware of all Tradition issues related to this medium. No matter how modest a website may be, its audience is potentially large and diverse. Unlike other public information efforts, once it is published, a website is accessible by anyone and everyone. Worldwide.

As an example, in keeping with our Tradition of anonymity at the level of “other media of communication,” it is advisable not to include full names or personal addresses. However, posting the first name (with or without a last initial) and email address (with the member’s consent if it is a personal email account) of a service body’s contact is vital to help suffering compulsive overeaters find the help they seek in Overeaters Anonymous. For OA’s main website, there is a policy not to use an email address that includes someone’s last name. It might be a good idea to adopt a similar policy. There are several ways to do this. One is to use a service position, for example, secretaryIG or Reg\_Treasurer; or a name with initial, for example, maryt or johnt; or something silly, for example, justaboutwonderful.

### **Unity: deciding on content**

Unity is best maintained with broad-based, inclusive information. Remember that, “Our common welfare should come first; personal recovery depends upon OA unity” (Tradition One). Keeping the information general allows us to reach as many compulsive overeaters as possible.

No one may republish OA copyrighted material, including on the internet, without permission from the World Service Office. Any registered OA service body may receive permission to publish OA copyrighted literature by completing the Reprint Permission Request form on oa.org. OA material currently published on the OA website is exempt from this policy. All registered service bodies may reprint those pieces without submitting a written request for permission. Additionally, any registered service body may apply for blanket permission to use the OA logo on any of its publications (e.g., flyers, posters, newsletters, meeting lists, websites, stationery, and business cards) for a two-year period (renewable). The OA Logo Permission Request form is on oa.org.

The service body is responsible for the contents of the website it sponsors.

### **Security: inside and out**

The internet has made getting the OA message out easier. It has also made it easier for malicious actions to take place. Your website, if not protected, is vulnerable to malware, phishing, viruses, spying, and/or hijacking of visitor information.

Website visitors these days are more tech-savvy than in the past and are generally aware of the potential security risks of visiting any website, OA-related or otherwise. They also likely use antivirus software that not only warns them of a potential threat but can also report your website as unsafe.

If you haven't done so already (or recently), it's a good idea to review your website's security and take necessary action to assure visitors that it has all the proper security systems in place to ensure the safety of their visit.

Administratively, make sure that at least two service body board members know the website's passwords. Use strong passwords; "serenity" is not a good password for a Twelve Step organization. It is recommended that passwords are at least sixteen characters and contain a combination of numbers, symbols, and upper- and lowercase letters. Change the passwords at least annually or when you have a rotation of service with password-holders.

Protect against the change of status of the person with website responsibility by having more than one person with information about the process. If you use an outside resource for your website, make sure that your group is listed as the owner of the website's hosting account, domain name, and any other assets. Generally, a specific person is listed, so when that person rotates out of service, make sure the contact details are changed with the vendors your service body uses.

### **Welcome newcomers!**

Websites have little time to keep a visitor's attention. Most often a newcomer will visit your website looking for something specific, perhaps a meeting nearby or someone to speak with. Make newcomer information easy to find by creating a clear path.

- Include an obvious newcomer field on your home page.
- Make the newcomer message inviting.
- Create a separate newcomer page.
- Include OA-approved content that is already available.
- Include links to stories of recovery. These can include reprints from Lifeline, local stories of recovery, "Welcome Home," and reprints from local and region newsletters.
- Provide a current meeting list (or link) within the newcomer page.
- With permission from the WSO, include reprinted excerpts from OA publications. For more information, see above or the Copy Requests page on the OA website.
- Provide easy-to-find contact information, including telephone numbers, emails, and postal addresses.

### **Avoiding endorsement and/or opinions of outside interests**

As stated in the Tenth Tradition: "Overeaters Anonymous has no opinion on outside issues." This consideration is clear when we look at websites developed and maintained by non-OA organizations. When a visitor sees a link on those webpages, it's as if the website's owner is saying, "This is a website I think well of. This page can provide you with information you may want to know." It is an unspoken endorsement of the linked-to site. OA does not endorse, so OA-related websites do not link with websites not affiliated with OA.

## Summary

General things to remember:

- Design the website with newcomers in mind.
- Keep content current, especially meeting lists.
- When using OA copyrighted material or the OA logo, use the permission forms on [oa.org](http://oa.org).
- Link only to websites sponsored by Overeaters Anonymous service bodies or the WSO ([oa.org](http://oa.org)).
- After your website is developed, send the URL (website address) to the WSO.
- As a courtesy, send copies of your website publications (e.g., newsletters, flyers, etc.) to your region office and/or region trustee on a regular basis.
- Create a website technical information document within the service body that includes login and passwords, vendor identification, process instructions, and other important information.

OA Board-approved

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# **Section 14:**

## **Region One Resources**

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## **Region One Resources for Personal Recovery and Service**

[oaregion1.org](http://oaregion1.org) has many resources for recovery!

**Audio from Convention and Other Events** – Check out our growing virtual speaker collection at [oaregion1.org/podcasts--speakers.html](http://oaregion1.org/podcasts--speakers.html)

**Board Blog** – The Region Board is blogging! Go to [oaregion1.org/board-blog](http://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](http://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](mailto: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](http://oaregion1.org/events.html)

**Facebook** – Like “[Region 1 Overeaters Anonymous](#)” to get event reminders, links to recovery inspiration, and program wisdom on your newsfeed.

**Google 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@googlegroups.com](mailto:oaregion1+subscribe@googlegroups.com).

**Healthcare Professionals** – a brand new page specifically for healthcare professionals: [oaregion1.org/for-health-care-professionals.html](http://oaregion1.org/for-health-care-professionals.html)

**Hybrid Meetings Help** – Nassau County IG/Region 6 has put together a helpful document to plan for a Hybrid meeting: [Hybrid meetings "how to" from Region 6](#)

**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](http://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](http://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](https://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](https://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](mailto: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](mailto:mal@oaregion1.org) for more info and a copy of our current speaker list.

**Recovery Resources for Specific OA Populations** – This page of our website provides helpful links for OA members who identify as Anorexic/Bulimic, BIPOC, Men, Young People, and more. Go to [oaregion1.org/resources-for-specific-oa-populations.html](https://oaregion1.org/resources-for-specific-oa-populations.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](mailto: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/virtual-sponsorship.html](https://oaregion1.org/virtual-sponsorship.html).

**Website** – our website is FULL of information and resources for personal recovery and service. Explore at [oaregion1.org](https://oaregion1.org)

**Website Support** – contact [webmaster@oaregion1.org](mailto:webmaster@oaregion1.org) if you'd like to be part of our Intergroup Website Tech Support Team. We meet once 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 2022 are available at [oaregion1.org/2022-wsbc.html](https://oaregion1.org/2022-wsbc.html) and are due by October 1, 2021. Email [bdfs@oaregion1.org](mailto:bdfs@oaregion1.org).

**Zoom Accounts** – Region One can help with Zoom accounts for Intergroups in financial need. Contact [chairr1@gmail.com](mailto:chairr1@gmail.com).



## **2022 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 a "Sharing Hope, Offering Resources, Recovering Together" 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 be a part of "Sharing Hope, Offering Resources, and Recovering Together"**
  - **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.

We hope you'll invite us to visit! Please talk with your intergroup and complete the following:

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 _____	

Return form to [secondvicechair@oaregion1.org](mailto:secondvicechair@oaregion1.org) or Region One, P.O. Box 23235, Tigard, OR 97281, USA.

## **Audio Resources/Speaker Podcasts**

### ***Instant Experience, Strength & Hope!***

Check out our growing collection of podcasts at [oaregion1.org/podcasts--speakers.html](http://oaregion1.org/podcasts--speakers.html)

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

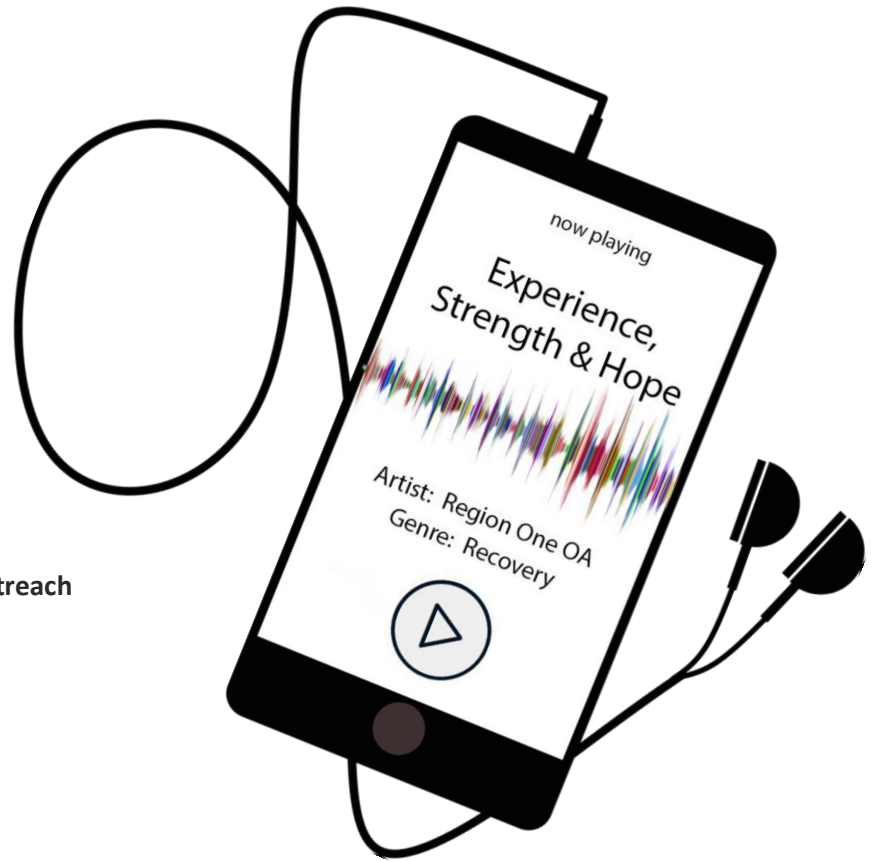
Spirituality

Sponsorship

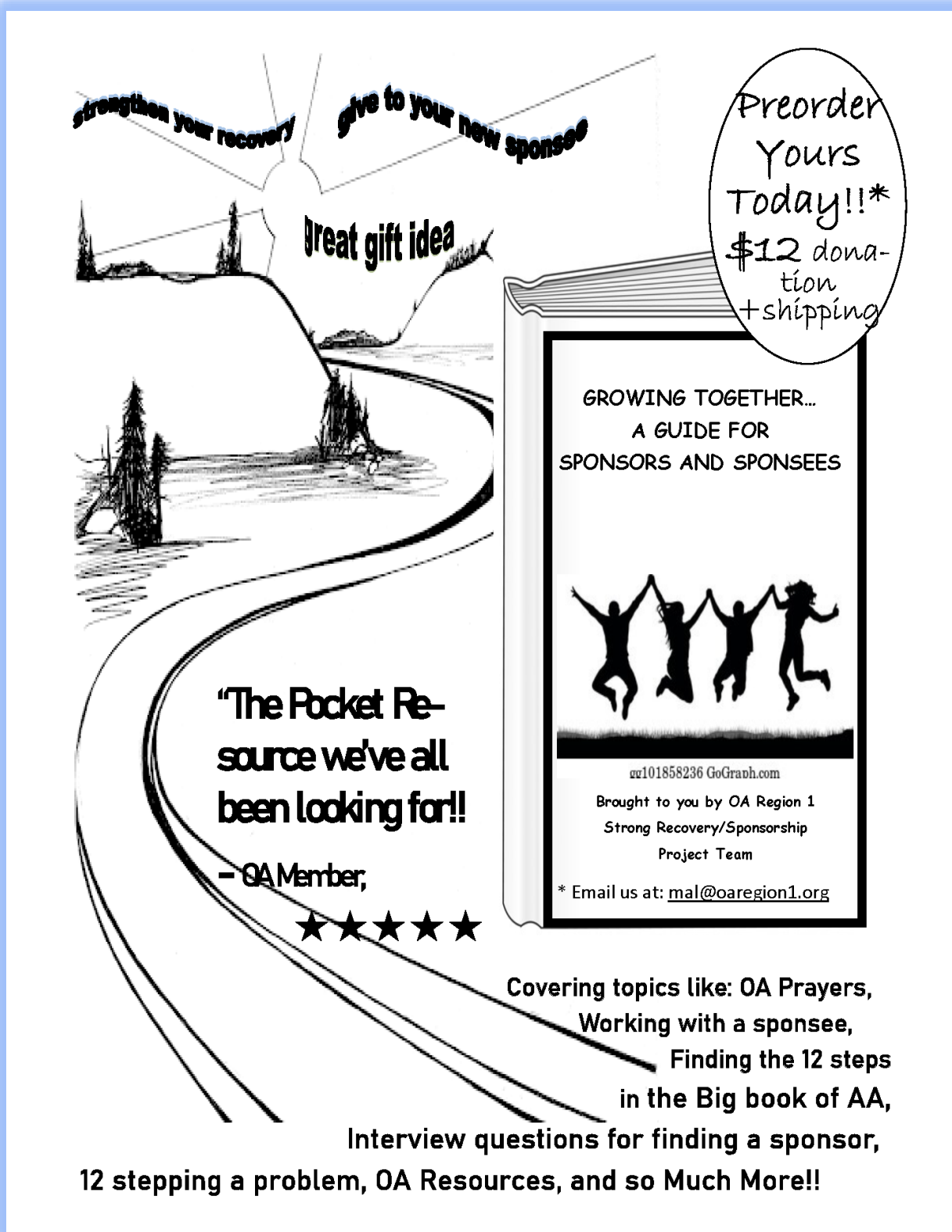
Surrender

Tools

The Twelve Steps



## New Pocket Resource




strengthen your recovery

give to your new sponsee

great gift idea

**Preorder Yours Today!!\***  
\$12 donation + shipping

**GROWING TOGETHER...  
A GUIDE FOR  
SPONSORS AND SPONSEES**



00101858236 GoGraph.com

Brought to you by OA Region 1  
Strong Recovery/Sponsorship  
Project Team

\* Email us at: [mal@oaregion1.org](mailto:mal@oaregion1.org)

**"The Pocket Resource we've all been looking for!!"**

**- OA Member,**

★★★★★

Covering topics like: OA Prayers,  
Working with a sponsee,  
Finding the 12 steps  
in the Big book of AA,  
Interview questions for finding a sponsor,  
12 stepping a problem, OA Resources, and so Much More!!

# 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/app/uploads/2019/12/trusted\\_servant.pdf](https://oa.org/app/uploads/2019/12/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/](https://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/app/uploads/2019/12/Bylaws-Overview-6-18.pdf](https://oa.org/app/uploads/2019/12/Bylaws-Overview-6-18.pdf)
- Keep your intergroup details up to date with WSO: [oa.org/intergroup-registration-change-form/](https://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 will 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](http://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/](http://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.



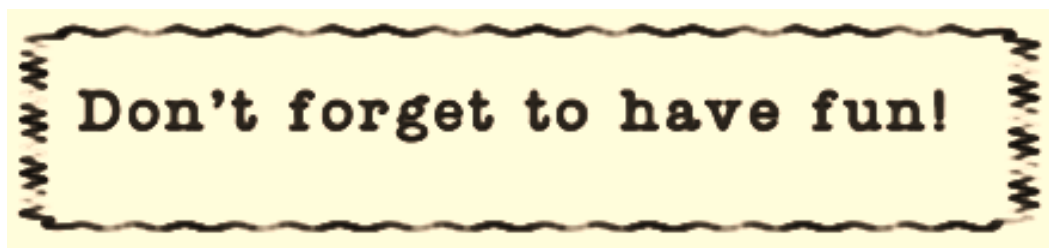
## MAKING DECISIONS

- 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](https://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.

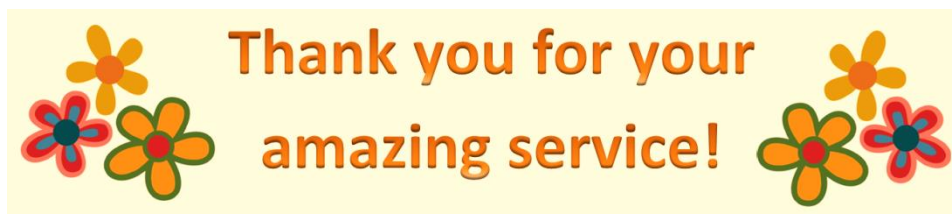


## HOW TO HELP YOUR INTERGROUP CHAIR...FROM THE PERSPECTIVE OF THE CHAIR

- 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

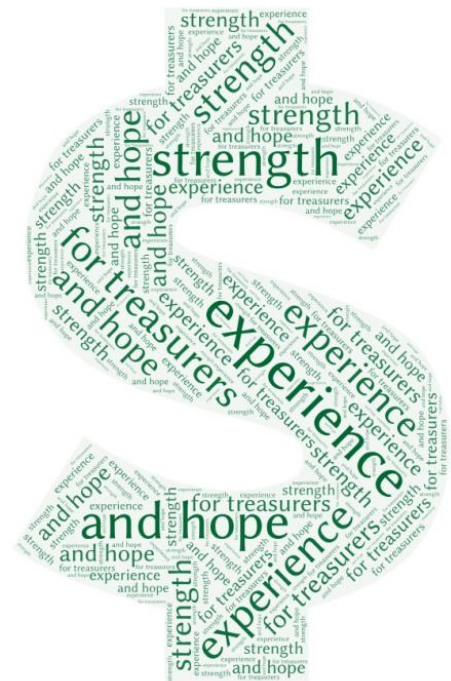
Informal Shares to Help You in Your Service

## 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/2020/10/FAQ-for-treasurers.pdf](https://oa.org/app/uploads/2020/10/FAQ-for-treasurers.pdf)
  - [oa.org/app/uploads/2020/10/TreasGuidelines.pdf](https://oa.org/app/uploads/2020/10/TreasGuidelines.pdf)
  - [oa.org/service-bodies/budget-guidelines/](https://oa.org/service-bodies/budget-guidelines/)
  - [oa.org/app/uploads/2020/10/Fundraising\\_Guidelines.pdf](https://oa.org/app/uploads/2020/10/Fundraising_Guidelines.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 & 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/](https://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/](http://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/](http://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/guidelines/](http://oa.org/guidelines/)
- Find event resources at [oregon-oa.org/event\\_calendar/event-resources/](http://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/](http://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](http://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.

Intergroup **inventory**.

Membership **survey**. Create the “cause” based on results of inventory and membership survey.

**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.

Kickoff meetings to talk about what to do about the cause. As many members as possible. Everyone has a voice. Common cause.

Establish a clear **vision** (based on inventory and survey and other information).

Establish a clear set of **goals/priorities** (to work toward vision).

Set a clear set of **activities** to accomplish the goals.

Set **responsibilities/commitments/accountability** – with a budget for each.

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.

**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.

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:

Serves Membership and Attracts

Strengthens OA as a Whole

**Strategic Plan: Priorities:**

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.

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.

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:**

Working and living the steps workshops

Create local literature booklet: "How I Got Abstinent and Stayed Abstinent"

Marathons events – IDEA Day and Unity Day

Quick Step Study groups

Retreat on sponsorship training

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](mailto: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](http://oaregion1.org/documents.html)

## **Public Information/Professional Outreach Grants**

### **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.

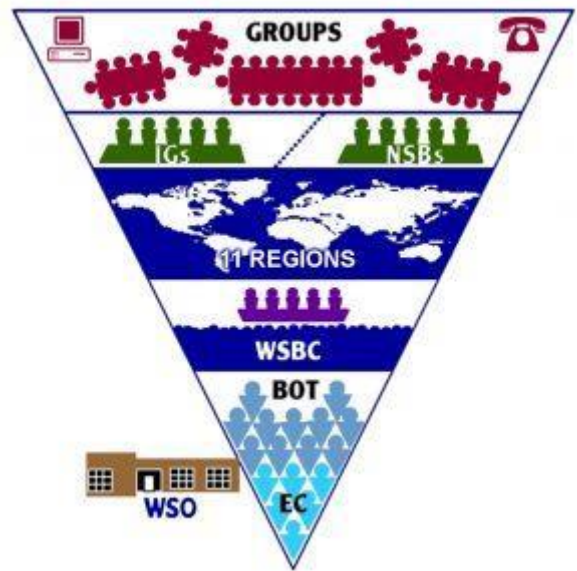
# The Remarkable OA Service Structure

## 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

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!

## **Suggestions for Nurturing Newcomers at Your Meetings**

When a newcomer attends a meeting, we want them to feel welcomed and loved. We want them to know that we understand them and that they are not alone. Consider implementing the following suggestions to help a newcomer find a safe place in Overeaters Anonymous.

### **Does your meeting format include language for newcomers?**

Consider including specific language to welcome the newcomer:

- Are there newcomers here who would like to share?
- For Zoom meetings: If you are a newcomer and you didn't introduce yourself you can put your number in the chat and someone will contact you.
- If you are a newcomer, you are welcome to stay after the meeting to ask questions. We will leave the meeting open for a few minutes so you may copy contact numbers from the chat.
- Ask if there is anyone who would like to make an action plan to stay abstinent for the next 24 hours and then ask if there is anyone willing to stay after to help form the plan.
- Have a Newcomer Caller service position at your meeting who will contact a newcomer in between meetings. If you are new to sponsorship, consider taking this service position!

### **Are you willing to share with a newcomer?**

- When newcomers are present, be prepared with a three-minute version of your story to share during pitch time.
- Offer your contact information to a newcomer.
- Arrange to meet with a newcomer outside of the meeting (virtual or in person).

### **Does your meeting have available sponsors?**

- Offer Region One's Sponsorship page: [oaregion1.org/sponsorship.html](http://oaregion1.org/sponsorship.html)  
This page provides information on virtual sponsors and finding a temporary sponsor using the Newcomers' First Twelve Days in OA.
- Consider being a temporary sponsor using the Newcomers' First Twelve Days in OA to help a newcomer get to know the program.
- Does your meeting have a plan for getting the "Where Do I Start?" Pamphlet to newcomers? If your meeting does not have funds to provide pamphlets to newcomers, you can request support from your Intergroup. If your Intergroup doesn't have the funds, request support from Region One.

### **Does your Intergroup host a newcomers meeting?**

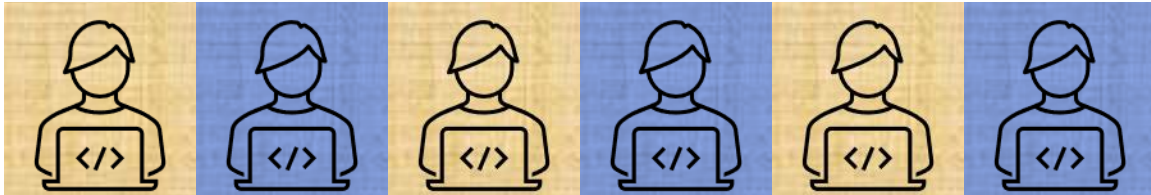
- If not, there is a weekly zoom meeting on the Oregon Intergroup page. Here is the link: [oregon-oa.org/newcomers-to-oa/](http://oregon-oa.org/newcomers-to-oa/)
- Share the e-pamphlet, "To the Young Person." [bookstore.oa.org/pamphlets/to-the-young-person-280.asp](http://bookstore.oa.org/pamphlets/to-the-young-person-280.asp). Available on Amazon, Barnes and Nobel, and Apple Books. New stories for everyone.

**Created by 2020 Region One Nurturing Newcomers Project Team**



## Team Tech

# Calling all OA Region One Webmasters!



You're invited to be a part of  
**TEAM TECH\***

As the webmaster (or potential webmaster) for your intergroup,  
join us to share resources, encourage and support one another in  
this service!

We meet once a month for one hour on Zoom.

~ **Email** [webmaster@oaregion1.org](mailto:webmaster@oaregion1.org) for more info ~

**\*No technical expertise required** – if you're just getting your  
feet on the ground and need lots of HELP, please join us.

We want to help one another carry the message!

**TOGETHER WE CAN!**

## Virtual Sponsorship

# 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/virtual-sponsorship.html](http://oaregion1.org/virtual-sponsorship.html)

Or email [VirtualSponsorship@oaregion1.org](mailto:VirtualSponsorship@oaregion1.org)

# Together We Can!

# Section 15:

## Local Resources: Ideas that Work

### Resources from Retreats, Conventions and Workshops

(This literature has been locally produced. The content reflects the experience, strength, and hope of our local members. It is not OA Conference- or Board-approved and does not represent OA as a whole.)

For more resources visit:

[oa.org](https://oa.org)

(search for “ideas that work”)

and

[oa.org/document-library](https://oa.org/document-library)

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## **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

## **Addiction vs Spirituality**

<b>ADDICTIVE CHARACTERISTICS</b>	<b>SPIRITUAL CHARACTERISTICS</b>
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 / Deflects 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 <b>I do not berate myself</b> for not having it on demand." (For Today, 6)</p> <p>"For Today: <b>I open myself to God's will</b> 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 <b>surrendering my life to a Higher Power</b> than I can ever imagine." (For Today, 325)</p>



## LET GO AND LET GOD

Do I still believe that my body and my view of it are mine to control?

Am I willing to give my body entirely to God as I understand God?

What would complete release of body obsession look like? Have I done this before?

“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!” (*Alcoholics Anonymous*, 100)

## PROGRESS NOT PERFECTION

Where have I been in regards to my body image, and where am I now?

Is “perfect” body image even possible for any OA to have?

What of my experience, strength and hope could I share with a newcomer who is struggling with body image?

“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.

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.” (“9<sup>th</sup> Step Promises,” *Alcoholics Anonymous*, 83-84)

## **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, upbeat, 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:	<b>Emptiness is not hunger.</b> 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:	<b>Compulsive eating affects</b> our moods, priorities, our ability to think critically and <b>our ability to show up for life</b> . 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. <b>Every act of compulsive eating is an act of violence we perpetrate against our spirit, mind and body</b> . 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."

## **Attracting and Retaining Newcomers: New to OA meeting**

Attached is the format my fellow, Bob and I use for our Saturday 6PM PDT New to OA "meeting" on zoom of course. The meeting is listed on OA.org and [oregon-oa.org](http://oregon-oa.org).

It is not a normal OA meeting. The purpose is to provide an overview about OA and have a question-and-answer session.

We have had folks attend from our own backyard in Oregon to the UK and Italy, from Thailand to New Zealand. Many have attended from all over the US and Canada. It is something Oregon Intergroup will continue as it seems to meet a need to introduce OA curious folks to our program.

**Aloha,**  
**Pat**



## **New to OA Meeting Format**

Welcome to our informal introduction to Overeaters Anonymous. If you are looking for a regular OA meeting this ain't it. You are certainly welcome to stay if you like to though. We know that for new people the whole business of 12 step recovery can be very confusing at first and we hope to demystify the process at least a bit. In this meeting the 2 of us will each tell a little of our story so you can understand where we come from and what OA has done for us. Then we'll invite each of you to introduce yourselves briefly. After introductions, we will offer short explanations of some of the pieces of the program that you'll encounter right from the beginning. Following that we hope to have a good amount of time for question and answers from each of you.

### **Introductions (Hosts briefly qualify)**

New people intro's - Now we'd like to go around the screen and invite each of you to briefly indicate if you are brand new to OA, or what experience you have with OA or if new to OA, any 12 Step experience. (You do not have to name the fellowship unless you want to). Lastly if you care to, share where you are zooming in from geographically.

Those of us who have been going to meetings for a while are well accustomed to speaking for a few minutes at a time but we'd like to ask you to keep it short so there will be ample time for questions later. 30 seconds or so each has proven to work well for this.

### **Overview**

OA is a program for people who have serious difficulties with food, whether with eating too much, too little, or just being continuously obsessed with food. We have found that the food and eating, whether too much or too little, is not the problem, it is a symptom. The real problem is with the way we lead our lives, with the thoughts, habits, beliefs, behaviors that make up who we are and what we do. For many of us there have been difficulties earlier in life, sometimes quite serious difficulties, that have continued to affect our thinking and behavior into adulthood. Whatever the cause, over time we have begun to realize that we are different from others in regard to food. Because of this we have found that ordinary diets have proven ineffective or even useless over the long term, no matter how long or how hard we try them. There is a quiz on [oa.org](http://oa.org). This is a self-assessment of 15 questions to help you put your relationship with food in perspective. It is for your use alone. I recommend it. OA is not a diet or calories club. There are no weigh ins or fees. We use the 12 Steps as adapted from AA as the common solution to our common problem in OA.

### **Meetings**

Meetings are gatherings of 2 or more people wanting to recover from compulsive eating. In this age of Zoom the experience is a little different from the traditional in-person gatherings but not greatly so. For many, the first few meetings can be rather scary. If this is true for you, hang in there, it'll gradually get better.

Meetings are conducted according to a format - like a script- that has been created by members of the group. The format may vary a little from one meeting to another. The basics include: starting with some readings and introductions. Many meetings have chosen a specific set of things to read and discuss each week. Most all will have time for the individual member to "share" or "pitch". These are usually timed (3 minutes long is common) to make sure there is time for everyone who wants to share. This is a chance to talk about whatever is uppermost in their mind that day. We do not cross talk or give advice. This means that what is said is not discussed, evaluated, or critiqued by the group. We get to speak our minds without fear that others will argue or debate what we've said. Anyone who wishes can choose to share but no one "has" to. It is your choice.

One of the most conspicuous things new people might notice is people are being super honest. Saying things I never thought I could say out loud. In time, this honesty can begin to feel very natural, but initially it may be a totally new experience.

## **What the heck is abstinence?**

This can be quite puzzling for most new people. Obviously we can't abstain from eating for very long. What we do abstain from is the misuse of food, from eating compulsively, from the consumption of foods that are bad for us. **Put another way, we eat the right things in the right quantities at the right times.** Just what these right things and times are gets sorted out by the individual and their sponsor as they work through the recovery process.

## **So, just what do I eat?**

To be clear, no one gets to tell you what to eat, at least not without your permission. Each of us has our own history with food, our own particular tastes and nutritional needs. Some have medically prescribed diets that address specific conditions. Most of us have particular foods that we genuinely dislike. Most of us find that foods that are primarily sugar based need to be avoided. Some will find that products containing wheat are a poor choice because of our tendency to consistently over consume them. As a starting point, the world's simplest food plan is my personal favorite 4 words: "3 meals, no snacks" another popular 4-word guide is: "no seconds, no snacks".

## **Sponsors**

A quick description of a sponsor is a person who acts as a tour guide through the 12 steps. Sponsors are there to help us understand the recovery process, talk through the challenges of working the steps and beyond that to work through the challenges of everyday life. Many will talk with their sponsor daily, others will do so weekly, and some will do so without a regular schedule, though set times are likely the best approach for people who are new. To find a sponsor, look for someone who has what you want and ask how they are getting it. Most meetings will have a way to let you know who is available to sponsor. You may also just say in the meeting that you are new and are looking for a sponsor. Also, some of OA's region web sites have lists of people available to be virtual sponsors.

## **The G-word**

Many people will notice that God is mentioned frequently in the steps and other places in our literature. For some this is disturbing. In fact, the 12 step programs are described as being spiritual, not religious. Belief in a divine being and practice of an organized religion are not necessary for a person to gain the benefits of 12-step recovery. Many successful long-term members are indeed atheists and agnostics. The distinction between religion and spirituality may take some time to grasp but it can become clear as a person works their way through the program.

## **Books**

To start, probably the best book is the OA 12&12. It is the primary source for our program. One might add the associated workbook though it is certainly not a necessity. A good second choice is the "For Today" daily reader, the little white book. Another book you will hear about in meetings is the "BIG BOOK". This is the book: Alcoholics Anonymous originally printed in 1939 which is the original text for all 12 Step programs. Most of our members will use this AA book as well.

## **Last Lick**

We suggest around 3 meetings a week. Attended 1 or 2 of them regularly so that you can begin to get to know the people there, and they can in turn start getting to know you. Collect phone numbers and email addresses and begin to use them. If people list their number it means they will be glad to have a chance to talk to you. We know it can be exceptionally difficult to do this sometimes but we can offer the nearly 100% guarantee you will be well received and both of you will benefit from the connection.

## 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 <b>ONE</b> 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 4<sup>th</sup> 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.

<b>Unmanageability Checklist:</b> 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			

## **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
<b>SPONSOR</b>
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?
<b>SPONSEE</b>
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?

## Exercise On Powerlessness/Step 1

Narrator:

Take 12 cards and write

- 1) the 3 most important people in your life
- 2) the 3 things you want to accomplish, become, or experience (your dreams)
- 3) the 3 most favorite activities you like to do (reading a great book, swimming, bicycling, hiking...whatever you enjoy doing the most)
- 4) the 3 things you like most about yourself (attributes and they can be about your physical self-such as your memory, eyes, legs, characteristics, or special strengths that you feel good about)

I would like you to listen to the directions you are about to hear without comment, we'll talk about it afterwards.

Please lay all 12 sheets of paper in such a way that you have easy access to them.

You just got the news from your doctor, he's the specialist that you went to for the 2nd opinion, he ran a series of tests and exams, and he has some very bad news to report to you. He is very frank; he tells you very solemnly that there is nothing more that medicine can do for you. If you continue eating the way you have been eating you will die, medicine offers no answer for you, you must lose weight and you must stop eating sugar. Your eyesight will fail, you will lose all mobility, you will die if you don't stop compulsively overeating. You leave that doctor's office sober, but your car turns into the Safeway parking lot on the way home. You buy your favorite binge foods because you do not yet want to stop eating.

Now rip up 3 pieces of paper, you have 30 seconds. (Any 3 pieces)

It is 6 months later now; you are extremely tired and fatigued and in constant pain. The taste of your favorite binge food is the last thing you want. Notice who is still with you, where are you? Now you really want to stop eating, you try in the morning, but you find yourself drawn to the refrigerator by the late morning...tears run down your face even as you consume that last cookie, but you cannot stop eating.

Now rip up 3 more pieces of paper. (Give at least 30 seconds)

Now it is 2 months later, you cannot deny the end roads that your disease is making into your life. Walking, sitting upright and even most sleeping positions bring you pain. Now who is around you? Who is supporting you? Where are you? You desperately want to go through this one day of being without that sick feeling of being over full, but you cannot stop eating.

Now rip up 2 more pieces of paper. (Give at least 30 seconds)

It is almost over now, you even welcome death because you are in near constant pain and you experience it every waking moment, your sleep is interrupted, and you are exhausted. You look into the eyes of those around you and have that feeling of despair and disgust and notice who is with you? Where are you?

Now rip 2 more pieces of paper. (Give at least 30 seconds)

There is no hope left, your breath is labored, you feel groggy, and in near agony, you look into the eyes of

those around you and see their concern. You see how your demise is pulling those around you down. Who is still with you? Who is supporting you? Where are you? You long since lost the power of choice with food. Your life is entirely mortgaged to the disease.

Now turn over the last two pieces of paper so they are faced down. We are going to go around and collect one of those two pieces of paper. (Or have the person next to you take one paper)

\*On zoom, member will have to take one and rip it up.

Now you can turn over your last piece of paper.

In real life we don't get to choose what we get to keep, there is no bargaining with the illness.

This was designed to bring home the terrible cost of overeating. Whatever we put before our abstinence and relationship with our Higher Power we will absolutely risk losing.

The meeting is now open for sharing.

## 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"/> <b>Action #1</b> Ask God at once to remove them <input type="checkbox"/> <b>Action #2</b> Discuss with someone immediately <input type="checkbox"/> <b>Action #3</b> Make amends quickly if I've harmed anyone <input type="checkbox"/> <b>Action #4</b> Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> <b>Action #1</b> Ask God at once to remove them <input type="checkbox"/> <b>Action #2</b> Discuss with someone immediately <input type="checkbox"/> <b>Action #3</b> Make amends quickly if I've harmed anyone <input type="checkbox"/> <b>Action #4</b> Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> <b>Action #1</b> Ask God at once to remove them <input type="checkbox"/> <b>Action #2</b> Discuss with someone immediately <input type="checkbox"/> <b>Action #3</b> Make amends quickly if I've harmed anyone <input type="checkbox"/> <b>Action #4</b> Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> <b>Action #1</b> Ask God at once to remove them <input type="checkbox"/> <b>Action #2</b> Discuss with someone immediately <input type="checkbox"/> <b>Action #3</b> Make amends quickly if I've harmed anyone <input type="checkbox"/> <b>Action #4</b> Resolutely turn my thoughts to someone I can help
<b>Our Code:</b> Love & tolerance of others	<b>Our Code:</b> Love & tolerance of others	<b>Our Code:</b> Love & tolerance of others	<b>Our Code:</b> 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.



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# Section 16:

## Special Focus

### Sharing Hope, Offering Resources, Recovering Together

(The writings included in this section are those of individual  
OA members and do not represent OA as a whole.)

## **It Is All About the Weight**

In Step One of the OA 12&12 it talks about believing my weight was the cause of my chronic unhappiness. I wrote in the margin of the book, “my chronic unhappiness is the cause of my obesity.” That was so very true when I first came to the program 10 years ago. It took coming to OA and working the steps for me to uncover the driving forces behind my compulsive eating. I'm now grateful for my fat because it brought me here with enough desperation to be willing to go to any lengths to lose the weight – and so I have, in large measure.

I no longer carry the weight of trying to please everyone, I'm free of the heavy burden of feeling I am a failure, I've dropped the pounds of shame and resentment I always carried on my back, and have lost the ton of guilt over my angry outbursts. I still have some hefty, emotional luggage I'm carrying around, but a huge weight has been removed from my daily living. I do feel the sunshine of the Spirit bathing me in light and lightness.

When I concentrated on my size and weight, I was unable to stop eating. Now, as long as I stay within my Higher Power's will, my eating is for fuel and pleasure, and I can leave the results up to the one who carries the weight of my whole life in his strong arms.

Mollie R, Idaho, May 2021  
Lake Country Intergroup

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## **A Question to Consider**

I read a question recently that made me think about my family of origin. more recent experiences and my compulsive eating. It suggested that we think what our table was like as we were growing up.

It seemed to me to be a very profound question. Considering my family table times gave me understanding of my own compulsive eating thoughts and behaviors. Below are some things I discovered:

- \*My eating was one thing my parents could not control.
- \*As I needed to finish my plate and not be excused from the table until I did, I learned to be a good girl I needed to eat until it was all gone.
- \*As I got older and prepared the evening meal, I learned what I did was never good enough.
- \*As summer came and I ate alone at the lunch table, I learned how to eat to escape loneliness.
- \*As I began to work I learned I needed to gobble down my food, as I only had 30 minutes.
- \*In my current living situation with a housemate that has different hours to eat than I do, I am learning aloneness does not necessarily mean loneliness, that all meals do not have to be a 10 and that simple abstinent meals can be a banquet when shared with my Higher Power.

Jan E. - Oregon Intergroup

## **Put Down the Fork and Pick Up the Pen**

One of the first things I heard at a meeting was ‘put down the fork and pick up the pen’ and it is still a tool that works for me 18 months later. Like sitting in the rooms, when I write I do not eat, nor do I obsess about food. I believe the program teaches us to turn life’s gifts into amazing assets both in and out of recovery.

Journaling, creative writing and daily reviews are some of the lifejackets of my recovery.

Writing moves thoughts and feelings from my mind to the paper so I can make space in my head for other thoughts and feelings, organize them better, and see patterns in my thoughts that keep me stuck. Writing also works to help me realize that thoughts and feelings change. Sometimes they change because of things we do specifically, or sometimes it’s because we move into a different season of life...

Writing, even for 20 minutes a day, helps my recovery. It teaches me to be in the moment, to acknowledge my feelings and to pause to free my mind. When my mind is free, I am open to hear the messages from HP and others. I write entirely to find out what I’m thinking, what I’m looking at, what I see, and what it means...

Diane D.

Northern Lights Intergroup

## Lean on Me

By Diane D.

Lean on me the familiar voice said  
I'll be there once again.  
You know you can always count on me  
I'll always be your friend.

I've walked with you for many miles  
And for over fifty years.  
And I'll walk with you for fifty more  
I've seen your many tears.

I've watched you fall and rise again.  
Your strength has amazed me lots.  
I'm never going to leave you.  
I'll always be in your thoughts.

That voice has always said to me.  
Rise up and face your fears.  
Do it as you always have.  
You've done it for many years.  
And then that voice it said to me  
Shout your fears out loud.  
There's many that are scared like you  
You can walk them through their cloud.

I looked up to thank that beautiful voice.  
That walked me through my terror.  
It was only then I realized.  
I had been looking in the mirror.

February 14, 2020

By Diane D.

I topped out, at three ninety eight  
I wanted to die, to stand at the gate  
It wasn't the food, it wasn't the weight  
took more than that, to set me straight

I look at the past, the state of my mind  
I relive the choices, the same every time  
I searched for an answer, only to find  
the only solution, was in my own mind

I needed a purpose, a reason to live  
four hundred pounds, and nothing to give  
don't pass any judgement, or try to relive  
look in the mirror, you have to forgive

it finally happened, on a cold winter day  
I fell in the shower, and shuddered to say  
defeated and wounded, there to stay  
on went the sirens, there's help on the way

prompted a rescue, they crashed in the door  
and dragged my wet body across the floor  
tonight it was different than ever before  
I won't be a hostage, no never no more

on Valentine's day, one year ago  
I made a decision, and started to grow  
I took back my life, baggage in tow  
and all of the freedom, started to show

cut out the sugar, gave up the flour  
I counted the minutes, hour by hour  
one year ago, I fell in the shower  
my miracle happened, not by my power

at two ninety eight, my miracle came  
one hundred pounds, never the same  
committed to losing, never to gain  
gone are the pounds, and gone is the pain

## My Understanding of God

By Diane D.

I was a small town girl who,  
put on her best yellow shoes.  
Up the hilltop I meandered,  
to sit in the house of pews.

We sang, then we sang again,  
from the choir's red hymnbook.  
I was still searching for him,  
beneath the seats I would look.

As I grew, so did my curiosity  
I had heard so much you see.  
God was the omniscient one,  
and this God truly loved me.

So in young adulthood, I wept,  
I cried from the window of pain.  
Just when I put the needle in,  
I cried God am I alone again?

Marriage didn't agree with me,  
for I was beaten by my man.  
Again I called where are you?  
I just did not understand...

He is always with you they said,  
forever watching over you...  
Never fit my thoughts though  
One set of footprints not two.

I found a program of spirituality,  
which told me to trust my heart.  
God is of your understanding,  
He's been there from the start.

My faith began to grow each day,  
Thy will not mine be done...  
I know now that he's inside me,  
God is the real chosen one...

I learned that to understand him,  
see miracles for which you long.  
This was not so difficult for me,  
cause two of them call me mom.

God won't walk you to it... unless  
God can walk you through it.



## I Wish I May, I Wish I Might

By Diane D.

I-wish-I may, I-wish-I might  
have the wish I wish tonight  
wish for silver, wish for gold  
I wish 'forever's' for the old

I wish for calm, I wish for health  
with not a care to wish for wealth  
I wish in April, I wish in June  
I wish upon a crescent moon

you wish a day, you wish a night  
you wish for lusters in the light  
to wish in whispers, wish in song  
and wish the world to wish along

I wish in glitter, I wish in hues  
I wish in reds and cobalt blues  
he wished in specs, of opal green  
she wished in shades of milky cream

upon-a-star I wished in bubbles  
then wished for periwinkle cuddles  
don't wish in Blacks or ashen Greys  
don't wish away unwanted days

so if you find you wish in grey  
wish in purple another day

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## **The Promises of Recovery**

The Big Book of Alcoholics Anonymous has outlined several promises that occur in our lives as the result of working the 12-step program of recovery. These promises are as true for us of Overeaters Anonymous as they are for alcoholics. I've thought a lot about these promises and how I have seen them manifest in my life during the past 18 months of my recovery journey and how my despair and disbelief has turned into amazement.

**If we are painstaking about this phase of our development we will be amazed before we are halfway through.** The Big Book is here referring to working the steps. We must be thorough and honest, rigorously honest, in our working of the steps. The word amazement means a feeling of great surprise or wonder and I have been amazed at how hard the work is and how much easier it's made my life to live according to the precepts of this program.

**We are going to know a new freedom and a new happiness.** At my highest weight and in the midst of my disease of compulsive overeating I did not know anything about freedom and scarcely anything about happiness. Although employed and married, I was merely existing, not living my life. Abstinence and a relationship with a Higher Power freed me from the smallness of my own life. My inability to move, breath, or choose anything outside of bare survival had made my life so tiny I couldn't even see a way out. It was from this place that I sought help at a treatment center for my food addiction. They emphasized the 12 steps and I attended meetings daily, working the first three steps while in the facility. Once I got home, I quickly found a sponsor to guide me through the remaining nine steps which has liberated me from emotional pain, shame and a heaviness that was more than weight that I had been carrying for most of my 39 years. I am finding, on a daily basis, freedom and happiness beyond what I could conceive of 18 months ago.

**We will not regret the past nor wish to shut the door on it.** Step 4 has a purpose beyond getting you through steps 8 and 9. I have heard people express the wish to burn their fourth step when they are through all the steps. I believe when we work the steps that way they are intended and we have a spiritual awakening the past is no longer shameful. The wounds we suffer and the scars we bear are how God gets into our hearts. Once there, those same scars are how God helps us make contact with others who are seeking the transformation that comes from God through this 12-step program of recovery. My past matters because it's how I became the recovered person I am today.

**We will comprehend the word serenity and we will know peace.** When I first came into program, I learned the serenity prayer through repetitions and meetings, but I didn't understand how powerful this promise could be in my life. I thought this promise meant that I would never have unpeaceful moments, that my life post-recovery would be blissful. Boy, was I in for a shock! What I understand now is that part of the serenity and peace I have received is in relation to food. I am serene with food, not chaotic or obsessive. I am peaceful when things go wrong in my life and don't have to eat over them. I don't have to obsess about the amount or type of food I'm eating either.

**No matter how far down [or up] the scale we have gone, we will see how our experience can benefit others.** I have something to offer to those in and out of this program who are seeking a change in their lives. I like to add the “or up” to this promise because for me that’s the way the scales always went. Living in a body that was almost 500 lbs. was a unique social, physical and spiritual experience. I have been shamed by others, stared at, rejected for jobs and dates, spent thousands trying to buy decent clothing, and felt myself shrink away from mirrors and others. By sharing my experience, strength and hope I am fulfilling my Higher Power’s will for me and helping others see that there is hope.

**That feeling of uselessness and self-pity will disappear.** What was my life about before recovery? Sometimes I don’t even know. I imagine it kind of like a caveman’s life – solely focused on finding food and surviving to see another day. I couldn’t even appreciate that new day or the promise it held. I was useless to myself and therefore useless to others and certainly useless to my Higher Power. I could barely accomplish things like showering and dressing. Now I see my purpose: to seek to understand and carry out my Higher Power’s will for me and those around me.

**We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.** Before recovery, I dabbled in various forms of art and had started oil painting. Doing art was the only time I felt any kind of peace or relief from anxiety, depression, and food obsession. Now I see my art as a way to do my Higher Power’s will for me: to use the talent he has given me. I use this talent to reach others and enrich their lives. Art is a form of self-care for me which allows me to be mindful to care for others. My desire to promote my art has faded into a love and enjoyment of the activity.

**Our whole attitude and outlook on life will change, fear of people and economic insecurity will leave us.** How much money did I spend on excess food, food I didn’t need, food that was killing me? I can’t even calculate it but I’m certain it measures in the thousands of dollars, possibly tens of thousands. Even though my financial situation hasn’t changed much in the past 18 months of recovery, I am a lot less stressed by my debt, my job and my future. I used to worry over everything! I couldn’t think about the future without risking a panic attack. I know some changes are coming up within two years - a big move to another state, which means a new place to live and a new job, having to make new friends, etc. – but I am at peace with this knowledge. My Higher Power has got me. He will provide everything I need in the moment when I need it and my fear of being too fat to find a job or too poor to afford decent housing is diminished to almost nothing because I trust my Higher Power and he has done so much for me already! What is a new job or a new house to him? Inconsequential, trivial, easy. So if I leave it in his hands, that’s what it will be for me too.

**We will intuitively know how to handle situations which used to baffle us.** Pre-recovery, life itself was baffling for me. I thought I understood people, and myself, very well but I had trouble navigating basic situations like relationships, work and how to live. Self-awareness was not a powerful enough God for me. Food wasn’t even a relief anymore, just a painful necessity. In recovery, I know what foods will harm me. I have a greater connection to people because my Higher Power is connected to every person I interact with and I use him as an intermediary. I can uncover truths about myself and continue to peel the onion, as it were, of my truest self without having a meltdown. I strive to “hear” my Higher Power’s will for me and I do, more and more the longer I am in recovery.

**We will suddenly realize that God is doing for us what we could not do for ourselves.** My abstinence is basic: I don't eat gluten or sugar. This is trickier than you'd think. Soy sauce has gluten. Most prepared/packageged foods have some sugar because it's used as a preservative as well as a flavoring. There are over 50 names for sugar on nutrition labels. I'm convinced that gluten is what makes foods taste good so when it's removed...well, they are not so good. The point is my meal plan is difficult and in my 40 years of living I tried a hundred different things to lose weight but was never able to do it successfully until now. Why? Because for all my praying for relief from my food addiction and compulsive eating, I didn't have a relationship with a Higher Power that was bigger than me. Food was my God but now God is keeping me out of the food and I am trusting him to do it.

**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.** The hard part of this is the "sometimes slowly" part. My max weight was 475 lbs. which I started gaining when I was 15 years old. 24 years later I was so physically sick I hurt all day, every day, couldn't stand up for more than a minute or two at a time, couldn't walk any distance without being winded, and I kept turning to food for relief from a disease that was killing me slowly and painfully. I'm now 18 months into recovery and I'm wearing the same size clothes, though I've lost close to 100 lbs.; I still take medications to keep my health in check, though I am no longer diabetic, my blood pressure is normal and my cholesterol levels are all in healthy ranges; I can't walk very far, though I don't have the same level of pain in my back and legs and I CAN walk a little ways. My Higher Power keeps affirming to me that I am doing the right things and I just need to keep doing it. This is the greatest test of patience I've ever endured because I am in recovery now and I just want to be fit and active and have this fabulous (non-fat, pain-free) life. Yet slowly, I am seeing all these promises fulfilled in my life.

Bethany B., Mountain Home, Idaho  
Snake River Intergroup

## **Carrying the Message**

Covid was not our friend. It made meetings difficult, and many people were unable to make the change from face-to-face interaction to Zoom screen time.

Before the shutdown, I was finding recovery by listening to a daily phone meeting (A Vision for You, Meeting #55480). After I finished working the steps with the help of a sponsor from that meeting, I asked my Higher Power for help in finding how to serve others. God's suggestion was that I attend meetings, listening for members who asked for help. When I heard one, I was to call them and ask if they wanted to read the Big Book with me.

Mighty oaks and tiny acorns, indeed! I asked one person, who invited another, I asked another, and our study group was born. Someone else asked for help, and we grew.

It just seems to keep growing.

We have met as frequently as seven days a week and as seldom as twice. We started with the AA Big Book, and one group became two, each attracting other members.

We focus on recovery and sharing what works for us.

Participation in these study groups has become the high point of my day, providing a joy filled chance to serve. The groups have proved to be a great resource for enriching my life and the lives of my fellows!

It all came from the Higher Power. All we had to do was listen for someone who wanted help, and then offer to read the Big Book with them.

Janice P.

Central Oregon Intergroup

**Thank you to all who shared experience, strength and hope for this  
“special focus” section of our 2021 Region One Assembly Notebook!**