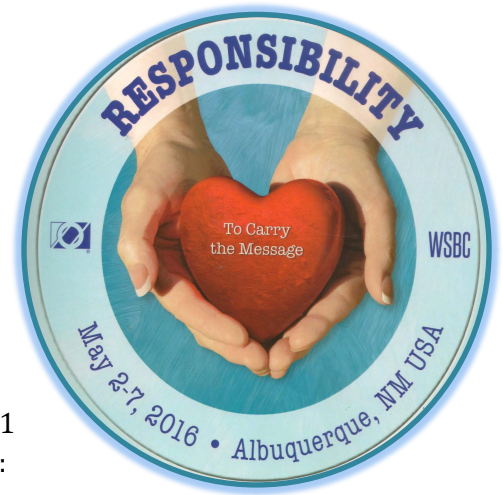


Region One Delegates To WSBC 2016: Highlights from Reports



18 members from Region One attended WSBC 2016, representing 11 of our Intergroups! Here are a few highlights from their experience:

- ♥ It was incredible to be around 199 people in recovery, from 19 countries. I was surrounded by active, vital recovery and I can't begin to explain what it was like. It was such an incredible learning experience to see the Traditions of OA in action at such a level. We did a lot of business in a very short time with grace and levity and a liberal sprinkling of the serenity prayer. *Debi – Greater Seattle IG*
- ♥ Everyone was so welcoming and any questions I had were welcomed with a helpful answer. I was matched with a mentor ahead of time and met her in person on my first day. We hit it off and a friendship developed. *Kym – Oregon IG*
- ♥ On Wednesday morning, all delegates attended the Forum, dividing into groups and presenting skits around the theme of "Carry On", or "Responsibility – To Carry the Message". I participated in a skit about carrying the OA message to a college student struggling with over-exercising and under-eating. A fellow skit member was elected two days later as a General Service Trustee. *Cindy – Greater Seattle IG*
- ♥ Taking care of the business of OA ensures the program will be here for years to come. And for me, without OA, I would have died of this disease years ago. *Alice – Oregon IG*
- ♥ I met people of all ages, shapes and sizes, diverse experiences, cultures and languages. There is one important thing we DO share – our compulsion. *Pat – Oregon IG*
- ♥ Throughout the conference all meetings were conducted with organization, humility and humor. I have a newfound respect for Roberts Rules of Order and their use in a roomful of two hundred spirited compulsive overeaters. *Cindy – Greater Seattle IG*
- ♥ The Delegates voted to amend OA's Statement on Public Media, opening the door for the Fellowship's participation and presence on social media websites and networks. The new statement reads: "While Overeaters Anonymous has no opinion on outside issues, including social media, the

delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members. Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members.”

Greta – Sea to Sky IG

- ♥ Strategic Planning – Focus for next few years: 2017 - Unity, 2018 - Recovery, 2019 - Growing membership. *Debi – Greater Seattle IG*
- ♥ WSBC was an amazing experience. The amount of time and energy that is being put into OA is huge. For instance, I take for granted the literature. Each piece, whether large or small, jumps through many hoops before it is published. Luckily, I have been appointed to the Conference Approved Literature Committee, so I will get to see some of how it works from the inside.

MerleAnn – Oregon Intergroup

- ♥ This was the hardest workweek I have had in years. It helped having been a Delegate previously and having been abstinent for the last 15 years. It was also a joy; a wonderful exercise in democracy and OA has been the passion of my life. Thank you; thank you for allowing me to participate in this conference. *Greta – Sea to Sky IG*
- ♥ I am grateful and humbled, and I came away with a new respect and appreciation for OA, for recovery and for my fellows. I suggest that we encourage as many people as possible to start getting service experience above the meeting level, so that they can attend WSBC. *Debi – Greater Seattle IG*
- ♥ My first sponsor strongly encouraged me to give service as a way to get my thoughts out of the obsession and focus on how I can help others. This simple direction was and remains the key to my abstinence. *Alice – Oregon IG*
- ♥ Conference literature goals for the coming year– Small meetings literature being developed, workshop in body image and sexuality being done, revision to the teen pamphlet. Maintaining a healthy body weight brochure in the works. *Debi – Greater Seattle IG*
- ♥ In my Professional Outreach Committee, there was wonderful commitment. Members stepped up right at the get go, from note taking to formulating ideas and taking personal responsibility for the ideas that spoke to their passion and love of OA. One group committed to get their piece done right there at WSBC while they were together, and did! *Pat – Oregon IG*

♥ As Delegates from around the world, we conducted the business of OA with our commitment to abstinence, recovery and carrying OA's message, taking part in decisions that affect the entire OA Fellowship. Monday evening ended with the workshop "Responsibility Pledge: To Extend the Hand and Heart of OA". The theme of this conference was "Responsibility – To Carry the Message".

Greta – Sea to Sky IG

♥ As the week rolled along and the meetings and workshops got interesting, my room turned into the place to gather for lunch, dinner and evening conversations. My normal introverted patterns were challenged and a part of me that I don't show often emerged. I was having fun! *Kym – Oregon IG*

♥ After a long first day, the ten regions met separately following the dinner break. The Region 1 board planned a much needed Step 11 meeting for its 18 delegates, including a guided meditation. *Cindy – Greater Seattle IG*

♥ **Region 1** is the only region that has virtual sponsorship! There were a lot of people interested in how that works. **Region 3** is completely paperless. They digitized their archives and are happy to talk about how to do this. **Region 4** has a goal to get all of their groups affiliated, and are working hard to do so. **Region 6** has been having intergroup renewal workshops, to which they have dedicated a large part of their budget. They also did a PI blitz program, which I would like to find out more about. **Region 7** attended the gay pride parade. They attended a youth summit arranged by high school students. **Region 8** is attempting remote voting, are still in the process of working it through. **Region 9** had speakers via Skype as part of 12 step within. (Great idea!) **Region 10** did a 2 hour Skype workshop that was well-attended. *Debi – Greater Seattle IG*

Thank you to ALL of our Region One Delegates—your service makes OA strong!

