

Region One Assembly of Overeaters Anonymous



2023 Assembly Notebook

*Together Again
in Service & Recovery!*

Save the Dates!

Region 1 Convention, October 13-15, 2023—Seattle, WA
Region 1 Assembly, October 11-13, 2023—Seattle, WA
World Service Business Conference, May 7-11, 2024—Albuquerque, NM
Region 1 Convention, Fall 2024—Location TBA

Check oaregion1.org/events for updates and more events
Check oa.org for World Service events
Follow "Region 1 Overeaters Anonymous" on Facebook

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NOTES

Section 1:

Welcome and About Assembly

NOTES

2023 Region One Assembly – Agenda Summary (Preliminary)

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.** Our 2023 Assembly location is The DoubleTree Suites by Hilton Seattle Airport Southcenter, 16500 Southcenter Parkway. All sessions will be held in Northwest Ballroom unless otherwise noted.

WEDNESDAY, OCTOBER 11 (EVENING)

- 3:30PM “EARLY BIRD” OA MEETING IN HOSPITALITY SUITE.
- 6:30PM CHECK IN, PICK UP MATERIALS ASSEMBLY KICKOFF
- 7:00 – 9:15 PM ICEBREAKER, STRATEGIC PLANNING, GROUP ACTIVITY

THURSDAY, OCTOBER 12 (MORNING)

- 7AM-8AM OA MEETING IN HOSPITALITY SUITE.
- 7:45-8:15AM REGISTRATION / PICK UP MATERIALS (IF JUST ARRIVING).
BUSINESS SESSION:
- 8:25AM - NOON WELCOME, EXPLANATIONS, APPOINTMENTS, ADOPT STANDING RULES, VOTE ON CONSENT AGENDA,
REPORTS AND CELEBRATIONS, WORKSHOP: SHARING SERVICE AND RECOVERY – WHAT ONE MEMBER
CAN DO.
- NOON-1:15PM LUNCHEON AND SPEAKER

THURSDAY, OCTOBER 12 (AFTERNOON)

- 1:40-2:30PM FIRST PROJECT TEAM MEETING
BUSINESS SESSION:
- 2:40-5:30PM CALL FOR NOMINATIONS, 2024 BUDGET PROPOSAL – LAST OPPORTUNITY FOR INPUT AND
QUESTIONS, PRESENTATION OF NOMINEES AND SPEECHES WITH Q & A, INTERGROUP SHARING
SESSION.

THURSDAY, OCTOBER 12 (EVENING)

- 7-7:50PM WORKSHOP: SHARING SERVICE AND RECOVERY IN OUR MEETINGS.
- 8-8:30PM BFDS TEAM MEETING TO FINALIZE 2024 BUDGET PROPOSAL, IF NEEDED. ROOM TBA.
- 8-8:30PM BYLAWS / REFERENCE TEAM MEETING, IF NEEDED. ROOM TBA.
- 8PM-10PM HOSPITALITY SUITE OPEN.

FRIDAY, OCTOBER 13 (MORNING)

- 7AM-8AM OA MEETING IN HOSPITALITY SUITE.
BUSINESS SESSION:
- 8:25AM-NOON PRESENTATION OF REVISIONS TO 2024 BUDGET PROPOSAL, VOTE ON 2024 BUDGET PROPOSAL,
BYLAWS MOTIONS, POLICY MOTIONS, 7TH TRADITION COLLECTION.

FRIDAY, OCTOBER 13 (AFTERNOON)

- BUSINESS SESSION:
- 1:30-3PM ELECTIONS, WORKSHOP: SHARING SERVICE AND RECOVERY AT THE INTERGROUP LEVEL, SECOND
PROJECT TEAM MEETING, ANNOUNCEMENTS, APPRECIATION, CLOSING.
- FRIDAY, 4PM TRAINING AND ACCOUNT SETUP FOR NEW BOARD MEMBERS – ROOM TBD. BRING YOUR LAPTOP IF
POSSIBLE.
- SATURDAY, 4:15PM POST-ASSEMBLY BOARD MEETING (ALL WELCOME) – ROOM TBD.

Welcome to Region One Assembly 2023

Thank you for your commitment to OA. Region One relies entirely on the service of its members to exist. Participating in service above the group level ensures that OA will continue to be available for those who have not found us yet, those who still suffer within our rooms, and for our own lasting recovery. Regardless of your role at Assembly, be it as a returning Representative, a first time Representative (Green Dot), a Board member, Parliamentarian, or as a curious visitor, your attendance has an impact on our region and on OA as a whole. Thank you for your interest and your service!

Our focus for 2023 is *“Together Again in Service and Recovery.”* Throughout our time together, we will discuss how we can encourage service as a vital part of our recovery. We have interactive workshops planned where we will brainstorm on how we can encourage service as an individual member of OA, as well as what we can do as a meeting, and as an Intergroup.

Agenda

The Region One Board is very excited to be returning to an in-person Assembly for the first time since 2019. We are looking forward to joining forces and brainstorming about how to rebuild our in-person meetings and encourage a return to service throughout the region. As we come back together, our Assembly returns to meeting for two and a half full days. However, as we have done for the past few years, we will continue to do our best to safeguard our energy and sanity as we make decisions about what we feel will best carry the message of recovery to those who still suffer within our Region, and OA as a whole. Assembly business includes approving the proposed 2024 budget, elections, voting on submitted business motions, and our invaluable Project Teamwork. Please read ahead in your Assembly Notebook so you are prepared for our discussions. This year the Assembly will elect a Chair, Second Vice Chair, Treasurer, and a Member-at-Large. We are also confirming up to three Trustee Candidates.

Project Teams

When you registered for Assembly, you were asked to state your preferences for a Project Team assignment. Our Project Teams set meaningful goals for projects that make a real difference to members in Region One. Assignments are made based on your preferences. Assembly Representatives are expected to serve on a Project Team for the coming year, to the best of your ability, whether or not you will be returning to Assembly next year. I ask you to fully commit to do the work of Region One to help us fulfill our primary purpose over the coming year. Visitors are encouraged to be on a Project Team.

Project Teamwork is meant to grow your recovery. The success of each team depends on its members and the passion each feels for the goals of the project. If you are assigned to a team that does not create joy for you, please let me know so we can find a better fit.

Pre-Assembly Meetings

To save our precious time together in Seattle, we are hosting virtual pre-Assembly sessions to help prepare everyone for Assembly: All About Assembly, 2024 Budget Q&A, and Meet the Maker.

If you are a new Representative or haven't attended Assembly in the last ten years, it is important that you attend the "All About Assembly" virtual session. For your convenience, two sessions are 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 and visitors. Please note we will hold a Meet the Maker session immediately following the Budget Q&A sessions.

All About Assembly: Sunday, October 1, 3-4 pm Pacific **OR** Tuesday, October 3, 6:30-7:30 pm Pacific

2024 Budget Q&A: Thursday, October 5, 6:30-7:30 pm Pacific **OR** Sunday, October 8 3pm-4pm Pacific

Meet the Maker: Thursday, October 5, 7:30-8:00 pm Pacific **OR** Thursday October 8, 4-4:30 pm Pacific

I look forward to our time together, at Assembly and beyond. Thank you for giving your time and energy to ensure that OA is here for everyone who needs recovery, myself included. I truly appreciate the time you have set aside for this service.

Alice W. Region One Chair

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 as 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” was Region One’s focus for 2020-2021.

“Sharing Hope, Offering Resources, Recovering Together” was chosen by the Board as the focus of our 2022 Assembly and our mission for 2022-2023.

“Together Again in Service and Recovery” was chosen by the Board as the focus of our 2023 Assembly and our mission for 2023-2024.

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

Proposed 2023 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 wear identification badges provided while in the business meetings.
4. Voting:
 - a. Voters will raise voting cards while remaining seated for all votes except by ballot.
 - b. Voters will stand for verification of votes, unless they are unable to stand, in which case a raised voting card is acceptable.
 - c. The presiding officer shall effect any necessary changes to this procedure, such as a counted rising vote.
5. Voice and vote shall be granted to registered Region One Representatives, Region One Board Members, and Representatives from unaffiliated groups. The Region One Trustee, General Service Trustees who reside in Region One, Region Representative Alternates, current Committee Chairs, and immediate past Committee Chairs not serving at the Assembly as Representatives and Intergroup Chairs have voice but no vote. The Parliamentarian has no voice or vote unless requested by the Chair to address the Assembly on a specific topic.
6. At the Assembly, the only motions in order are those submitted prior to the Assembly, or motions made by Board Members, Registered Representatives or Committee Chairs.
7. Members must be recognized by the Chair in order to speak or make a motion. No one without proper credentials will be recognized. When addressing the Chair, members shall first state their name and the Intergroup they are representing, or Region One position held.
8. The Assembly Reference Committee shall be appointed by the Region One Chair. This committee shall meet to clarify motions referred to it by the Chair. The Committee will present alternate wording of the motion or a substitute motion to the Assembly.
9. The Assembly Reference Committee will present to the Assembly alternate wording or substitute motions for those referred to it in the order that they were referred, and before the consideration of Emergency New Business.
10. Emergency New Business motions must be submitted to the Assembly Reference Committee, no later than the start of business on Thursday afternoon 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 in writing, three copies to be given to the Secretary.
- b. For proposed amendments to the Bylaws or Policies, the presenting body must clearly verbalize the purpose or intent of the amendment prior to consideration.
- c. Pro and con debate will be limited to three speakers for each main motion and two speakers for each subsidiary amendment.
- d. If more than three people wish to speak on either the pro or con side of an issue, they will choose among themselves the three they wish to represent them.
- e. Each speaker must speak from the pro or con microphone and will be limited to one speech of two minutes for each main motion or amendment.
- f. The Chair will recognize those wishing to speak in alternating order, if needed, first pro and then con, until debate is completed.
- g. After pro and con debate has concluded, the Chair will invite questions from the floor about the motion being considered. Questions will be limited to 10 minutes for each motion.

12. CENTER MICROPHONE GUIDELINES

The questions mentioned in 11 g. above and the following shall be made from a center microphone. The following motions will be made by representatives at the center microphone in the following order after consultation with the center microphone monitor and recognition of the chair:

- a. Point of Personal Privilege (serious infraction or personal need needing immediate attention)
- b. Point of Order (violation of these Standing Rules or Robert's Rules of Order)
- c. Parliamentary Inquiry (interpretation of these Standing Rules or Robert's Rules of Order)
- d. Request for Information (questions of the chair). Each representative is permitted to ask one question per report or motion. Requests for clarification are not considered to be an additional question.
- e. Other Ranking motions (including division of the Assembly, which is to request a standing vote), incidental motions, and motions that bring a question again before the Assembly.

13. Representatives are expected to be present during business sessions and should abstain from voting if they were not present during all debate for a current issue. If a Representative must be temporarily absent from the Assembly, a designated Alternate may assume his/her position and vote, provided the Alternate has been present during all debate on the current issue. The Alternate must wear the Representative's badge [while voting](#).
14. Any business not completed by the last business meeting of Assembly shall not be considered. The motion may be resubmitted to a future Assembly.

15. A Minutes Review Committee will be appointed by the Chair to determine the accuracy of the business minutes. Final approval of the Assembly minutes will be completed by the Region One Board.
16. No personal recording devices may be used during business sessions, unless approved by the Chair. Electronic communication devices (pagers, cell phones, etc.) may not be in operation unless in silent mode.
17. 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 go to the center microphone to request that an item from the Consent Agenda be considered separately. The Consent Agenda shall require two-thirds vote for adoption.
18. 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 turns in their credentials prior to the close of Assembly.

The Twelve Steps of Overeaters Anonymous

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

The Twelve Traditions of Overeaters Anonymous

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

The Twelve Concepts of OA Service

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

The Spiritual Principles of Overeaters Anonymous

Spiritual Principles in the Twelve Steps

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

Spiritual Principles in the Twelve Traditions

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

Spiritual Principles in the Twelve Concepts

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

How to be an Effective Trusted Servant

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

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

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

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

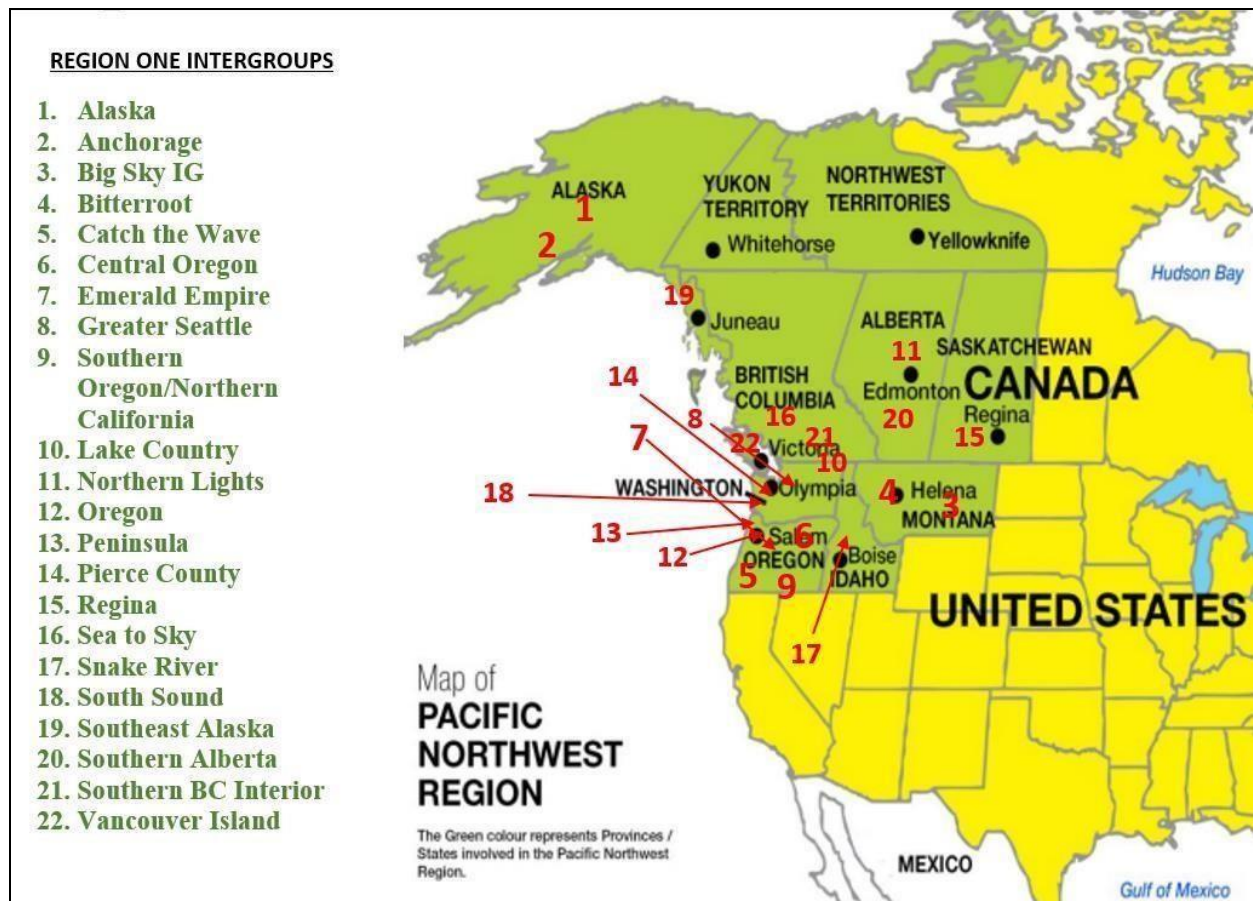
Section 2:

About Region

One

NOTES

Region One Intergroup Map



Contact information for Intergroups may be found at oaregion1.org/find_your_intergroup in “Find My Intergroup”. Meetings may affiliate with any (or no) Intergroup, but most often choose the closest Intergroup to their meeting place.

Region One Board Roster

Region One Board (as of September 2023)		
NAME, OFFICE, EMAIL	TERM	LIAISON PROJECT TEAMS, INTERGROUPS AND OTHER ROLES
Alice W. Chair chair@oaregion1.org	Elected at Assembly 2021 (first term).	Assembly Notebook Audit Team Intergroup Chairs New Group Outreach Region Chairs Committee Alaska Intergroup
Teri O. First Vice Chair firstvicechair@oaregion1.org	Elected at Assembly 2022 (first term).	Nominations Team Convention Big Sky Intergroup Bitterroot Intergroup Greater Seattle Intergroup
James G. Second Vice Chair secondvicechair@oaregion1.org	Voted in by the region One Board May 2023 (first term).	Strong Recovery Team Board Outreach Visit Coordinator Board Calendar Updates Convention Oregon Intergroup Regina Intergroup Southern Alberta Intergroup
Carrie A. Treasurer treasurer@oaregion1.org	Elected Assembly 2021 for 2-year term (first term).	BFDS Team Pierce County Intergroup Sea to Sky Intergroup
Lisa S. Secretary secretary@oaregion1.org	Elected Assembly 2022 for 2-year term (first term).	Nurturing Newcomers Team Central Oregon Intergroup Peninsula Intergroup South Sound Intergroup Southern Oregon/Northern California Intergroup
Diane D. Technology Coordinator technologycoordinator@oaregion1.org	Elected Assembly 2022 Assembly (first term).	PIPO Team Emerald Empire Lake Country Intergroup Southern BC Interior Intergroup Vancouver Island Intergroup Zoom Account Management
Erin F. Member-at-Large mal@oaregion1.org	Elected Assembly 2021 for a 2-year (first) term.	Bylaws Team Speaker List Unaffiliated Group Outreach (w Trustee) Anchorage Intergroup Catch the Wave Intergroup Northern Lights Intergroup Snake River Intergroup
Beverly M. Trustee r1trustee@oa.org	Elected at WSBC 2022 for a 3-year (first) term.	Unaffiliated Group Outreach (w MAL)

Intergroup Roster

Region One Intergroup Roster For more information visit oaregion1.org "Find my Intergroup"				
	IG Name	CHAIR	WEBSITE/CONTACT	# OF MEETINGS
1	Alaska	Randy	chairperson@alaska-oa.org	4
2	Anchorage	Janice E	ochair@oa-alaska.org	13
3	Big Sky IG	Lynn K	BigSkyiG@gmail.com	15
4	Bitterroot	Catherine H.	bitterrootig@gmail.com	14
5	Catch the Wave	Judy R.		1
6	Central Oregon	Jacque T.	centraloregonOA@gmail.com	4
7	Emerald Empire	Laura E.	intergroup.chair@oeugene.org	8
8	Greater Seattle	Annie F.	chair@seattleoa.org	46
9	Lake Country	Vacant	Lakecountryoa.org OALCI.webmaster@gmail.com	15
10	Northern Lights	Kim B.	nlioaedm@gmail.com	17
11	Oregon	Pat O	oregon-oa.org chair@oregon-oa.org	51
12	Peninsula	Cyl M-H		7
13	Pierce County	Barbara W.		6
14	Regina	Vivian R.	publicinfo.reginaintergroup@gmail.com	5
15	Sea to Sky	Patti H	chair@oaseatosky.com	20
16	Snake River	Genna A.		15

	IG Name	CHAIR	WEBSITE/CONTACT	# OF MEETINGS
17	South Sound	Doreen G		9
18	Southeast Alaska	Cassie J.		4
19	Southern Alberta	Alanna C.		11
20	Southern BC Interior	Lori Dale B	oa.sbcii@gmail.com	13
21	Southern Oregon/Northern California	Lisa G	Oasoregon-norcal.org	11
22	Vancouver Island	Lorraine T.	vancouverislandintergroup@gmail.com	16
Total affiliated meetings in Region One				305
Total unaffiliated meetings in Region One				12
Total number of groups in Region One				317
*# of meetings reflects the number indicated on each Intergroup's website. If there is not a website, then the number came from the OA World Service records as of August 2023. 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.				

Unaffiliated Groups

Region One Unaffiliated Groups as of August 2023					
Number	Day	Time	Location	Contact	Phone
57333	Thursday	7:00 PM	Wetaskiwin 5801 52 Street	Tori	780-518-6094
52357	Wednesday	6:00 PM	Lions Den Exhibition Dr Prince Albert, SK	Kathy	306-764-8329
51533	Tuesday	7:00 PM	Melville United Church Basement 148 5th St E Melville, SK	Sami	306-760-1309
57498	Sunday	8:30 AM	Gardenia Center 400 Church St Sandpoint, ID	Jody	513-263-0682
57861	Thursday	6:00 PM	St John Catholic Church 24905 E Woodsey Way, Welches	Laura	503-956-4937
57496	Thursday	12:00 PM	Spexarth Building 3rd Floor Conference Room 818 Commercial St Astoria, OR	Valerie	425-287-0806
57753	Wednesday	6:00 PM	Sanctuary of the Jesus is God Ministry 1814 S 266th Pl Des Moines, WA	Mike	253-304-4329
54491	Saturday	10:30 AM	Shalom Church Prayer Room 1052 Valley Mall Pkwy West Wenatchee, WA	Kathy	509-423-0031
50647	Saturday	9:00 AM	Our Lady of Lourdes Hall ,Room 1 1107 W Fremont Ave Selah, WA	Maureen	509-895-7996

Number	Day	Time	Name	Contact	Phone
48473	Tuesday	6:00 PM	First United Methodist Church Classroom #3 210 N Ruby St Ellensburg, WA	Katie	509-724-0677
38838	Saturday	10:00 AM	Saint James Presbyterian Church 910 14th St Bellingham, WA	Rosemary	414-651-4354
56220	Tuesday	10:00 AM	City Government Offices Community Conf Room 156 436 E 22nd Ave B Torrington, WY	Amy	307-338-0622
Are there meetings on this list that are a part of your Intergroup? Edit the meeting details at https://oa.org/find-a-meeting to affiliate the meeting with your Intergroup.					

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 chair@oaregion1.org. Thank you so much for your time and service!

Section 3:

Region One

Bylaws

NOTES

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 Overeaters Anonymous 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 Overeaters Anonymous groups and Intergroups, in accordance with the Twelve Steps and Twelve Traditions of Overeaters Anonymous, and the Twelve Concepts of Overeaters Anonymous Service.

THE TWELVE STEPSⁱ

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 TRADITIONSⁱⁱ

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

THE TWELVE CONCEPTS OF OA SERVICEⁱⁱⁱ

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision - making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. no OA committee or service body shall ever become the seat of perilous wealth or power; b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; c. no OA member shall ever be placed in a position of unqualified authority;
 - d. all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
 - e. no service action shall ever be personally punitive or an incitement to public controversy; and
 - f. no OA service committee or service Board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Article III – Membership

Section 1 – Members

Membership of Region One consists of:

A. Those members of all groups registered with the World Service Office of Overeaters Anonymous, hereinafter referred to as WSO which fall within the geographical boundaries of Region One.

B. Intergroups and unaffiliated groups that are registered with WSO and agree with the Bylaws of

Overeaters Anonymous Inc., subpart B, Article V, Section 1 which defines an Overeaters Anonymous 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 Overeaters Anonymous 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. World Service Trustee Liaison to Region One
4. Other World Service Trustees who reside in Region One
5. Outgoing Committee Chairs not attending as an Assembly Representative.

C. Any Overeaters Anonymous member may attend to observe and may provide information when recognized by the presiding officer.

D. Visiting non-Overeaters Anonymous 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, 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 Region One Assembly (sometimes herein referred to as the “Assembly”) on such date as the Board may designate. This meeting may be in person or virtual, as determined by the Board. 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 eligible 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 eligible voting 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, First Vice-Chair, Second Vice-Chair, Secretary, Treasurer, Technology Coordinator, and Member at Large;
- B. Members with voice, but no vote: The World Service Trustee Liaison to Region One.

Section 2 – Nominations: (non-Trustee):

- A. All Intergroups and unaffiliated groups shall be notified of offices to be filled at least seventy-five (75) days prior to Assembly.
- 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 Board.
- D. Candidates for office shall be available for questioning by the members of the Assembly prior to the election at a time and method to be determined by the Board.

Section 3 – Qualifications for election (non-Trustee):

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 their 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 eating 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: (non-Trustee)

- 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 Policies Job Descriptions.
- C. To be elected to the Region One Board, a nominee must consent to serve in that position and must receive a majority vote of the voting members at the Assembly.
- D. If two (2) or more ballots are necessary for any position, nominees receiving less than one-fourth of the total vote will be withdrawn on succeeding ballots, except that the top two (2) nominees must remain on the ballot. 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 (non-Trustee):

- 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 First Vice-Chair, Secretary, and Technology Coordinator. In odd-numbered years, elections by ballot shall be held for Chair, Second Vice-Chair, Treasurer and Member at Large.
 - 2. Newly elected officers shall take office at the close of the 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 (non-Trustee):

- A. A vacancy on the Board, other than Chair, 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 First Vice-Chair will automatically fill the Chair's unexpired term. 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).
- C. No member may hold more than one Board position at the same time. Any present Board member who is either elected to another Board position or has automatically filled 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 First Vice-Chair

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

Section 4 – The Second Vice-Chair

- A. Is responsible for coordination of Board-related events and Convention, working with the First Vice-Chair and hosting Intergroup.
- B. Shall perform all other duties as prescribed in the Region One Job Description Policies.

Section 5 – 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 the roster of Intergroups.
- D. Shall coordinate registration for the annual Assembly.
- E. Shall perform all other duties as prescribed in the Region One Job Description Policies.

Section 6 – The Treasurer

- A. Shall maintain bank accounts, as necessary, as directed by the Region One Board.
- B. Shall present a financial report at Board meetings and for the annual Assembly.

- 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 7 – The Technology Coordinator

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

Section 8 – The Member at Large

- A. Shall provide backup assistance 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 – Trustee Nominees

Section 1 - Applications

Applicants for Trustee Nominee shall prepare an application in accordance with World Service Business Conference requirements, which shall be presented to the Board or Nominations Committee at least forty-five (45) days before Assembly. Nominations may also be made from the floor at Assembly before the close of nominations listed on the Assembly agenda.

Section 2 – Qualifying Talk at Assembly

Applicants must be present at Assembly to present a three (3) minute qualifying talk and answer questions from members of the Assembly.

Section 3 – Selection of Trustee Nominee(s)

A majority vote of the Assembly shall be required for selection of Trustee nominee(s) by Region One. Region One may put forward up to three (3) Trustee nominees to stand for election at the next World Service Business Conference.

Section 4 - Trustee Vacancies

If a vacancy has been declared on the Board of Trustees beyond the deadline for submitting applications for World Service Business Conference, the following actions shall be taken by the Region One Board to assist in filling vacant Trustee position(s).

1. The Region One Board shall notify all Region One Intergroups and unaffiliated groups of the vacancy, soliciting applications from Region One Intergroups and members.

2. The Region One Board will consider only those applications meeting all requirements for Trustee as outlined in the Bylaws of Overeaters Anonymous, Inc. Subpart B, Article VII, Section 4.

3. A majority vote of the Region One Board will constitute affirmation of Trustee nominee(s).

4. The Region One Board shall notify all Region One Intergroups and unaffiliated groups, the Board of Trustees, and the World Service Office of Trustee nominees it has affirmed.

Article IX – Regional Delegates to the World Service Business Conference

According to Overeaters Anonymous, Inc. Bylaws; Subpart B, Article X, Section 3 – Delegates, (a) 5: A region that was represented at the last World Service Board Conference 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 Overeaters Anonymous, 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 members, and each committee shall select a committee chair from its members.

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 Overeaters Anonymous Service shall be referred to the World Service Business Conference.

Article XIII – Parliamentary Authority

The rules contained in the current edition of *Robert's 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 Overeaters Anonymous 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 Overeaters Anonymous 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 Committees.
- B. Proposed changes shall be submitted to and must be received by the Board or Bylaws Committee sixty (60) days before the annual Assembly. Receipt of all motions shall be acknowledged.

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 or 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 still existing Intergroups that were a part of Region One. If no such Intergroups exist, funds shall be distributed to the World Service Office of Overeaters Anonymous.

In the event no Overeaters Anonymous service body exists, the remaining assets shall be distributed to another non-profit group organized and operated exclusively for educational purposes and which has established its tax-exempt status under Section 501(c)(3) of the Internal Revenue Code of the USA.

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.

NOTES

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

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

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

NOTES

Section 4:

Region One

Policies and

Procedures

NOTES

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 a meeting each fall immediately following Assembly.
- 3.4. Board meetings may be held in-person or by virtual means.

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 and Intergroups, as assigned.
- 4.1.3. Keeps records to pass on at the end of term.
- 4.1.4. May contribute articles to the Region One website blog.
- 4.1.5. Provides service as a speaker throughout Region One, as schedule permits.

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 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 Region One.
 - 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 Robert's Rules of Order Newly Revised, Region One Bylaws and 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. Represents Region One as a whole at the World Service Business Conference.
- 4.2.5. Participates in the Region Chairs' Committee meetings, including at WSBC
- 4.2.6. Appoints Committee members and assigns duties as necessary.
- 4.2.7. Assumes responsibility for planning of the Assembly.
- 4.2.8. After elections at Assembly, assigns all Board members to Region One committees and intergroups, to serve as liaisons for the coming year.
- 4.2.9. Coordinates production of Assembly Notebooks.
- 4.2.10. Prepares Assembly evaluation forms and reports on results at the next Board meeting.
- 4.2.11. May call regular meetings of Region One Intergroup chairs.
- 4.2.12. Fulfills general responsibilities of each Board member listed in Policy 4.1.

4.3. FIRST VICE-CHAIR RESPONSIBILITIES:

- 4.3.1. Acts in the capacity of the Chair in their incapacity or absence.
- 4.3.2. Maintains open communication with the Chair to be prepared to act in the event of their incapacity or absence.
- 4.3.3. Carries out specific assignments as directed by the Chair.
- 4.3.4. 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.
- 4.3.5. Recommends the final contract to the Board for approval. Co-signs the approved contract with the Chair, provides the Treasurer with written notice of when hotel deposits are due and ensures that a direct bill application is completed, if necessary.
- 4.3.6. Maintains regular contact with the hotel to ensure that everything remains on track and to keep abreast of any changes that may affect the outcome of Assembly and Convention.
- 4.3.7. Provides an up-to-date manual to Convention Chairs containing job descriptions, deadlines for specific activities, sample forms and other pertinent information.
- 4.3.8. Works with the Convention Chair and the Second Vice-Chair to develop the Convention Program.
- 4.3.9. Works with Intergroups to generate bids for Region Convention.

- 4.3.10. Serves as resource and liaison for Convention Chairs, providing guidance, clarifying expectations, keeping the Board informed of all major decisions and asking for approval/assistance as necessary.

- 4.3.11. Fulfills general responsibilities of each Board member listed in Policy 4.1.

4.4. SECOND VICE-CHAIR RESPONSIBILITIES:

- 4.4.1. Acts in the capacity of the First Vice-Chair in their incapacity or absence.
- 4.4.2. Maintains open communication with the First Vice-Chair to be prepared to act in the event of their incapacity or absence.
- 4.4.3. Monitors the number of hotel nights booked, reminds Intergroups of the deadline for 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 intergroup 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.
- 4.4.13. Fulfills general responsibilities of each Board member listed in Policy 4.1. _

4.5. SECRETARY RESPONSIBILITIES:

- 4.5.1. Records and prepares the minutes of all Region One Board Meetings:
 - 4.5.1.1. Sends draft minutes to Board members within one (1) week of each meeting. Minutes shall include a record of assigned tasks, decisions, and actions taken by the Board.
 - 4.5.1.2. Provides final approved minutes for posting on the Region One website. _
- 4.5.2. Updates and maintains rosters with contact information for Region One Board members, Intergroups, WSBC Delegates, Assembly Representatives, and Committees. Maintains archive of rosters of attendance at Assembly and WSBC.
- 4.5.3. Updates Region One Bylaws and Policies and Procedures following the Assembly, then refers them to the Bylaws committee for review and approval. Provides final, approved versions of both documents for posting on the Region website.
- 4.5.4. Coordinates registration for Assembly:
 - 4.5.4.1. 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 the deadline.
 - 4.5.4.2. Records Representatives, Alternates and Board members as they arrive at Assembly.
 - 4.5.4.3. Gives credentials reports on number of voting Representatives and Board members during Assembly.

- 4.5.5. Sends Assembly materials to Intergroups not represented at Assembly.
- 4.5.6. Sends out notices and other correspondence that is not the proper function of a Committee or another Board member.
- 4.5.7. Fulfills general responsibilities of each Board member listed in Policy 4.1.

4.6. TREASURER RESPONSIBILITIES:

- 4.6.1. 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.
- 4.6.2. Maintains a mailing address to receive donations and retrieves the mail at least monthly.
- 4.6.3. Maintains bank accounts in U.S. funds.
- 4.6.4. Records receipts and disbursements.
- 4.6.5. Reimburses Board members and Committee Chairs for approved expenses.
- 4.6.6. Records donations by group number.
- 4.6.7. Completes government forms as required, including annual renewal of corporate registration with the state of Oregon and annual federal income tax filing.
- 4.6.8. Maintains up-to-date financial information including balancing checking accounts monthly.
- 4.6.9. Submits financial reports to the Board, the audit committees, and the Budget, Finance and Delegate Support committee on a monthly basis, and prior year-end and current year-to-date financial reports for inclusion in the Assembly Notebook.
- 4.6.10. Provides 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.
- 4.6.11. Provides reports and all supporting materials, paper and electronic, to the Chair of the Convention Audit Committee within 45 days of the close of Convention.
- 4.6.12. Works 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. Submits budget to Assembly for approval.
- 4.6.13. Reviews Budget and Finance policies annually.
- 4.6.14. Provides members with expense and donation forms as requested.
- 4.6.15. Fulfills general responsibilities of each Board member listed in Policy 4.1.

4.7. TECHNOLOGY COORDINATOR RESPONSIBILITIES:

- 4.7.1. Maintains website and social media sites as appropriate.
- 4.7.2. Considers Region One Policies and World Service guidelines in all publications.
- 4.7.3. 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.
- 4.7.4. Maintains a current backup of Region One digital assets, including the website, any shared file resources or databases, at least monthly.
- 4.7.5. Oversees user account and password security for Region One accounts.
- 4.7.6. Is a resource for Intergroups and Service Bodies which request support for setting up and maintaining websites or social media outreach.
- 4.7.7. Fulfills general responsibilities of each Board member listed in Policy 4.1.

4.8. MEMBER AT LARGE RESPONSIBILITIES:

- 4.8.1. Provides backup to and may temporarily perform the duties of any Board member, other than Chair, as needed.
- 4.8.2. Supports special projects and Intergroup Renewal efforts within Region One, as requested by the Chair.
- 4.8.3. Updates and maintains the Region One speaker list. Actively recruits new speakers and shares the list when requested by OA members or service bodies.
- 4.8.4. Works with the Trustee Liaison to maintain communication with unaffiliated groups.
- 4.8.5. Fulfills general responsibilities of each Board member listed in Policy 4.1.

4.9. TRUSTEE LIAISON RESPONSIBILITIES:

- 4.9.1. Fulfills duties as described in World Service Business Conference (WSBC) Bylaws.
- 4.9.2. Keeps Region informed of current business concerning Region One and OA as a whole.
- 4.9.3. Attends Region One Board meetings, acting as a link between Region One and WSO.
- 4.9.4. Serves on the Nominations Committee during Assembly elections (if not running).
- 4.9.5. Works with the Member at Large to maintain communication with unaffiliated groups.
- 4.9.6. Promotes OA World Service newsletters, bulletins and other communications within Region One.
- 4.9.7. General responsibilities of each Board member listed in Policy 4.1.

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 Second 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. Halfway 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

Intergroup

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- 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

Anonymou

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Excess funds are calculated as follows: bank balances per book at year-end 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.

- 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, First Vice Chair, Second 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

- 5.3.1. 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' net annual operating expenditures and dividing by two. Targeted funds (Board Special Projects, Member Outreach, WSBC Delegate Support, Representative Support) shall not be included in this calculation of net operating expenditures.
- 5.3.2. 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.
- 5.3.3. If the Prudent Reserve falls below the required level, a minimum of \$500 per quarter shall be transferred to this account from the general account until the Prudent Reserve level is restored. If the Treasurer's report at any Board meeting indicates a reasonable expectation that transfers out of the Prudent Reserve account shall be required in the next quarter, the

Budget & Finance Committee shall meet, and present a plan for reducing operating expenses for Board approval.

5.4. REPRESENTATIVE AND DELEGATE SUPPORT

5.4.1. Representative Support

- 5.4.1.1. Region One may provide support funds to assist Intergroups that would not otherwise be fully represented at Region.
- 5.4.1.2. Support for Representatives is awarded only to Intergroups registered for the Assembly and may only be used for expenses incurred for the Assembly by the Representative.
- 5.4.1.3. Applications for Representative support must be received by the Region treasurer from the requesting Intergroups by July 15 prior to Assembly. The applications will be reviewed by the Budget, Finance and Delegate Support committee, which will make recommendations to the board about how to distribute the available Representative support funds. The board will confirm the recommendations by August 1. The Intergroups that applied will be notified of how much, if any, support has been approved by August 15. The Region One Board may waive the deadlines if needed.
- 5.4.1.4. Where multiple requests are received and funds allow, support for Assembly Representatives shall be awarded as follows:
 - 5.4.1.4.1. First: To new Intergroups or Intergroups that have never sent Representatives to the Region One Assembly.
 - 5.4.1.4.2. Second: To Intergroups that have not sent Representatives to the Region One Assembly in the last five years.
 - 5.4.1.4.3. Third: To Intergroups that have sent Representatives to the Region One Assembly in the past five years.
 - 5.4.1.4.4. Fourth: To Intergroups that would otherwise not be fully represented without financial assistance.
- 5.4.1.5. In the spirit of Seventh Tradition self-support, it is requested that – where feasible – each applicant intergroup provide *some* portion of the Representative expenses from their available treasury, and/or offer to conduct a fundraising event within their larger service body to help defray their Assembly Representative expenses.

5.4.2. WSBC Delegate Support

- 5.4.2.1. Region One may provide support funds to assist Intergroups that would not otherwise be represented at World Service Business Conference (WSBC).
- 5.4.2.2. Support for Delegates to WSBC is awarded only to Intergroups registered for WSBC and may only be used for expenses incurred for WSBC by the Delegate.
- 5.4.2.3. Applications for WSBC Delegate support must be received by the Region treasurer from the requesting Intergroups by October 1. The applications will be reviewed by the Budget, Finance and Delegate Support committee before Assembly, and they will make recommendations to the board at the first board meeting after Assembly. The Intergroups that applied will be notified immediately. The Region One Board may waive the deadlines if needed.
- 5.4.2.4. To determine the support to be awarded, the Region One Treasurer will inform the Budget, Finance and Delegate Support committee of the fund's budget and add to that any specific donations.
- 5.4.2.5. Where multiple requests are received and funds allow, support for WSBC delegates shall be awarded as follows:
 - 5.4.2.5.1. First: To new Intergroups or Intergroups that have never sent

delegates to WSBC.

5.4.2.5.2. Second: To Intergroups that have not sent delegates to WSBC in the last five years.

5.4.2.5.3. Third: To Intergroups that have sent delegates to WSBC in the past five years.

5.4.2.6. In the spirit of Seventh Tradition self-support, it is requested that – where feasible -- each applicant intergroup provide *some* portion of the delegate expenses from their available treasury, and/or offer to conduct a fundraising event within their larger service body to help defray their Conference delegate expenses.

5.5. PUBLIC INFORMATION/PROFESSIONAL OUTREACH GRANTS

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

5.5.2. A single Intergroup, or coalition of Intergroups (service bodies), may make application for grant funds by submitting a request for such funds through the Public Information/Professional Outreach Committee.

5.5.3. Proposals shall be in accordance with the Twelve Steps and Twelve Traditions of Overeaters Anonymous.

5.5.4. Written proposals shall be submitted to the Public Information/Professional Outreach Committee and must include the following:

5.5.4.1. The identity of the proposing service bodies, including the signature of the Chair(s) and contact information for the person responsible for the project.

5.5.4.2. A complete description of the proposed project, including how the proposal was developed, any research done on locations, demographics, and prices.

5.5.4.3. The target audience and projected number of people to be reached.

5.5.4.4. The projected total cost of the project, including direct and indirect costs, the amount the service body intends to cover or receive from other sources, and the amount of the grant requested.

5.5.4.5. A projected timeline, including the starting and proposed ending date of the project.

5.5.4.6. A proposed method of measuring results.

5.5.4.7. Whether any of the project materials may be useful for other Region One service bodies.

5.5.5. When written proposals are approved by the Public Information/ Professional Outreach Committee, they will be forwarded to the Treasurer.

5.5.5.1. Requests of under \$200 which fall within the line item budget for Public Information/ Professional Outreach grants may be approved by the Treasurer.

5.5.5.2. Requests of over \$200, or if the request would exceed the budgeted amount for Public Information grants, shall be forwarded to the Board for approval, and, if necessary, a budget override.

5.5.5.3. Receipts for all monies spent shall be forwarded to the Treasurer in accordance with Region One policies.

5.5.6. The project's Chair will keep the Public Information/Professional Outreach Chair advised of the progress and status of the project. The Public Information/ Professional Outreach Chair will include this information in their quarterly reports to the Board. Within 30 days of the close of the project, a final report shall be submitted to the Public Information/Professional Outreach Chair and the Board, and all remaining funds will be returned to the Region One treasury.

5.6. MEMBER OUTREACH GRANTS

- 5.6.1. An Intergroup may make an application for a Member Outreach grant by applying for such funds through the Budget Finance Delegate Support Committee Member Outreach Application form.
- 5.6.2. Grants will be awarded on a first come first serve basis until available Member Outreach funds are depleted.
- 5.6.3. Applications shall be submitted to the Budget Finance Delegate Support Committee and must include the following:
 - 5.6.3.1. The identity of the applying Intergroup including the signature of the Chair or another Intergroup officer and the contact information for the person responsible for the project.
 - 5.6.3.2. The intended use of the Member Outreach Funds with a brief description including research done on project and costs.
 - 5.6.3.3. The projected total cost of the project and the amount of the grant requested.
 - 5.6.3.4. A proposed method of measuring and documenting the results.
- 5.6.4. When written proposals are approved by the Budget Finance Delegate Support Committee, they will be forwarded to the Region One Board for approval, then to the Region One Treasurer for disbursement.
 - 5.6.4.1. Receipts for all Member Outreach monies spent shall be forwarded to the Treasurer in accordance with Region One policies.
 - 5.6.4.2. Any unused funds must be returned to the Region One treasury within sixty (60) days of project completion or in the event of project cancellation.
- 5.6.5. The Intergroup will keep the Budget Finance Delegate Support Committee Chair and the Region One Treasurer advised of the use of the funds. By year end, a final report shall be submitted to the Budget Finance Delegate Support Committee Chair and the Region One Treasurer.

5.7. REIMBURSEMENT:

- 5.7.1. 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:
 - 5.7.1.1. Board members, other than Trustee Liaison, 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.
 - 5.7.1.2. Board members: travel shall be reimbursed at:
 - 5.7.1.2.1. actual cost; or
 - 5.7.1.2.2. the IRS charitable mileage reimbursement rate, with kilometers converted to miles, if necessary.
 - 5.7.1.3. 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.
 - 5.7.1.4. 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.

- 5.7.1.5. Committees shall submit requests for reimbursement to their liaison Board member. The Board member shall forward approved requests for reimbursement to the Treasurer.
- 5.7.2. Board nominees who are not current Region 1 Representatives may request funding to attend Assembly as follows:
 - 5.7.2.1. Applicant is not presently funded by another service body
 - 5.7.2.2. Applicant does service at Assembly as assigned by the Region 1 Board and policy manual
 - 5.7.2.3. 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
 - 5.7.2.4. Deadline for application for funding is sixty (60) days prior to Assembly.
- 5.7.3. 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.
- 5.7.4. 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.
- 5.7.5. 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.
- 5.7.6. 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:

- 6.1.1. 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. All Convention keynote speakers shall have at least five (5) years of current, continuous abstinence.
- 8.4.1.5. No Region One Convention keynote speaker shall be considered again for five (5) years.
- 8.4.1.6. Cost effectiveness shall be taken into consideration in selecting speakers.

8.4.2. Topic/Speakers

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

8.5. FINANCES

- 8.5.1. Convention finances shall be managed in accordance with Region One Policies, as defined in Section 5 – BUDGET AND FINANCE, except that reimbursement requests for expenses shall be submitted to Region One Vice-Chair for approval and payment.
- 8.5.2. The hosting Intergroup(s) shall present a budget for approval before or at the March Board meeting preceding the Convention.
- 8.5.3. All proceeds, books, supporting documents, and receipts shall be remitted to the Region One Treasurer within thirty (30) days of the close of Convention.

- 8.5.4. Any outstanding invoices and/or receipts after that thirty (30) day period shall be sent directly to the Region One Treasurer for payment and/or reimbursement at the discretion of the Board. No reimbursements shall be made after the Convention Audit is completed.

8.6. MISCELLANEOUS

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

Section 5:

Motions to

Assembly

2023

NOTES

2023 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 a 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: 0

Policy Motions: P-2, P-3

OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

MOTION BL - 1

This motion affects a: ☒ Bylaw ☐ Policy

Move that Bylaws Article V, Section 1 be amended 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:</p> <p>Chair, First Vice-Chair, Second Vice-Chair, Secretary, Treasurer, Technology Coordinator, and Member at Large.</p> <p>B. Members with voice, but no vote: The World Service Trustee Liaison to Region One.</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, First Vice-Chair, Second Vice-Chair, Secretary, Treasurer, Technology Coordinator, and <u>First</u> Member at Large, <u>and Second Member at Large;</u></p> <p>B. Members with voice, but no vote: The World Service Trustee Liaison to Region One.</p>

SUBMITTED BY:

Diane D
Region One Technology Coordinator
technologycoordinator@oaregion1.org

INTENT:

The purpose of this motion is to request the addition of a second Member At Large service position on the Region One Board.

IMPLEMENTATION:

Update the Region One Bylaws for this motion. If passed, motions to update other areas of the Bylaws and Policies (such as job descriptions) will be presented at Assembly 2024. Existing job description for Member at Large will be shared until then. After Assembly 2023, the Board will make temporary appointments for the new positions until Assembly 2024.

COST:

Increase in Board Travel to Assembly and Convention. However, costs would be offset in continual use of virtual meeting tools by the Board.

RATIONALE:

The Region One Board is committed, but we need more hands. The Board is committed to being of service to our 22 intergroups and all members in Region One. We really believe in reaching out (Board Special Projects, fostering connections, and providing recovery and service resources. We are an active Board, and we feel good about what we bring to the Region. However, the current workload on existing board members makes it necessary to either share this service with more Board members, hire outside help, or consider which resources we can no longer provide.

History: Region One currently consists of 8 positions (including our Trustee). In the past, Region One had 15 members sharing the work of carrying the message. Positions were eliminated over the years largely to reduce travel costs. In 2014 (approximately) the current Member at Large position was added back to the Board.

Costs and Travel: The Board traveled much less than before the pandemic, when the entire Board met in-person at least four times per year. The Board still holds most meetings virtually and met in person only once this year. We decided that we would rather budget to send Board members to visit intergroups than attend in-person Board meetings and that it was only necessary to send two members at a time. We held part of our strategic planning session and our in-person board meeting at the same time we visited an Intergroup to speak at their retreat which saved on extra travel costs.

What it would mean to have an additional Member at Large Board position:

- Project team and intergroup liaison roles could be divided among more people
- If necessary, a Board member could be given fewer liaison assignments without as large an impact on other members of the Board.
- Assignments could be made more thoughtfully; matching interests and skill sets with tasks.
- Unexpected vacancies on the Board would not cause undue stress, as those responsibilities could be shared by several people.
- Service on the Board would be more do-able for members who are employed, and for those who are retired.
- Member at Large is an easier way to start on the Board than some other positions—this could open Region service to members who don't feel they can take on some other roles.
- And, finally, many hands make for light work and joy in service!

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

OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

MOTION BL - 2

This motion affects a: **X Bylaw** ☐ Policy

Move to amend Bylaw, Article XI, Source of Funds, Section 1 by inserting the following:

CURRENT WORDING

PROPOSED WORDING

<p>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</p>	<p>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</p> <p>1) A member may contribute up to US \$7,500 per year to the general fund, up to US \$7,500 per year to any special fund, and up to US \$7,500 per year to honor the memory of a deceased member.</p> <p>2) Region One may accept a bequest from the will of a deceased member in cash or cash equivalent. There is no limit on the amount of such a bequest.</p>
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SUBMITTED BY:

Rosanne K., Oregon Intergroup
Region One Bylaws Team Lead

INTENT:

This clarifies the limits of donations allowed by a single member.

IMPLEMENTATION:

Add to Bylaws. Nothing else is needed.

COST:

None

RATIONALE: (THE “WHY”)

In the spirit of Traditions 6 & 7, while being self-supporting, must avoid problems of money, power, and prestige

OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

MOTION P - 1

This motion affects a: ☐ Bylaw ☒ Policy

Move to amend Policy Article 5 Budget and Finance, 5.2 , Budget, 5.2.5 by striking and inserting the following:)

CURRENT WORDING

5. BUDGET AND FINANCE
5.2. BUDGET
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. Up to 10% for PIPO

PROPOSED WORDING

5. BUDGET AND FINANCE
5.2. BUDGET
5.2.5. At the end of each fiscal year, Region One shall reallocate ~~annually use~~ excess funds. Excess funds are calculated as follows: bank balances per book at year-end 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. Excess funds shall be reallocated in the budget as follows:

5.2.5.1 ~~The remainder, at least A minimum of 10%, to shall~~ be sent to the World Service Office of Overeaters Anonymous. ~~Up to 30% to be used for Board Special Projects~~

5.2.5.2 ~~1.~~ Up to 30% ~~to shall~~ be used for Board Special Projects

5.2.5.3 ~~2.~~ Up to 30% ~~to shall~~ be used for Member Outreach to our members, groups and Intergroups

5.2.5.4 ~~3.~~ Up to 15% ~~to shall~~ be used for Representative Support

5.2.5.5 ~~4.~~ Up to 15% ~~to shall~~ be used for WSBC Delegate Support

5.2.5.6 ~~5.~~ Up to 10% shall be used for PIPO

<p>5.2.5.6. Up to 10% to increase funding for project teams per their request</p> <p>5.2.5.7. The remainder, at least 10%, to be sent to the World Service Office of Overeaters Anonymous Excess funds are calculated as follows: bank balances per book at year-end 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>	<p>5.2.5.76. Up to 10% shall be used to increase funding for project teams per their request</p> <p>5.2.5.7. The remainder, at least 10%, to be sent to the World Service Office of Overeaters Anonymous Excess funds are calculated as follows: bank balances per book at year-end 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>
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SUBMITTED BY:

Sue B

Member of Budget Finance and Delegate Support (BFDS) Project Team

INTENT:

The purpose of the motion is to clarify the process Region One uses to redistribute excess funds.

IMPLEMENTATION:

Update the policy

COST: None

RATIONALE: (THE “WHY”)

The current wording in the policy about how Region One reallocates excess funds at the end of the fiscal year is unnecessarily confusing. The new wording states the policy clearly.

OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

CONSENT AGENDA – MOTION P - 2

This motion affects a:

☐ Bylaw

☒ Policy

Move to amend Policy 5, Article 5.4. REPRESENTATIVE AND DELEGATE SUPPORT by inserting the following:

CURRENT WORDING	PROPOSED WORDING
5. BUDGET AND FINANCE 5.4. REPRESENTATIVE AND DELEGATE SUPPORT 5.4.1. Representative Support 5.4.1.6 Section Added	5. BUDGET AND FINANCE 5.4. REPRESENTATIVE AND DELEGATE SUPPORT 5.4.1. Representative Support 5.4.1.6 After Assembly the representative will turn in (to the Region One Treasurer) an expense report and all receipts to receive reimbursement for costs up to the amount of approved funding support. Funds may be reimbursed only for costs incurred during Assembly (not Convention) and travel to and from Assembly. Advance payments may be made only by special arrangement with the Region 1 Treasurer.
5.4.2.7 Section Added	5.4.2.7 After WSBC, the delegate will turn in (to the Region One Treasurer) an expense report and all receipts to receive reimbursement for costs up to the amount of approved funding support. Funds may be reimbursed only for costs incurred during WSBC and travel to and from WSBC. Advance payments may be made only by special arrangement with the Region 1 Treasurer.

SUBMITTED BY:

Lauren N Chair, BFDS
BFDS@oaregion1.org

INTENT:

To make the policy reflect current practices. The BFDS committee requires receipts in order to reimburse any costs incurred. We would like these statements added to policy to ensure the policies reflect this practice already in place.

IMPLEMENTATION:

Update Policies and Procedures as stated above.

Update wording on Region 1 Representatives to Assembly Funding applications to include these statements as necessary. The treasurer will attach a blank expense report when sending the notice to the Intergroup that their application has been approved.

COST: None

RATIONALE: (THE “WHY”)

Clarify reimbursement procedure for Intergroup Region 1 Assembly Representatives.

OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

CONSENT AGENDA – MOTION P - 3

This motion affects a:

☐ Bylaw

☒ Policy

Move to amend Policy 5, Article 5.7 by striking and inserting the following:)

CURRENT WORDING

PROPOSED WORDING

<p>5. BUDGET AND FINANCE</p> <p>5.7 REIMBURSEMENT:</p> <p>5.7.1. 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.</p> <p>The Treasurer shall approve reimbursements and issue checks according to the following guidelines: <i>(The Guidelines have not been changed)</i></p>	<p>5. BUDGET AND FINANCE</p> <p>5.7 <u>OTHER</u> REIMBURSEMENT:</p> <p>5.7.1. <u>The following guidelines are directed toward reimbursements for members of The Board, Committees, Board Nominees, and Regional Delegates to the World Service Business Conference.</u></p> <p>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.</p> <p><u>The Treasurer will submit their own reimbursement requests to the Chair. Other reimbursement forms accompanied by related receipts shall be submitted to the Treasurer.</u> The Treasurer shall approve reimbursements and issue checks according to the following guidelines: <i>(The Guidelines have not been changed)</i></p>
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SUBMITTED BY: Lauren N

Chair, BFDS bfds@oaregion1.org

INTENT:

To make the policy reflect current practices. To separate from Board, Nominees and Committee Members.

IMPLEMENTATION:

Update Policies and Procedures heading for section 5.7.

COST: None

RATIONALE: (THE “WHY”)

Clarify reimbursement procedures for all funding requests from Board, Nominees and Committee Members. The previous sections of these reimbursement policies only pertain to Intergroup Regional Representatives and Intergroup WSBC Delegates.

NOTES

Section 6:

Financial

Reports

NOTES

2022 Actuals vs Budget

Year end Financial Statement 2022 Budget vs Actual

	Jan - Dec 22	Budget	Over/Under
Income			
Assembly Income - Registrations	\$ -	\$ 1,400.00	\$ (1,400.00)
Convention Net Income	\$ 4,270.52	\$ 12,000.00	\$ (7,729.48)
Donations			
Groups	\$ 4,067.83	\$ 4,500.00	\$ (432.17)
Individual	\$ 2,424.49	\$ 3,000.00	\$ (575.51)
Intergroup Service Body	\$ 10,316.17	\$ 6,500.00	\$ 3,816.17
7th tradition Assembly	\$ 157.00	\$ 1,935.00	\$ (1,778.00)
Total Donations	\$ 16,965.49	\$ 15,935.00	\$ 1,030.49
Interest Income	\$ 1.74		
Ways and Means Income			
Journal sales	\$ 3,063.71	\$ 4,000.00	\$ (936.29)
WSBC Boutique Sales	\$ -	\$ 700.00	\$ (700.00)
Total Ways and Means Income	\$ 3,063.71	\$ 4,700.00	\$ (1,636.29)
Total Income	\$ 24,301.46	\$ 34,035.00	\$ (9,735.20)
Gross Profit	\$ 24,301.46	\$ 34,035.00	\$ (9,735.28)
Expense			
Administrative Expense			
Bank Charge	\$ -	\$ 50.00	\$ (50.00)
Zoom Licenses	\$ 1,019.32	\$ 1,200.00	\$ (180.68)
Liability Insurance	\$ -	\$ 500.00	\$ (500.00)
Misc. Administrative	\$ 211.85	\$ 250.00	\$ (38.15)
PayPal charges	\$ 228.73	\$ 300.00	\$ (71.27)
Postal Services (not W&M)	\$ 212.00	\$ 225.00	\$ (13.00)
Printing and copying other than	\$ -	\$ 200.00	\$ (200.00)
Software/Internet Services	\$ 523.32	\$ 600.00	\$ (76.68)
Total Administrative Expense	\$ 2,195.22	\$ 3,325.00	\$ (1,129.78)
Assembly Expense			
Audio, Visual, Digital Expenses	\$ -	\$ 100.00	\$ (100.00)
Hotel	\$ -	\$ 3,000.00	\$ (3,000.00)
Parliamentarian	\$ -	\$ 1,100.00	\$ (1,100.00)
Print, Copy, Ship, Admin	\$ -	\$ 600.00	\$ (600.00)
Total Assembly Expense	\$ -	\$ 4,800.00	\$ (4,800.00)
Board Travel Expense			
Assembly	\$ -	\$ 4,500.00	\$ (4,500.00)
Trustee to WSBC	\$ -	\$ 1,000.00	\$ (1,000.00)
RCC Region Chair Committee	\$ -	\$ 1,200.00	\$ (1,200.00)
T · Two officers to WSBC	\$ -	\$ 2,400.00	\$ (2,400.00)

	<u>Jan - Dec 22</u>	<u>Budget</u>	<u>Over/Under</u>
Within Region 1	<u>\$ 478.01</u>	<u>\$ 5,500.00</u>	<u>\$ (5,021.99)</u>
Total Board Travel Expense	\$ 478.01	\$ 14,600.00	\$ (14,121.99)
Contributions to other service			
World Service general fund	\$ -	\$ 16,645.00	\$ (16,645.00)
WS PI/PO Fund	\$ -	\$ 500.00	\$ (500.00)
WS Translations Fund	<u>\$ 9,947.00</u>	<u>\$ 500.00</u>	<u>\$ 9,447.00</u>
Total Contributions to other service	\$ 9,947.00	\$ 17,645.00	\$ (7,698.00)
Project Teams			
Audit	\$ -	\$ 50.00	\$ (50.00)
Binder	\$ -	\$ 50.00	\$ (50.00)
Budget Finance Delegate Support	\$ -	\$ 50.00	\$ (50.00)
By Laws	\$ -	\$ 50.00	\$ (50.00)
Nominations (+travel)	\$ -	\$ 1,600.00	\$ (1,600.00)
Nurturing Newcomers	\$ -	\$ 1,050.00	\$ (1,050.00)
Public Info and Prof Outreach	\$ 550.00	\$ 5,135.00	\$ (4,585.00)
Strong Recovery	<u>\$ -</u>	<u>\$ 1,050.00</u>	<u>\$ (1,050.00)</u>
Total Project Teams	\$ 550.00	\$ 9,035.00	\$ (8,485.00)
Targeted Funds Expenses			
Board special project	\$ 3,100.65	\$ 11,100.00	\$ (7,999.35)
Delegate Support, WSBC	\$ 175.00	\$ 5,000.00	\$ (4,825.00)
Member Outreach	\$ 1,320.00	\$ 10,600.00	\$ (9,280.00)
Rep Support for Assembly	<u>\$ -</u>	<u>\$ 4,000.00</u>	<u>\$ (4,000.00)</u>
Total Targeted Funds Expenses	\$ 4,595.65	\$ 30,700.00	\$ (26,104.35)
Ways and Means Expense			
Journal PayPal-Fees Sales Exp	\$ 30.04	\$ 160.00	\$ (129.96)
Journal Postage	\$ -	\$ 300.00	\$ (300.00)
Journal Printing (w S&H)	\$ -	\$ 50.00	\$ (50.00)
WSBC Boutique	<u>\$ -</u>	<u>\$ 400.00</u>	<u>\$ (400.00)</u>
Total Ways and Means Expense	<u>\$ 30.04</u>	<u>\$ 910.00</u>	<u>\$ (879.96)</u>
Total Expense	<u>\$ 17,795.92</u>	<u>\$ 81,015.00</u>	<u>\$ (63,219.08)</u>
Net Income	<u>\$ 6,505.54</u>	<u>\$ (46,980.00)</u>	<u>\$ 53,483.80</u>

Cash Balances

Checking/Savings	
Convention Checking Act XX4231	\$ 1,000.00
General Fund Checking Act XX415	\$ 47,136.43
PayPal	\$ 4,916.79
Savings Prudent Reser Act XX419	<u>\$ 17,645.29</u>
Total Checking/Savings	<u>\$ 70,698.51</u>

2023 Audit of Region One - General Business Account

This report will be available at Assembly

Section 7:

Elections

NOTES

2023 Region One Assembly Election Process

POSITIONS OPEN FOR ELECTION ARE: Chair, Second Vice Chair, Treasurer, Member At Large (See [Bylaws](#) Articles V, VI and VII and [Policies](#) Section 3 and 4 for job descriptions.)

- Chair: 2 year term
- Second Vice Chair: 2 year term
- Treasurer: 2 year term
- Member At Large: 2 year term

We can confirm up to three Trustee Applicants

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:

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

REVIEW OF APPLICATIONS:

- 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 Chair

2 year term - Assembly 2023 to Assembly 2025

Name: Alice W.	Intergroup: Oregon
Date joined OA: August 1992	Date continuous abstinence began: February 20, 1995
<p>SUMMARY OF OA SERVICE:</p> <p>Region 1 Chair: 2021-2023, Assembly Notebook Project Team Region 1 Vice Chair: 2020-2021 (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.</p>	
<p>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</p> <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>As Chair, I have had the pleasure of working with amazing fellows on the Region 1 board. We keep our focus on how to best fulfil our primary purpose and how we can help our Intergroups carry the message of recovery.</p>	

I 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.

As Vice-Chair, I worked 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!

I am a calm problem-solver and work well under pressure, which comes in handy during the actual event. I am able to participate in difficult conversations, speaking my highest truth with loving kindness. I live by the Twelve steps and Twelve Traditions, to the best of my ability, one day at a time.

WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?

I have always been drawn to giving service. It is what keeps me sane and out of my own head. OA saved my life, and I do what I can to carry the message. Working as the Region 1 Chair continues to challenge me and help me give back to this fellowship. I have grown over the past two years and feel I have more that I can do for Region 1. I hope to continue to help our Intergroups host in-person events and grow participation above the group level.

I love working with others in service. The recovery I see in others, as well as myself during WSBC, our workshops, Assembly, and 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 continue to give my time and talent to Region One in this capacity.

Nurturing newcomers and welcoming back member are 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: July 1, 2023

Application for Region One Second Vice Chair

2 year term - Assembly 2023 to Assembly 2025

Name: James G	Intergroup: Bitterroot Intergroup
Address	
Phone:	Email:
Date joined OA: 11/12/2016	Date continuous abstinence began: January 2018
<p>SUMMARY OF OA SERVICE:</p> <p>Group level: Representative for Helena meeting, 2017 Intergroup level: Vice-Chair, 2018; Region One delegate, multiple years; WSBC delegate, multiple years Region One level: Currently serving on the board as (interim) second vice chair for Region One. Region One Committees: BFDS; Strong Recovery WSBC Committees: Unity with Diversity; PIPO</p>	
<p>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</p> <p>I have been a small business owner of a medical transcription business for nearly 20 years. I balanced accounts, as well as all aspects of small business accounting, computer and word processing technologies, etc. Recently I have learned to use new communication technologies and I am learning Square, which has been useful in my role as money person for the convention. I have improved my punctuality and am learning to dot my iiis and cross my ttts. I don't know that I bring any particular skill set to the group, but I like to think I bring a different perspective and some diversity to the Board.</p>	
<p>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</p> <p>Service has been my anchor tool in this program and has supported my abstinence by introducing me to people who live the 12 Steps to the best of their ability. They have what I want for myself. I stated that when I first applied, and I have found it to be true. My program has grown stronger since first coming on board as the interim second vice chair in May. I want to continue to serve in this capacity as I feel I have a lot more to learn and offer. I have found a new sponsor and am sponsoring, I am maintaining a 100 pound weight loss although I am working towards a healthy body weight still, and I am feeling more connected in OA than I ever believed possible. It would be my honor to serve in this capacity a bit longer if you'll let me.</p>	

BRIEF ACCOUNT OF YOUR OA STORY:

I came to OA in desperation in November 2012. As the holidays were approaching, my HP used my fears and anxieties to humble me to seek help in the rooms of OA. I wish I could say I was one of those who started working the steps and got a sponsor right away, but alas, I was to talk the talk, but not walk the walk, until I attended my first retreat in the Fall of 2017. I was still a newcomer of sorts you could say because I hadn't yet been introduced to the Big Book or had I been handheld and guided into the program, I was too busy attending meetings to actually begin working the program steps. But at that retreat, I was convinced by the speaker that this truly was a life and death issue. I went back to my home group (although I stopped by my first intergroup meeting and volunteered as a representative for my home group first), with so much enthusiasm. I asked my group to support me and do a 12 step workshop with me. It was fantastic, I got a sponsor, I worked the steps, I read the literature, I did everything I could think of and one day, I realized, my mind was at peace. I had been granted a sense of serenity by my HP. I hadn't experienced anything like it before. So I keep coming back, and I keep working the program. I have a lot more to learn, but I am only going to recover if I am around people in recovery. So I am grateful to be of service.

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: James G

Date: 8/12/2023

Application for Region One Treasurer

2 year term - Assembly 2023 to Assembly 2025

No applications received by publication date

Application form available here: <https://www.oaregion1.org/2023-region-one-assembly.html>

Completed applications can be emailed to nominations@oaregion1.org

Application for Region One Member At Large

2 year term - Assembly 2023 to Assembly 2025

No applications received by publication date

Application form available here: <https://www.oaregion1.org/2023-region-one-assembly.html>

Completed applications can be emailed to nominations@oaregion1.org

Application for Trustee Nominee

3 year term – WSBC 2024 to WSBC 2027

No applications received by publication date

Application form available here: <https://www.oaregion1.org/2023-region-one-assembly.html>

Completed applications can be emailed to nominations@oaregion1.org

NOTES

Section 8:

Board Reports

Chair Report to Assembly 2023

This report will be available at Assembly

In loving service, Alice W.

First Vice-Chair Report to Assembly 2023

Convention 2023:

It has been a very exciting time on the convention planning committee team as we plan for our first convention in person since 2019. This is my first year serving on the board and in this position. I have been so fortunate to work with such creative and committed fellows.

Our theme this year is *“I put my hand in yours – together again”* a perfect theme to describe the special gift of in person fellowship once again.

As of writing this report we have 166 registered participants with 6 weeks left until convention. With the gift of being together again in person.

The opportunity to give service at a Regional level and work with so many fellows across both the United States and Canada has been such a gift for my recovery. It has allowed me to carry the message in a new and exciting way allowing me to live more present in Step 12 daily.

High Power has given me this opportunity to give service imperfectly alongside a wonderful group of fellows who support me in the journey!

I am so grateful to be able to give service.

Submitted by: Teri O

Second Vice-Chair Report to Assembly 2023

It has been an honor to serve on this Board as second vice chair since May 2023. In the short time I have been on the Board, I have learned so much, and my own recovery has been strengthened. Although I am still learning the extent of this position, I have primarily been assisting the convention financial team. I am also liaison to the Strong Recovery Team, Board Outreach Visit Coordinator, Board Calendar Updater; and liaison to the Oregon, Regina, and Southern Alberta intergroups. It sounds like a lot, but actually let me fill you in because I won't be in this position forever and you, the reader, might love region-level board service as second vice chair.

As I came on the Board, I learned that one of my assigned liaises, the North Cascades Intergroup, was in the process of disbanding. One of the first things I did was, I contacted the individual meetings that had made up the NCI, in order to offer assistance and guidance. Most of the meetings had already elected to join nearby intergroups, but we have continued to be available to support those groups who are struggling to find a new home.

The second vice chair position is relatively new and helps primarily with convention finances. I have found that this means learning some new software and how to read spreadsheets. On the Board, we use communication technology such as Zoom, WhatsApp, and Google. I have grown in confidence in using these technologies as we have a great technology coordinator, Diane, on the Board who helps with all things electrical! My job is to log into the Square app, find the right transaction and issue a refund with a few clicks of the computer mouse. Very simple, anyone could do it.

Besides answering a lot of e-mails and text messages, what else do I do as second vice chair? Well, I help solve financial matters that require a refund. The Board meets and discusses all issues that are brought to our attention diligently and to the best of our ability in a timely manner. A great deal of debate and discussion goes into every financial decision the Board makes. We take our commitment and duty to the membership very seriously and we strive to arrive at a group consensus. We want to help strengthen your recovery by offering the best service we can.

Finally, as a liaison to the intergroups, I get the pleasure of attending multiple zoom meetings a month and trying to be as accessible as possible to our members. I make the Board aware of any concerns the groups have, and vice versa. Oh, and I blog, which is only due every few months, so it really is not that hard to find an afternoon and write about my experience, strength, and hope. Also, as a member of the Board, I do not get financially compensated, but I do get to attend assembly and convention with those associated costs covered by the generous donations of our members.

By the time you read this, you may be in Seattle at Assembly or Convention, and I hope you will stop and introduce yourself. I love OA fellowship. Service has been my life jacket through so many trials and tribulations. I have the strength of the program to fall upon and my HP continues to grant me abstinence. My program grows stronger. I have a new sponsor and a new sponsee, and my life feels a lot less chaotic than before. Well, did I talk you into throwing your hat in the ring for this position? I hope so, or at least inspire you to consider some form of service above the group and intergroup level. There is a lot of

commitment to recovery in these rooms and it is an honor to work with so many talented individuals who are dedicated to carrying the message.

Board Visits:

The Board met in Kelowna, BC, soon after I joined, and I was able to attend the strategic planning session of their retreat virtually, while the majority of the Board was able to attend in person. I look forward to assisting with Board visits to intergroup meetings, retreats and events. Please fill out the form located on the Region One website:

https://www.oaregion1.org/uploads/1/4/0/4/14047174/board_outreach_visit_app_2023.pdf

Strong Recovery/Sponsorship Team:

The Strong Recovery team was a highlight of the past year. Working with Anne and Judy, together we visited intergroup websites to ascertain what resources might be available, whether a link to the virtual sponsorship program was present, did the site contain podcasts, etc. We later corresponded with many of the intergroups to offer our feedback and suggestions. Please see the project team report located in the Assembly binder.

Region One 2023 Convention:

Planning a convention has never been easier than with this dedicated group of individuals who put together Region One's 2023 Convention. Due to a generous donation from the Greater Seattle Intergroup, many members facing financial difficulties were able to be assisted by this fund. As of this writing, there are 162 registrations for Convention October 13-15 in Seattle, Washington, USA.

Submitted by: James G.

Secretary Report to Assembly 2023

This is my first year serving as Secretary for Region 1 and I have truly enjoyed it. The last ten months have given me opportunities to learn and grow in my recovery. I have made mistakes and learned that this is a safe place to learn in. Thank you for allowing me to be of service in this position.

What does a Secretary do?

- Records and prepares minutes of Board meetings and Assembly. Provides finalized minutes for posting on the website.
- Updates and maintains rosters with contact information of [Region One](#) Board members and Intergroups.
- Coordinates registration for Assembly.
- Updates Region One Bylaws and Policies & Procedures following Assembly.
- Acts as liaison between a project team and Board.
- Acts as liaison between the Board and four Intergroups.
- Provides service as a speaker within Region One.
- Submits contributions to the Region One Board Blog.

2023 Assembly Registration

At the time of this report, nine Representatives and three Alternates, representing eleven intergroups, are registered for Assembly. There is one visitor registered.

Newcomer Support Project Team

The Newcomer Support Team created a Newcomer Welcome and Support Request interactive graphic that linked to an online form that Newcomers can use to ask questions about the OA program and receive a response from a team member within 24 hours. The team members rotated responding to incoming forms on a weekly basis.

Intergroup Liaison

My liaison assignments were Peninsula and South Sound Intergroup in Washington, Central Oregon Intergroup and Southern Oregon/Northern California Intergroup in Oregon. I liaised primarily through email and the telephone. I hope to be able to attend Intergroup meetings for my Intergroups in the fall.

Thank you for attending the 2023 Region One Assembly

Submitted by: Lisa S. Region One Secretary

Treasurer Report to Assembly 2023

Financial position: Region One ended 2022 with a large excess, as it has since the pandemic began. While contributions kept coming in, the major expenses of board travel and putting on face-to-face Assembly and Convention haven't happened since 2019.

Back in action in 2023: Our excess money from the pandemic years puts us in a good position to reach more compulsive eaters in 2023 and beyond. Region One was able to offer more Outreach Grants this year, more face-to-face activities, and the first in-person Assembly and Convention after three years of virtual.

Donations: Donations to Region One from Intergroups, Groups and Individuals have stayed strong. Thank you to all the groups for your 7th tradition donations lovingly collected and generously submitted to Region One. Every dollar counts. As treasurer, I want to add my personal thanks for your donations. Each time I open an envelope and see a check from groups all over Region One, I feel gratitude and hope for the OA fellowship.

Budget/ Finance/ Delegate Support Project Team (BFDS): The treasurer is liaison to this important committee. The committee monitors the monthly finances, prepares the annual budget, facilitates the grants for Member Outreach and Representative Support to Assembly.

Serving on the Region One Board. OA is organized uniquely in that the group is the highest level and the regions and trustees exist to serve the groups. I always look forward to the synergy at Region One board meetings and living out Traditions Two's description of group conscience. Truly, we can do much more together than we ever could alone.

Liaison to Intergroups. Region One's mission is to keep OA strong and viable through supporting the 22 Intergroups within the region. Each Intergroup has a board liaison who offers the services that Region One can provide such as mentoring, speakers, outreach grants, and even Intergroup Renewal. It was my pleasure this year to communicate with two great intergroups, Sea to Sky and Pierce County.

Health of OA: The OA program saved me and has given me a life worth living for some 30+ years. I have a vested interest in OA staying strong and being here for others. That takes service, no matter how small, on the part of all OA members. I encourage all to take seriously our OA Responsibility Pledge: ***To extend the hand and heart of OA to all who share my compulsion; for this I am responsible.*** Go for it!

Carrie A

Treasurer

Member at Large Report to Assembly 2023

This has been a busy year! Service has been such a large part of my recovery (at just the right size...thanks Nadine)

.

As I write this report, we are in the last stages of bringing together our FIRST in person Region One Assembly and Convention since the pandemic began in 2020. Serving as the Program chair and supporting the other committees that might need help has been daunting and so rewarding. What I keep being reminded of is that WE DON'T DO THIS ALONE and of course, HP HAS IT.

I feel a certain sense of relief when I can remember these simple phrases and when I can't there's always someone to remind me.

As well as prepping for this exciting event that brings us all back together, here's a few other highlights that come to mind this year.

A fantastic event in Billings for Big Sky Intergroup with our fearless Vice Chair, Teri where we spoke on body image and relapse. It was so nice to be together and we were so warmly welcomed.

Continuing to send out our Region One speaker list. I also learned how to access an always current list from our group mail server from Diane, our tech guru. Eye opening and so easy.

Had a very constructive and active retreat in Kelowna at the Breaking Free retreat hosted by Southern BC Interior intergroup where we also had our Region One annual board meeting and strategic planning meeting. We got to celebrate our wins and spend some time thinking about how we might attend to the bigger challenges of our region and its members. Specifically, service and sponsorship.

I have had a challenging, inspiring, educational and love filled time doing service on the Region One board these last 2 years. As I step down from my position to focus on my Seattle meetings and service at the group level, I will bring with me everything I learned from my fellow board members. They all showed so much grace and humility this year as we faced an empty 2nd vice chair position for much of the year; a big part of Convention planning. (Welcome James our new 2nd Vice Chair - we are so grateful for your service). I could not be prouder of this group and a sense of awe and joy at the work we all did together.

Have a wonderful assembly and convention and please say hello as we pass in the hallways!

Yours in
service,

Erin F Member at Large (just the right size)

Technology Coordinator Report to Assembly 2023

I maintain Region One's website, provide technology support to the Board and to intergroups requesting help, and serve as Liaison to four Intergroups and the Public Information and Professional Outreach Project Team.

The Region One Website: oaregion1.org

Weebly was extremely easy to learn as an easy “drop and drag” website builder. When the position rotates, it will be easier for the next person to step into this service, even if they are new to building and maintaining websites. One of our intergroups who didn't yet have a website, swiftly and successfully used Weebly to build their first website which has grown along with their membership.

I enjoy working on the website and am happy with the overall look and functionality. Before this service opportunity I had not worked with this particular editor, but the website that was in place at the time, the beneficent mentoring by the outgoing technology coordinator plus the ‘ease of use’ of the editor made the challenge more rewarding than demanding. I have not made major changes to the website design this year, but in July I did do a complete review of the R1 website to replace the outdated subject matter with more current content. I try to change content on the website regularly. Backups and a “bad-link” checks are done bi-monthly.

Earlier in 2023 I discovered that the website menu on a mobile device was not displaying properly (It had no background and looked invisible) so I began investigating new themes. I pitched three entirely new website themes to the Region One Board, and they chose one. I set about on the huge task of redoing the website theme, but halfway through, I realized that I could just select a new mobile theme that would work with the current website theme. This saved lots of work and not having to completely change a design that was working well was appreciated.

The number of visits to our website has increased from August 2022 to August

2023: Page views: up 1,753%

Unique visits: up 2,149%

Average pages: up 2,218%



Most of our site traffic (as of August 2023) comes from Google, followed by Bing then Facebook. There have been 57 visits via Region One Intergroup websites this month and 12 visits via oa.org. After the home page, the page's most often visited in the past month are (in order and from mid-July):

- Region One Convention (IN PERSON FIRST TIME IN 3 YEARS)
- Region One Assembly (20 REGISTERED SO FAR)
- Events
- Board Blogs
- Find Your Intergroup (PLANS TO INCLUDE INTERACTIVE MAP)
- Documents
- Journals
- PIPO – (VIEWS UP DUE TO FACEBOOK ADS PROJECT)
- Podcasts

JotForm Integration

Region One uses JotForm, a powerful online application that allows anyone to quickly create custom online forms. Its intuitive drag-and-drop user interface makes form building incredibly simple and doesn't require you to write a single line of code (great tool for rotation of service). Using JotForm, you can create and publish forms, integrate them into your site, and receive responses by email. My first big experience with JotForm was to create a payment processing registration form for the first in-person convention in 3 years. My goal was to build a super user-friendly form to encourage our technology challenged to become more comfortable with online registration. We have more than 150 registrations so far and the "Request a MAIL-IN copy" of the form has yet to be checked.

Zoom Management

Region One holds five Zoom Licenses. One is assigned to the chair; one is assigned to the first vice chair and the other three are assigned to three of our intergroups. I monitor the zoom account cloud storage and recordings making sure we do not run out of storage space for meeting recordings. Recording the board meetings has been very effective in keeping correct minutes. Earlier this year I purchased a personal license that I am sharing with the project teams, and I use it to liaison with intergroups and members who may need virtual hands on help.

Google Workspace

Region One uses Google Workspace for Nonprofits. This platform gives us a shared "workspace" and Google drive for document storage. Email accounts are managed for all Project Teams and Board members and having a Region One Google drive means all project team/board documents can be archived and used in helping to maintain processes that are working and to ease the rotation of service. Each of our project teams has drive space, as well as a Google group for email and a one-stop place for access to email and documents from year to year. One of many highlights of Google Workspace is that it is very easy to train others how to work with it. We are seeing increased independence and confidence in sharing this

workspace across our Region's fellowship.

The Region One [Facebook Page](#)

- 2020 - 307 followers
- 2021 - 544 followers
- 2022 - 648 followers
- 2023 - **1k followers**

The Region One Facebook page is still being maintained by our previous technology coordinator, but I am becoming more familiar with it and realizing its potential to carry the message to many more members. The more followers we have, the more Facebook will suggest our page to others, which increases our ability to carry the message. We hope you will "like" our posts and follow and share our page.

We post OA events, our blogs, Lifeline articles and more. Our page follows other OA pages, including the World Service page and we occasionally repost from those pages.

We ran several Facebook ads in the past month due to a new Region One PIPO project. Here is a summary of results:

Website	Audience Reached	Link Clicks	Cost
https://www.oaviig.org/	8,560 – AD STILL ACTIVE	122	\$58.61 Spent at \$10.00 per day
https://www.piercecountyoa.org/	6,240	91	\$49.99 Spent at \$10.00 per day
https://www.piercecountyoa.org/	3,400	61	\$31.41 Spent at \$10.00 per day
https://www.piercecountyoa.org/	6,932	92	\$50.40 Spent at \$10.00 per day
https://www.piercecountyoa.org/	6,562	85	\$50.40 Spent at \$10.00 per day
https://www.oa-southeastalaska.org/ https://oa.org/find-a-meeting/	7,146	127	\$99.28 Spent at \$10.00 per day

Intergroup Liaison/Intergroup Outreach

I am Board Liaison to Emerald Empire, Lake Country, Vancouver Island and Southern BC Interior Intergroups. It is a pleasure to visit with these Intergroup Chairs and to try to attend their intergroup business meetings. If there is an area where help is needed, I try to share what has worked elsewhere, or what has worked for me, and I will provide training if necessary.

I held a Zoom workshop for Emerald Empire Intergroup in January on removing Zoom bombers and securing a Zoom meeting. I prepared a training package for those who were unable to attend. I enjoyed the workshop, and it seemed to be well received. I then worked with their zoom account people to help them change their zoom room settings (enabled claim host) so they could better secure their meetings and more members could now step up to service.

Alice and I co-led an outreach visit for a Southern BC Interior Intergroup retreat in June. We shared the opening of the retreat, worked with the rest of the Region One Board (The whole board met in Kelowna for an in-person board meeting and strategic planning meeting) members to cover the 12 steps and closed the retreat with a Service structure session and a closing re-entry exercise. The event was very well attended with more than 30 registrants.

In December I joined the Southern BC Interior intergroup in hosting the 12 Days of Christmas as a safe virtual holiday event. We shared the hosting and leading of the meeting among many members who showed up to serve. First we worked on training the hosts and leaders to handle a zoom-bombing situation. The event served about 8 – 12 members on a nightly basis with not a single zoom bombing incident.

Project Team Liaison

This year I have been board liaison to the Public Information Professional Outreach Team, and I could not have asked for a better group. Take a look at their report in the Assembly Notebook—this group has been busy working with the intergroups to launch geographical Facebook ads. They have really come together to make this project team reach their limits in 2023.

Thank you Cassie, Jaime, and Beverly for your amazing work on this team!

Outstanding Projects (as of August 2023)

- Interactive Map for Find Your Intergroup
- Complete the new website theme
- Password Vault
- Become familiar with the FB Ad Manager

This service is interesting and rewarding far beyond what I had imagined it would be. I lost my computer career back in the early 2000's and over the years I realized that having lost my career I also lost my identity. Having been given the opportunity to serve on the region one board as technology coordinator has given me back myself and one of my passions that I had thought were out of reach forever — thank you for this opportunity to be of service.

Diane D.
Technology Coordinator

Trustee Report to Assembly 2023

I'm excited to be serving on the OA Board of Trustees (BOT) and as the Region One Trustee Liaison! I was elected at the World Service Business Conference in April, and as of this writing have just returned from the August Board meeting in Albuquerque, New Mexico.

I have been given some interesting committee assignments for the Board of Trustees:

- Bylaws Committee (a WSBC Conference Committee)
- Public Awareness/Professional Tradeshow
- Board-Approved Literature

Serving as your Trustee Liaison means I participate on the Region Board (with voice but not vote) and share information and resources from OA World Service. I can also help answer Tradition and other questions you may encounter in OA service. Please reach out if you need help or are looking for resources. My email is r1trustee@oa.org.

I've been part of two Region One Project Teams this year: Newcomer Support and PIPO. I serve as our Facebook page admin and am happy that our number of followers has grown quite a bit this past year; we're up to 1,060 followers. Check us out at [Region 1 Overeaters Anonymous](#) on Facebook!

I love OA service, and I am finding this new role interesting, rewarding and an opportunity for personal growth. Thank you for letting me be of service!

I'll close with some resources from OA I hope you will explore and share with others.

Beverly M. - Region One Trustee Liaison

R1trustee@oa.org



The oa.org/event-calendar/ is catching on fast as the go-to list of in-person and online OA events. Let OA help you carry the message by uploading your intergroup's events to the calendar, then link to the event calendar from your intergroup website. It's a win-win for getting the word out!

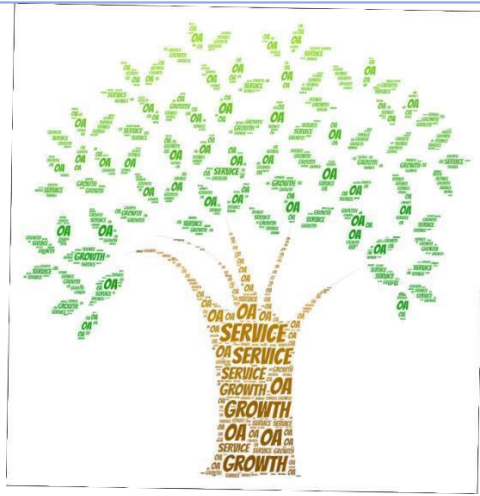


The Professional Exhibits Fund has money to help your intergroup participate in a trade conference or a convention for professionals who may refer patients and clients to OA. Find the application in the <https://oa.org/document-library/> under the category "Public Information."



[What is an Outside Issue? Are we being open-minded in our OA meetings?](#) Everyone needs to be able to share at meetings about factors in their lives that could cause them to act out with food. Please read and share this letter on how we can be more inclusive in our OA meetings.

media.oa.org/app/uploads/2023/07/11130303/what-is-an-outside-issue-are-we-being-open-minded-in-our-meetings.pdf



World Service Business Conference: May 7-11, 2024 - oa.org/world-service-business-conference/. Region One was under-represented at WSBC 2023 and I hope we will be able to bring back full representation next year. The 2024 Conference will be in-person in Albuquerque, New Mexico. 2025 will be held virtually.



There are funds from Region One to help ensure all our intergroups are represented. Serving as a Delegate to WSBC is an eye-opening spiritual experience of recovery and service. I recommend that every member who is able serve as a Delegate for at least two years at WSBC.



[World Service Convention: Walking in the Sunlight Together](#) – Orlando, Florida, August 21-23, 2024.

oa.org/world-service-convention/

This recovery event only happens every five years, and because of the pandemic, we've waited even longer for this one! Enjoy fellowship and sunshine with OA members from around the world, listen to fabulous keynote speakers, and choose from a huge variety of workshops to boost your recovery!



Lifeline Magazine has become the new lifeline.oa.org/ blog and includes stories, videos, audio, photography, illustrations and more! Lifeline would love to receive your submissions in whatever form you'd like to share them. Go to oa.org/guidelines-meetings/contributor-guidelines-for-lifeline-stories-of-recovery-blog/.

Find a meeting

oa.org/find-a-meeting/ is probably the most-used page on the OA website, but it's only as good as WE make it. Meeting info on the OA website should be checked regularly and should match your intergroup website meeting list. If not, let OA know right away. Please don't let newcomers or returning members walk (or click) into an empty room...check your meetings today. Thank you!

NOTES

Section 9:

Project Team Reports

Assembly Notebook Team Report to Assembly 2023

Committee Members:

Alice W	Region One Chair
Cyl M H	Peninsula Intergroup
Lorri May B	Southern BC Interior Intergroup

We lost some members due to other commitments.

We are following in the footsteps of the 2022 Notebook committee using many of the suggestions found in the 2022 Notebook. It has been very helpful to have a printed copy of the previous year as the format helps give consistency.

We used the same font and layout and hopefully this will seem familiar to returning representatives. N the online version there are hyperlinks to let the read go to the section with the click of a mouse. The online version is available on oaregion1.org

We struggled to receive reports and sent out additional requests pleading for information to print. We originally sent out a request in June asking for a report knowing that many intergroups take the summer off and we were hopeful they would submit a report as a housekeeping item before taking time off. Alas, we did not get a response from all intergroups. As a result, there will be places in the notebook where a report was not available by publication date. Hopefully the next notebook team will be able to resolve this issue.

The Notebook is published through Amazon and requires additional time to publish before Assembly. We do our best to insure the information is accurate and up to date. However, please be gentle if you notice errors.

Budget/Finance/Delegate Support Team Report to Assembly 2023

- Lauren N., Chair, Vancouver Island Intergroup
- Sue B, Secretary
- Carrie A., Region 1 Board Liaison and Region 1 Treasurer

Purpose: To assist the Treasurer in the review and management of Region 1'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.

2022-2023 Activities: (up to August 20, 2023)

1. Member Outreach (MO) Grants 2023: Region 1 helped 8 intergroups with funding over \$4,200 for grants to encourage OA member participation in many types of events: face-to-face retreats, literature, ZOOM license, and convention coupons to name a few. The remaining MO funding (\$9,000) is available until Dec 31, 2023.
2. R1 Representative support to attend Assembly: Region 1 has assisted with sending 6 Region 1 representatives to Assembly for 4 intergroups totaling \$1,073 to date. IGs may still request this funding until the end of the October 7, 2023. The remaining budget for this is \$3,900.
3. Intergroup Delegate Support Funding to attend WSBC in May 2024. Funding applications are currently requested to assist intergroups with sending a WSBC Delegate to the convention in Albuquerque, New Mexico in May 2024. Applications for funding are due to BFDS by September 30, 2023, in order to take advantage of possible OA delegate funding applications due by November 1, 2023. Total budget for Delegate Support this year is \$8,000. To date, BFDS has not received any applications for delegate support, however we fully expect to receive some by September 30, 2023.
4. 2024 Region 1 Budget: The BFDS team is assisting and supporting the Region Treasurer, Carrie, with determining and finalizing the 2024 Region 1 Budget.
5. Policy Amendments proposed to Region 1 Assembly 2023: The BFDS team prepared 3 financial policy amendments to be presented at Assembly 2023.
6. Ways and Means Fundraising for Convention: The BFDS team assisted and supported the fundraiser of Region 1 Journals at Region 1 Convention.

Suggestions for 2023-2024 Committee:

1. Contact Intergroups not sending representatives to Assembly and WSBC to see if there is any way Region 1 can help them to send representatives to these management meetings.
2. Other duties as requested by Region 1 Board of Directors.

Bylaws Team Report to Assembly 2023

Rosanne K.	Oregon Intergroup, Bylaws Team Lead
Tawna W.	Greater Seattle Intergroup
Leila L.	Snake River Intergroup
Bev S	Northern Lights Intergroup
Laurie H.	Big Sky Intergroup
Erin F.	Region One Board Liaison/Member at Large

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 2022 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 In-person Standing Rules to include a center microphone. They will be submitted for consideration by the 2023 Assembly. We also reviewed a list of various notice requirements found in the Bylaws and Policies, and from that list updated the Excel document that will automatically generate a list of action deadlines calculated from each year's Assembly date. We then forwarded this list to the Region One Chair.

In preparation for reviewing motions to amend the Bylaws and Policies, the Bylaws Team edited the motion template for 2023, 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. Minor grammatical changes were made according to the bylaws. For major changes, we submitted relevant motions to the Assembly.

Respectfully submitted,
Tawna W. on behalf of Rosanne, Bylaws Team Lead
August 13, 2023

Newcomer Support Team Report

Members

Barbara B.	Southern Oregon and Northern California IG
Barbara W.	Pierce County IG
Beverly M.	Oregon IG
Judy A.	Southern Alberta IG
Lisa S.	R1 Board Liaison

Meetings were held monthly via Zoom.

The team's primary goal was to create a method whereby Newcomers or those returning to OA after a period of time could, with the click of a button, reach out for support.

This goal was achieved by creating an interactive image, with the following wording, which can be found on the Region One website www.oaregion1.org/newcomers:

NEW OR RETURNING TO OA?

CLICK HERE

Our Newcomer Support Team is available to answer questions and help you get started in OA. Fill out our simple, confidential form to request support.

When a newcomer clicks on the image, the embedded link will take them to a simple form where they can complete their contact information and briefly highlight their questions. Once the form is submitted, the newcomer will receive an immediate acknowledgement and someone from the team will personally contact them, usually within 24 hours. In addition to the automatic acknowledgement of receipt, the newcomer will receive an email with a welcoming message. Team members are assigned weekly rotations to respond to requests, using whichever method the newcomer has indicated on the form. All team members have access to a Jotform summary sheet where they can briefly record what action has been taken to connect with the newcomer.

Although this sounds pretty straightforward, the logistics and technical skills required to bring it to fruition were extensive. Each team member provided creative, thoughtful input, suggestions and feedback throughout the process to help ensure newcomers were warmly welcomed and connected to a live person. A huge thank you to Beverly who was instrumental in making the team's vision a reality. Her technical expertise and guidance were fundamental in developing the various forms required as well as the necessary behind-the-scenes logistics to support them.

This Newcomer outreach program has been up and running on the Region 1 website since March 21st and to date, we have received and responded to 16 newcomer requests. Although the link to the Newcomer Support form is currently available on the Region website only, it could easily be used by other Regions and WSO.

For further clarification, copies of the following items are attached to this report —

- 1) Interactive image of link to Newcomer form.
- 2) Blank Newcomer Welcome and Support Request form
- 3) Image of Thank You page
- 4) Wording of confirmation email sent to Newcomer

In addition to the primary goal detailed above, the team reviewed the “What is OA?” video created by the 2022 Nurturing Newcomers Team and felt it would be beneficial to expand its use. We have recently determined that the video could be submitted to Lifeline without the Region losing its proprietary rights. Minor portions of the video are outdated since the time it was created and we are working on developing a disclaimer to this effect that will appear at the end of the video.

Thank you for the opportunity to serve!

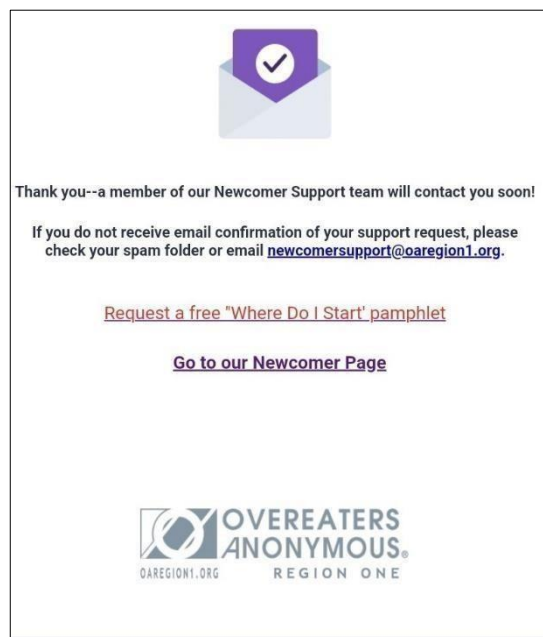
Newcomer Support Team

ATTACHMENTS

Figure 1 Interactive Image/link to form found on
www.oaregion1.org/newcomers



Figure 2 Image of Thank You page



Newcomer Welcome and Support Request

Figure 3 Image of blank Newcomer Support form



OVEREATERS ANONYMOUS

ALASKA • ALBERTA • ARIZONA
TEXAS • CALIFORNIA
IDAHO • MONTANA
UTAH • WYOMING

REGION ONE

Newcomer Welcome and Support Request

Do you have questions about OA? Would you like someone to contact you? Fill out this form to connect with someone from the Region One Newcomer Support Team.

I have questions about OA and I: *

☐ am brand new to OA.

☐ have been to a few meetings, but have questions

☐ am returning to OA and need help getting my feet on the ground

Name *

First NameLast Initial

I would like someone to contact me: (check all that apply) *

☐ by email

☐ by phone (US and Canada only)

☐ by text (US and Canada only)

☐ via WhatsApp

Is it ok to leave a detailed message? *

☐ Yes

☐ No

Phone Number

Area CodePhone Number

Time Zone *

Email *

example@example.com

example@example.com

Best time to contact me: *

I have these questions:

Type here...

Thank you for reaching out to our Newcomer Welcome & Support Team! Someone will contact you soon to connect and answer your questions about OA. You can also reach out to newcomersupport@oaregion1.org to email us directly.

Figure 4 Confirmation Email received by person who submitted form

Hello,

Thank you for reaching out to our Newcomer Welcome & Support Team!

Someone will contact you soon (usually within 24 hours) to answer your questions about OA.

We're looking forward to connecting with you and offering you support as you begin your OA journey to recovery.

Warmly,

The Region One OA Newcomer Support Team

newcomersupport@oa-region1.org

[Visit the Region One Newcomer Webpage](#)



Nominations Project Team 2023

The 2023 Region One Assembly will elect a Chair, Second Vice Chair, Treasurer, and Member At Large.

The duties of the Nominations Project Team were taken up by the Region 1 Board this year. Our Trustee Liaison, Beverly M., led our initial discussion during our strategic planning session in June. She created a candidate list from former WSBC Delegates and Region 1 Representatives, among others. Knowing that a personal ask is best when wanting someone to stretch their recovery and take on a growth opportunity, each board member agreed to contact the candidates already known to them in the hopes of finding fellows who were, at a minimum, willing to consider the possibility.

We were able to find candidates for all but one of the open positions. Unfortunately, at the time of this printing, we do not have a candidate for Treasurer. As an alternative, the Board is looking into hiring a bookkeeper to keep the books, which may entice a fellow to step up for the remaining duties of the Treasurer.

For those positions in which we have candidates, their applications are in this Assembly Notebook.

Giving service on the Region One Board is fun and fulfilling. We are very active and have a great time while we help our Intergroups carry the message of recovery. Join us! If you feel called to a position on the Board, it's not too late! Please email <mailto:nominations@oaregion1.org> for details about how to submit your application. Or you can declare your desire to run for any of the open positions during Assembly.

We hope to hear from you soon!

Submitted by Alice W., Region 1 Chair

Public Information/Professional Outreach Team

Cassie J. Southeast Alaska
Jaime M. Unaffiliated at the time
Diane D. Board Liaison
Beverly M Region One Trustee Liaison

This year's PIPO committee consisted of four members (including the Region One trustee liaison and the board liaison) and met every other month where possible.

Our Team's goal this year was to reach out to the public and to professionals using social media digital advertising.

We had ideas of our own; however, we reached out to Region Ones Facebook Administrator and Region One Trustee Liaison Beverly M. Beverly had already been taking advantage of Facebooks Ad Center to create and post geographical Facebook ads.

We decided to focus on three specific areas:

1. To offer all intergroups a geographical ad campaign that would be funded by Region One
2. To publicly target communities in and around a specific geographical area of the Intergroup.
3. To encourage intergroups to maintain current meeting info on their own websites and on oa.org find-a meeting website.

PROJECT FUNDING

PIPO had a viable budget to offer Intergroups grants to help them reach out to the public and professionals. So, the PIPO team reached out to the board to request that we be able to use some of these funds to offer our intergroups geographical ads with no cost to the intergroups. The board approved the project.

CAMPAIGN GOAL

The goal was to create ads that interact geographically with all of our 22 intergroups. For example, an ad could run for 10 days at \$10 a day and this ad run one time would cost PIPO about \$100 per Intergroup.

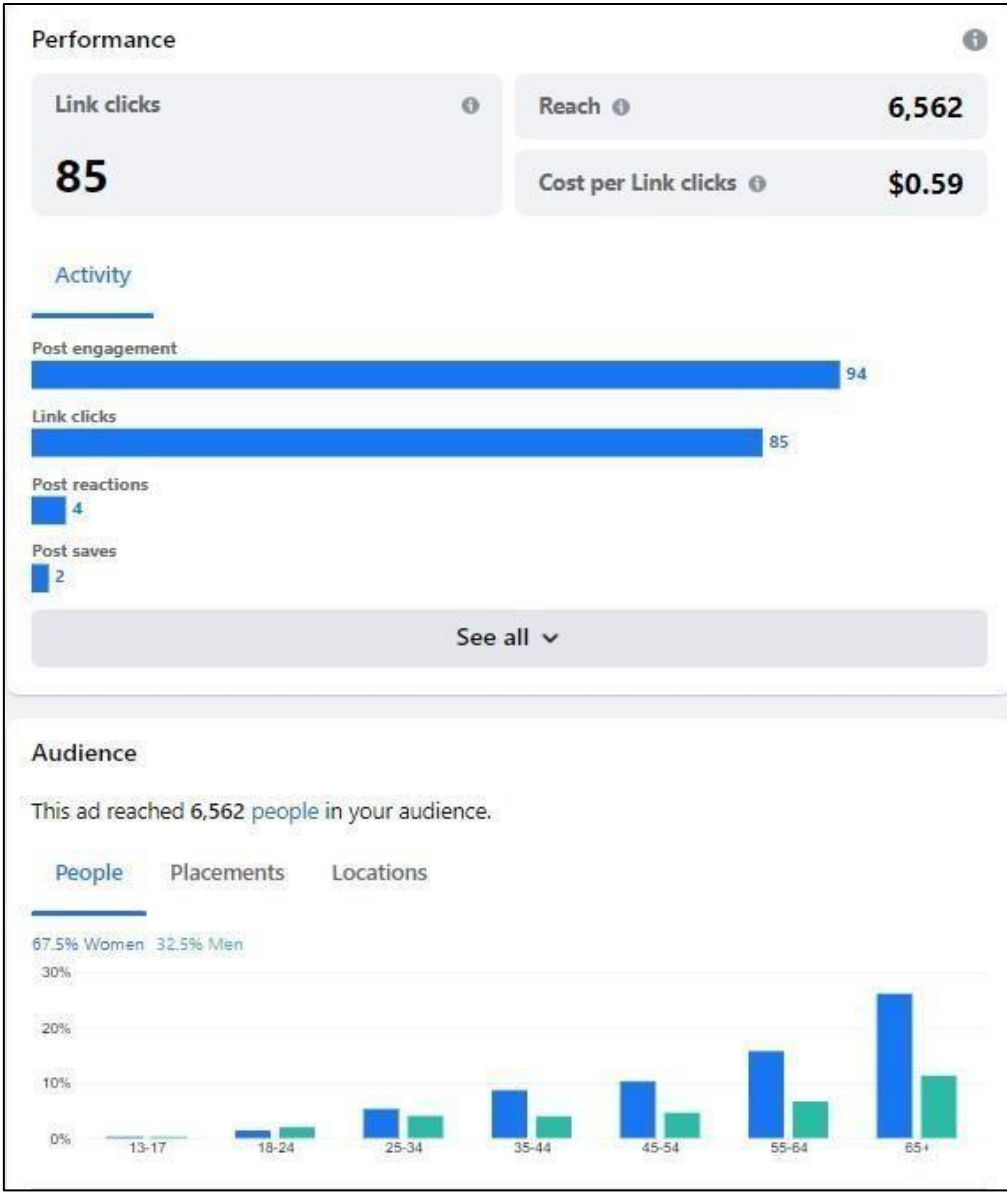
These ads are customized for each intergroup and they were able to choose from the following 6 designs or they could request a custom design.

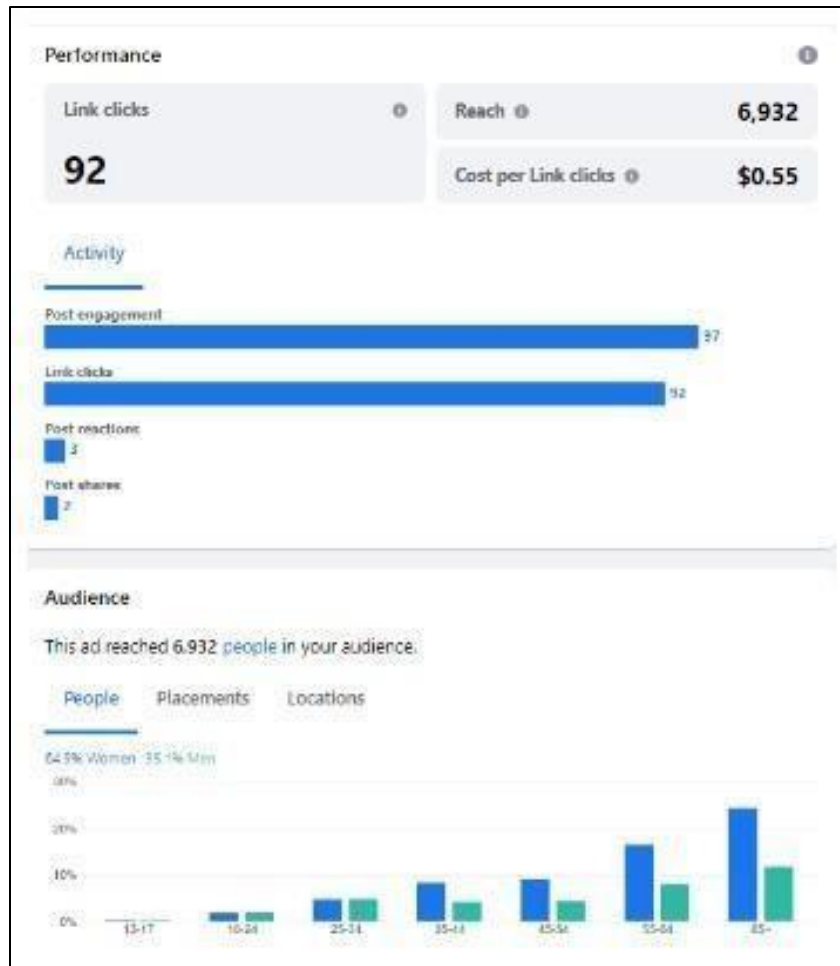


CAMPAIGN LAUNCH

Our first Facebook Ad campaign was launched for Pierce County Intergroup and ran from August 1st – August 11th. We launched 2 Ads which ran 10 days and here are the results: We ran the 'Cookie' ad as well as the 'One Bite' ad. Both ads reached a total of 13,494 in our audience. On average the ads reached 65% females and 35% males. The ads were clicked more than 177 times with a large % re-interacting with the ad.

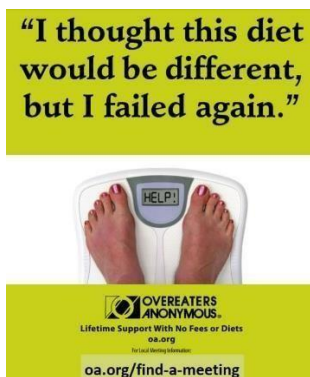






PROJECT ROADBLOCKS

We did run into a problem with one of our Ad designs. Facebook AD Manager rejected this scale ad because it goes against their policy of Ads that may have a negative effect on someone's self-image or appearance. It's not uncommon to see the rejected message next to your Facebook Ads. This typically means that you must edit something within your ad or change the target audience selections. Some ads get rejected for good, while for others, there's simply no way to edit the Facebook ad to make it appropriate for the platform.



CURRENT PROJECT STATUS

We have received applications from 8 of our 22 intergroups so far. The project is still live and intergroups can apply online via the 'Service Resources' menu option on Region One website: <https://www.oaregion1.org/>. The project will continue through the remainder of 2023 and may be revisited in 2024. This has been an exceptional teambuilding project while working with a phenomenal team this year, great enthusiasm for the project and yet another service opportunity that provides awesome learning opportunities and keeps giving back.

Sponsorship/Strong Recovery Project Team

Members: Judy, Anne and James

Board Liaison: James G.

We finalized our committee report working collaboratively via Google documents.

The Strong Recovery and Virtual Sponsorship Team met periodically over the last year and decided to focus on two initiatives. We dropped from 6 members to 3, and did have challenges finding meeting times that worked for everyone. After the initial brainstorming meeting, the majority vote was to go forward for the two projects:

- 1) Visit, rate & provide feedback to IG websites re sponsorship resources
- 2) Looking at the “Growing Together... A Guide for Sponsors and Sponsees” booklet to see if we can move it forward for distribution in an electronic format.

In December Gail M. kindly gave a presentation to the Team on the Virtual Sponsorship program. We discussed the current virtual sponsorship process and brainstormed ideas for promotion and areas we could assist. One area is to locate more available sponsors to participate in the Virtual Sponsorship program. The suggestion was discussed to alter the virtual sponsorship program to include the option of First 12 Days Sponsorship; however, this would be an ambitious undertaking and need more volunteers.

As a team, we agreed to visit all the R1 intergroup websites and identify which ones included a link to the Virtual Sponsorship tool. We also wanted to rate sites on ease of use, links, available resources, etc., to give positive, constructive feedback. A spreadsheet was set up which listed all the intergroups, their contact information, and notes on various details. Team members reviewed sites, and entered the information on the spreadsheet. This formed the basis for an email distribution list which was used to reach out to all the Intergroup webmasters for sites that didn't include a link to the Virtual Sponsorship tool. We received a few responses, and recommend follow-up be done to encourage addition of the link in the future.

The other initiative that the Team looked at was to update and make available the “Growing Together... A Guide for Sponsors and Sponsees” booklet. This was not accomplished, and it was noted that we need direction on how the booklet could be shared in respect of not being “OA-approved” in a formal sense.

Of note is that the original Board liaison stepped down and James G., a member of the group, ran for the vacant position on the Board and was appointed, and then became the Board liaison to the group.

I want to thank Anne and Judy for their time and talents and energy in working on this project. It was a great joy to me and helped strengthen my recovery. I hope yours was too!

NOTES

Section 10:

Intergroup Reports

Alaska Intergroup

Website address: Alaska-aa.org
Intergroup Chair: Randy
Number of Meetings: 4

No report available by publication date

Anchorage Alaska Intergroup

Mailing Address: 3705 Arctic Blvd PMB 1805, Anchorage AK 99503-5774
Website: OA-Alaska.org
Chair name: Janis E
Number of Meetings: **13** Face to Face: 0 Virtual: 9 Hybrid:

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

It is a relief to have a sense of normalcy return after the chaos and stress of the pandemic. I believe we all have known folks who have suffered from Covid 19, had sickened friends and families, and many have lost dear ones. So I use the term "normalcy" with some trepidation. I haven't returned to my own sense of self, finding that I am much more inclined to opt to stay home rather than go out when given a chance.

The pandemic certainly affected our OA fellowship here as well. After all our 13 meetings went to Zoom, 9 have remained virtual and only 4 are hybrid. None have chosen to return to face-to-face exclusively. In smaller fellowships, the blessing of virtual meetings allows much more participation, and as in other places of the North, weather conditions can cancel a meeting altogether. Yet the absence of face-to-face contact is a loss that is hard to quantify.

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

So during this extraordinary time, last year's intergroup began the Intergroup Renewal Inventory. This year we have had special zoom meetings to continue and finally complete our inventory. A compilation of our answers has been lovingly compiled, and we are planning to review our answers and look to the areas in which we need to grow and improve.

How would you like to see Region One support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

We haven't held a retreat in several years now, and even workshops have been scant, for example. Our goal is to reach an agreement which area is our biggest priority, and then ask for a Region 1 Board Member to lead a workshop or retreat to help us grow and learn how to do our objective more effectively.

Our intergroup has arranged our meetings to take the Summer off, and we will resume our monthly meetings in the Fall. We are grateful for Region 1 and the service from the Board. Blessings to all

Submitted By: Janis E., Anchorage Area Intergroup.

Big Sky Intergroup

Mailing address: P.O. Box 21644, Billings, MT 59104
Website: montana-overeatersanonymous.org
Chair name: Lynn K.
Number of Meetings: 15

No report available by publication date

Bitterroot Intergroup

Website: montana-overeatersanonymous.org
Email: bitterrootig@gmail.com
Chair name: Catherine H.
Number of Meetings: 14 Face to Face 4 Virtual 3 Hybrid 7

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

We have a Fall retreat every year that is well attended. This Spring we held a workshop on "The Tools of Recovery" that was successful.

What is working for your Intergroup that you want to celebrate?

We want to celebrate that we have a full Board with monthly board meetings that have good representation from our various groups.

What challenges is your Intergroup experiencing?

We have had some website issues lately and we are having trouble finding experienced members to help with the website.

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region One help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

We are so spread out geographically in Montana. Our hybrid meetings have worked well for those out of area. We feel hybrid has been the best of both worlds for us.

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

No, but we would welcome some information about it.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

Yes, we would welcome help.

How would you like to see Region 1 support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

We would love a resource of workshop scripts.

How are you nurturing and retaining newcomers?

We follow up with texting or calling to encourage and see if they have any questions. For our hybrid meetings, we try to have someone specifically there for the newcomer.

How are you helping those in OA who are struggling?

We focus on the importance of outreach calls to each other as well as offering to give them a ride to encourage them to get to a meeting.

What are you doing to encourage members to step up for service?

We find a personal ask works well.

What experiences from other Intergroup would you like to hear about?

What activities do they offer for their Intergroups as well as training?

Do you have any Tips and other News you would like to share?

Our chair usually starts the Intergroup meeting by going to the Region One website and informing us of the latest news of what is going on in our region. She encourages us to do the same to stay connected to Region One.

Submitted By: Nadine D., Secretary Bitterroot Intergroup

Catch the Wave Intergroup

Mailing Address: 140 Westwood Court, Reedsport, Oregon 97467
Intergroup Phone number: 541-271-2436
Chair name: None at this time Cynthia T. Treasurer acting in chair's behalf
Number of Meetings: 1 Face to Face: 0 Virtual: 1 Hybrid: 0

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

Our intergroup started an in person meeting in the North Bend/Coos Bay Area but it was not sustainable by members living in that area. We reach from Florence to Brookings on the coast, but members are concentrated in the Reedsport to Coos Bay Area.

We had two zoom meetings. The Monday meeting continues, and the Thursday morning has been dropped due to lack of participation and the same person has been responsible for opening both meetings and needed a break to care for an ailing spouse.

We have 2 or three IG meetings after zoom meetings and only one in person meeting last summer.

What is working for your Intergroup that you want to celebrate?

Our Monday night zoom meeting is well attended and has members from out of the area in Roseburg, Ann Arbor Michigan and two members from San Diego.

What challenges is your Intergroup experiencing?

Attendance and lack of commitment to service. Members too spread out to have in person meetings on Monday night.

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region 1 help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

I don't know that you can help as we do not have enough members willing to support an in person meeting.

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

Yes, we started a phone meeting as a result, but it was not long lived and usually 3 or less attended.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

We are interested to attracting people but without a sustainable in person meeting(s) we don't have a lot to advertise. I am not sure we can attract people to a zoom meeting.

How would you like to see Region 1 support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

Tips on using social media, in person meeting suggestions for sustainability. Advertising through the media.

How are you nurturing and retaining newcomers?

Making contact with them. Send updates via e-mail periodically about events, meeting info and keeping them on our list.

How are you helping those in OA who are struggling?

Contacting them to let them know we are thinking about them but in many cases we just let them drop after they do not show any intent or interest to come back.

What are you doing to encourage members to step up for service?

Asking them to do some things. This has worked well with keeping a contact and meeting leading assignment list, so everyone takes a turn, and not just a few get stuck with leading the zoom meetings.

What experiences from other Intergroup would you like to hear about?

Small groups that are maintaining and sustaining.

Do you have any Tips and other News you'd like to share?

When we can organize for a picnic we have a good time and about 6 people turn out.

Submitted By: Cynthia T, Treasurer (former chair).

Central Oregon Intergroup

Website: centraloregonoa.org
Mailing Address: P.O. Box 653, Bend, OR 97709
Chair name: Jacque T
Number of Meetings: 4 Face to Face:1 Virtual: 2 Hybrid: 1

We hosted a face-to-face weekend retreat in May that was well attended. We also opened a face-to-face meeting in Redmond in November of 2022 that never grew beyond the 3-4 original members that started the meeting. In June of 2023 we closed that meeting and moved it to Bend, and the meeting is steadily growing.

We are interested in using Facebook advertising and have been in contact with Beverly about that. We're also inquiring with our local radio stations about playing the PSA's from the OA website. We're also advertising in the local free community newspaper.

We lost a lot of membership during the pandemic and getting people back in the doors is our biggest challenge. A member is currently running the 15 week workshop with newcomers.

We'd love to hear any ideas that you have!

Submitted By: Jacque T

Emerald Empire Intergroup

Mailing address: P.O. Box 11172, Eugene, OR 97440
Website: oeugene.org
Intergroup Chair: Laura E.
Number of Meetings: 8 Face to Face 2 Virtual : 6

No report available by publication date

Greater Seattle Intergroup

Mailing Address: PO Box 17415. Seattle, WA 98127
Website: seattleoa.org/
Phone number: Hotline 206-264-5045
Chair name: Annie F.
Number of Meetings: 46 Face to Face: 8 Virtual: 34 Hybrid: 4

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

We are still struggling to fill most committee positions & the Vice Chair position. We have done only 1 event this year, our Monroe hybrid meeting hosted I Love OA on Feb. 16th.

What is working for your Intergroup that you want to celebrate?

Hosting the Region 1 Convention

What challenges is your Intergroup experiencing?

Encouraging member participation in service

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region One help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

By hosting face to face events & sharing the response/feedback. The FB page to recruit new members should help, it might show old-timers the need for F2F meetings.

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

Nope, again need to stir up interest & participation.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

Nothing We haven't had a PIPO Committee for over 18 months. Yes, I think it's a great idea & will keep encouraging groups to participate at our Sept. Intergroup meeting.

How would you like to see Region 1 support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

Having a Board member share about what Region One1 is doing with other Region 1 Intergroups could inspire some members to become more active. After the Convention

How are you nurturing and retaining newcomers? Hopefully 1x1, we do have a hotline committee, but nothing on the Intergroup level.

How are you helping those in OA who are struggling?

Just trying to keep the Website up to date with meeting schedule. Again, hopefully 1x1.

What are you doing to encourage members to step up for service?

Announcing needs at Intergroup meeting & encouraging Group Reps. to share with group.

What experiences from other Intergroup would you like to hear about? Everything they are doing to attract volunteers & feedback from F2F events & if it increased participation.

Do you have any Tips and other News you'd like to share?

Nope

Submitted By: GSI Chair, Annie F.

Lake Country Intergroup

Website: lakecountryoa.org
Intergroup Chair: Vacant
Number of Meetings: 15

No report available by publication date

Northern Lights Intergroup

Mailing Address: #09235 P.O. Box 78041 RPO Callingwood ,Edmonton, Alberta T5T 6A1 Canada

Website: <https://www.oaedm.com/>

Intergroup Phone number: 780-423-2546

Chair name: Kim B .

Number of Meetings **17** Face to Face: 8 Virtual: 7 Hybrid: 2

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

Our group has been doing fairly well the past year, although some of our groups are struggling a bit. It has been a bit of a struggle to get the meetings back going after Covid, although as you can see above more meetings are meeting face to face.

What is working for your Intergroup that you want to celebrate?

We had a successful 2022 Fall face to face retreat and 2023 Spring Face to Face retreat Our intergroup board is presently almost fully staffed with volunteers, there are just a couple vacant spots.

What challenges is your Intergroup experiencing?

I feel that many of our groups are struggling, as the general membership is spread thinner due to the larger availability of meetings due to zoom, and people are less to support a home group.

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region One help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

I would like the importance of a Home group to be emphasized, it is where people create strong relationships and a place to start doing service.

Has your Intergroup participated in Region 1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

Yes we had a Region 1, Intergroup Renewal Meeting in the Spring of 2022, although we have not done much during the last year.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

One position that we just filled is our Public Information Board Member, so we've not done much regarding getting OA know in our community

How would you like to see Region One support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

I would love more information regarding Public Information for our new Public Information Board Member, perhaps a regular meeting of the PIPO individuals.

How are you nurturing and retaining newcomers?

Again, we have not done much during the last few years coming out of Covid, we are certainly open to any help that Region One can offer.

How are you helping those in OA who are struggling?

Another area we need to do more in.

What are you doing to encourage members to step up for service?

We ask the group reps to take back to their meetings, the positions that need to be filled.

What experiences from other Intergroup would you like to hear about?

Ideas to get the word out about our meetings.

Do you have any Tips and other News you'd like to share?

Sorry, but no. I realize after completing this form, we have spent the last year just keeping the Intergroup running, but without enough emphasis on Newcomers and those struggling.

Submitted By: Kim B. Chair Northern Lights Intergroup.

Oregon Intergroup

Website address: oregon-oa.org

Intergroup Chair: Pat O.

Number of Meetings: 51 Face to Face: 10 Virtual: 40 Hybrid: 1

Number of Meetings: Oregon Intergroup has 46 weekly meetings. An additional two (IG and Speaker) occur once a month. 14 of these are face-to-face and 2 of those are hybrid. 29 are on Zoom and 3 are phone meetings. OIG maintains 5 Zoom licenses for our meetings.

Our “Oregon Intergroup OA” google group has 256 members. It is a great way to keep our members informed about all the OA doings around our area.

Major Accomplishments:

- Sent 3 delegates to 2023 in-person WSBC.
- Ran a Digital Billboard campaign in the Portland area for the month of January 2023.
- Continue to distribute 5000 OA pens to members “to lose” all over town.
- Hold monthly Intergroup Meetings.
- Provide Zoom host training quarterly.
- Provide liability Insurance for all in-person meetings.
- Maintain a website with links to all virtual meetings and directions to all face-to-face meetings.
- Conduct weekly New to OA meetings at 6 PM PDT on Zoom.
- We are holding our annual Serenity Retreat Sept 8-10 at the beach. We are starting to schedule In Person Workshops to encourage more members to come on out and be in the rooms again.
- Offer an Available Sponsor List on the website.
- Transferred all OIG business to Google workspace and all emails now are function specific and transferable.

Board: Pat O’C Chair, Jan E Co-Chair, Bob C., Treasurer, Niik I. Meeting Coordinator, Margie G.

Webmaster, Carolyn S. Secretary. Michelle O., Lisa S., and Jan E are Delegates.

Service Positions: Cindy J. Sponsor List, Leanne M. Serenity Retreat, Mikki Mc, Zoom Coordinator, Joyce H. Program in My Pocket Project.

Peninsula Intergroup

Website address: oopeninsula.org

Intergroup Chair: Cyl M.

Number of Meetings: 7 Face to Face 1 Virtual 5 Hybrid 1

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

Our Intergroup is small but hard-working and service minded. We meet on Zoom the 3rd Saturday of every month. In the past year we sponsored 2 workshops on Zoom: Unity Day in February (15-20 Attendees) and I.D.E.A. day in last November. We try to get the word out through our quarterly newsletter which is emailed to a general mailing list, and we encourage everyone to regularly visit our website for current information – especially about events and meetings. In July we hosted our 2nd Annual Summer Gathering at H J Carroll Park, Salmon Shelter. Members from all 7 of our groups were invited to attend this OA meeting. We had 25 members! Because of the generosity of Region One, we were able to raffle off 4 *Voices of Recovery*, 4 journals, AND 5 “coupons” of \$100 each to assist 5 members attend the Region One Convention!

What is working for your Intergroup that you want to celebrate?

Thanks to the financial support of our Region 1 and other contributors we were able to send a Representative to WSBC in April. She took such great and detailed notes that reading Linda's report was almost like being there – minus the Fellowship factor! We are also pleased that members of our Intergroup are ACTIVELY involved in the planning of this year's Convention (Thank you, Martha!!!) and that we will take care of the decorations for this event. We will have representatives attending both the Assembly and the Convention.

What challenges is your Intergroup experiencing?

SERVICE! While those of us already members of the Intergroup are Serving (with a capital “S”) our Fellows, getting and maintaining meeting reps seems to be our #1 on-going problem! We are still without a secretary since last November's election. Another challenge continues to be recruiting members to serve on our committees, especially for Public Information and Outreach.

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region One help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

I honestly don't know. Of our 7 groups, it is the hybrid meeting that constantly has the most attendees. So, it appears that hybrid meetings might be the answer, but our other groups are too small to make it work without further recruitment.

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

Yes! We are still reaping the rewards of the process. We have a better sense of direction regarding what needs to be done and are focused on getting it done!

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

YES, we are interested in participating in the PIPO/Facebook project. This past year we placed an ad in one of our local weekly “freebie” publications. The company publishes in several areas, but we were only able to afford to publish in one of the 4, so we picked the one that had a face-to-face meeting... To our knowledge we only got 1 newcomer over the 3-4 months that the ad ran, and she is no longer attending the meeting!!! There has got to be a better and less costly way to attract new members!

How would you like to see Region One support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

“All of the Above!” It seems that the Region 1 Board is constantly coming up with ways to support our small Intergroup! Financial support is always appreciated, but so is the opportunity to meet monthly with other Intergroup Chairs in the Region! Keep doing what you are doing so well!

How are you nurturing and retaining newcomers

Several of our groups now have a member or two who welcome and assist newcomers. Through our quarterly newsletter and website, we share information on meetings especially those for newcomers. Many of our sponsors are now using the *Newcomers’ First Twelve Days* program.

How are you helping those in OA who are struggling?

Sponsorship, workshops, zoom & hybrid meetings which attract other sufferers beyond our immediate group areas.

What are you doing to encourage members to step up for service?

We haven’t found the answer yet! But we keep trying!

What experiences from other Intergroup would you like to hear about?

Through the Intergroup Chairs meeting discuss how other IGs are dealing with our common shared issues – recruitment and service especially.

Do you have any Tips and other News you’d like to share?

Nothing specific, but let’s keep working and supporting each other!

Submitted By: Cyl M-H Peninsula OA Intergroup Chair and Newsletter Editor

Pierce County Intergroup

Website address: Piercecountyoa.org
Intergroup Chair: Barbara W.
Mailing Address: PO Box 39397, Lakewood, WA, 98498
Intergroup Phone: (253) 468-6257
Number of Meetings: 6 Face to Face: 1 Virtual 5 Hybrid 1

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

PCI has met eleven times since our last Assembly report. The number of meetings advertised on our website dropped from eight to seven when two Saturday morning meetings merged. This merger has resulted in higher attendance. We send announcements to all known Pierce County OA members, encouraging their attendance at special events and intergroup meetings. We also advertise events held by neighboring intergroups on our Pierce County OA website. PCI sponsored a hybrid marathon in April 2023 led by a Region One Board Member. We had 21 in-person attendees

What is working for your Intergroup that you want to celebrate?

We would like to celebrate the regular involvement of seven individuals in our Board meetings. Not all attendees are representatives or board members but supportive former board members willing to make a contribution. Our marathon in April was truly a group effort which felt wonderful!

What challenges is your Intergroup experiencing?

We still lack representation from each of our meetings. We'd love volunteers to begin more evening meetings, on Zoom to start. We'd also love to establish more in-person meetings, especially in neighboring communities like Parkland-Spanaway, Puyallup and Graham.

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region 1 help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

Not sure. I will take this to our September Intergroup meeting and request ideas to bring to Assembly.

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

No, we haven't participated in the Renewal Process for many years.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

We publicize our weekly meeting schedule, upcoming events and contact information. Yes, we have participated in the current Facebook media campaign with encouraging response from participants using Facebook. We haven't yet had a newcomer or returning OA as a result yet.

How would you like to see Region One support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

Again, I will reach out to PCI Board for ideas.

How are you nurturing and retaining newcomers?

We get occasional newcomers. We do First Step meetings with them, send them a "Where Do I Start?" pamphlet, recommend other literature and try to follow-up by phone.

How are you helping those in OA who are struggling?

We don't have a protocol.

What are you doing to encourage members to step up for service?

We share our experience with service positions and how it has helped our individual recoveries.

What experiences from other Intergroup would you like to hear about?

Ideas for fun, special meetings to bring people together. Anything encouraging or inspiring. Success stories for generating increased meeting attendance, helping newcomers and inspiring members to become group representatives to intergroup.

Do you have any Tips and other News you'd like to share?

Not this year.

Submitted By: Barbara W., Chair

Regina Intergroup

Mailing Address: Box 572 Pilot Butte, SK, S0G 3Z0
Website address: oaregina.com
Intergroup Chair: Vivian R.
Number of Meetings: 5 Face to Face: 1 Virtual: 4 Hybrid: 0

No report available by publication date

Sea to Sky Intergroup

Mailing Address: OA Sea to Sky, P.O. Box 95085, Kingsgate RPO, Vancouver, BC V5T 4T8
Website: oaseatosky.com
Phone number: 604-878-4575 (Info line)
Chair name: Patti H (Protem).
Number of Meetings: 20 Face to Face: 10 Virtual: 10 Hybrid: 0

What is working for your Intergroup that you want to celebrate?

After much struggle post Covid we now have some people willing to take on Board positions. Most are proteam and have abstinence issues and are working to meet the requirements of our Bylaws

What challenges is your Intergroup experiencing?

Getting people to volunteer

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region 1 help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

Many of our members do not want to return to face to face meetings. Hybrid meetings have not been successful due to lack of the technical abilities and equipment. Most of our meetings were held in the evenings and our older members do not want to do so in the winter months . Also, we do not want to lose our international and country wide attendees who have joined our ranks via Zoom

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

We did participate in the first effort years ago. Our attempt to repeat the process met with some written response from members but no interest in participating. Hopefully the new board will have time to review those results.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

This sounds intriguing

Submitted By: Faye D.

Snake River Intergroup

Mailing Address:

Website:

Phone number:

Chair name:

Number of Meetings: 15

No report available by publication date

South Sound Intergroup

Mailing address: 3122 – 46th Avenue NE, Olympia WA 98506
Website: <https://www.oasouthsoundintergroup.org/>
Email address:
Intergroup Chair: Doreen G.
Number of Meetings: 7

No report available by publication date

Southeast Alaska Intergroup

Mailing address: P. O. Box 35173 Juneau, Alaska 99803
Website: oa-southeastalaska.org
Email address: southeastalaskaintergroup@gmail.com
Intergroup Chair: Cassie J.
Number of Meetings: 4

No report available by publication date

Southern Alberta Intergroup

Website address: oa-southernalberta.com
Mailing Address: Southern Alberta Intergroup,
Box 1527, Station T, Calgary, Alberta T2H 3A3
Chair name: Alanna C. (past Chair)
Number of Meetings: 11 Face to Face 2 Virtual: 8 Hybrid:1

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

Because of less representation on the Board this year, there has not been as much activity as in previous years. We continue to plan retreats and marathons which help us stay connected as there are few meetings that have returned face-to-face. In the last year our IG meeting went from virtual to hybrid status. A warm and special thank you to everyone who has remained involved in keeping SAI going with the intent of continuing to carry the message to the still-suffering compulsive overeater.

What is working for your Intergroup that you want to celebrate?

We have filled the position of Retreat & Marathon Chair which has allowed for ongoing planning and execution of retreats and marathons, which have helped members maintain their connection to the fellowship. We decided to discontinue use of a phone line to contact OA in Southern Alberta to remain cost-effective and to eliminate the Telephone Committee Chair position.

What challenges is your Intergroup experiencing?

Vacancies in positions have created some challenges over the past year. We are in great need of a Secretary to help facilitate our SAI meetings, but also to organize a committee for our annual review of the Bylaws and Policies & Procedures. We rely heavily on Google Drive for dissemination of meeting information and submission of reports. This has been very helpful in the absence of a Secretary.

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region 1 help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

Region One has done a great job of reaching out to and providing resources to our Intergroup. I'm not sure what else could be provided in order to help our meetings return to face-to-face or to help strengthen our Intergroup.

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

The last time SAI participated in Region One's Intergroup Renewal Process was 2020. Please see last year's Intergroup report for details about our experience.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

Unfortunately, our Public Information Chair position has been vacant for a number of years, as such we are currently not involved in any public information initiatives.

How would you like to see Region 1 support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

See response to question 4 above.

How are you nurturing and retaining newcomers?

We host a weekly newcomer-focused meeting that features speakers committed to their recovery. This meeting includes a focus on connecting newer members with those willing and able to sponsor. Sponsorship is something that is discussed and encouraged in our Intergroup and at meetings.

How are you helping those in OA who are struggling?

Retreats and marathons provide an opportunity for members that are struggling to be immersed in fellowship and to add an extra boost to their recovery. The topic of our July 2023 marathon was "Body Image." Our 12-Step Within Chair position which has been vacant for some time was filled at our AGM in June.

What are you doing to encourage members to step up for service?

Group representatives and Board members communicate with member groups the need for service at the Intergroup level, however not all meetings are represented by a group representative at our Intergroup meeting. Intergroup meetings are announced, and individuals are welcomed to attend, even if only to learn more about what service at the Intergroup level is all about. Vacant positions on the Board are broadcast to member groups and individuals that have been identified as appropriate candidates for vacant positions have been approached directly and asked to do service. We discourage members from taking on more than one position at the Intergroup level, to ensure rotation of leadership.

What experiences from other Intergroup would you like to hear about?

Resources and tips for Public Information, 12-Step Within and ideas for how to encourage service at the meeting and Intergroup level.

Do you have any Tips and other News you'd like to share?

Use of the Google Drive has been helpful for timely and effective information sharing and meeting planning. We are planning a Board Inventory to take stock of what is and is not working currently for our Intergroup.

Submitted By: Alanna C. (past Chair)

Southern BC Interior Intergroup

Website: oasbcii.org
Email address: oa.sbcii@gmail.com
Mailing Address: c/o SBCII Chair, 1521 Holland St. Nelson BC Canada V1L 3E2
Intergroup Chair: Lori Dale B
Number of Meetings: 13 Face to Face: 6 Virtual: 5 Hybrid: 2

What is working for your Intergroup that you want to celebrate?

- We have a full Board.
- We held the 1st in person retreat in 5 years.
- We provided a zoom platform for the '12 Days Of Christmas' for all members to participate from 10 to 30 attending each evening.

What challenges is your Intergroup experiencing?

- Our biggest challenge is the large geographical boundaries of our intergroup and encouraging member participation at intergroup.
- Our Assembly theme this year is "Together Again in Service and Recovery."

How can Region 1 help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

- In our smaller communities it may not be realistic to have face to face meetings.
- Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.
- Not with the current intergroup participants.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

- We would be interested in Facebook if we can find a volunteer to take the lead for intergroup.

How would you like to see Region One support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

- All the above suggestions
- Intergroup Policies and Procedures and Bylaw templates
- Work with a Board member to create a workshop or script

How are you nurturing and retaining newcomers?

- an area we struggle with although
- we have given seed money (\$200) to two new F2F meetings to help get started
- encourage representation at Intergroup

How are you helping those in OA who are struggling?

- try to model at local meetings that “we” are the message
- to keep coming back, only thing needed is a desire to stop eating compulsively
- check out Region 1 and World Service websites

What are you doing to encourage members to step up for service?

- Mention at meetings requests to sign up for chairing or hosting a meeting in the format
- Encourage members to attend intergroup meetings

What experiences from other Intergroup would you like to hear about?

- how they do Outreach
- what workshops they have offered
- how to attract newcomers

Do you have any Tips and other News you’d like to share?

- Don’t be afraid of Region 1 Board members - they are great people who want to be of service

Submitted By: Lori Dale

Southern Oregon/Northern California Intergroup

Mailing Address: P.O. Box 215 Phoenix OR 97535
Website: oasoregon-norcal.org
Chair: Lisa G
Intergroup phone number: 458-220-8892
Intergroup email address: oasoregon.norcal@gmail.com
Number of meetings: 9 Face-to-Face: 7 Virtual: 2 Hybrid: 0

The Southern Oregon Northern California Overeaters Anonymous intergroup service body is thriving. We hold a hybrid business meeting on the second Saturday of each month at 11:15 AM, directly following our Saturday morning face-to-face meeting. Our board members attend meetings regularly, provide reports to the group, and work hard to communicate and collaborate on events to help groups carry the OA message to compulsive eaters.

In February, the intergroup partnered with our Grants Pass groups to host a well-attended Unity Day event. Two of our board members took a speaker meeting to Klamath Falls during the summer, and we most recently held a Sponsorship Day event where panel members shared the experience, strength, and hope of having and being a sponsor. We are looking forward to our [Overeaters Anonymous 2023 St. Rita's Retreat](#), October 6 - 8, and for our Region Representative to attend the Region One Assembly in Seattle.

Things working well in our intergroup are open, loving communication; collaboration on projects, events, and ideas; and generally being supportive of each other's efforts to continue to carry the OA message to groups, members, and newcomers. Challenges include lower meeting attendance in areas outside of Medford, and less representation at the intergroup level from those areas. We invested in some online and print advertising in an attempt to reach more newcomers and are currently brainstorming ways to help groups in Grants Pass, Yreka, and Klamath Falls build meeting attendance.

Overall, our intergroup is strong and service is consistent. We are looking ahead toward preparing to have a representative travel to the World Service Business Conference in the spring, as that is something we missed this year with the busyness of board member rotations around that same time. We appreciate frequent information from Region One, financial support in the way of scholarships for assemblies and events, and quick and helpful responses to our questions.

In Love and Service,
Lisa G

Vancouver Island Intergroup

Website address: oaviig.org
Intergroup Chair: Lorraine T.
Number of Meetings: 16 Face to Face: 11 Virtual: 4 Hybrid: 1

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

Vancouver Island Intergroup has not filled the complete complement of board positions. However, the executive remains committed to serving the OA groups on Vancouver Island. Those members stepping up to fill key positions are solid in service and recovery. This year along with our Zoom Intergroup Meetings we have again added

Face to Face Meetings. In March in Nanaimo, VIIG hosted a workshop in conjunction with our Face to Face Intergroup meeting. It has been a pleasure to meet together "in person" and renew old friendships and forge new ones. Our Intergroup activities over the past year have included such things as creating a new format for the "meeting list" on our website, changing from using a post box to encouraging full use of our website, and supporting virtual, hybrid and face to face meetings on Vancouver Island.

What is working for your intergroup that you want to celebrate?

The use of our website, oaviig.org, is working well. The website is well-maintained with many thanks to our "Webmaster". Outreach inquiries are responded to quickly and our newcomer meeting often reports frequent new attendees.

What challenges is your intergroup experiencing?

Vancouver Island Intergroup does not have all board positions filled. It might be time to start having events again, but the events position is not filled. Also, those positions that require travel seem to be difficult to fill.

Our Assembly theme this year is "Together Again in Service and Recovery." How can Region 1 help your intergroup return to face to face meetings to help strengthen your intergroup?

Our Intergroup is beginning to return to face to face meetings.

Has your Intergroup participated in R1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

We participated in a Renewal Process some time ago. It was very positive. However, strategies for encouraging people to volunteer from the individual groups are needed.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook.

We have a website in order to provide the community with a space to find out about OA. We have responded to R1's offer to carry out a Social Media advertising campaign which should take place August

How would you like to see Region 1 support your intergroup? Financially? Through Board visits. Outreach campaigns? Resources such as Workshop Scripts?

All of these are excellent ideas. In the Fall, VIIG is expecting to make use of R1 to have some kind of an event.

How are you nurturing or retaining newcomers?

We are prepared to use the "*12 first days of OA*" program. We are inclusive and welcoming. We have newcomer packets. We have an official greeter at each face to face meeting. At online meetings newcomers are welcomed both orally and in "chat". We have a "We care" outreach list for a call during the week. Encourage sponsors.

How are you helping those in OA who are struggling?

Encourage them to keep coming back...this too shall pass, do 30 meetings in 30 days, go back to things that worked in the past, do something for other members to get out of "self".

What are you doing to encourage members to step up for service?

Approach individuals directly, ask the "Reps" to talk about service at the meetings.

What experiences from other Intergroups would you like to hear about?

Do you have any Tips and other News you'd like to share?

Getting back to "face to face" meetings has been an incredible blessing.

Submitted by: Lorraine T. VIIG Chair

NOTES

Section 11:

Project Team Resources

2023 Project Teams

When you register for Assembly, regardless of your role during Assembly, you are encouraged to be a part of a Project Team. Project Teams help keep Region One moving forward and bring resources and strength to recovery in Region One.

Our 2023-2024 Project Teams are:

- ✓ Assembly Notebook
- ✓ Budget/Finance/Delegate Support (including Ways & Means)
- ✓ Bylaws
- ✓ Newcomers Support
- ✓ Public Information & Professional Outreach
- ✓ Sponsorship/Strong Recovery

Project Teams will meet during Assembly to get to know each other, select a Team Leader, and schedule the next meeting. As time allows, you can also begin to generate ideas and create an action plan for the coming year.

Please go to the Region One website and review some action plans and resources which you may find helpful to prepare for your Project Team meeting. 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.

To find these documents on the website:

1. Go to oaregion1.org.
2. On the left side of the page, under the Region One logo, click on DOCUMENTS.
3. Scroll down to PROJECT TEAM RESOURCES AND PAST PROJECTS and click on the heading.
4. For past Assembly documents, click on HISTORICAL

DOCUMENTS. You can also use the links provided below.

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 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. 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/. 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. Previous Notebooks can be a reference—be sure to keep your hard copy or view them at <https://www.oaregion1.org/documents.html> (under Historical documents).
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 wellbeing, 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.

Resource:

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 up 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 to 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.

Newcomer Support Project Team

Purpose: To provide resources to assist newcomers (those with less than one year in OA or those who are returning to OA after a period of time); to increase newcomer retention in Region One.

Important Information for 2023 Team:

There is currently an interactive image on the Region One website where Newcomers or those returning to OA after a period of time, can reach out to connect with someone for support.

This year's Team will need to decide whether to continue to offer this support. If so, it is suggested that the team develop a system for assigning responsibility to team members for responding to newcomer requests. Last year's team chose to rotate responsibility among team members on a weekly basis.

If the team elects to discontinue this service, the interactive image will need to be removed from the website.

Further details about the newcomer support interactive image and how it works can be found in this binder under Section Project Team Reports.

Potential Ideas/Action Plan:

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!

Resource

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.
3. Check out the Newcomer Meeting Leader Kit at: oa.org/files/pdf/Newcomer-Meeting-Leader-2016.pdf.
4. Contact information for Intergroup Chairs, Representatives, Delegates, etc. is available from your Board Liaison.
5. Contact Region One Technology Coordinator for assistance with technical issues that may arise. Email:
technologycoordinator@region1.org

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 reaching out to the public, particularly new OA members, using digital advertising.
2. Contact the Facebook Administrator (Region One Trustee Liaison Beverly M.) about Facebook or other digital or social media advertising.
3. Request approval from Region One to use PIPO's current budget to fund a geographical ad for any and all 22 intergroups.
4. Set up an application process that intergroup chairs or their Professional and Public Information people can use to access the project. Ensure that this application process has the intergroup updating/maintaining current meeting lists.
5. Review and approve (within budget and guidelines) applications from Intergroups seeking Region funding for PIPO projects.
6. Create a Public Information Professional Outreach webpage where intergroups can access their campaign ad results.

Resources:

1. Contacted r1trustee@oa.org.
2. Facebook Ads Meta Business Suite (Ad Manager/Ad Center)
3. PIPO current budget of \$5806.28.
4. Met with the Intergroup Chairs via Zoom to discuss the project.

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 pages 59 – 62.
2. Audio recordings on Sponsorship, available 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.

Goal 1:


Action Item	Assigned to	Resources	Complete by	

Goal 2:


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

Section 12:

Virtual Meeting Guide

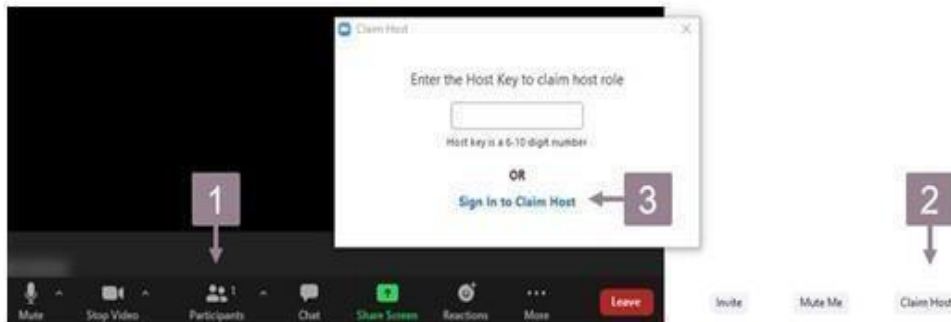
Hosting and Securing a Zoom Meeting

HOSTING A SAFE & SECURE ZOOM MEETING

CLAIMING HOST

Anyone who has the host key can claim host of a Zoom Room by following these instructions... Get the "Host Key" from your Zoom License holder administrator. Once you are in the room, you will see the main zoom window and follow these three steps.

1. Click on the "Participants" control at the bottom of your zoom window.
2. In the "Participants" window select "Claim Host" in the lower right hand corner.
3. Then you will see the enter "Host Key" window. Only licensed zoom holders can sign in to 'claim host', all others will have to enter the host key to 'claim host'.

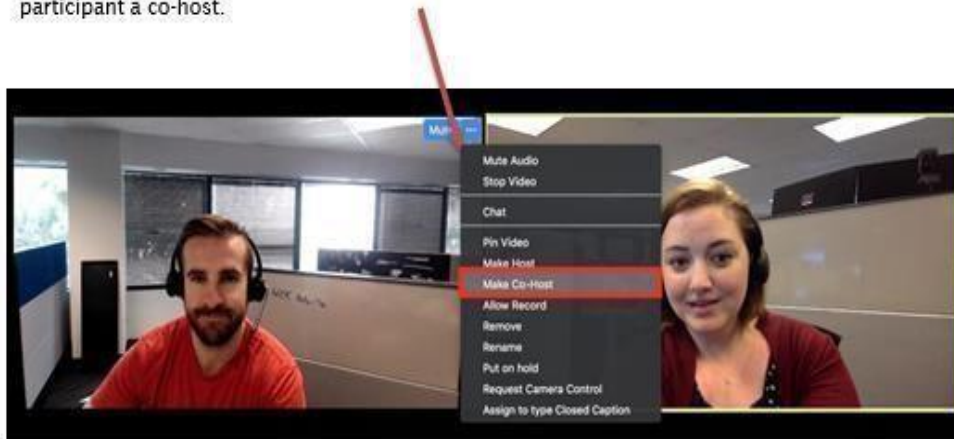


4. Once you enter the "Host Key" you will see the main window again with more controls available (Most important being the security button that shows up to the left of the participant's button).



MAKING A MEMBER A CO-HOST

1. On the meeting screen, click on the 3-dots icon which appears over the participant's video feed in the top right corner when hovering over it.
2. In the drop-down menu, select the 'Make Co-Host' option. This will make the selected participant a co-host.



Setting Up The Waiting Room

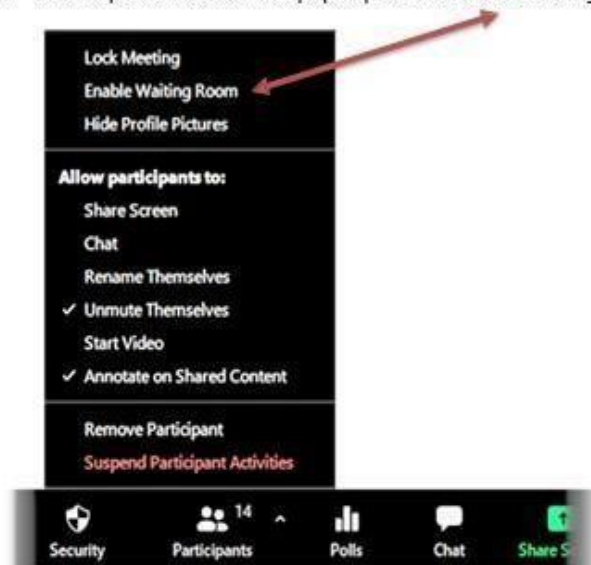
SETTING UP THE WAITING ROOM

NOTE: BECAUSE OF ZOOM BOMBING THE FIRST THING THE HOST MUST DO IS ENABLE THE WAITING ROOM

The Waiting Room allows the host and co-hosts to control when a participant joins the meeting. As a host or cohost you can admit one by one, or all at once.

STEPS TO ENABLE WAITING ROOM

1. Click on the .Security. control at the bottom of your zoom window next to the participant's control.
2. In the options window that pops up select "Enable Waiting Room".



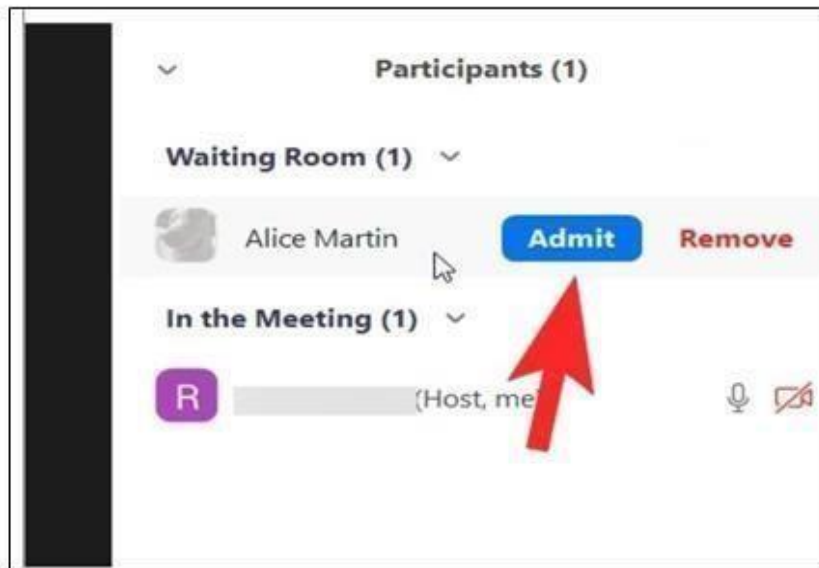
3. Participants will see the following screen when joining a meeting with the Waiting Room enabled



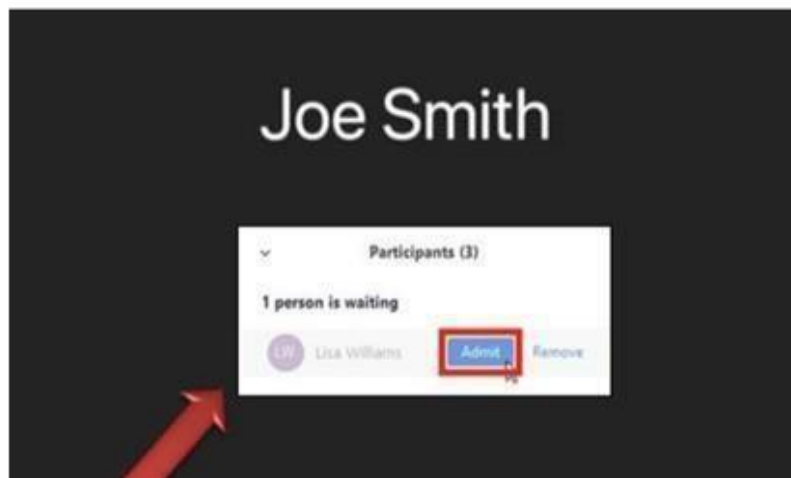
Admitting Participants

ADMITTING PARTICIPANTS INTO THE MEETING FROM THE WAITING ROOM NOTE: IF YOU DO NOT RECOGNIZE THE PARTICIPANT'S NAME DO NOT ADMIT THEM. BOMBERS OFTEN GIVE A FULL LAST NAME WHEREAS OUR MEMBERS GIVE LAST INITIALS.

1. Once the participant's window is open and there are people waiting, the hosts and co-hosts will see the following window. The hosts or co-hosts can admit people into the meeting room, or they can remove them.



2. If the participant's window is not open, a little window will pop up on your Zoom window when someone is in the waiting room.



Securing The Meeting Room

SECURING THE MEETING ROOM

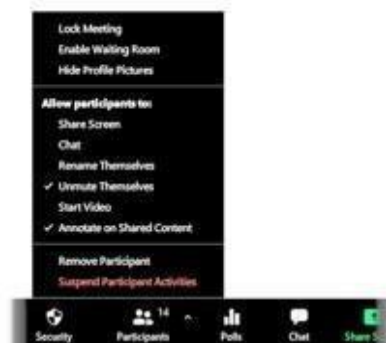
Once you have enabled the waiting room, you (hosts and co-hosts) can secure the meeting room. Using the options under the 'security' control you can...



1. Make sure 'Screen Share' is turned off (No checkmark beside it).
2. Enable or disable the chat feature.
3. Lock the meeting room so no one else can enter.
4. Allow participants to unmute and start video.

SUSPEND PARTICIPANTS ACTIVITIES

1. If a bomber is jumping around on screen select Suspend Participant Activities
2. This will stop audio and video for everyone in the meeting
3. Then you can remove the disruptive participant
4. Unsuspend and return to meeting



IMPORTANT: IF SOMEONE IS IN THE WAITING ROOM AND YOU WANT TO LET THEM IN, YOU CAN STILL LET THEM IN BUT YOU CAN STOP THEM FROM TURNING ON THEIR AUDIO OR VIDEO. THEY WILL THEN HAVE TO ASK THE HOST TO UNMUTE OR TURN ON THEIR VIDEO.

This also means that everyone in the meeting room will also have to ask the host to unmute. But it does not mean that people who are already in the room with their video on will have their video turned off.

If a Zoom bomber cannot screen share, chat, unmute or show video they cannot disrupt the meeting. However, it is recommended that the host or leader ask them to identify themselves and remove if they are not in compliance.

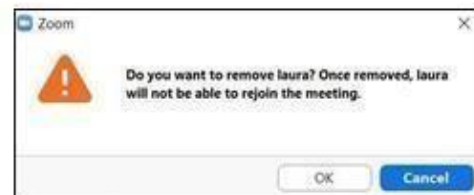
Managing Participants

MANAGING PARTICIPANTS

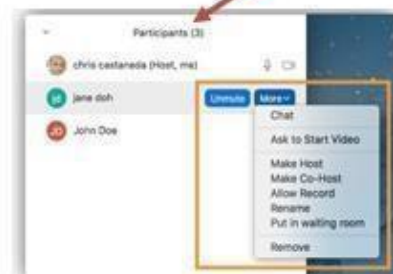
Zoom participants can be managed in a variety of ways, using the three dots on their window or by selecting their name in the participants' window.

1. By clicking on the blue mute button or the three dots in the top right corner of their window which provides options to mute (next to 3 dots), ask to start video, assign host or co-host or remove them from the meeting.

NOTE: REMOVING THEM FROM THE MEETING MEANS THEY CAN NOT EVER COME BACK. (IF THAT SETTING IS ENABLED) NICE FEATURE FOR BOMBERS NOT SO GOOD FOR GENUINE MEMBERS.



2. By selecting the participant from the participant's window, hosts and co-hosts will have similar options as with the three dots. Also, the 'more' option in the lower right corner of the participants window allows more options to manage participants (you can mute them on entry, stop them from unmuting etc..)



Section 13:

Region One Resources

Region One Resources for Personal Recovery and Service

[World Service Website](#) for Anything OA Recovery!
[Region One Website](#) For Anything Region One Recovery!

Assembly Notebook(s) – Past Assembly Region One Notebooks, an excellent resource for all things Region One, can be found here:
[Notebooks](#)

Amazon – Region One Literature can be found on [Amazon US](#) or [Amazon CA](#)

Audio (Convention/Other Events) – Check out our podcasts at [Speakers](#)

Board Blog – The Region One Board is blogging: [Region One Board Blog](#)

Board Outreach Visits – The Board can visit your intergroup! Two Board members will lead a workshop, marathon, or retreat on a topic of your choice. Travel costs are paid by Region One. Fill out an application at Form: [Board Outreach Application Form](#)

“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 [Region One Board](#) 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 event or get info about other events in Region One at: [OA Events](#)

Experience, Strength, and Hope for Intergroup Officers – Need ESH? [Intergroup ESH](#)

Facebook – Like [Region 1 Overeaters Anonymous](#) to get event reminders, links to recovery, inspiration, and program wisdom on your newsfeed.

Find A Meeting – To find a meeting in Region One: [Find A Meeting](#)

Find Your Intergroup – To find your Intergroup [Find Your Intergroup](#)

Google Group – This email group is for sharing news that will benefit all members of Region One. Get in the loop by contacting the [Technology Coordinator](#) to help set you up.

Healthcare Professionals – a new page specifically for healthcare professionals: [Healthcare Professionals](#)

Hybrid Meetings Help – Nassau County IG/Region 6 has put together a helpful document to plan for a Hybrid meeting: [Hybrid meetings](#)

Intergroup Liaisons – Each intergroup and Project Team has a Board Liaison, who shares information and resources to help your Intergroup or Team thrive. Board Liaisons are listed at [Liaisons](#)



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 [Intergroup Renewal](#)

Journals –Daily writing prompts for morning and evening review, using the Big Book as a guide. Blank and Guided Journals available at [Region One Journals](#)

Member Outreach Application – Region One has Member Outreach grants to help your intergroup with reaching out to your members: [Member Outreach Grant Application](#)

Newcomer Support Request – Do you have questions about OA? Would you like someone from our Region One to contact you? For support apply here: [Newcomer Support](#)



PIPO Funding – Region One has money to help your intergroup with Public Information and Professional Outreach projects: [PIPO Grant Application](#)

Region One Trustee – Our Trustee is available to answer questions or lead workshops about OA Service, Traditions & Concepts and provide resources/info from World Service. Email [Trustee Liaison](#)

Speaker List – Would you like to be on the Region One speaker list? Need a speaker for your OA event? Email [Member At Large](#) for a copy of our current speaker list.

Suggestions for Welcoming/Nurturing Newcomers at Your Meetings
[Welcoming/Nurturing Newcomers](#)



Twelve Day Sponsorship Guide – A guide for Sponsees first 12 days: [First 12 Days](#)

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 [Specific Populations](#).

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 [Budget Finance Delegate Support](#).

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 [Virtual Sponsorship](#).

Website – our website is FULL of information and resources for personal recovery and service. Explore at [Region One Website](#)

Website Support – contact [Technology Coordinator](#) if you'd like to be part of our Intergroup Website Tech Support Team.

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 2023 are available at [Delegate Support Application](#) and are due by October 1, 2023. Email [Budget Finance Delegate Support](#).

Zoom Accounts – Region One can help with Zoom accounts for Intergroups in need. Email: <mailto:chair@oaregion1.org>