

Region One Chair Report to Assembly 2020

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

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

The Numbers

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

August 2020	25 Intergroups in R1	361 total meetings in R1 (a decrease of 14 groups)	12 Unaffiliated Groups in R1	6,197 OA meetings worldwide, of which 855 (13.7%) are virtual meetings
August 2019	25 Intergroups in R1	375 total meetings in R1 (an increase of 10 groups)	12 Unaffiliated Groups in R1	6,132 OA meetings worldwide, of which 613 (9.9%) are virtual meetings
August 2018	25 Intergroups in R1	365 total meetings in R1 (an increase of 8 groups)	25 Unaffiliated Groups in R1	6,185 OA meetings worldwide, of which 591 (9.5%) were virtual meetings
August 2017	25 Intergroups in R1	357 total meetings in R1	39 Unaffiliated Groups in R1	6,298 OA meetings worldwide, of which 552 (8.7%) were virtual meetings
September 2016	24 Intergroups in R1	358 total meetings in R1	35 Unaffiliated Groups in R1	6,246 OA meetings worldwide, of which 480 (7.6%) were virtual meetings

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

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

Outreach/Connection

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

Outreach:

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

Connection:

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

Strategic Planning and 2021-2021 Mission Statement

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

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

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

WSBC Virtually!

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

Region	Total # of Intergroups/Service Boards (as of 4/29/20)	Total # of Intergroups/Service Boards Represented at WSBC 2020	Percentage of Intergroups/Service Boards Represented at WSBC 2020
Region 1	25	13	52%
Region 2	34	17	50%

Region 3	21	15	71%
Region 4	16	6	38%
Region 5	26	8	31%
Region 6	38	18	37%
Region 7	21	6	29%
Region 8	56	12	21%
Region 9	62	12	19%
Region 10	13	1	8%
Virtual Region	14	5	36%

Region Chairs Committee

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

Unaffiliated Groups

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

Onward and Upward

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

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

Gratefully,
Cindy C.
Acting Region One Chair

Vice-Chair Report to Assembly 2020 (position currently vacant)

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

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

Convention 2019 – Portland, Oregon

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

Convention 2020 - Zoom

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

Convention 2021 – Bellingham, Washington

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

Beverly M.
Acting Region One Technology Coordinator

Secretary Report to Assembly 2020

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

What does the Region One Secretary do?

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

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

Strategic Planning

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

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

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

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

Region One Assembly Registration

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

Intergroup Liaison Work

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

Bylaws Committee

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

Region One Blog

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

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

In love and service,

Alice W.

Acting Region One Secretary

Treasurer Report to Assembly 2020

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

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

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

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

In Service to the Good of OA,

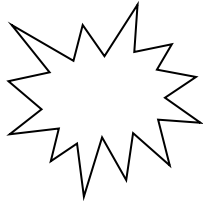
A handwritten signature in blue ink, appearing to read 'Avi R.', is positioned above the typed name.

Avi R, Region One Treasurer
August 31, 2020

(see Assembly Binder Section 6 for financial reports)

Member at Large Report to Assembly 2020

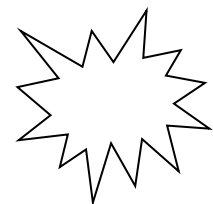
Here are a few highlights of my term this past year:



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

So happy to be on this recovery journey with you!

Nadine D.
Region One Member at Large (small) ☺



Technology Coordinator Report to Assembly 2020

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

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

The Region One Website: oaregion1.org

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

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

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

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

- **Homepage and the PSA video** – Our homepage is fairly simple with a few links to highlight items on other pages, and the PSA video. We had a Tradition issue with the video that is now resolved. Because the video was hosted on YouTube, when it finished playing various other outside-issue videos were suggested. I was able to download a copy directly from the OA website and use that, instead. I did have to delete the first few frames of the video to get it to display an image instead of a black box on our home page. I notice a few of our Intergroup websites use the YouTube version, so I will be reaching out to offer my experience in solving this outside issue on our OA websites.
- **Newcomer** – call-to-action buttons have been added for the OA Quiz and Find a Meeting function, as well as links to newcomer resources.
- **Audio** – audio is now by topic in one list, regardless of source. I've been uploading some “oldies” from past Conventions. Thank you to Jan E. from Oregon Intergroup for helping review this audio for Tradition, sound quality or other issues. I've learned to “bleep” references to outside literature from recordings! 😊

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

Website Support Team for Intergroups

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

The Region One [Facebook Page](#)

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

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

- Short “Heard @ a Meeting” and “Wisdom From Our Sponsors” quotes
- Links to our Blog and Journal webpages
- Event notices (I consider this the best use of our page)
- Occasional links to Lifeline, other OA resources, or other OA Facebook posts
- Occasional memes created in Photoshop (these take more time...but are fun when I feel artsy)

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

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

Intergroup Liaison

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

Project Team Liaison

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

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



I have always considered service to be part of my 7th Tradition contribution, but my recovery has benefitted greatly from this service, and it is a pleasure to work with this Board. I encourage anyone who is wondering about joining the Board to explore the idea further and see if the time is right for you!

Beverly M.
Acting Region One Technology Coordinator

Trustee Report to Assembly 2020

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

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

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

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

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

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

In love and service,
Margie G.
Region One Trustee