

# Region One Highlights from WSBC 2017

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A total of 19 members from Region One attended WSBC 2017 – 15 Delegates representing 10 of our Intergroups, our Region Trustee, our Region Chair, and two volunteers! Here are a few highlights from their experience:

- ♥ There were 188 registered delegates representing 20 countries, 37 states and 7 Canadian provinces. Those countries included Australia, Austria, Brazil, Canada, Columbia, Costa Rica, England/UK, France, Greece, Iceland, Ireland, Israel, Mexico, New Zealand, Poland, Scotland, South Africa, Spain, Sweden, and the US. *Tammy – Pierce Co. IG*
- ♥ The 2017 OA World Service Business Conference, “Growing OA Unity Worldwide,” was unexpectedly impactful for my life and my recovery. I thought I was simply doing service at an interesting level, but being surrounded by people with such a high level of committed recovery was deeply moving, and I’m grateful to the North Cascades IG for sending me there. *Lori Louise – North Cascades IG*
- ♥ One of my favorite moments is the Serenity prayer starting each session, said in different languages and then repeated in English. This year I heard Spanish, French, Greek, Hebrew and Swedish versions. *Tammy – Pierce Co. IG*
- ♥ The Strategic Planning workshop offered a formula to assist in focusing Intergroups in carrying the message: **SWOT**. Analyze **S**trength, **W**eakness, **O**pportunities, and **T**hreats. *Brooks – Peninsula IG*
- ♥ A forum was held on Wednesday morning that demonstrated the necessity of having literature in the native tongue of all OA members. Groups were formed with 8-10 people per table with a leader that would tell a short version of their story. My leader was David, from Israel, and he spoke to the group in Hebrew. It was immediately clear to all the importance of translation in carrying out OA’s primary purpose. He then was able to give his story in English and a lively discussion followed on the importance of communication in recovery. *Joan – Oregon IG*
- ♥ Heard at a WSBC workshop: “As partners in recovery and sponsors, we can reinforce the value of using a variety of OA-approved literature in our individual programs. OA literature binds us together across states/provinces/countries. The language of the heart is what truly unites us.” *Cindy – Greater Seattle IG*
- ♥ The banquet aka “OA prom” was on Saturday night. Our keynote speaker was Karen C, our outgoing chair. It was interesting to hear her story after seeing her lead the WSBC all week long. Gifts were presented to all the outgoing Trustees. We had our dinner and the dancing began. I love watching everyone come together after the hectic and sometimes stressful events of the week. It’s a great way to let your hair down and unwind. It was another successful ending to an amazing experience... *Tammy – Pierce Co. IG*
- ♥ As I walked the halls of the conference center and looked into the faces of my fellows, I realized what a miracle it was that even such an event took place. Our theme, “Growing OA Unity Worldwide” captured the spirit of the endeavor at every level. *Roseann – Oregon IG*
- ♥ The Wednesday forum this year was around unity through diversity. I was one of 20 folks who moved from table to table telling our recovery story and helping the table folks see the similarities in our experiences rather than the differences. Examples of the speakers included anorexia, bulimia, disabled, HOW, LGBTQ and non-traditional spirituality. Folks at the table spoke very highly of the

experience, and I found myself wishing I could have experienced it from their side of the event. Then I realized that I got to see folks eyes brighten when they heard something from my story that they could relate to. That gift of relating to someone I normally wouldn't have thought I could connect to was touching, and I'm grateful for the experience I got. *Kym – Oregon IG*

- ♥ Besides workshops and the business conference itself, every day there were at least four regular OA meetings available to attend. I haven't been to so many meetings in that short a time in all my years in program, and it was wonderful! Because each delegate has done so much service and has a strong personal commitment to abstinence and working the program, the level of sharing at these meetings was beyond anything I've ever experienced. *Lori Louise – North Cascades IG*
- ♥ We ended the WSBC with the green dot ceremony. It was fun seeing my green dot at her graduation. It's a traditional and emotional ceremony. *Tammy – Pierce Co. IG*
- ♥ My mentor and I had multiple email exchanges before the conference, and met in person as soon as we'd both arrived. She saved me a seat during the business meetings in order to explain anything that took me by surprise, which was tremendously helpful. *Lori Louise – North Cascades IG*
- ♥ Before OA, many of us were self-willed, selfish people, yet over 200 OA members - delegates and volunteers - gathered from 20 countries and many language groups, meeting in committees, forums, and business meetings, listening to each other, trying to work out what is best for each member as well as OA as a whole. *Roseann – Oregon IG*
- ♥ I worked on the Conference Approved Literature committee and we voted one proposed book idea down (12 Concepts of Service) and approved another (Sponsorship). The Sponsorship proposal now heads to the trustees for approval or denial. In my subcommittee, I will be working on re-working the Dignity of Choice and Questions and Answers pamphlets. I feel honored to work on such great pieces of literature. *Kym – Oregon IG*
- ♥ On Wednesday morning I attended the "Forum". It was sponsored by the Region chairs and titled Amazing Recovery: Passport to Unity. There were roughly 8-10 people at a table. A "traveler" was brought to each table to tell their story. Each story was diverse. They shared for 10 minutes. We were to look for the similarities in our own stories and not the differences. My travelers included bariatric surgery failure, relapse survivor, non-English speaker and compulsive exerciser. This was a very well received workshop and extremely insightful. I loved it and consider it to be one of my favorites. Kudos to the Region chairs for such an insightful exercise. *Tammy – Pierce Co. IG*
- ♥ In each session we worked to balance group autonomy with the needs of OA worldwide. *Roseann – Oregon IG*
- ♥ As a member of the Region Chairs Committee, I helped plan and present the Forum. During planning, I had not understood the need for one of the special topics we were to be presenting, and spoke against including it. My fellow RCC listened, but did not agree. Well...guess what? That particular "traveler" visited my table during the Forum, so I got to hear her story and come to understand why I *needed* to hear it. I loved that I was able to experience an opening of my own "Unity with Diversity" thinking while giving service at WSBC. *Beverly – R1 Chair*
- ♥ The whole spirit of this conference was truly about Unity. I especially was touched by the willingness of the delegates to embrace all members regardless of cultural and other differences. I hope to be able to attend future conferences. *Faye – Sea to Sky IG*
- ♥ Over the six days, I personally interacted with OA members from Austria, Brazil, Spain, Israel, Greece, Ireland, Venezuela, Nigeria, Iceland, New Zealand, Poland, Mexico, Scotland, Australia, South Africa, and Costa Rica. *Lori Louise – North Cascades IG*
- ♥ To all those reps who come to the Intergroup meetings and who voted for me to be the World Service Delegate, I say a BIG thank you. Your trust that you placed in me, I took very seriously. But as with any service in OA, my main focus was my own recovery. But I also was committed to

carrying out my job to the best of my ability. It has truly been a blessing to me and an important part of my continuing recovery to see OA at the World Service level. Who would like a turn to go to Albuquerque next year? *Pat P. – Lake Country IG*

- ♥ I really appreciated the Region 1 board and Oregon Intergroup board for making sure that we green dots understood each issue and felt a part of the team. *Roseann – Oregon IG*
- ♥ We adopted the motion that called for creating a “Sponsorship Day” to be held annually on the 3rd Saturday in August. *Pat P. – Lake Country IG*
- ♥ I thank everyone for the honor to represent you at WSBC. My recovery has been given a shot of energy, and I hope everyone who wishes to attend gets that opportunity some day! *Kym – Oregon IG*
- ♥ I especially appreciate that we had motions very geared to Primary Purpose: the revised OA 12&12, creating an annual Sponsorship Day, and creating a translation fund. Even though I didn’t vote for the the motion about creating a tenth tool of “Mindfulness” and it didn’t pass, I believe it was about Primary Purpose, and that’s a good thing! *Beverly – R1 Chair*
- ♥ A revised version of the OA 12&12 was approved by this year’s conference! It should be available for purchase in about a year, and the manuscript is really exciting to me. It adds questions to the Fourth Step that help members look at their assets instead of only at their defects. My heart is thrilled that the passive voice has been replaced by active voice, that it’s action oriented instead of reflection oriented, and that it is more inclusive of the diversity in our membership than our current edition. *Lori Louise – North Cascade IG*
- ♥ I volunteered as a page this year at WSBC. The support from the other volunteers and the Volunteer Coordinators was wonderful. It was fascinating to watch WSBC unfold from the sidelines. One thing that I noticed was the earnestness that delegates bring to WSBC. They are determined to do "right" by OA. I popped in on many of the committees so I could pick up a flavor for their activities. That was fascinating. *Pat – Volunteer – Oregon IG*
- ♥ I love watching the group conscience process of OA, and spending time with others who are also “giving back what we have so generously been given.” *Beverly – R1 Chair*
- ♥ I loved almost every minute of Conference and met many amazing members from all over the world. *Faye – Sea to Sky IG*
- ♥ I saw a great openness like a flower budding over the course of the week as the Board of Trustees tried to hear the concerns and ideas of the delegates and be responsive to them. I thought that was a great example of the principles of our program in bloom. *Pat – Volunteer – Oregon IG*
- ♥ I can’t even express how exciting it is to be able to do service at this level; I feel as though I’m having a concrete impact on helping to spread the message, and that makes my heart tremendously happy. *Lori Louise – North Cascades IG*

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

