Region One Highlights from WSBC 2018

A total of 23 members from Region One attended WSBC 2018 – 20 Delegates representing 16 of our Intergroups, our Region Trustee, our Region Chair, and one volunteer! Here are a few highlights from their experience:

The Power of the Group

* One hundred eighty-eight delegates from seventeen countries attended the week-long conference in Albuquerque. Countries present: Australia, Austria, Brazil, Canada, Costa Rica, England/UK, Germany, Greece, Ireland, Israel, Mexico, New Zealand, South Africa, Spain, Sweden, USA, Venezuela. Following a year when less than 40% of eligible Region One Intergroups were represented at WSBC, 2018 saw representation increase to 64%. Intergroups in need of funding were able to tap into both Region One and WSO budgets set aside to help. *Cindy – Greater Seattle IG*
* I was lucky to have a Region One member Tammy (my new best friend) from Tacoma on the same flight from Sea Tac at 7am! My roommate is a big cool dude from Australia named Les and he is the Region 10 chair covering South East Asia, China, Japanese Islands, Australia and New Zealand. *Todd – Peninsula IG*
* Delegates were challenged by the opening words of “May OA always be grounded in the past and ready for the future." Pauses were made in heavy moments of passionate speeches and heart-felt emotions calling for the Serenity Prayer and/or silence. One of the most profound for me was when a Delegate requested a moment of silence for our Founder. It was a time for me of intense gratitude for our life-changing OA program. *Jan – Oregon IG*
* Three times daily OA topic/share meetings were offered. Every meeting I was able to make always held a gem of insight I was able to think about throughout the day. It was interesting to hear so many of the stories from all over the country, and the world, that resonated with my own experience. I realize that we do have a disease in common, but it’s a disease that grants us the opportunity to grow as human beings through OA. When I listened to a wonderful, beautiful lady from Greece or a guy from New York share common thoughts, I realized that we all spoke the same language of our addiction, and that allowed us a jumping off point to get to know each other on other levels. *Katy – Lake Country IG*
* As Delegates we were striving to practice principles before personalities, and focusing on what is best for OA as a whole. It demonstrated a high level of recovery and serenity in the room, along with a willingness to yield egos and opinions when necessary for the highest good of OA. *Jodi – Southern Alberta IG*
* This year I took a balloon ride with six other fellows I had never met before.  It always amazes me how we may differ in every other aspect of their lives, but OA brings us together and we are quickly friends.  We pulled together to make sure everyone was comfortable and could get in and out of the balloon basket.  *Kym – Oregon IG*
* The “Recovery Roadmap” Forum included a map of abstinence detours, road blocks and other places that one might venture during their program such as “Cravings Creek, ‘Meditation Meadow’ and my two personal favorites, ‘Control Corner’ and ‘Swamp of Fear’. We had rotating speakers who shared their experiences with different ‘locations’. I will highly recommend that this program be used as a workshop in our Intergroup. *Katy – Lake Country IG*
* I attended the Strong Service Bodies Workshop. Sue from Region One killed it with the Strengths and Weaknesses questionnaire and developing a survey what’s working at the fellowship level. *Todd – Peninsula IG*
* A roll call opened the first business meeting on Thursday, when each Region and state within the Region is announced and Delegates are asked to stand – always a powerful moment. Each business meeting begins with the serenity prayer read in a language represented somewhere in the world followed by English. *Cindy – Greater Seattle IG*
* I met members from throughout the states as well as from other countries at the breakfast. It was a great time to exchange ideas of what worked and what didn’t for our groups and regions. I even met four of the Trustee nominees before we voted. *Rosanne – Oregon IG*
* I had attended WSBC for another intergroup back in the early 1990’s, but I had forgotten just how impactful this experience is.  I hope that some of my renewed enthusiasm for service and passing on recovery will rub off on those around me, and that our intergroup will benefit from what I can bring back. *Marjorie – North Cascade IG*

Serving the Fellowship

* I was assigned to the Public Information Committee. I was very excited about this, because it was one of my top picks. My first assignment is to choose one project to ‘sell’ to my intergroup. As I realized that SAI doesn’t have any promo materials in the form of a classy sign or two, I decided that for now my project will be to make that happen. I’ve been in contact with my committee members for resources, and possibly materials – we rarely have to reinvent the wheel! I will be presenting findings to SAI at our July meeting, and hopefully we can move forward with this initiative to get the word out to those who are still suffering and offer hope for recovery from a hopeless state of mind and body. *Jodi – Southern Alberta IG*
* I was assigned to the Professional Outreach Committee, formed to help educate all professionals about the solution of OA, which is a passion of mine. I believe fully that in our effort to reach out the hand to those still suffering can and should entail our hand in the glove of those who can reach sufferers we may not see. We agreed that our assignment for the following year was that each committee member would approach a professional or professional group and inform them of OA’s services. I have already approached a therapist, who has agreed to refer appropriate patients to OA. I also plan to make further inroads in contacting more professionals. *Katy – Lake Country IG*
* An amended policy motion on bariatric surgery was adopted. This was the most emotional segment of the WSBC sessions with the overwhelming message that too many who had the surgery felt unwelcome and judged at OA meetings. In 1992 a similar policy was created to be sure anorexics and bulimics were welcomed into OA. After several years, the policy was rescinded because it was felt that OA became fully welcoming. We’ll hope we are able to rescind this policy around bariatric surgery OA’ers within the next few years. Cindy – *Greater Seattle IG*
* What astounded me most during this process was that I LOVED the business! Granted it’s business very near and dear to my heart, but I loved the minutiae, the debating, the structure, the passions, and the incredible learning curve. Now I can look at a pamphlet, or a book, or a bylaw, or at something on OA.org, and understand the wonderful painstaking process it took to become what it is. And the level of commitment and effort it takes for the program and materials to be usable by so many members and worldwide. I was able to focus intently for three days of intense business and I loved every minute. Surprise! ☺ *Jody – Southern Alberta IG*
* I feel very confident about our World Service and our ability to serve the people and still suffering compulsive eaters of THE WORLD. I took time to thank as many people as I could for their service and to let them know they did well in winning or losing or laughing or crying because to vote and support your people in the intergroup is the job at hand and to do it with passion is admirable. *Todd – Peninsula IG*
* I met another Region One Delegate from Montana at my connecting flight in Denver. We stuck together for the balance of the travel and shared our recovery.  She shared with me an app for  working the 10th/11th step from the Big Book, which I have found helpful. *Marjorie – North Cascade IG*
* The most focused service I did was twofold...asking questions from the mic then subsequently voting, as well as my committee meeting--the hoped for and prayed about Conference Literature Committee. I was assigned to the subcommittee to combine two OA pamphlets, *A Plan of Eating* and *Dignity of Choice*, into one, at the recommendation of the Board of Trustees. *Jan – Oregon IG*
* Unity Day will now be held the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 am.”  (That’s local time.  This will result in a “wave” around the world as the time moves forward.  This better includes OA worldwide, instead of Unity Day being US‐centric.) *Marjorie – North Cascade IG*
* This year the “men’s movement” in OA seemed to pop up everywhere: committed males who have been transformed by the program and feel their representation in the Fellowship should be far larger than its current 13%. They worked hard to get the message out about their website and virtual meeting offerings. Some of the older gentlemen at WSBC have been in OA for forty plus years, joining when the presence of any men in the fellowship was rare. Somehow they managed to work the program anyway. *Cindy – Greater Seattle IG*
* I was humbled to be part of the process among others from all over the world knowing that I had the responsibility to put principles before personalities and remember the outcome had to benefit OA as a whole. A few times, the discussions got heated. Someone from the floor would request we all say the Serenity Prayer. It would help to remind us why we were there and within minutes the discussion was complete and the vote was taken. Awesome! *Lauren – Vancouver Island IG*
* This year I had the privilege of mentoring two Green Dots. Through email, we became acquainted before we arrived which helped break the ice. It also helped that both had reviewed the motions before they came to WSBC. *Rosanne – Oregon IG*
* At the Literature Q & A we could ask questions on the new literature being submitted for Conference approval.  This was very enlightening.  You never know how the choice of a couple of words can mean the world of difference to, for instance, people of color. We were all grateful a small  edit was available to solve the issue. *Marjorie – North Cascade IG*

A Fuller Living Experience

* Saturday evening was the banquet. Our Region One folks sat together at two tables. It was fun and felt so rewarding to be served a lovely dinner, be entertained by a wonderful speaker sharing their experience, strength and hope, and then DANCE ourselves exhausted! I was one of about six still left on the dance floor at midnight. What fun. This was my first OA dance, and the first song had barely played its first few chords and the dance floor was already full. It was wonderful to feel the unconditional love and acceptance of the Conference extend to the celebration party. There was even a wheelchair on the dance floor, which was wonderful to see. *Jody – Southern Alberta IG*
* This year in Albuquerque revealed to me much about my own personal growth. I was willing to keep an open mind, take in and process information and be able to adapt, adjust and accept situations in front of me. *Tammy – Pierce County IG*
* WSBC should be a “bucket list” item for anyone who has a passion for our program and enjoys working through “process” with a group of committed, passionate compulsive overeaters. WSBC demands energy and commitment, but offers feelings of big-time pride in this fellowship, gratitude to be among many who have “gone to any length” for recovery, and a strong sense of the presence of our Higher Powers working in our lives. It’s also OK to be a newbie even at World Service – Region One’s mentor program is strong; I felt well supported my first year by my mentor and other Region One Delegates. I hope I passed on that sense of support to those I have mentored. Thank you so much for sending me, GSI, and I invite you all to follow Sandra and I in a service role you will treasure always! *Cindy – Greater Seattle IG*
* It was a week of enlightenment, growth in service, as well as personal recovery. I would highly recommend eligible members consider serving as a Region One Representative, then WSBC Delegate to rocket their recovery into the 4th dimension! *Jan – Oregon IG*
* I found the Conference to be well executed. My Region One ‘shepherds’ made me very welcome, as did everyone I met, and kept me on track and part of it all, making things smooth and easy. I look forward to serving again next year. *Katy – Lake Country IG*
* This experience has exponentially rocketed my recovery forward, increased my gratitude for our beloved OA, and raised my admiration for all the members who make OA work – SO many doing SO much! We are worldwide and we are strong together! Thank you from the bottom of my heart for this experience. I strongly believe every member should have this amazing opportunity. *Jody – Southern Alberta IG*
* Region One is a tight knit group! We had 16 Intergroup/Service Boards represented at WSBC this year. That’s 64%. I even had an OA member, from another region, say to me “I wish I was in Region One.” It makes me feel good that we are a fun, loving, caring and supportive Region and we project that. We are not a glum lot. No wonder we’re #1. *Tammy – Pierce County IG*
* I met many other Region One Delegates as well as Delegates from other regions. I paired up with Jodi from Calgary as she had organized a hot-air balloon ride on Tuesday. Jodi and I found places to hike and visit on our spare time and really enjoyed each other’s company. The members with long-time abstinence were plentiful. I am very proud of my nearly two years of abstinence (June 29, 2018) within five years of OA membership (June 10, 2018) and was inspired and hopeful that I, too, can do this, one day at a time. To make the most of the trip, I stayed an extra week and toured the Grand Canyon and Moab areas. This is a very beautiful part of our world and it was a spiritual experience every day. I meditated at the most amazing places. *Lauren – Vancouver Island IG*

Thank you to ALL of our Region One Delegates—

your service makes OA strong!