

*Embrace the Similarities
Love the Differences
In all Our Affairs*



Region 9

ASSEMBLY MINUTES

REGION 9 ASSEMBLY 2010

Keflavik, Iceland

October 20-22, 2010

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INTRODUCTION TO THE ASSEMBLY MINUTES 2010

In these Minutes of our Region 9 Assembly held in Keflavik, Iceland, from Wednesday 20th until Friday 22nd of October 2010, you'll find the facts of the discussions held, reports on the workshops and committee sessions, the changes discussed and voted on regarding our Bylaws and our Policies and Procedures, and some appendices like the list of the attendants at the assembly, Committee Reports and others.

We started each half day, with some readings from our OA literature: the 12 Steps, the 12 Traditions, the 12 Concepts and the Preamble. Every day at the Assembly, before and after every meeting or point on the agenda, we said the Serenity Prayer, each time in another language which was represented at this Assembly.

At least once a day during the Assembly, we passed the 7th Tradition basket.

WEDNESDAY 20th of OCTOBER 2010

1. Settling in

- Our Chair, Stella, welcomed everybody to the 28th Region 9 Annual Assembly;
- The Board introduced themselves, gave their qualifications as OA members and stated their commitment to Abstinence. Among the total number of representatives we celebrated 131 years of Abstinence.
- We had an "Eleventh Step Sandwich" which started with the Serenity prayer followed by a short meditation and finished with the third step prayer. During the meditation we were asked to consider our favourite piece of OA Literature and the personal qualities we brought with us to the Assembly. We were then asked to write down on a piece of square paper (given) - the piece of OA literature we thought of and also on our own personal bookmark (given) – our personal qualities.
- We then did an ice breaker in which we spoke to as many other OA members present as possible and gave them our 'gift' i.e. the piece of OA Literature we had thought of and explained to them – why it was our favourite. When we came back together we then shared on what was our favourite piece of OA literature and if it was translated into our language. (The three most popular pieces of OA Literature were: - Just for Today (Card), OA 12 & 12 and Just for Today (Book).)
- The 12 Steps, 12 Traditions and 12 Concepts were read.
- Thirteen countries were represented at the Assembly: United Kingdom, Belgium, Israel, the Netherlands, Sweden, Spain, Poland, Iceland, Finland, Greece, Ireland, Austria and Denmark.
- Green dot mentors and green dots were brought together.

2. Strategic Plan Presentation & Brainstorming Session lead by Stella and all took part (Report Appendix A)

3. Informal opening – Orientation Meeting – Adoption of the Agenda - General Overview of the Processes of the Assembly – Adoption of Ground Rules – Adoption of 2009 Minutes

Informal Opening

- Representatives shared from their Service Body (SB) about their problems and triumphs and questions were answered.

Orientation Meeting

Adoption of the Agenda

The proposed agenda was approved as written and adjusted.

General Overview of the Processes of the Assembly

- Review of the Assembly Material.
- Stella explained the formal format of the Assembly.
- Sam was appointed as time keeper.
- The Consent Agenda was explained.
- Robert's Rules were explained.

Adoption of Ground Rules

The Ground Rules were read and adopted.

Adoption of 2009 Assembly Minutes

The 2009 Assembly Minutes were approved with no objections.

The Minutes Approval Committee for the 2010 Assembly Minutes were appointed and includes: Stella (Chair) and 2 representatives Joanna and Isabella.

4. 7th Tradition Game

We played the "Wheel of misfortune" with "Slim Tight Wad" from OA Inc Budget and "Alison Save A Lot" from Region 9 Budget and it was hosted by "Miss Sleazy Hostess". (The text and wheel for OA Inc. Budget is available from www.oa.org and the Region 9 budget and wheel can be obtained from the Region 9 website)

THURSDAY 21th of OCTOBER 2010

1. Official Opening

Readings

- Eleventh Step Sandwich
- 12 Steps – 12 Traditions – 12 Concepts
- Preamble
- Region 9 Statement of Purpose
- For Today

The total number of voting representatives present was 20. 13 Countries were represented: Greece, the Netherlands, United Kingdom, Finland, Iceland, Austria, Sweden, Poland, Belgium, Spain, Israel, Ireland and Denmark. Therefore we have a quorum as more than 5 countries were represented. The credentials report was accepted.

Reports and Questions arising out of Reports:

- Chair's Report

The Board of Trustees (BOT) and the Region Chairs have discussed the meeting list as held on the www.oa.org web site. This data base is not robust and alternatives were discussed and agreed at the August BOT / RCC meeting. In conclusion the BOT & RCC were all in agreement that OA needed a workable web site that included access to accurate meetings list.

Region 9 meeting information is not always accurate on the www.oa.org website. Some countries are more efficient and have a system that works with updating their meeting lists. We need to share the systems of updating that work. World Service Office (WSO) is working on solving this problem and want people to continue to update their meetings on the website.

Discussion about abstinence and a healthy body weight.

Sponsorship by Mail Service list will not continue. The list of sponsees was growing longer than the list of available Sponsors.

One of the concerns was that we should try to solve our problems locally not send queries straight to the Trustees. Go to your nearest SB first with questions arising during the year.

- Treasurer's Report

As per the 2009 Budget, the Region 9 accountant is now processing our spread sheets and that will bring our regular cost up. That is to ensure that the R9 Treasurer does not need to be an accountant for taking on that service position. Our contributions have gone down and so has the contributions to WSO.

Region 9 is not self supporting. We contribute 1.7% to WSO. The service that we get from the WSO costs much more than what we contribute.

We are supporting 2 delegates this year to the Region 9 Assembly. We encourage SB's to have elected another representative to be able to go if the first representative for some reason is not able to attend.

- Secretary's Report

Discussion about how to reach out to countries not present at the Assembly.

- Translations Committee

The committee received information during the year from a few countries which OA literature was translated in that country. The 'Region 9 Translations language Map' can be obtained from the Region 9 Web site.

- Bylaws Committee

No questions.

- PI Committee

They had a video conference during the year. Problems were raised about the language situation and a suggestion was that they can share ideas that work in different countries.

- 12 Step Within Committee

Even if we email groups about events we also need to print the flyers and bring to our group.

- Trustee's Courtesy Report

No questions.

- Electronic Communications Committee Report, Presentation & Discussion

Discussion regarding that putting up flyers on the Events page in a different language from English will work. On the bottom of the Events page it was agreed to have information about how to submit information, to whom and a disclaimer about anonymity so that it is up to the SB and person who have put their information on the flyer to check the material before submitting it to the EC chair and to agree that the information if accepted will be posted as it is (including the contact details). It was asked if we could have a calendar on the website

2. Translations Workshop

Esti held this Workshop on translations.

- Esti is the Chair of the Translation Committee at the Board of Trustees. The special fund for translation from the WSO is still in operation. Esti encourages the SB's to make use of the money that is put aside for translation. Everything has to do with translation, if you want to start a meeting in a new country you need literature and you will need it translated. Put translation as a priority in your country and put it in your goals in your NSB/LSB. The licenses were read and discussion held about how to apply. A goal is to translate the 7th tradition pamphlet into as many languages as possible.

To the SB'S:

- Suggestions on how to start and what to start to translate will be found in the guidelines on www.oa.org.
- Region 9 translation fund is not being used at the moment. It is to be considered as a loan and needs to be paid back in time when literature has been sold. But this should not deter service bodies from applying.
- If you need to use a professional translator and apply for funds to cover the costs – do that.
- Create a Translation Committee in your country to focus on what to translate. A goal for each country could be to translate one piece of literature each year.
- Questions and experiences were shared.

3. Deadline for Ask-it Basket Questions

4. 2010-2011 Suggested Draft Budget – Presentation and Discussion

Treasurer, Alison, presented the Suggested budget for 2010-2011.

Discussion regarding:

Funding to WSBC from Region 9. Suggestion to put in a line item for “Funding a Region 9 representative to WSBC”. Suggestion to put in a line item for “Funding of a Parliamentarian at the Region 9 Assembly”.

Delegate assistance for R9 Assembly was given from R9 to Austria and Greece.

It was explained that, even though we had a Region 9 draft budget that ‘balanced’ - that we in Region 9 were not fully self - supporting. Region 9 had contributed just 1.7% of total contributions to WSO in 2009.

5. Website Discussion

6. Reports from Committee Sessions and discussion of any proposals of emergency new business

Finance committee

Report appendix B

Various suggestions for the budget were presented and entered into the suggested budget.

Bylaws committee

Report appendix C

Translations Committee

Report appendix D

Electronic Communications Committee

Report appendix E

Public Information Committee

Report appendix F

12th Step Within Committee

Report appendix G

7. Sponsorship – Workshop

- Susan, Isabella and Isabel then took the assembly through a workshop and first shared about their experiences of different Sponsors and being Sponsors. We were ‘coupled up’ and answered questions about what we wanted to give as a Sponsor and as a Sponsee and then what we wanted to get as a Sponsor/Sponsee. We were also asked to consider – 1) As a sponsor – do I need to be abstinent? 2) As a sponsee, was it easy/difficult for you to “surrender” to your sponsor’s way of sponsoring you? 3) As a sponsor, was it easy/difficult for you to give “tough love”? .We then shared what we had discussed.
- We also spent a short time sharing on what worked in organizing a Sponsorship Workshop – refer 12 Step Within Booklet. (The details of this workshop can be found on the Region 9 Website).

8. Deadline for submitting Emergency new business Motions

9. Ask-it-basket Questions and Answers

- Do the individual groups inform IG how much money they've got?

No they don't unless they are putting forward a claim for something.

- What are the main budget points in a NSB?

Examples from SB's: Service Assembly / Convention once a year, PI, Sending delegates to Region 9, WSBC, Translation, Contributions, Office with rent and salary, Incomes: events, literature, tapes and CD's from conventions, individual contributions.

- What should be the hotel standard for the Region Assembly?

It should be of decent standard, clean and enable business to be conducted. Practical with extra rooms when we need more than one room. The food solutions should be of good quality. However our experiences from different Assemblies and amenities have brought us great experiences. There is a difference in needs and wants. Bathroom connected to the room. That the hotel staff is willing to cooperate with us and prepared for our questions and needs. Accessible from the Airport.

What is the Executive Committee and what do they do?

The Executive Committee of the Board of Trustees consists of the 6 General Trustees.

- Is it OK to want to have a sponsor with more than 5 years abstinence if you are not abstinent yourself?

Instead of counting years maybe look for other factors that you would like in your life. What appeals to me instead of just a number of years. Invite your HP and ask it to bring you the sponsor that you need.

- Could you suggest what to do if most people feel too busy to sponsor and there are no available sponsors?

I can be a temporary sponsor and giving their name and numbers to other sponsors. At least be available to be a temporary sponsor if people need sponsors. One example was to work in a group and go through the steps together. Be clear as a sponsor about your boundaries. When a sponsee seeks a sponsor they don't need to meet, they can do sponsorship over the phone / internet

- Who covers the cost of the Assembly preparation costs, like badges etc.

Usually it is the country which is hosting us who prepares and takes on that cost. Otherwise they need to bring it up with Region 9.

- What would be the arrangements for the Assembly?

There is a document with check list for the arranging SB that will be circulated after the Assembly.

- Discussion regarding what works on a Sponsorship Workshop

Bringing up the fear of why people don't want to sponsor.

Discussion about what to do in a country where no one had worked through the steps. Suggestions were to invite someone for a weekend and go through the steps. It doesn't have to be a big workshop for it to be effective for the sponsorship status in the country.

FRIDAY 22nd of OCTOBER 2010

1. Openings and Readings

- Serenity Prayer
- 12 Steps -12 Traditions – 12 Concepts
- Preamble
- For Today
- Statement of Purpose

The total number of voting representatives present is 20. Countries represented are 13: Greece, the Netherlands, United Kingdom, Finland, Iceland, Austria, Sweden, Poland, Belgium, Spain, Israel, Ireland and Denmark. Therefore we have a quorum: more than 5 countries represented. The credential report was accepted.

2. Formal discussion and vote on:

- **Consent Agenda**
- **Bylaws amendment Motions**
- **New Business Motions**

Chart 1: Consent agenda

Bylaws Amendment Motions 1 and 2 were pulled from the consent agenda.

Business Motion 8 was pulled from the Consent Agenda.

Business Motion 2 was put on the Consent Agenda.

Business Motions 2, 4, 5, and 7 required a majority to adopt. They were **adopted** and carried as part of the Consent Agenda.

BM 2

Policies and Procedures I Assembly

LIAISON WITH SERVICE BODIES NOT REPRESENTED AT ASSEMBLY

The Assembly will divide up the list of IGs and NSBs not represented at the Assembly amongst the delegates who are in attendance at the assembly. Each delegate will be responsible for undertaking liaison activity with the SB they have adopted. Each delegate will then submit a written report to the Region 9 12th Step Within Committee within 6 months of the Assembly. The 12th Step Within Committee will then log these responses and continue to try to encourage contact with service bodies not represented at assembly (1996f) (2010a).

BM 4

Policies and Procedures VII Service Bodies

REGISTER OF SERVICE BODIES AND ATTENDANCE TO BE INCLUDED IN ASSEMBLY MATERIALS

The Assembly Materials of Region 9 are to include a register of Region 9 countries with details of Intergroups in each country and the current number of groups, also including details of when the Service Body was represented at Region Assembly.

BM 5

Policies and Procedures VI Website

The Region 9 Website should include the document “How do service bodies trying to translate OA literature apply for financial assistance from Region 9?” (Refer Appendix)

BM 7

Policies and Procedures II Board, Committee Chairs & Representative Duties

Insert the job description for the Region 9 Representative into the P & P manual.

JOB DESCRIPTIONS FOR R9 BOARD, COMMITTEE CHAIRS AND REPRESENTATIVES

As part of our..... Procedure.

Chairperson

Treasurer.....

Secretary.....

Bylaws Committee.....

Trustee.....

Region 9 Representative

A Region 9 Representative.... (Refer Appendix for details of the Region 9 Rep Job Description))

Chart 2: Bylaws Amendments Motions (BL) and New Business Motions (BM)

BL 1

The Chair moved that:

Region 9 OA Bylaws, Article V, Section 4 – Meeting times and Notifications

Agenda for the Region 9 Assembly will be mailed or emailed at least sixty days prior to the Assembly to all those service associations and registered intergroups. The material for the Assembly will be mailed or emailed when possible only to registered representatives and invited visitors to the Assembly. The Agenda and material for the Assembly except for the list of attendants will also be placed on the Region 9 Website. The registration form will request whether the material is to be obtained by downloading from the Region 9 website or by email or mail.

Motion required two-thirds vote to adopt. Motion BL1 as amended was **adopted.**

BL 2

The Chair moved that:

Region 9 OA Bylaws, Article VIII, Section 3 – Nomination and Selection of Region 9 Trustee where no application has been received, the deadline for submission has passed or a vacancy occurs midterm.

In the event that either:

1. WSBC nominations are due for the position of Region 9 Trustee and no application has been received by Region 9; or
2. A vacancy for the position of Region 9 Trustee occurs outside the deadline for submissions for application for the position; or
3. A vacancy occurs midterm.

The following actions will be taken to fill the vacancy of Region 9 Trustee:

- A. The Region 9 Board will solicit applications from Region 9 Service Bodies.
- B. The Region 9 Board will consider only those applicants meeting all requirements for Region Trustee as outlined by the Bylaws of Overeaters Anonymous, Inc., Subpart B, Article IX, Section 4.
- C. A majority vote of the Region 9 Board will constitute affirmation of the applicant(s).
- D. Notification of outcome of the vote by the Region 9 Board shall be made to Region 9 Service Bodies, the Board of Trustees and World Service Office.

Motion required two-thirds vote to adopt. Motion BL2 as amended was **adopted.**

BM 1

The Bylaws Committee presented a substitute motion for BM1:

Substitute is: Under Current Wording:

Region 9 Policies and Procedures Assembly 1

Title of the Section – Duration of Assembly

That Assembly be extended to two full days (1989 b)

Proposed New Wording: OA Region 9 Assembly to commence after lunch on Wednesday.

Motion required majority to adopt. BM 1 **failed**

BM 3

The Chair moved that:

Policies and Procedures XI Miscellaneous Region 9 Newsletter

Amendment to the motion was presented by the Bylaws Committee.

The amendment was adopted. The final motion as amended was:-

Proposed:

Policies and Procedures XI MISCELLANEOUS

REGION 9 NEWSLETTER

Region 9 Assembly to implement a newsletter. The newsletter is to be produced at least once a year, after the assembly. This Region 9 Newsletter might include articles written by the Region 9 Committees, the Region 9 Representatives, the Region 9 Board and the R9 Trustee as well as news about the assembly itself that is not included in the minutes, and other features and articles relevant to the region. The R9 Newsletter is recommended to be 2 pages in size with one page divided equally and to be devoted to articles from the Region 9 Committees. The other page to be devoted to articles submitted by representatives attending the assembly or the R9 Board / Trustee.

The Newsletter will be assembled by an appointed member of Region 9 and the R9 Secretary.

Articles should be submitted within 45 days of the assembly. The newsletter will then be produced within a further – 30 days, reviewed by the R9 Board & Trustee and then placed on the Region 9 website.

Motion required majority to adopt. BM3 as amended was **adopted**.

3. Approval and Adoption of 2010-2011 Budget

The Budget was presented by the finance committee.

Motion required majority to adopt. Budget **adopted** (approved budget appendix H).

4. Election of Service Positions – Discussion and Election of Assembly/Convention Venues for 2011 – 2012

Election of Service Positions:

- Treasurer: reading of our Bylaws Art VII sect 3 regarding Elections. There were no applications for Treasurer in its current form.

Suggestion:

To have one Banker and one Treasurer. The Banker would be an OA member volunteer from the UK who could fulfill the direct banking obligations and the Treasurer position would then be open to all the members from Region 9 Assembly with the required qualifications.

1 application as the Treasurer: Isabella from Sweden wanted to be elected for one year.

2 applications as the Banker: Alison could stay on as a Banker for one or two years if required. Joanna could be elected for one or two years if required.

Each candidate addressed the Assembly. Voting was by ballot.

- Treasurer for a one year term: 20 votes cast, Isabella received 20 'yes' votes
Banker for a one or two year term as required: 19 votes cast, Alison received 16 'yes' votes
Joanna received 3 'yes' votes.

The Chair declared Isabella as Treasurer and Alison as Banker. The Chair asked Esti to destroy the ballots.

Committee Chairs: reading of our Bylaws Art IX Section 1, 2 and 3

Each candidate addressed the Assembly. Voting was by ballot.

- Chair of Bylaws Committee: Joanna was nominated and accepted. 20 votes cast, Joanna received 20 'yes' votes.
- Chair for the Translations Committee: Loes from the Netherlands was nominated and accepted 20 votes cast, Loes received 20 'yes' votes.
- Chair for the Public Information Committee: Isabel from Austria was nominated and accepted 20 votes cast, Isabel received 20 'yes' votes.
- Chair for the 12th Step Within Committee: Susan was nominated and accepted. Mette was nominated and accepted. 20 votes cast, Susan received 13 'yes' votes, Mette received 7 'yes' votes.
- Chair for the Electronic Communications Committee: Sabine was nominated and accepted. 19 votes cast, Sabine received 19 'yes' votes

The Chair declared

Joanna as Chair of Bylaws Committee

Loes as Chair of Translations Committee

Isabel as Chair of Public Information Committee

Susan as Chair of 12th Step Within Committee

Sabine as Chair of Electronic Communications Committee

Discussion and Election of Assembly/Convention Venues for 2011-2012:

- Proposals for 2011:

Egypt invited us to hold the Assembly and Convention 2011 in Egypt. The invitation from Egypt was read by Stella. Stella also read an email received from Egypt. There was no representative present from Egypt.

Belgium invited us to hold the Assembly and Convention 2011 in Belgium. The representative from Belgium addressed the Assembly.

After a lot of discussion, the Assembly decided to hold the Assembly and Convention in Belgium 2011.

- Proposals for 2012:

Austria is interested to host us in 2012.

Poland is interested to host us in 2012 or in the future.

Egypt might be interested to host us in 2012 but we would need to check this with them.

We voted not to make a decision on a country for 2012.

There are no other invitations for now and the decision will be made at the 2011 Assembly. All other countries within Region 9 are welcome to apply to hosting the Assembly and Convention in 2012.

The Assembly agreed upon to make a form for the countries to fill out when proposing to host us so that each country knows what information to give the Assembly when inviting us. Joanna to create form.

The Assembly requested that the Chair write to Egypt with regard to their invitation. The Chair to write to Egypt.

5. Liaison with Service Bodies not presented at the Assembly – allocation and adoption of service bodies

As a result of BM2 the Liaison with Service Bodies not represented was addressed by Susan – the new 12th Step Within Chair. Each representative and Board Member picked one or more countries which they will try to contact during the year. The representatives will contact the country/countries they chose and report to the 12th step within Committee.

Each representative was given a note with suggested questions when contacting them.

We changed the Agenda and decided that we have our informal Committee Sessions over dinner.

6. Formal discussion and vote on New Business Motions 6 and 8

BM 6

The Bylaws Committee Chair moved:

to create a policy regarding materials to be put on Region 9 website.

Amendment to the motion was presented by the Bylaws Committee.

The amendment was adopted. The final motion as amended was:-Proposed wording:

'The Region 9 website should contain the contact details of All Region 9 Service bodies. The list of such details will be prepared and updated by the Region 9 Secretary and the 12th step within Committee and updated every 6 months. The technical part of the task will be monitored by the Electronic Communications Committee Chair'.

Motion required majority to adopt. BM6 as amended **failed**

BM 8

Susan, Israel NSB Representative moved:

Substitute motion was presented by the Bylaws Committee

To insert the following into the Policies & Procedures manual:

Proposed wording: **IX World Service Business Conference & WSO**

FUNDING OF REGION 9 CHAIR TO WSBC

Region 9 Chairmen to attend every World Service Conference (1989h)

FUNDING OF REGION 9 DELEGATES

Delegates representing Region 9 as a whole may be sent to the WSBC if funds are available within the Region 9 budget or from the WSO. Those delegates will be (in order of privilege, in case the financial supplies are limited): the R9 board secretary, the R9 treasurer, and/or OA members from within Region 9 who have been to the World Service Business Conference before, meet the requirements for a WSBC delegate and will not be representing any other service body at the WSBC. Information about such persons being sought will be mailed to the service bodies that are sending delegates to the R9 Assembly in the year before the Conference in Question, the order of applications will determine the choice of the future Region 9 delegates.

COMMUNICATION FROM WSO

Move to.....

Motion required majority to adopt. BM8 as substituted was **adopted.**

7. Wrap up session

- Serenity Prayer)
- 2 min Meditation) '11th Step Sandwich'
- 3rd Step Prayer)
- 2 min writing on Bookmarks our personal Service Action Plan to take away with us.
- Personal Sharing
- The Green dots removed their green dots
- Responsibility Pledge said by all.
- Serenity Prayer

The meeting was adjourned at 16.50. To re-convene in Belgium in 2011. Date and final location to be notified to the Region as soon as they are known.

Submitted by: Karolina OA Region 9 Secretary

Approved Committee:

Stella (Chair)
Joanna
Isabella