ASSEMBLY MINUTES

REGION 9 ASSEMBLY 2012

Warsaw, Poland

October 24-26, 2012
INTRODUCTION TO THE ASSEMBLY MINUTES 2012

These are the Minutes of our Region 9 Overeaters Anonymous Assembly held in Warsaw, Poland, from Wednesday 24th until Friday 26th of October 2012. The minutes reflect pertinent decisions made at the assembly. Bylaws, Policy & Procedure motions deliberated and voted upon are contained in the minutes. Election results and summaries of other pertinent business discussions are also included. Appendices attached include the list of the assembly attendees, Committee Reports, workshop details, and other information.

Sessions included OA readings each day: 12 Steps, 12 Traditions, 12 Concepts of OA Service, Region 9 Motto, R9 Statement of Purpose, Preamble and Responsibility Pledge. Daily sessions began and ended with the Serenity Prayer, each time in one of the languages represented at the Assembly and also in English.

At the Assembly there were visitors attending from different countries. Visitors observed and assisted during the assembly and participated in workshops and committee sessions.

The 7th Tradition basket was passed at least once a day during the Assembly.


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24 October 2012, Wednesday

The Chair, Susan, called the meeting to order 17:05

Board Introductions: Chair- Susan, Trustee- Esti, Parliamentarian- Kate, Acting Secretary- Francene, Treasurer-Isabella (not present).

A short icebreaker, broken telephone, was done with the message: My sponsor helps me with my recovery.

**Announcements**

- R9 Chair monthly message: If not receiving – notify secretary
- Newsletter: Please send “shares”
- Website- Please use R9 and OA website
- OA Survey: Please participate: The 2013 World Service Business Conference theme is “Searching and Fearless: A Fellowship Inventory.” We’ve created a 4th Step inventory (a survey in English) to help us determine what’s working and where we can improve OA. Each member is being asked to complete the survey. The survey will be active online from October 17 until December 31, 2012.
- Voice America: 13 weeks webcast
- Step Ahead: OA newsletter available on OA website
- Courier: Professional newsletter available on OA website
- Feedback: Reps please send to Susan (Jan May Sept) an update of “what’s going on in your area.”

**Unaffiliated Service Bodies**

The Bylaws were read regarding representation from registered unaffiliated meetings in anticipation of such a member coming from Russia. Separate votes are taken regarding representative having a voice and representative having a vote.

Adopted unanimously to grant a voice to representative. Adopted to grant a vote to representative. Chair voted in favor to break the tie. (10 Yes/10 No)
Announcements – cont.

Upcoming Dates of Note:

17 Nov: Idea Day  (international day of Experiencing Abstinence)
12 Dec: 12th Step Within Day  
29 April - 4 May: World Service Business Conference 2013  
Albuquerque, New Mexico USA

1 Nov: Deadline to apply for Delegate support fund (financial help for Delegates to attend WSBC.)  [Delegate qualifications read from OA Bylaws Subpart B.]

29 Aug – 1 Sept: OA Convention, Cleveland, Ohio USA Theme: Recovery to Rock Our World


• Voting and Elections: We will be electing this assembly: Treasurer, Banker, Secretary, Committee Chairs.

• Please notify Chair if you are leaving before the end of the assembly.

• Thank You Cards: Alison - outgoing banker, Patrick - outgoing secretary.  Sign and return cards please.

• OA Meetings will be held: Thursday AM, Thursday PM, Friday AM.

• Contact with Service Bodies not present: Please sign up to contact a service body not present.

• Fundraisers: R9 magnet. Raffle: Prize Lifeline subscription.  50/50 Raffle.

• R9 30th Birthday: In celebration of R9’s 30th birthday this year, we will have trivia questions throughout the assembly.  (See Appendix P.)

• Abstinence Readings: Will be read throughout the assembly - prizes will be awarded!  (See Appendix F.)
Credentials Report

22 voting members
3 non-voting members
15 countries, constituting a quorum, were represented: Spain, Hungary, Belgium, Austria, England, Poland, Ireland, Italy, Denmark, Netherlands, Switzerland, Finland, Greece, Israel, Iceland.

The credentials report was accepted as presented.

Review of Strategic Operations Plan (SOP)

Chair discussed in brief. Please see Appendix M for Strategic Operations Plan.

Literature Table: OA Handbook, suggested meeting format, Lifeline, listing of OA approved literature, and others.

Agenda

The modified agenda was approved with adjustments as necessary.

The assembly binder was reviewed.

Informal Opening:

Representatives shared briefly about their service bodies. See Appendix K for details.

The abstinence count of those in the room was 142 years.

Francene appointed as Acting Secretary; post carries a vote.

The Parliamentarian explained workings of assembly.

Adoption of Ground Rules

A proposal to change time in Number 16 to 19:15 rather than 19:45 was accepted. A proposal under Number 10 to strike the sentence starting “The exception” ending “voted upon.” was accepted. The ground rules were adopted as amended.
Steps, Traditions, Concepts of OA Service Principles Workshop

Assembly members shared on a principle (from the steps, traditions, and concepts) that they found inside their popped balloon. *(See appendix N.)*

Chair received a parliamentary inquiry regarding the validity of the previous vote reference “voice and vote of unaffiliated representative.” It was established we had not determined the voting membership of the assembly and the Chair declared the previous vote out of order.

Adopted to allow the unaffiliated service body representative a voice, and a vote.

Updated Credentials Report 24 October

22 voting members
2 non-voting members
14 countries were present - quorum

25 October 2012, Thursday

Credentials Report Thursday 25 October

26 voting members
2 non-voting members
Credential report accepted as presented

Minutes 2011 Assembly

The minutes of the 2011 assembly were approved as presented.

The Chair appointed for the Minutes Approval Committee for the 2012 Assembly as Catherine and Sarah.

The Chair appointed Vassiliki as timekeeper for the assembly.
Overview of Assembly

The Secretary will mail an evaluation after assembly.

Questions Arising from R9 Reports

No questions were posed regarding reports of: Chair, Secretary, Translation Chair, Bylaws Committee, Public Information Committee, 12th Step Within Committee, Finance Committee, Trustee.

Treasurer, Banker, (Questions deferred until Treasurer present. Questions raised: Was Dutch IG or Rotterdam contribution different or same? Is the Athens, Greece contribution from National Service Board?)

Electronic Communications Committee: WSBC changed several pamphlets - were they updated on the website, for example: 15 Questions? Not yet.

The minutes reflect thanks to Patrick who served as R9 Secretary.

Chair thanked Committee chairs for the reports.

Secretary, Treasurer Responsibilities

The responsibilities of these offices were read preparatory to elections and in order to understand better the duties of these service positions.

R9 Finances & Finances Within The Strategic Plan

Trustee, Esti, presented information regarding R9 finances and strategic plan financial information. See Appendix J for details.

7th Tradition Workshop

A 7th Tradition workshop & Skit was held. See Appendix L.

REGION 9 TRUSTEE

Esti, R9 Trustee, discussed her responsibilities and some of the work she has done as Trustee this last year. Liaison between region and Board of Trustees (BOT). 10 Regional trustees in OA. New virtual service trustee. 6 general service trustees. Bring information from board to region and vice versa. Attended board meeting 4X year (Nov, Feb, May,
Aug.) Discuss strategic plan, motions, amend bylaws, bring motions to WSBC. Servants of OA. Attend R9 assembly each year. Help spread the message of OA by doing traditions, concepts workshops; also other topics such as abstinence. Have a budget to help accomplish. Has monies left from this year - contact her if you would like to arrange a workshop. Has been invited to attend assemblies and also give workshops there. Invests in visits to small fellowship areas to make them stronger and encourage growth, and how to reach out (PI). Went to Russia last July. The language barrier is difficult as exemplified in Russian contact. Review bylaws. Suggest sending to Trustee before the vote is done. Trustee will comment and return to you before voting done. Procedure: send to Trustee for OK prior to sending to WSO. Questions direct to Trustee and also from website which she answers. Cannot answer all but will do best. Co-Chair of: Unity With Diversity Committee (WSBC conference committee.) Previous four years chaired Translations Committee and is still on that committee so you can come to her with questions. A lot of work - but rewarding.

**Translations Workshop**

Please see Appendix O for information regarding workshop.

**Mock Debate**

The Parliamentarian conducted a mock debate.

**Committee Sessions**

The Representatives participated in the committee sessions for: Translations, Bylaws, Public Information, 12th Step Within, Electronic Communications, and Finance (deferred until Friday.)

**Liaison With Service Bodies Not Present**

Metta discussed the responsibility of the representatives at R9 Assembly to get in contact with SB’s not represented. Check the OA website to find out how to contact (phone number, post, e-mail). It is important to contact even if we do not get an answer. If we reach out - they may come next assembly. Most important thing is that we just do this to reach out. Don’t contact a country that already is being contacted by someone else -pick a different country. Some of the countries on the
list may have been here in the past. Please e-mail all info (even if unable to secure) to Metta within six months.

**Ask-It-Basket**

Ask-it-basket questions were answered. Any unanswered questions will be addressed in the next newsletter. See *Appendix H* for questions and responses.

**Reports From Committee Sessions**

Translations Committee Report: *Appendix C1*
Bylaws Committee Report: *Appendix C2*
Public Information Committee Report: *Appendix C3*
12th Step Within Committee Report: *Appendix C4*
Electronic Communications Committee Report: *Appendix C5*
Finance Committee Report: *Appendix C6*

**Region 9 Chair**

Susan, R9 Chair, discussed her responsibilities and service within the last year: Ensure notice and invite for R9 Assembly is sent out; notice SB’s about amendments to Bylaws; Prepare and send agenda for Assembly; Preside over R9 Assembly; Voting delegate at WSBC; Communicate with R9 officers and committees; attends functions within region; Reps R9 at World Service Level (WSBC, BOT, RCC); works with R9 Trustee; Chairs R9 board; let IG’s and delegates know about open service positions and hosting for Assembly and Convention; unofficially speaking - communication; Monthly Chair’s message; newsletter; monthly R9 board meetings; committee chair meetings (bi-monthly); one-on-one meetings; sends info to website; answers e-mails. Helps carry out the SOP through these methods. Involved with many aspects of R9 Assembly. Encourage establishment of IG’s and for groups to become affiliated. Attends RCC (Region Chair Committee) meetings, BOT meeting re SOP, helps with WSBC forum, Vice Chair of Region Chair’s Committee (RCC).
**Abstinence Workshop**

A statement on “Abstinence & Recovery” was read. A skit regarding abstinence was followed by discussions in breakout groups. After reporting, it was requested a member from each group please send feedback for the newsletter. See *Appendix G*.

**Revised Credentials Report PM Thursday 25 October**

27 Voting Members  
2 Non-Voting Members  
17 Countries - Quorum  
The revised credentials report was **accepted** as presented.

**2012-2013 Suggested R9 Budget**

Isabella, R9 Treasurer, presented the amended proposed budget for discussion and questions.

**Proposed Motion:**
Move to establish a general assistance fund that will include the translation fund money and additional amount of money that will be allocated in the budget for general purposes such as translation, PI, PO etc.

Submitted by: Public Information Committee  
Implementation: To be put in the Policies and Procedures of Region9  
Rationale: It has come to the attention of the PI committee that there are some countries within R9 who are interested in carrying out PI[.] [H]owever financially they are not able to do so.

**Motion Adopted**

**Election Of Service Positions**

Voting was by ballot and handled by a Tellers Committee of non-voting volunteers, along with the Parliamentarian.
**Treasurer**
27 Votes cast for Treasurer. Isabella received 27 yes votes. Isabella elected R9 Treasurer.

**Banker**

**Secretary**
27 Votes cast for Secretary. Mette received 25 yes votes. Mette elected R9 Secretary.

**Bylaws Committee Chair**
27 Votes cast for BL Committee Chair. Siobhan 25 yes votes. 1 illegal ballot. Siobhan elected Bylaws Committee Chair.

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**26 October 2012, Friday**

**Credentials Report**
27 Voting Members
2 Non-Voting Members
17 Countries - Quorum
The credentials report accepted as presented.

**Election Of Service Positions (cont.)**

**Public Information Chair**
27 Votes cast for PI Chair. Debora received 27 yes votes. Debora elected Public Information Committee Chair.

**12th Step Within Chair**
27 Votes cast for 12th Step Within Chair. Chadia received 27 yes votes. Chadia elected 12th Step Within Chair.

**Electronic Communications Chair**
27 Votes cast for Communications Chair. Fawn received 27 yes votes. Fawn elected Electric Communication Committee Chair.

**R9 Newsletter Editor Coordinator** (non-voting member)
Roy (Israel) volunteered and was accepted.

Motion to destroy ballots was accepted.

**Elections 2014 Assembly Convention Venue**

Discussion held. No current bids for 2014. Bids may be submitted now for a decision to be made at the 2013 Assembly. Suggested dates: 4th weekend of October or possibly 1st weekend of November.

**Consent Agenda**

The consent agenda has been provided to all Representatives prior to assembly.

- **BL1** - withdrawn by Bylaws Committee
- **BL2** - withdrawn by Bylaws Committee
- **BL3** - withdrawn by Bylaws Committee
- **BL4** - withdrawn by Bylaws Committee
- **BL5** - withdrawn by Bylaws Committee
- **BL6** - withdrawn by Bylaws Committee

**BL 1-6** were withdrawn because wording regarding “Virtual Service Boards” controverts Subpart B of WSBC Bylaws.

**BME** - withdrawn by the Bylaws Committee as is included already in **BMA**.

**BMA** withdrawn from consent agenda.

**BMQ** withdrawn from consent agenda.

**BMG** withdrawn from consent agenda.

The items remaining on the consent agenda require a **2/3 majority** to be adopted.

There were **no objections** to the remaining consent agenda for Bylaws motions and business motions.
There were 26 affirmative votes and the following consent agenda items were adopted: BL7, BL9, BL12, BMB, BMD, BMF, BMH, BMI, BMJ, BMK, BML, BMM, BMN, BMO, BMP, BMR, BMS.

Please see Appendix A for details of these motions.

**Proposal Item: BL 8**

**MOTION: TO AMEND ARTICLE VII, SECTION 3 D AS FOLLOWS:**

**ARTICLE VII, Section 3.**

d) Board members are elected to serve for a two (2) year term. A member who has already served may stand for re-election for a further term in any Board position. A member who has just completed eight (8) consecutive years of service may stand for re-election only after an interval of two (2) years. Board members should not serve more than two consecutive terms in the same position. No Board member shall serve for more than eight (8) consecutive years in a combination of positions.

**The Bylaws Committee Moved To Amend The Motion As Follows:**

d) Board members are elected to serve for a two (2) year term. Board members should not serve more than two consecutive terms in the same position. A member who has just completed eight (8) consecutive years of service may stand for re-election only after an interval of two (2) years.

**AMMENDMENT TO MOTION BL8 ADOPTED (UNANIMOUSLY)**

**MOTION BL8 ADOPTED AS AMENDED (UNANIMOUSLY)**

**2013 BUDGET**

There was a motion to adopt the budget as amended.

Motion was adopted unanimously.
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Love the Differences

(See Appendix B for Adopted Budget.)

**Proposal Item: BL 10**

Motion: **TO AMEND ARTICLE IX, SECTION 3 AS FOLLOWS**

Section 3 – Election of Committee Chairs.

a Nominations and elections shall be held in each odd numbered year when a committee chair position is vacant at the Region 9 Assembly

b To be eligible for election, a person must be a voting member present at the meeting and an OA member from Region 9. To be elected, a member must receive a majority vote of the representatives present.

c Committee Chairs are elected for a two year term.

**LARA MOVED TO DIVIDE THE QUESTION.**
**THE MOTION TO DIVIDE WAS ADOPTED (21 YES 5 NO)**

**BL10 A - ADOPTED (UNANIMOUSLY)**

**BL10 B - NOT ADOPTED**

**Proposal Item: BM Q**

**MOVE TO AMEND THE P&P SECTION 2 BY INSERTING / DELETING (1999H) AS FOLLOWS:**

**CHAIRPERSON:**

The Chairperson is elected by the Region 9 Assembly for a period of two years and fills a variety of duties:

- Chairs the R9 business assemblies, including preparation of the Agenda
Embrace the Similarities
Love the Differences

Region

- Communicates with the different R9 officers and committees during the year
- Attends functions within the Region, where budget allows
- Represents R9 at the World Service level, including at the WSBC
- Represents R9 in the Board of Trustees Intergroup and Region committee (IGAR)
- Works with the R9 Trustee on some of the issues directly concerning the Region
- Chairs the R9 Board
- Is responsible for ensuring that the Assembly invitation and associated necessary documents are sent to all registered service bodies and officers of Region 9. This include but are not limited to: An Officer Nomination form is sent to each Intergroup and Delegate in an election year - Is responsible for sending a Bid-A bid form for hosting a R9 Assembly to Intergroups and Delegates on election year (1999h)
- Facilitate Service, Traditions and Concepts (STC) workshops when and where possible within Region 9

THE BYLAWS COMMITTEE PROPOSED THE FOLLOWING AMENDMENT TO THE BMQ AMENDMENT:

Strike as follows “This include but are not limited to”

AMENDMENT ADOPTED (UNANIMOUSLY)

BMQ ADOPTED AS AMENDED (UNANIMOUSLY)

Proposal Item: BL 11

MOTION: TO AMEND AND INSERT ARTICLE IX, SECTION 2, 4, 5, 6 AND 7 AS FOLLOWS:

ARTICLE IX – COMMITTEES

Section 2 Duties

a Committee Chairs are responsible for coordinating the activities of their Committees, chairing Committee meetings, and reporting to the Region 9 Assembly and Board when appropriate, Committee
Chairs shall furnish a written activity report to the annual Region 9 Assembly.

b The Treasurer of Region 9 shall chair the Budget Committee.

[Section 3 – Election of Committee Chairs  This is not repeated here as no amendments are being made to it.]  

Section 4 Finance and Budget Committee Members

a The Treasurer of Region 9 shall chair the Finance and Budget Committee.

b If the Treasurer does not reside in United Kingdom, then the role of Banker may be created. The Banker will automatically become a member of the Finance Committee.

Section 5 Banker Duties

The role of Banker is to receive monies from Region 9, bank them, and provide receipts to the sender; confirm incoming and outgoing money to the Region 9 Chair and Treasurer; copy and forward bank statements to the Region 9 Chair and Treasurer; liaise with the Treasurer; report annually to the Region 9 Assembly in written format.

Section 6 Election of Banker

If the Treasurer does not reside in the United Kingdom and the role of Banker is required to assist the Treasurer then the following process may be used:

a To be eligible for election of position of Banker, the person does not have to be present at the Assembly at which the election is taking place, see Region 9 Policies and Procedures for guidelines on election.

b To be elected as Banker, a member must receive a majority vote of the representatives present.

c The position is elected for a two year term to run concurrently with the Treasurer’s position and these elections can be held in any year that the position is required.

d The Banker should serve for no more than four consecutive years.
Nominations may be received from voting delegates present at the Region 9 Assembly at which the election is taking place or from visitors to the Region 9 Assembly or a member of OA who is not in attendance. If the nominee is present they shall be called upon to present their qualifications briefly to the Assembly. If the nominee is not present they may submit an application which will be read out to the Assembly.

f) If no applications are received at the Region 9 Assembly at which the election is required or if a vacancy occurs during the term of office between Assemblies then the position can be filled by a person appointed by a majority vote of the Region 9 Board.

Section 7 - Qualifications of Banker

To be eligible the nominees for the position of Banker shall have where possible at least one year of current abstinence and at least two years of service beyond group level at the time of election. In the event of a candidate with these qualifications not being present a candidate who does not have these qualifications can be elected provided that they comply with ARTICLE IV - Section 3 c and can demonstrate that they have a good record of service to the Fellowship, and faithful adherence to the Twelve Steps and twelve Traditions of OA.

The Bylaws Committee proposed the following amendment to BL 11:

**INSERT TO SECTION 6**

The bank will do a credit check on the elected candidate. Should the Banker fail the check, a new Banker must be found.

**AMENDMENT TO BL 11 ADOPTED (UNANIMOUSLY)**

**BL 11 ADOPTED AS AMENDED (UNANIMOUSLY)**

**PROPOSAL Item: BM C**

**MOVE: TO AMEND THE P& P BY INSERTING THE FOLLOWING INTO SECTION 2 AFTER THE TREASURER’S JOB DESCRIPTION:**
BANKER The Region 9 Banker is not a Board position, but is a Region 9 member from Great Britain who is elected by the Region 9 Assembly if the Region 9 Treasurer is not from Great Britain for a two year term in line with the Treasurers term. The roles the Banker undertakes can be undertaken by the Region 9 Treasurer if they are living in Great Britain. The Banker’s service is overseen by the Region 9 Treasurer and works in conjunction with the Treasurer. The Banker receives all 7th Tradition Contributions, and sends out receipts in reply (usually by email). Arranges cheques to be signed and forwarded to the registered Region 9 bank account signatories. Is ideally a signatory for the Region 9 bank account. Maintains a list of all incoming and outgoing financial transactions of the bank account and sends this to the Region 9 Chair and Treasurer regularly. Carries out duties on behalf of the Treasurer. Receives, maintains and reconciles the bank statement and ensures the Region 9 Chair, Treasurer and Accountant receive a copy.

**BM C ADOPTED (UNANIMOUSLY)**

**PROPOSAL ITEM: BM A**

**MOVE TO AMEND THE P& P SECTION 2 BY INSERTING / DELETING (1999H) AS FOLLOWS:**

SECRETARY: The main responsibilities of the Secretary are to produce and mail minutes of all Region 9 Assemblies, and maintain updated listing of R9 Intergroups and National/Language Service Boards. The procedure for this is as follows: MINUTES OF THE ASSEMBLY:

1. The Chair will send out an agenda prior to the Assembly, and will include reminders to all Officers and presenters of topics to bring with them to Assembly a written report for inclusion with the minutes.

2. It is useful to record the Assembly with a tape recorder. A small hand held machine is quite adequate. A tape recorder may be used if required.

3. At the R9 Assembly, the Secretary needs to collect copies of all reports to be included with the minutes. It is also necessary that all motions are given to the Secretary in writing. It is important to record note the name of the proposer and seconder, and the count of the voting on each motion.
Region

4. The time scale for producing the minutes is short, and it is helpful to have copies of all paperwork to be included with the minutes in your possession, when coming home from the assembly, as there may not be time to use the postal system and still get the minutes out to ensure the minutes are distributed in the timescale set out in the bylaws.

5. Typing the actual minutes is time consuming. It's probably a full day's work. Please see the ground rules for current wording for minutes approval committee. When the first draft is complete, it is useful to fax a copy of the minutes to the chair, or another officer who was present at the Assembly for any comments. It's also useful to have a local member proof read the minutes for spelling or grammar mistakes. The minutes will include all reports, and revised copies of the R9 Bylaws and P&P Manuals, if possible.

6. Once the minutes are printed and bound in a simple binder, one copy can be taken to the post office where it is weighed and the postage costs for the different parts of the world assessed. Then one can buy the stamps and do the mailing from home, if that is suitable. The minutes are expensive to produce, so it is always helpful to keep a balance of monies in a satellite account if the Secretary is not in local contact with the Treasurer.

The minutes are then distributed to all registered service bodies in R9 and to those members present at the Assembly by email where possible or in post.

UPDATE OF LISTS Another duty for the Secretary is to see that an up to date list of all R9 Intergroups and National/Language /Virtual Service Boards is mailed periodically to each R9 officer. This is compiled from information which the Intergroups may send directly to the Secretary and also from the information which the World Service Office sends directly to the Secretary. The World Service Office will send a list of all Intergroups and meetings in R9 to the Secretary periodically, as well as all enquiry letters they may have received. The letters are forwarded to the Outreach chair who will send off letters welcoming new meetings. It is helpful for the Secretary to inform the R9 Trustee or Chair of new Intergroups forming in the Region. It is useful to keep in contact with the R9 Chair on a regular basis. (1999h) Move that reports and documents be delivered to the registered representatives prior to Assembly. (2002h)

Addresses are to be provided on the contact list attached to the assembly minutes. Any person not willing to have their address published, should advise the secretary at the Assembly, who will not publish their address. (1999a) Move to adopt the Region 9 Minutes to a manageable size. The Region 9 Minutes will contain: Date/Time and place of Region 9 Assembly, names of Officers, number of representatives present, record of action taken on the minutes of the previous meeting, the exact wording of each motion as it was voted on, and whether it
passed or failed, the maker’s name. If the vote counted, the count should be included. Any notice given at the meeting. Points of order and appeals, and Committee reports. A note that the revised version of Region 9 Bylaws and P & P can be obtained from the Region 9 web site or can be requested from the Region 9 secretary. To avoid confusing the Minutes with other Region 9 Assembly materials, they will be called Region 9 Minutes. (2005a)

**UPDATING OF OTHER R9 DOCUMENTS** The Secretary will periodically check and update various R9 documents e.g. Vital Link, where necessary

**WORKSHOPS** Facilitate Service, Traditions and Concepts (STC) workshops when and where possible within Region 9

**BM A: Substitute motion**

The Bylaws Committee proposed a substitute motion as follows:

**Take out 5 and 6 and substitute:**

5) Please see the ground rules for current wording for minutes approval committee. Email the draft minutes to the R9 Chair and the minutes approval committee to check. Once any amendments are made and the Chair and MAC have agreed them all, then the minutes can be distributed. The minutes will include all reports, and revised copies of the R9 Bylaws and P&P manuals if possible.

6) The minutes are then distributed to all registered service bodies in R9 and to those members present at the Assembly by email where possible or in the post. A copy is also posted to the website.

Also to strike the word “virtual” from the motion.

**THE SUBSTITUTE MOTION WAS ADOPTED**

**BM A WAS ADOPTED AS SUBSTITUTED**

**PROPOSAL ITEM: BM G**

MOVE: to amend the P&P by renaming “translations committee” as “literature and translation committee” in contents table and in sections II, III and IV.
Embrace the Similarities
Love the Differences

AMENDMENT TO BM G

Add “AND VIII”

AMENDMENT ADOPTED (UNANIMOUSLY)

BM G ADOPTED AS AMENDED (25 YES 1 NO)

Emergency New Business

Emergency Business Motion Proposed by Lara
   Seconded by Debora
(Chair and Bylaws Chair determined this was emergency business.)

   Move to amend BYLAW ARTICLE 4 SECTION 2F (P 124)
   By adding the following to F:

   “The proposed delegate should submit a written statement on why
   they are unaffiliated, if they plan to be affiliated in the future and if
   they meet the delegate requirements.”

MOTION ADOPTED

Committee Sessions
The committees met again to finish up committee work.

Wrap Up Session

The assembly concluded with additional Abstinence readings, more prizes,
and the Green Dot ceremony. The 7th Tradition collection for the
assembly was 227.21€ plus 369.53 zloty. We shared on a personal level
about our experiences. The serenity prayer (said in Polish, in our own
language simultaneously, and then English) concluded the wrap up.

The Region 9 Assembly was concluded at 4:50.

Submitted by: Francene, Acting Secretary
Approved Minutes Committee: Susan, Sarah, and Catherine
### Appendix A

#### Consent Agenda Adopted Motions Table

<table>
<thead>
<tr>
<th>Motion</th>
<th>Full text of adopted Motion</th>
</tr>
</thead>
</table>
| BL7    | **ARTICLE III, SECTION 2**  
         The Composition of an Intergroup.  
         a Two (2) or more Groups may form an Intergroup for the purpose of servicing and representing the Groups of which they are composed and acting as the guardian of the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service. Each Intergroup should be composed of groups within its geographical proximity.  
         b Each State/Province may have at least one Intergroup. In a State/Province having only one Group, that Group may function as an Intergroup.  
         c To establish that an Intergroup is registered, the World Service Register shall be used. |
| BL9    | **ARTICLE VII, SECTION 3B**  
         b To be eligible for election to membership of the Region 9 Board, a person must be present at the meeting and be an OA member from Region 9. In addition a person standing for the office of Chair must have been a representative at a previous Region 9 Assembly. To be elected, a member must receive a majority vote of the representatives present. In addition each candidate for the Region Board shall have where possible at least one year of current abstinence and at least two years of service above group level at the time of election. In the event of a candidate with these qualifications not being present a candidate who has not these qualifications can be elected provided that they can demonstrate that they have a good record of service to the Fellowship, and faithful adherence to the Twelve Steps, and Twelve Traditions and guided by the Twelve Concepts of OA. |
| BL12   | **ARTICLE V – MEETING TIMES AND NOTIFICATION - Section 2**  
         Notification of this Assembly shall be mailed or emailed to all member groups, Intergroups, unaffiliated groups and National Service Boards at least six months prior to the date of the Assembly. The notification will include an invitation to the Assembly from the organising committee, the registration form to send a delegate, a blank new business motion and a blank new bylaws amendment motion, an application for financial assistance and a letter from the Region 9 Chair. |
### PARLIAMENTARIAN

The Parliamentarian is appointed by the R9 Chair to assist the Chair at the R9 Assembly in the smooth running of the business. The Parliamentarian has no opinion on any of the issues under debate but will help to guide the Chair and representatives present of Robert’s Rules of Order, the R9 Bylaws, Ground Rules and Traditions. The costs of travel and accommodation are to be agreed in the budget of the year prior.

### COMMITTEE PARTICIPATION

The representatives are encouraged to join one of the following Region 9 committees: Budget and Finance, Public Information, Bylaws, Electronic Communications, Translations, Twelfth step within. Although committee meetings take place during the Assembly, in most cases members are required to work for the committee throughout the year.

### III REGION 9 COMMITTEES

COMMITTEES RELEVANT FOR REGION 9 The following committees will operate: Budget and Finance, Bylaws, Electronic Communications, Translations. (1997b) Twelfth step within (2008j), Public Information TRANSLATIONS COMMITTEE Will be the centre for information flow about translation and printing of OA material, both for matters of policy and of process. (1997b) ELECTRONIC COMMUNICATIONS Will be the centre for information flow about electronic communications, both for matters of policy and of process. (1997b)

TWELFTH STEP WITHIN The purpose of this committee is to offer support and guidance to new and existing groups and service bodies.(2008j)

PUBLIC INFORMATION Will help OA groups and service bodies to spread the word about OA’s programme of recovery to professionals, media and the public through attraction not promotion in the area covered by Region 9 BUDGET AND FINANCE Will deal with all financial and budgeting matters relating to OA

R9 BYLAWS Will maintain and update the R9 bylaws and the Policy and Procedure manual, will assist in wording and review all bylaw amendments and new business motions that are to be presented to the assembly.
<table>
<thead>
<tr>
<th>SUPPORT OF COMMITTEE CHAIRS</th>
<th>Move that a “Buddy” system be brought into place for committee chairs to support each other in the work they have undertaken for the year. (2002b)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMH</td>
<td>P &amp; SECTION IV</td>
</tr>
<tr>
<td>REGION 9 TRANSLATIONS</td>
<td>ASSEMBLY ASSISTANCE WITH TRANSLATIONS The R9 Assembly will assist the Service Boards within Region 9 by helping with any necessary legal work for getting translated literature approved by the WSO. At the assembly; the translations committee and /or Region 9 trustee will assist with filling in and explaining the licensing agreement forms to get translated literature approved. (2008k)</td>
</tr>
<tr>
<td>Each year at the Assembly we will set aside time in the agenda for issues regarding translating literature. This may include a workshop and / or assisting with questions regarding translating literature, understanding the different licensing agreement forms, filling in licensing agreement forms, copyright-issues and other issues related to translating literature. (2008n)</td>
<td></td>
</tr>
<tr>
<td>We encourage each non English speaking country to translate at least one piece of literature each year.</td>
<td></td>
</tr>
<tr>
<td>“TRANSLATION GUIDELINES The Translation guidelines submitted by the R9 Translations committee in 1999 and updated in 2002 and approved in 2005 have now been rescinded and R9 will now refer to the document “OA TRANSLATION GUIDELINES FOR OA LITERATURE” which is available on the <a href="http://www.oa.org">www.oa.org</a> website for the worldwide fellowship of OA.”</td>
<td></td>
</tr>
<tr>
<td>BMI</td>
<td>P &amp; P Section V – Finance and Budget</td>
</tr>
<tr>
<td>FINANCIAL ASSISTANCE FOR TRANSLATION/PRINTING</td>
<td>Move to provide funding for the professional translation and/or printing of Literature After adopting a budget for Translation at that Region Nine Assembly, application forms will be sent out with the minutes of the Assembly. The treasurer will then send a reminder (via the Secretary) to all service bodies by email by 1st December and 1st May. These applications must be sent to the treasurer by 1st February and 1st July of the following year. The board is authorised to make a decision on the allocation of the translation and printing of literature budget by 1st March and 1st August.</td>
</tr>
<tr>
<td>BMJ</td>
<td>P &amp; P Section V - Finance and Budget</td>
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<tr>
<td>------</td>
<td>-------------------------------------</td>
</tr>
<tr>
<td></td>
<td><strong>SIGNATORIES ON BANK ACCOUNT</strong></td>
</tr>
<tr>
<td></td>
<td>As the R9 bank account is held in Great Britain, there needs to be 3 signatories of OA members residing in Great Britain who are able to sign cheques. Any two of those can sign a cheque. If there are not sufficient Region 9 Board members residing in Great Britain to cover all three signatories, then the Banker may also be a signatory and up to 2 (two) additional OA members chosen by the Region 9 Assembly or if this is not possible appointed by the Region 9 board to carry out this service. Those signatories should be chosen carefully for longevity and service in OA, 12 month’s minimum abstinence, no bankruptcy history and a prompt response to requests for cheques to be signed. The decision over what cheques are to be signed still resides with the Treasurer. If it is possible under the bank's rules for the Region 9 board members who reside outside of Great Britain to be signatories then they may still be signatories but due to the length of time it would take to post cheques abroad it is still advisable to have sufficient signatories in Great Britain.</td>
</tr>
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<table>
<thead>
<tr>
<th>BMK</th>
<th>P &amp; P Section V – Finance and Budget</th>
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<tbody>
<tr>
<td></td>
<td><strong>FINANCIAL ASSISTANCE FOR DELEGATES TO REGION 9 ASSEMBLY</strong> Financial assistance be granted to delegates travelling to Region 9 Assemblies. Draft claim form approved. (1985b)</td>
</tr>
<tr>
<td></td>
<td>That the mailings to all member groups and Intergroups as in article 5(i) of the Bylaws, shall include applications for assistance. This application form will also be posted on the R9 website. Completed application forms will be submitted to the R9 Treasurer at least 3 months prior to the date of the Assembly. (2011d) It is required that the service bodies requesting such funds attach to the application form for assistance – the latest financial summary of the service body and that they give details of any funding for attendance at Region 9 Assembly from elsewhere. The Region 9 Board are authorized to consider (by email) those applications (2008e) The Assembly resolves that priority for financial assistance for Regional representatives travelling to the R9 Assembly will be given to those IGs and NSBs that cannot afford to fund a delegate on their own, to those with the greatest distance to travel and to those attending their first Assembly. (1996h) (2011c) The Board is authorized to make a decision on transferring up to EUR 2400.00 (GBP 1700.00) from Service to Delegate Assistance, 3 months before the next Assembly, whenever that takes place. (2007a) Payment of this assistance</td>
</tr>
</tbody>
</table>
Embrace the Similarities
Love the Differences

<table>
<thead>
<tr>
<th>Region</th>
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<tbody>
<tr>
<td>will be at the Assembly itself. (2011c)</td>
</tr>
</tbody>
</table>

**AD-HOC PAYMENTS FOR MISCELLANEOUS BY COMMITTEE CHAIRS**  That Committee Chairpersons can spend up to EUR 110.00 (GBP 73.33) for Region 9 with written (includes email) prior permission from Assembly, Region 9 Board. (2006g)

**ON-LINE BANKING**  An online policy with bank established with online access available to Region 9 signatories, Banker, Chair and Treasurer.

<table>
<thead>
<tr>
<th>BML</th>
<th>P &amp; P Section V – Finance and Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ELECTION OF BANKER</strong>  Should anyone standing for the position of Banker not be present at the assembly at which their nomination is taking place, it is preferable (if it can be arranged) if the nominee makes themselves available for a live communication (e.g. by Skype) with the Assembly at the time of the election. The R9 board will give instructions to all nominees for this position about the method and timing of this communication. If it is possible, then the Assembly delegates should be able to ask questions of (and hopefully “see”) the nominees to assist them in making their decisions as to who to elect to this vital position. The election process will continue as normal if this method is not possible.</td>
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<table>
<thead>
<tr>
<th>BMM</th>
<th>P&amp; P SECTION VI WEBSITE RESCISSION OF DATE ITEMS AS FOLLOWS</th>
</tr>
</thead>
</table>
| **AUTOMATION OF WORLD SERVICE ONLINE MEETING**  Motion adopted that Region 9 a) investigates options and cost benefits for the automation of the world service online meeting; b) contact other Region chairs to get their views on the value of the automation with a view to putting forward a proposal to the world service office at the next world service business conference.— (2001e)  

**WSO ONLINE MEETING DIRECTORY**  We move to ask World Service to investigate the options and costs to improve the search capabilities of the world service online meeting directory. The search results should be narrowed down by allowing search by “closest city” and zip code, and the results should be displayed in a single page making it quicker to find the appropriate meeting. The meeting form would have to be changed to include “closest city.”— (2002d) |

<table>
<thead>
<tr>
<th>BMN</th>
<th>P&amp; P SECTION VIII PUBLIC INFORMATION</th>
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<tbody>
<tr>
<td><strong>REGION 9 WEEK</strong>  Move to adopt a Region 9 week to think of our</td>
<td></td>
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</table>
members and the still suffering compulsive overeater. Also in view of our geography, countries, states and language barriers within our Region to think about OAs who may be living in troubled or poor areas. (2006e) The first week of September is designated as Region 9 week. (2008c) The Assembly will make a detailed plan for PI work in order to increase awareness of OA in countries that do not have any OA meetings at all or have only very few meetings. The nature and content of this PI will be decided by the Assembly or the Translation, Twelfth Step Within and PI committees. (2008i)

<table>
<thead>
<tr>
<th>BMO</th>
<th>P &amp; P SECTION XI MISCELLANEOUS - RESCISSION OF DATE ITEMS AS FOLLOWS IN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>FOOD PLANS</strong></td>
</tr>
<tr>
<td></td>
<td>Move that in the event that WSBC does not adopt the pamphlet Dignity of Choice, the WSBC Policy 2000a directing the Board of Trustees to develop this pamphlet, will be rescinded. The Board of Trustees shall evaluate the events that took place at WSBC between 2000-2003. The BOT will collect further information from Regions, National/Language Service Boards and Intergroups and will submit their conclusions and/or proposals for bringing about unity on the issue of food plans to WSBC 2004. (2002l)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BMP</th>
<th>P &amp; P SECTION XI MISCELLANEOUS - RESCISSION OF DATE ITEM AS FOLLOWS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td><strong>ANOREXIA / BULIMIA Region 9 to propose new business policy motion for WSBC-1998 to rescind WSBC policy 1982a that states</strong> “Overeaters Anonymous does not have any literature for specific eating disorders other than compulsive overeating. We welcome love and fellowship all who have the desire to stop eating compulsively”. (1997f) <strong>Anorexic/Bulimic issue</strong> After a long and moving discussion the following position statement was adopted: We believe our literature is not yet inclusive; it is especially important that the first contact with a newcomer (of all types) be inclusive. The term “compulsive eater” is more inclusive than “compulsive overeater.” Some members feel that the term “abstinence” is the biggest obstacle to an inclusive approach. The majority feel that what we have in common is our thinking. Some feel that the real differences exist but that it is possible to find common ground within the existing literature. (1997h)</td>
</tr>
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<thead>
<tr>
<th>BMR</th>
<th>P &amp; P SECTION II</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>TREASURER:</strong></td>
</tr>
</tbody>
</table>

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**Embrace the Similarities**  
**Love the Differences**

<table>
<thead>
<tr>
<th>Region</th>
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<tbody>
<tr>
<td>The Treasurer is elected by the Region 9 Assembly for a period of two years and fills a variety of duties: - Chairs R9's Budget and Finance committee - Prepares an annual budget for approval of the assembly - Maintains records of all Income and expenses incurred by the different activities in the Region - Provide an annual report of all contributions received, as well as income and expenses - Maintains the R9 bank account and records of monies kept by different functions in other countries (satellite banking) - Serves on the R9 Board (1999h) - Liaises with the Accountant, signatories and the Banker as necessary - Facilitate Service, Traditions and Concepts (STC) workshops when and where possible within Region 9</td>
<td></td>
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<thead>
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<th>BMS</th>
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<tbody>
<tr>
<td>P&amp;P SECTION I ASSEMBLY 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. (2010b) REGION 9 TRANSLATIONS LIST TO BE INCLUDED IN ASSEMBLY MATERIALS. The Assembly Materials of Region 9 are to include a Translations List of Region 9 with details of OA Literature and which languages they have been published in or are being worked on in order for them to be published. ASSEMBLY PROCEDURES AND SUGGESTIONS To adopt into the Region 9 P &amp; P Manual the document circulated at 2010 Region 9 Assembly (since amended and updated) entitled “Overeaters Anonymous Region 9 – Assembly Procedures and Suggestions” (2011a). (see Appendix B)</td>
<td></td>
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## Appendix B

**Suggested Budget R9 2013, adopted at the R9 assembly, Warsaw 2012.**

(€ 1.18)

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<thead>
<tr>
<th>Income</th>
<th>GBP £</th>
<th>Euro €</th>
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<tbody>
<tr>
<td>Conts from OA Groups, IGS, LSBs, NSBs and Misc within R9</td>
<td>10000</td>
<td>11800</td>
</tr>
<tr>
<td>Conts from OA Region 9 Assembly &amp; Convention</td>
<td>1000</td>
<td>1180</td>
</tr>
<tr>
<td>Conts from other OA Regions towards Region 9</td>
<td>625</td>
<td>738</td>
</tr>
<tr>
<td>Conts from World Service Office Funds for 2nd RCC, Albuquerque</td>
<td>600</td>
<td>708</td>
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<tr>
<td>Conts from World Service Office Funds for Nominee Trustee Costs</td>
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<td>0</td>
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<tr>
<td>Misc Fundraising</td>
<td>200</td>
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<tr>
<td>Members Contribution</td>
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<tr>
<td>Bank Interest</td>
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<tr>
<td>Translated Lifeline Subscriptions</td>
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<tr>
<td>Exchange Rate Differences</td>
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<td>Translation Reserve into Budget</td>
<td>3024</td>
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<td>Total</td>
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<th>Expenditure</th>
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<td>Chair Travel Expenses 1st Regional Chairs Meeting</td>
<td>1500</td>
<td>1770</td>
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<td>Chair Travel Expenses 2nd Regional Chairs Meeting</td>
<td>1500</td>
<td>1770</td>
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<tr>
<td>Chair Travel Expenses 3rd Regional Chairs Meeting</td>
<td>1500</td>
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<tr>
<td>Nominee Trustee Travel Expenses for WSBC</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Region 9 Board Assembly Travel</td>
<td>1500</td>
<td>1770</td>
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<tr>
<td>Region 9 Assembly Materials (Delegate Packs etc) and Minutes</td>
<td>100</td>
<td>118</td>
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<tr>
<td>Region 9 Assembly Rooms</td>
<td>0</td>
<td>0</td>
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<td>Region 9 Assembly Delegate Assistance</td>
<td>1100</td>
<td>1298</td>
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<tr>
<td>Parliamentarian During Assembly</td>
<td>200</td>
<td>236</td>
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<tr>
<td>Region 9 Board Member to WSBC</td>
<td>1200</td>
<td>1416</td>
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<tr>
<td>Website Maintenance</td>
<td>130</td>
<td>154</td>
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<td>Website Development</td>
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<tr>
<td>Accounts Preparation and Review</td>
<td>825</td>
<td>974</td>
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<td>Secretarial Expenses – Chair Secretary and Treasurer</td>
<td>250</td>
<td>295</td>
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<tr>
<td>Bank Charges</td>
<td>265</td>
<td>313</td>
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<td>Misc</td>
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<td></td>
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<tr>
<td>Depreciation</td>
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<tr>
<td>General Assistance Fund (Translation, PI/PO, Etc.)</td>
<td>2700</td>
<td>3186</td>
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<tr>
<td>Translated Lifeline Subscriptions to WSO</td>
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<td>--------</td>
</tr>
<tr>
<td>Contributions to WSO</td>
<td>3000</td>
<td>3540</td>
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<tr>
<td>Total</td>
<td>15770</td>
<td>18610</td>
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</table>
Embrace the Similarities
Love the Differences

<table>
<thead>
<tr>
<th>SURPLUS AFTER EXPENSES AND CONTS</th>
<th>54</th>
<th>64</th>
</tr>
</thead>
</table>

Region

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Appendix C1
FINANCE COMMITTEE REPORT

Committee Name Finance Committee

Chair Isabella

Committee members: Isabella, Francene Elena

Reporting secretary: Elena

Current Projects Underway:
- Keep emailing fellowship of Tradition 7 issues
- Suggested amount of contribution/ Give as you life depends on it / transferred in to local currency $3 as per WSO to take to you home group, IG- 1st of the December

Assembly Agenda:

Action for the year ahead: who and what
- send out the letter/ email about suggested amount

- 7th tradition reminder letter – send on the 7th of the month 1st of the December email updated Treasurer responsibilities, example Royalties definition and importance, tenth card/ region map & services structure, Contributions, Identify contributions with group number)

- Keep emailing fellowship of Tradition 7 issues (idea: update the meting format for suggested, reminder treasurer not just taking money but reminding the group about expenses)

- Have workshop 7 tradition on next Assembly (what is OA national budget, region budget,)

- investigate if possible to put Workshops are not OAWS website

We need put together book for all workshops as well as Financial Health workshop, Strategic plan Region 9 budget

Chair for coming year: Isabella
APPENDIX C2
ELECTRONIC COMMUNICATIONS COMMITTEE REPORT

26 Oct 2012

Committer Chair & Members:
Catherine, Benek, Fawn, Ela, Francene

Reporting Secretary:
Fawn

Current Projects Underway:
Update website

Short term goals:
- Increase attendance at World Service Convention 2013 - “1300 in 2013” by placing icon on home page of website
- “The Year of Abstinence Awareness” - Use of this phrase on emails/website
- Email unaffiliated groups to ask if they would like to affiliate.
- Review meeting formats and OA download page. Change as necessary.
- Review what publicity materials are available on the website and email SB’s to inform them.

Long term goals:
- Review available support materials on the website and add to this if necessary.
- Increase awareness of Delegate support fund through website/email.
- Incorporate ‘Donate Button’ into website to integrate virtual services into OA financial structure.
- Include Lifeline Weekly Template in Region 9 website and give guidelines to local websites to do the same if they wish.

Assembly Agenda:
- Appoint Chair
- Appoint Webmaster
- Handover & Training
- Schedule updating of website

Actions for the Year Ahead: Who & What:
- Contact Karolina for handover and training - FAWN
Embrace the Similarities
Love the Differences

Review website content and layout - divide up amongst committee - FAWN, CATHERINE, FRANCENE
Schedule Skype Meeting for the beginning of November - FAWN, CATHERINE, FRANCENE
Set goals/deadlines/priorities for changes. - FAWN, CATHERINE, FRANCENE
Send regular emails to notify members of updates (check push outs) - FAWN, FRANCENE
Keep website updated regularly - FAWN
Skype committee meetings every 2 weeks until end of January and there after monthly.
Ask WSO for permission to use their graphic on the home page of our website. FRANCENE

Chair for the coming year: Fawn (Ireland)
APPENDIX C3
LITERATURE AND TRANSLATION COMMITTEE

The Meeting of the Literature and Translation Committee was held on 26
October 2012.
The Committee is composed of Irenne (chair) from Denmark, Sabriana
(secretary) from Italy, Vassiliki from Greece, Nelly, Sofia from Italy.
After discussing the main goal of the Committee for the next year it was
decided as follows:

1) Irenne will take care to contact the responsible people of all non-
English speaking countries within the boundaries of R9 to inform them
about the activity of the Committee. In particular, she will focus on the
possibility for them to obtain translation funds and she will promote the
translation of OA literature. She will encourage them to translate at least
one piece of OA literature every year.

2) Sabrina and Sofia will take care to update the translation list in order
for this to reflect the current progress of the translation work of OA
literature in each non-English speaking R9 country. They will send a report every 2 (two) months to the mailing list of the
responsible people of all non-English speaking countries within the
boundaries of R9. Mette, as Secretary of R9 will also receive copy of the
report.

3) Vassiliki will take care to search for an OA English glossary on the web
site [www.oa.org] and will send it to the mailing list of the responsible
people of all non-English speaking countries within the boundaries of R9,
once she has retrieved it.

4) Sofia will also make arrangements for possible Skype
APPENDIX C4
BYLAWS COMMITTEE

25/10/2012:
Present: Pam (chair), Sarah (Ireland), Kate (UK), Lara (Holland)
Reporting Secretary: Lara
Current Projects Underway: Reviewed motions for presentation at 2012 assembly; withdrawals made from the consent agenda, substitute motions made for motions
Assembly Agenda: Reading all motions to see how relevant they are and act according to that.

26/10/2012:
Present: Pam (chair), Sarah (Ireland), Kate (UK), Lara (Holland)
Siobhan (Ireland)
Actions for the year ahead: Who and what:
" Update bylaws: Siobhan
" Update Policies and Procedures: Pam
" The committee will remove the word ‘virtual’ from the Bylaws and P&P to comply with the OA bylaws subpart 2,
Chair for the coming year: Siobhan (Ireland) as elected on 26th Oct 2012
APPENDIX C5
PUBLIC INFORMATION COMMITTEE

Date: 25-26/10/2012

Present: Siobhan (PI chair, Ireland), Christ Ella (Swiss), Csilla (Hungary), Mika (Finland), Atilio (visitor Italy), Roy (Israel), Soffia (Iceland), Miranda (Greece), Matylda (Visitor Poland), Debora (Belgium, minutes)

Information and ideas that worked in several countries were discussed'

Incoming Chair: Debora wants to do it but with a little help from her friends. So Roy, Miranda and Siobhan will help.

During 2011 the PI committee were working on a new business motion however it was voted during the committee meeting not to put this motion forward. A new urgent business motion was put together and submitted for voting to the assembly to change the translation fund to a general assistance fund so that there would be a fund available for groups needing assistance with PI.

Action plan:

Roy will put together a step-by-step guide to help Intergroups translate and the WSO video to send out to Intergroups, he is also willing to help Intergroups individually if they need it.

Debora will formulate a letter with links to the posters on WSO website and send it to all Intergroups in R9

Debora will collect all information from the members of the PI Committee to help groups learn more about how to reach out to people who are still suffering.

Roy will ask WSO or region4 if we can copy the bookmark-cookie format. The bookmark is from region 4
Committee Name TSW

Chair Mette

Committee members: Mette, Chadia, Giovanna, Doris, Natalia, Elena

Reporting secretary: Elena

Serenity prayer

Why we are here: we want to change, we want to encourage people to work strong program, some countries have 12 step within meetings, to help people getting our of relapse, people who want to work deeper program. Look how we can be useful action to do in the 12 step within.

Current Projects Underway:
- Ongoing update Region9 sponsor list
- Liaisons list updates with NSB not represented at R9
- Skype meeting

Assembly Agenda:

Action for the year ahead: who and what

Topics distributed by Region 9 chair:

-On-going update Sponsors list- we have sponsors list in Region 9 and lots of people contacted Mette for sponsors list, if some one need sponsor they can contact secretary of Region 9 who will contact TSW committee chair for Region 9 sponsors list

-Encourage attendance at Region 9 and WSBC- we are already doing this because we are reaching out to countries that are not represented at this Region 9 Assembly and Convention by emailing all updates to the countries. 3 more countries this year will. (Russia, Finland Austria). Sometime there is a breakdown in communication with previous and later delegate.

-Update what is Region 9- on Region 9 website there is definition what are cover Region 9 and updates are done how to look more interesting. Sponsor list, liaison list all updated. We can go to OA.org website and check the meeting list and contact the meetings and service bodies.
In 6 month time we will have updates all information about the countries that was contacted.

- **TSW Handbook** - book can be purchased from OA website not to start from the scratch but use information and experience already recorded in the book. To organise workshop and take questions to each person at the meeting. Consider the question of translation of the TSW handbook in to your country language.

- Encourage use of sponsorship workshop - not lots of sponsors at the meetings. Possibility of inviting someone to the meeting and explain how to get sponsor and how to sponsor other people/ newcomers. Contact TSW committee in your country and arrange workshop

- Write article “sponsor to encourage sponsees to Sponsor”

- Email **reminders about TWS work from chair TSW** (for example once a quarter)

- Keep with **Skype meetings** - next 13 January 2012 19.00 =18:00UK time with agenda. Visitors are welcome.

- Tell people at home meeting and NSB when we are back about work of TSW committee to encourage people to be involved to work strong program. Explain what work was done at Region 9 Assembly) October 2012

- **Report back to home NSB about TSW work in Region 9** to encourage connection from local level to Region 9 level and communicate feedback to Region 9

- Arrange **TSW workshop for home meetings or home IG** (guidelines for workshop available) at the next home Convention.

- **Set up TSW committee at home** if we don’t have one

- On 12 December to arrange the TSW workshop. 12 December is TSW day!

Chair for coming year: Chadia elected chair
Appendix F

ABSTINENCE READINGS

At the 2012 Region 9 Assembly, at the start of every session, we had an Abstinence reading. Someone would read it, and then OA members tried to answer on which piece of OA Literature this reading came from. The winner won a prize. Readings and the answers (where the readings come from) are included here. This could also be at any type of OA event. It was great fun.

1st Reading on Abstinence
Abstinence, to me, is very simple. It is refraining from compulsive overeating and continuing to work my program. Compulsive overeating is when I wander around my kitchen shoveling food into my mouth unthinkingly. Compulsiveness is when I am not reading, writing, calling, and using the other tools. Compulsiveness is when I do not use the Steps or talk to my HP. Abstinence is eating balanced meals, using the OA tools, practicing the OA Steps and Traditions, sponsoring and doing other service. I can binge on veggies, so I do not have a food list that determines my abstinence. Instead, it is an action that undermines my abstinence: eating compulsively – feeding feelings, bingeing, stuffing my face. Recovery is three-fold – physical, spiritual, and emotional. If I only count the physical (adhering to a food plan), I miss out on two important parts of recovery.

2nd Reading on Abstinence
Abstinence from compulsive overeating is the objective of working our program. At the physical level, its simplest definition is to refrain from eating compulsively, and a plan of eating helps us to achieve this. At the emotional and spiritual levels, abstinence is a state of mind characterized by freedom from the food obsession; this comes as a result of working the Steps and surrendering to a Higher Power.

3rd Reading on Abstinence
There is no telling what price I may have to pay for breaking my abstinence "just this once." it could be nothing at all, or a trip back to the pits of compulsive overeating. But the truth is, I do not have to take that chance. It is irrational to feel guilty about refusing food and drink I don't want. If absolutely pushed to the wall, I can say, "I'm sorry, it doesn't agree with me." Which is all too true. I have already paid dearly for the "pleasures" of compulsive overeating. Then, when I could no longer pay the price, I surrendered, admitted my
powerlessness and turned myself over to the Power that still directs my life.
No holiday dinner, no party, no celebration can persuade me to give up the freedom I enjoy as long as I am abstinent.

4th Reading on Abstinence
Catalog and recatalog the positive enjoyment of abstinence from compulsive overeating such as:
- The simple ability to eat and sleep normally and wake up glad you are alive, glad you abstained yesterday, and glad you have the privilege of abstaining today.

- The ability to face whatever life may dish out with peace of mind, self-respect and the full possession of all your faculties.

5th Reading on Abstinence
There are people who come to our meeting every week and complain that they can't get abstinent. But when we offer the solution of the Twelve Steps, they pooh-pooh the idea. They think that holding hands, talking on the phone, and going to meetings should be enough. It's not enough. I would not have over five years of abstinence today if I hadn't been willing to work the Steps, make commitments, and have a sponsor. My Fourth and Fifth Steps were tedious and time-consuming, and they made me cry. My Ninth Step cost me money, not to mention the humiliation of the social amends. My life was precarious for about a year and a half as I assimilated new behaviors and stifled old ones. And you know what I got for all this discomfort? A comfortable abstinence.
I want to keep this comfortable abstinence, so I'm always providing service to my meeting and sponsoring as many babies as want to work the Steps. I am afraid that if I refused to be of service to this program, I wouldn't need abstinence anymore; I'd have plenty of extra time to fill with binges.
I've lived through plenty in the past five years. I moved, changed jobs, got married, lost two babies, gave birth to a wonderful baby girl, and battled some serious health problems. This is life. I'm a compulsive eater, no different from the other compulsive eaters who come to our meeting and complain and hold hands and talk on the phone and binge. I wish they would listen, work the Steps, provide service, and sponsor. I'm quite sure this program would work for them, just as it works for me and for so many others who have found the willingness.

7th Reading on Abstinence
I finally made it – thirty days of abstinence!
I have had several weeks of abstinence a number of times, but I usually broke it about the twenty-fifth or twenty-sixth day. I always sabotaged myself in some way as I neared the "magical" thirty-day mark. Now that that day has come and gone, I realize there is nothing magical about thirty days per se; but there is something miraculous about every day of abstinence.

As I neared the thirty-day mark this most recent time, I saw how poorly I had been treating my very fragile abstinence. I was handling it carelessly, playing with it, almost daring myself to break it. This was most apparent to me during the celebration of a recent holiday.

As part of my personal plan, I chose to refrain from the traditional binge foods that had always represented joy and celebration, and replace them with good, wholesome foods that my entire family could enjoy. To establish a festive feeling, I prepared the table with the best of everything – fancy place mats, our best china, crystal goblets (not used since our wedding), and a crystal candle holder at each setting.

The only thing "out of place," so to speak, was a cheaper, smaller glass goblet that I set before my six-year-old daughter. I felt I couldn't quite trust her to handle a large crystal goblet. She cried when she saw that she had a different glass, until she noticed that it, too, was fancy and delicate.

As she handled the smaller goblet, I felt my heart leap into my throat several times. She treated it so roughly, pretending to be toasting with everyone, hitting the glass against every available surface, and setting it down a bit too hard after every gulp.

Suddenly, I saw myself in her. I had been handling my abstinence roughly also. As I'd seen the thirty-day mark approach, I was so sure that I would break my abstinence again that I toyed with it. I let myself taste things that I had no business tasting. I wasn't caring for my abstinence lovingly or carefully. Instead, I broke my abstinence – just as my daughter never really broke the goblet but I had many close calls.

And you know, I could tell that my Higher Power was standing near me, guarding the abstinence so graciously given to me. God reached out to catch me when I risked falling, just as I had kept a careful eye on my daughter.

My abstinence is so very delicate. I know now that even though I have passed the once-elusive thirty-day mark, I must treat my abstinence with tender loving care and gentleness lest it be broken.

**8th Reading on Abstinence**

I came into the OA program in January 27, 1994, because I had hit bottom. It was such a terrible time. I binged and purged every day. First I went to AA meetings because there were no OA meetings in my area. I wanted to learn how to work this program. When I started attending AA meetings, I heard that it was good to go to 90 meetings in 90 days. I
took action, and my HP gave me abstinence. A miracle happened! The Steps worked for my food problem, so another member and I started new OA meetings. Before I found OA, I never stopped binging and purging. I started dieting by the age of 14. I was obsessed with losing weight; I counted calories. By age 17, I was binging and purging. Every day my life got worse. During the day, I lived normally, but at night I ate compulsively and then purged in the bathroom. I weighed myself twice a day – before breakfast and after binging and purging at night. I felt miserable and asked myself over and over why I didn't stop, but I didn't find any solutions. The OA program gives me great hope of recovery one day at a time. I’ve been abstinent for nine and a half years. I'm bulimic; when I started recovery, I gained some weight, and I now maintain a healthy weight. My food plan is simple: three meals a day and a snack. I don't have an OA meeting in my area now, but I still work the Steps and Traditions with my sponsor and OA friends through letters and emails. I read literature and Lifeline. I'm free from my obsession with food, weight and calories. I enjoy my life and the OA program.

9th Reading on Abstinence
We are not a "diet and calories" club. We practice abstinence by staying away from eating between planned meals and from all individual binge foods. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it – in essence, a new way of living. From this vantage point, we begin the Twelve-Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience.

10th Reading on Abstinence
When I came into OA, I had over 100 pounds (45 kg) to lose. I had experience with another Twelve-Step program, so I knew it would work. I found a plan of eating and followed suggestions; I was one of those my group referred to as being "struck abstinent," and the weight came off fairly quickly. For the first time in my life, I had an average-size body. More importantly, I was closer to my HP than I thought possible. Many issues came up as the food obsession came down, things I thought I'd dealt with but hadn't fully. With my mind clear, my options were clear. My serenity reached an entirely new level, and I was beginning to gain some of the self respect that had always eluded me. One day, a well-meaning member asked me if I'd reached "goal" weight yet. I had no idea what that meant; my idea of a healthy body type meant there were no XX's on the labels in my clothing. I consulted with my doctor and a nutritionist, came up with a number I "ought" to strive for, and promptly lost my focus.
The word "goal" implies an end. It implies that once we have reached a particular weight, we are finished. We have arrived. My disease seized upon this idea and began to tell me that I could eat just like others; that because I was no longer obese, my eating disorder had vanished with my excess weight. It was like Bingo – I hit the number, and my struggle was over.

For me, the struggle has just begun, perhaps because what I want is less tangible than a number on the scale or a certain dress size. I want food to have an appropriate role in my life. Though I stay within 10 pounds (5 kg) of what is healthy for me, my mind reels when I use food for other than nutritional purposes. I want to form a healthy partnership with my meals. It is a constant challenge for me to remember that setting boundaries is not deprivation; it is safety.

It has been helpful for me to examine why I do what I do, to remind myself I am taking care of myself, and what others do, in and out of our halls, is not my concern.

I write down my food every day to avoid becoming caught up in planning the "perfect meal" or becoming overwhelmed with choices at mealtime. I have a sponsor, and I commit my food to her to take the secrecy out of eating. I listen to her suggestions, because sometimes I cannot see the sneakiness of this disease. I take what I like and leave the rest, trusting that if I make an unwise decision, my HP will let me know. I go to meetings to remind myself I'm not alone and I still have an eating disorder, no matter what the labels in my clothing say. I stay connected.

We are all the same. Whether we binged or purged, no matter what our trouble foods, I can always identify at a meeting.

Most importantly, I follow the Steps and practice these principles in all my affairs, every day to the best of my ability. I turn my food, my life and my will over to my HP. I pray. I read literature. I write. I make my best effort to be kind; when I am not, I apologize and let things go. I assert myself appropriately. On many levels, the inability to do these things kept me eating.

I have learned to trust my HP completely, and the peace this brings me is indescribable and more delicious than anything I ever put in my mouth. My body size is a fringe benefit of this program. It serves as a reminder that miracles happen in these rooms. I am not at "goal." I am at "life."

11th Reading on Abstinence

In the earliest OA meetings, we shared techniques for "sticking with our diets." I can't recollect the word "abstinence" being used in those days, although it does appear in a list of "our working tools," compiled in August, 1961, for the original West Los Angeles OA group:

1. Attend the meetings each week religiously
2. Phoning
3. Stripping the home of foods that help nourish a binge
4. Have a calorie chart... count calories and measure
5. Plan – think and prepare your course - 3 meals a day
6. Abstinence – do not eat in between meals
7. Make small goals
8. One day at a time, postpone, one hour at a time
9. Read program at home – educate yourself with literature about nutrition

I don’t remember the discussion surrounding this list, but I do recall clearly the day I came to believe that abstinence was the missing key to our physical recovery.

12th Reading on Abstinence
I’m Jamielee, a compulsive overeater. I have been in OA a little over 3 years, and I recently celebrated 2 years of abstinence from bingeing, white flour and sugar.
I came into OA when I turned 16 because I was sick and tired of hating my body and letting food control my life. I had tried a few diets that inflamed my eating disorder and led me to gain weight. I motivated myself to go on diets by reinforcing my poor self-image. I told myself I was worthless because I was overweight, but I would have a perfect life when I got skinny. I bought clothes that were my "perfect size" to motivate myself to exercise, and I restricted my food to make up for binging, so I lost weight despite my overwhelming urge to eat.
When I obsessed about my body and weight, I was very selfish. For instance, all I thought about when going to a relative's house was how to look good enough so people would tell me I had lost weight. I always felt like an outsider, like I was worth less than other people around me, but I thought if I could become skinny I would far exceed those around me.
Food consumed all my thoughts and actions. I see now that compulsive eating gave me temporary comfort, followed by more heartache as my eating worsened. As each binge passed, I required more food to produce a similar effect. I would binge on a partially frozen sugar product while microwaving a flour product to hide in my room for later. I wrote oaths to swear off food; I listened to tape recordings of myself saying not to binge and then binged anyway; I watched television episodes about weight loss and binged right afterward. I asked my family to stop me if they saw me start eating after a certain hour, but I just waited until they fell asleep and then binged. I obviously did not have a sane relationship with food.
Today my life is tremendously different in the best way. I see the uniqueness in others and myself, and I accept rather than condemn flaws. I was able to remain abstinent while I moved across the country to
attend a college that fosters my love of singing. I've been able to enjoy rich, honest friendships in OA. I have had loving, supportive sponsors who have helped me with my spirituality, honesty and daily commitment. I have met loving, interesting people from all different countries and backgrounds who share my compulsion and now share my pursuit of a better way of living. Every aspect of my life has been renewed as a result of OA. I have a new relationship with a Higher Power and with my parents, friends and myself. I've learned how to walk through fear rather than run, and I now live a life that's wide open rather than shut inside a box or bag. I am grateful to be an OA member and to experience the support and love that is all around us.

**13th Reading on Abstinence**

We are not like normal people when it comes to eating. What all of us have in common is that our bodies and minds seem to send us signals about food which are quite different from those the normal eater receives. We can't stop once we start eating, and even if we have stopped through a diet, we can't keep from starting again. So the cycle continues. In OA, we learned that we have an illness, an unhealthy condition of body and mind that can be relieved on a daily basis. Our relationship with food is one in which we cannot behave like normal eaters. We experience the need to keep eating even after we have had a full meal. Certain foods, such as sugar, flour, fats or salty snacks, may trigger our compulsion and cause uncontrollable cravings. Sometimes even just the action of eating will stimulate us to eat more. These symptoms of our disease are the common ground on which we base our recovery. OA offers a solution. We find that we no longer want to return to the foods and eating behaviors that created uncontrollable cravings in us. We have been released from our mental obsession. We are able to achieve and maintain a healthy body weight. For us, that is nothing less than a miracle. Many of us in OA have lost over 100 pounds (45 kg) and maintained a healthy body size for years. We have found a way to abstain from our compulsive behaviors with food, diets and body image. We discovered that we can recover by following OA's Twelve Steps and by reaching out to help others with the same problem. In OA, the only requirement for membership is the desire to stop eating compulsively- no dues or fees are required because we support our Fellowship by giving voluntary contributions. We promise that if you work the Twelve Steps to the best of your ability, regularly attend meetings and use OA's tools, your life will change. You will experience what we have: the miracle of recovery from compulsive eating.

**14th Reading on Abstinence**

One symptom of this disease is that we seek an external solution, when the real solution comes from within. The outward methods I used to
tackle the disease of compulsive overeating never had any permanence. At best, the methods were a temporary fix. The diets, therapies, and medications just stopped working for me. Confusion and frustration set in. No, there was no human solution. Ultimately, I came to know that the answer I seek is truly the inner spirit – the spirit of God within me. The Twelve Steps tackle the job of clearing away the debris, a cleansing process that brings me closer to a fulfilling union with the spirit within. There is no external answer, just the internal one.

Each day, I remain open to the nurturing of that answer. Part of my daily prayer is that I may overcome any human frailty that blocks the internal answer. I stumble and fumble, impeding my own progress, but I can learn from this. Faith grows. Hope increases. New meaning comes to life. If the disease of compulsive overeating brings us together, our recovery keeps us together, our recovery keeps us together. Together, as we move closer to the cell door to gain freedom, we notice that the key to the door is on the inside. God's light illumines the way out for us. The inside track is our salvation; we are never alone.

**Answers to Readings on Abstinence**

1st Reading - Voices of Recovery book (A Daily Reader)...Recovery is the result of living the OA Twelve-Step program...March 9, pg 69

2nd Reading - A Plan of Eating pamphlet (A tool for living – One day at a time)...What's the difference between a plan of eating and abstinence?...pg 6

3rd Reading - For Today book..."The means by which certain pleasures are gained bring pains many times greater than the pleasures"...December 31, pg 366

4th Reading - Before You Take That First Compulsive Bite, Remember...pamphlet (Working the Program, You have a friend in OA)...# 11

5th Reading - A New Beginning book (Stories of Recovery from Relapse)...The Price of Abstinence (Anonymous)...pg. 46 – 47

6th Reading - A Commitment to Abstinence pamphlet (A decision, One day at a time)... What is commitment / Some actions that help promote personal abstinence... pg 1, 3, 4

7th Reading - Abstinence book (Members of OA Share Their ESH)...Handle With Care (Illinois), pg 82-83

8th Reading - OA Members Come in All Sizes pamphlet (Welcome, Whatever Your Problem with Food)... Lifted Up from the Bottom (Malaysia)... pg 19 - 20

9th Reading - Overeaters Anonymous, Second Edition book... OA – Our Invitation to You...pg 2 – 3

10th Reading - Maintaining A Healthy Weight pamphlet (A lifetime commitment, one day at a time)...I have learned to trust my HP
completely, and the peace this brings me is indescribable and more delicious than anything ever put in my mouth...pg 3 - 4

11th Reading - Beyond Our Wildest Dreams book (A History of OA as Seen by a Cofounder - Rozanne)... Abstinence and the Carbohydrate Controversy... pg 136

12th Reading - To The Teen pamphlet (Do you have a problem with food? There is a solution...)...Jamielee...pg 7 - 8

13th Reading - To The Newcomer pamphlet (You're not alone anymore...)...You Are Not Alone...pg 2 - 3

14th Reading - Seeking the Spiritual Path book (A Collection from Lifeline)...The Inside Track (Ohio)... pg 64
Appendix G

ABSTINENCE WORKSHOP

This workshop was used during the 2012 Region 9 Assembly. It is on Abstinence and contains 2 parts – a Skit, and Questions. The skit is something new (2012). The questions come from the RCC Files. These 2 parts are included here for your use.

Two OA members played the parts in the skit. Then, we broke up into small groups (approximately 5 per group). We discussed in our groups which ever questions we wanted to. We then heard 1 person in each group give feedback from what was discussed in their individual groups.

This is a workshop that can easily be done in a meeting, a convention, or any form of OA gathering.

ABSTINENCE QUESTIONS

1. **The definition of Abstinence** is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program. What is compulsive eating for you? What are compulsive food behaviors for you and how can you avoid these?

2. **Commitment to abstinence.** What can you do just for today to help you be Abstinent? What kind of commitment are you willing to make to someone else?

3. **Working the steps.** Are you? Explore how the Steps will help you to be abstinent.

4. **Plans of eating.** What works for you and why? SUGGESTIONS.
   
   3 meals a day, nothing in between. A weighed and measured plan.
   Following your doctor/nutritionist’s plan. Praying before you eat.
   Making a plan for the day ahead of time. Reporting what you ate at the end of the day. Writing down everything you eat. Eating with someone else. Eating alone. OTHER.

5. **HP.** What is your relationship with your Higher Power? How can your HP help you with your eating?

6. **Body Image and weight.** Do you find yourself obsessing about your weight and body image (How often do you weigh yourself?) What would be a sane plan for you for dealing with your body image and weight?

7. **There is more to a plan of eating** than just what you eat: where, when, how much, with whom, sitting or stand, how fast you
eat, the kind of place setting (dishes, silverware, table cloth, etc.),
the kind and volume of music, whether you read, listen to the
radio, text, or watch TV while you eat, eat in your car. What
choices will help you to get and stay abstinent?
8. **Imagine enjoying an abstinent meal.** What would that look
like (What do you eat, where, with whom)? How do you feel
eating your abstinent meal?
9. **Action Plan _HALT:_** Why is it important not to get too hungry,
angry, lonely or tired? What can you do to take care of yourself
(that is not food) when you get too hungry, too angry, too lonely,
or too tired?
10. **The importance of a sponsor.** How can your sponsor
help you with your abstinence? How can a sponsor help you
with your plan of eating?
11. **The value of service.** How can doing service help you to stay
abstinent? Give an example where service helped you.
12. **The importance of meetings.** Why does going to
meetings help you to stay abstinent? Give an example
where going to a meeting helped you stay abstinent.
13. **The stability of writing.** How can you use writing to help you
stay abstinent? Share experience on using writing to stay
abstinent.
14. **Literature.** How can you use literature to be abstinent?
What literature have you used to help you be abstinent?
15. **YOUR _plan of eating._** What do you need to do to keep to your
plan? What is your resistance? What can you do to increase
your willingness to create a plan?
16. **Communication.** How can you use the telephone and other
forms of communication to help you stay abstinent?
17. **Anonymity.** Will practicing Anonymity help you stay abstinent?
Share an experience where anonymity helped you stay
abstinent. (Think about confidentiality and principles before
personalities.)
18. **For today:** What will you plan to do to get / keep your
abstinent today?
19. **Compulsive food behaviors Prevention Plan:** what can you
do to maintain you abstinence (when you are hungry and it is
not time to eat, or when you are craving extra food, or wanting
to starve yourself)? Create a list of actions you can take: For example, get out of the kitchen, make a phone call, pray, go for a walk, write, etc.

20. **Triggers and Binges**: Make a list of your binge foods and trigger situations (pot lucks, restaurants, bakeries, family gatherings, etc). What is the best way for you to deal with each of your binge foods and triggers so you can stay abstinent?

**ABSTINENCE SKIT**

Debbie : Hi Tom. How are you? Just calling to see how you're feeling.
Tom : Thanks. I'm feeling okay.
Debbie : How's your program going?
Tom : Well... I'm trying to make it to the Tuesday night meeting. Most of the time I get there.
Debbie : Yeh, I know what you mean. Life gets in the way of things sometimes, but I do believe that going to my home meeting every week is one of the best ways to give service. It's helped me so much to realize that I'm not alone in the food problem of mine. But you know what's even a bigger service – keeping my abstinence!
Tom : What do you mean... abstinence is service? The whole idea of abstinence still confuses me!
Debbie : Abstinence is service. If I'm abstinent, there's no limit in how I can be useful in OA, not to mention in my daily life outside of OA. I can sponsor other OA'ers – to help them with their food plan, just like my sponsor helps me with my food plan. I can be a speaker at meetings – I know, if I listen, I can always go home having learned something that will help me. I just hope that I pass on my experience to others, but speaking actually strengthens my abstinence. It reminds me of where I was, and where I am – working the program. I can even go on to service positions in Region & WSBC level – what a privilege that is!! So much
recovery there. Wow. And at home, work, family and friends – I've also realized the importance of service. I think I do a lot more today to help out at home.
Tom: But how do you get yourself to stay abstinent?
Debbie: The program has so many things which help me with this. First of all, to not go to the food because of my emotions. Not to do things/behaviors that I once did, like eating my meal standing up, or eating because I'm tired. I make a commitment to my abstinence everyday, by writing my food plan down and turning it over to my sponsor and my H.P. Also, my body image and weight hang-ups have improved so much since working the program. Tom, how is your food plan working?
Tom: Well, I do write it down sometimes. And I try to follow it. But the evening is so hard for me. I find that that's when I can have a slip easily. Sometimes it works for me, Sometimes it doesn't.
Debbie: I have to say that the program works for me all the time – it's me that doesn't work it all the time. But that's why I work the 12 Steps – to help me physically, emotionally, and spiritually. After all these years in the program, I still seek help. And I'm so glad that I do because I need that help. You said you have a problem at night with your food plan. What do you do when you want to pick up the food?
Tom: To tell you the truth, I usually eat! I'm a compulsive overeater!!
Debbie: Right, but think about what the program offers us... to make that outreach call. When I do that for myself, and I'm willing to listen, it helps me so much. When I open up OA literature and read exactly what I need to hear at that moment. And writing for me is such a gift. It helps me to be more self aware. All the tools of the program help in keeping my abstinence. The traditions teach me so much about getting along with others. The concepts, the principles, anonymity – I could go on and
on with what helps me in keeping my abstinence. But the steps have so many answers for me – when I work them.

Tom: It all sounds so easy when you say it.

Debbie: No, it's not easy, but it is simple. You know what – today is Tuesday. Let's meet at the meeting tonight. I would love to call a group conscience ... let's talk about starting a Step's Meeting before or after our regular meeting. I bet you there are more than just the 2 of us from our meeting who would appreciate working more in depth with the steps. How does that sound, Tom?

Tom: You know what, Debbie, I think that might be just the thing I need to help me with my abstinence and recovery. I'm really excited. I'll see you tonight. Thank you!

Debbie: No, thank YOU!
Appendix H
Ask-It-Basket Questions and Answers

Q: Why is R9 so huge? Was it ever considered to split it? And if not why? Too expensive for those far away?
A: To create a region is not easy, and takes money, and a trustee. If we had more IG’s it might be pertinent. We are big geographically but not in meetings.

Q: What about the electronic Lifeline Weekly? We received it for free from R9 Secretary. Is this in keeping with the traditions?
A: Lifeline Weekly are former shares for passing the message. Started to encourage subscriptions.

Q: If WSBC makes amendments to OA literature, we still allowed to sell the old version we have translated?
A: Policy is that we don’t throw away what we have unless it is required to make the change. So make the translation change on the next edition. Or you may add a slip notating the change.

Q: How do you suggest we should encourage to help members to conform with OA structure of service? Because they don’t distinguish between rebelliousness and autonomy.
A: We keep on keeping on. Encouraged to do things not conflicting with OA traditions and concepts. Speak out. Press the correct message. Encourage study of traditions. See the pamphlet regarding disruptive member.

Q: In OA there is no subscription to pay in guidelines for Service explain all about this; but in case of _____ and criticism, what about rebuilt peace and serenity?
A: Tradition 7 is important. Group conscience is important.

Q: We need licenses and other formal documents not in PDF form because hard to print out. Is it possible to change?
A: This is how it’s been done. Will have Esti check further. Esti indicates it is possible to ask WSO and they will give it to you in a different format.

Q: Same question asked about R9 documents.
A: Secretary didn’t do last 2 mail outs. Some documents must be in PDF format.
Embrace the Similarities  
Love the Differences

## Appendix I

### Credentials Register

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Appendix J

R9 Finances & Finances Within The Strategic Plan

Tent Card to be used. Helps members know where monies are used; helps to increase contributions; helps members to know what expenses are weekly so enough money is received; self supporting means to contribute to other levels of OA also - we need to be self-supporting at all levels; Recommend translating tent cards into your language.

Contributions (June 1 to May 31) Contributions before Sept 1 helps in reporting. Contributions this year: 9,727 pounds 12,225 euros; increased a little from last year. Send an email to the Treasurer and Banker when sent so we can acknowledge.

Notify Treasurer and Banker if your Treasurer changes.

Translations Encourage use of this fund. Has not been used for past 2 years. Allocated fund so can only be used for this purpose.

Royalties This is a large source of income for OA. Once translation is done, send some money to WSO (10%) so that it ‘stays in the family’. Encouraged to translate. Legal issue. Licensee pays licensor10 percent from net income.

Strategic Plan from WSO Combined revenue to exceed 2008 by 20 percent. Suggestions: Unaffiliated groups to affiliate; conduct annual workshops; Are you contributing beyond group level; use meeting format with suggestion of 2.5 euro or more.
Appendix K

Service Body Check In

**Mette (Denmark):** Translations into Danish; Survey; 7th Tradition concerns.

**Catherine (SEEIG):** IG working on Strategic plan via workshops during IG; hosted OAGB National Assembly.

**Irenne (Denmark):** NSB working well, 11 groups.

**Doris (Austria):** 1 IG and 10 groups.

**Csilla (Hungary):** growing.

**Mika (Finland):** small strong community; no male members.

**Siobhan (PI Chair):** Will report tomorrow.

**Sofia (Italy):** new and here to learn.

**Miranda (Greek NSB):** 32 groups 3 IG new meeting in pubic hospital; posters, PI work, one professional translator 18 volunteers, translation challenge, workshops, and retreats done.

**Vassiliki (Greece):** publications translated; service gap between NSB and meetings.

**Soffia (Iceland):** 25th B-day in Feb; doing translations; strong meetings; problem getting info to meetings not in capitol area.

**Deborah (Belgium):** Sept fair; some groups increasing and some small. Strong literature translation committee.

**Elzbieta (Poland) - 30 groups NSB no IG’s.** Having R9 here - goal met! Literature committee efficient. PI committee poster.

**Fawn (Ireland, Cork):** PI week (last week) public meeting local hotel; media contacted

**Sarah (Cork Ireland):**
Embrace the Similarities
Love the Differences

Region

Pam (OA NSB GB): Board had been down 1 year ago; last year 8 - and after this last weekend there are now 10 members; new IG: South Wales IG; increased PI work and PO work - and 12th Step Within; lots of work with healthcare professionals; attended event with 5,000 healthcare professionals; financial contributions slightly down.

Sabrina (Italy): North IG: Bylaws being approved to be sent to WSO. Last June workshop: Action Plan, and Professional Outreach.

Giovanna (Italy): convention 5 Oct 127 members, ask-it-basket passed and questions answered; April business conference.

Chadia (Spain): 7th Tradition concerns; having trouble getting members to serve; convention on concepts; OA testimonials, updated bylaws; TV testimonials.

Lara (Netherlands): had someone attend WSBC for first time; changed IG format into themes, each local group had their rep bring back info; very interactive and working well; 12 Step within day; retreat; PI activities.
Appendix L

7th Tradition Workshop

Discussion of Questions:

1. Do we contact unaffiliated groups asking to be part of service structure?
   Some countries do - some don’t. Show benefits of affiliation. Need to find out who they are first. Do stay in contact.

2. Recommended amount?
   Yes. Some don’t like recommendations. Some reactions. Be example by sponsors.

3. Group conscience to determine figure and then publicize.
   Some do; some don’t.


5. Do we have Treasurer? Secretary? Rotation of Service? Yes.
   Sometimes not enough people to do service. Some resentments about people not doing service.
Appendix M
2012 REGION 9 ASSEMBLY
STRATEGIC OPERATIONS PLAN – OA ACTION PLAN

Strong Meetings
1. Increase awareness of abstinent sponsors - Encourage use of updated meeting format
2. "The Year of Abstinence Awareness" – Use this phrase
3. Encourage sponsors to educate sponsees / give service – Take sponsees to IG
4. Step & Tradition study meetings or within mtgs. – Read Steps & Traditions as written
5. How to become abstinent and stay in fellowship working the Steps – Newcomer's mtgs.
6. How to become abstinent and stay in fellowship working the Steps - Abstinent members to adopt a newcomer
8. Available support materials – Emphasized use of oa.org
9. Increase awareness of current literature on abstinence – Workshops featuring literature.
10. Encourage use of sponsorship workshop
11. Have Concepts skits
12. Refer to (Translate) OA Handbook
13. Meeting formats & OA download page
14. Sharing solution in meetings / Positive pitches
15. Tent cards / Region map & service structure Newsletter articles – sponsors encourage sponsees to sponsor

Public/Professional Awareness
1. Attend local tradeshows & utilize Professional Exhibits Fund
2. Inform SB's of what publicity materials are available
3. Encourage use of PI/PO committees in IG’s
4. Use of posters, radio/TV PSAs in local media contacts
**Committed Service Bodies**

1. Promote exchange between neighboring SB's to bring fresh recovery to one another
2. Increase awareness of Delegate Support Fund
3. Encourage attendance at Region 9 A&C, and at WSBC

**Financial Health**

1. Integrate Virtual Services into OA financial structure to encourage contributions and service – Donate button on oa.org
2. Increase Lifeline renewal - Groups purchase subscription of Lifeline
3. Promote new & revised literature / literature now available with indexes
4. Increase attendance at World Service Convention 2013 – "1300 in 2013'
5. Contact of unaffiliated groups (to affiliate)
6. Identify contributions with group number
7. Perform financial workshops (7th tradition)
8. Use suggested meeting format
   - Royalties
   - Contributions
   - Tradition 7 item
   - Tent Cards
   - Lifeline Weekly template & guidelines of local websites
   - Update "What is R9"
   - Sponsor list
   - Countries not present at R9 Assembly
   - TSW Handbook
   - Translations List
   - Promote translating
   - Update bylaws and p&p
   - Newspaper ads
Appendix N
WORKSHOP
PRINCIPLES OF THE STEPS, TRADITIONS, & CONCEPTS

This workshop took place at the 2012 Region 9 Assembly. We were celebrating the 30th birthday of Region 9 so we had the name of a Principle (and its Step/Tradition/Concept) written on a piece of paper and put inside a balloon. Each attendee received a balloon before hand. At the start of our workshop, we all had to pop our balloon, retrieve the paper, and we each had 1 minute to reflect on the word – the Principle. At the end of the workshop, each person received 2 handouts. One with all the Steps, Traditions, & Concepts written on it and along side each, its Principle. The other handout was a "Word Search Puzzle – Principles" (this came from the 2012 WSBC Forum). All of the papers used in the workshop are included here.

This workshop can be done without balloons! Just put the pieces of paper with the Principles in a hat, pick, and share.

STEPS, TRADITIONS & CONCEPTS OF OA SERVICE, & THEIR PRINCIPLES

THE TWELVE STEPS OF OVEREATERS ANONYMOUS
1. We admitted we were powerless over food — that our lives had become unmanageable. HONESTY
2. Came to believe that a Power greater than ourselves could restore us to sanity. HOPE
3. Made a decision to turn our will and our lives over to the care of God as we understood Him. FAITH
4. Made a searching and fearless moral inventory of ourselves. COURAGE
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. INTEGRITY
6. Were entirely ready to have God remove all these defects of character. WILLINGNESS
7. Humbly asked Him to remove our shortcomings. HUMILITY
8. Made a list of all persons we had harmed and became willing to make amends to them all. SELF-DISCIPLINE
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. LOVE FOR OTHERS
10. Continued to take personal inventory and when we were wrong, promptly admitted it. PERSEVERANCE
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. SPIRITUAL AWARENESS

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. SERVICE

THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS
1. Our common welfare should come first; personal recovery depends upon OA unity. 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. TRUST
3. The only requirement for OA membership is a desire to stop eating compulsively. IDENTITY
4. Each group should be autonomous except in matters affecting other groups or OA as a whole. AUTONOMY
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. PURPOSE
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. SOLIDARITY
7. Every OA group ought to be fully self-supporting, declining outside contributions. RESPONSIBILITY
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. FELLOWSHIP
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. STRUCTURE
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. NEUTRALITY
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. ANONYMITY
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. SPIRITUALITY
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. **UNITY**
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. **CONSCIENCE**
3. The right of decision, based on trust, makes effective leadership possible. **TRUST**
4. The right of participation ensures equality of opportunity for all in the decision-making process. **EQUALITY**
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. **CONSIDERATION**
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. **RESPONSIBILITY**
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. **BALANCE**
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. **DELEGATION**
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. **ABILITY**
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. **CLARITY**
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants. **HUMILITY**
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; **SELFLESSNESS**
   (b) Sufficient operating funds, plus an ample reserve, shall be OA’s prudent financial principle; **REALISM**
   (c) No OA member shall ever be placed in a position of unqualified authority; **REPRESENTATION**
   (d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity; **DIALOGUE**
   (e) No service action shall ever be personally punitive or an incitement to public controversy; **COMPASSION** and
   (f) No OA service committee or service board shall ever perform acts of
government, and each shall always remain democratic in thought and action. **RESPECT**

**STEPS, TRADITIONS & CONCEPTS OF OA SERVICE, & THEIR PRINCIPLES**

- **HONESTY** (step 1)
- **HOPE** (step 2)
- **FAITH** (step 3)
- **COURAGE** (step 4)
- **INTEGRITY** (step 5)
- **WILLINGNESS** (step 6)
- **HUMILITY** (step 7)
- **SELF-DISCIPLINE** (step 8)
- **LOVE FOR OTHERS** (step 9)
- **PERSEVERANCE** (step 10)
- **SPIRITUAL AWARENESS /SPIRITUALITY** (step 11 & tradition 12)
- **SERVICE** (step 12)
- **UNITY** (tradition 1 & concept 1)
- **TRUST** (tradition 2 & concept 3)
- **IDENTITY** (tradition 3)
- **AUTONOMY**(tradition 4)
- **PURPOSE** (tradition 5)
- **SOLIDARITY**(tradition 6)
- **RESPONSIBILITY** (tradition 7 & concept 6)
Embrace the
Similarities
Love the Differences

Region

FELLOWSHIP (tradition 8)       STRUCTURE (tradition 9)
NEUTRALITY (tradition 10)       ANONYMITY (tradition 11)
CONSCIENCE (concept 2)          EQUALITY (concept 4)
CONSIDERATION (concept 5)       BALANCE (concept 7)
DELEGATION (concept 8)          ABILITY (concept 9)
CLARITY (concept 10)            HUMILITY (concept 11)
SELFLESSNESS (concept 12)       REALISM (concept 12 b)
REPRESENTATION (concept 12 c)   DIALOGUE (concept 12 d)
COMPASSION (concept 12 e)       RESPECT (concept 12 f)
The Principles of the Program

ABILITY
CLARITY
COURAGE
EQUALITY
HONESTY
INTEGRITY
PURPOSE
RESPONSIBILITY
SPIRITUALITY
WILLINGNESS

ANONYMITY
COMPASSION
DELEGATION
FAITH
HOFR
REALISM
SELFLESSNESS
STRUCTURE
TRUST

AUTONOMY
CONSCIENCE
DIALOGUE
FELLOWSHIP
HUMILITY
NEUTRALITY
REPRESENTATION
SERVICE
TRUST

BALANCE
CONSIDERATION
DISCIPLINE
GUIDELINES
IDENTITY
PERSEVERANCE
REVERE
SOLIDARITY
UNITY
Appendix O

Translations Workshop

We have a language barrier here in R9. One of the best things to do is to translate our literature. There is a lack of communication from countries who speak a different language and the other service bodies. For example: unaware of translations already done in Russia. If World Service Office is aware and has a copy then we avoid duplication of efforts. Report what we have to share that has already been translated. Make sure there is a hardcopy and very important: digital copy. There are differences in countries as to what has already been translated. Some countries have no translated literature yet. We have guidelines for doing translations (online). We have some recommendations for suggested translation yet to be done. Doing some translations by volunteers works but recommended to find a professional. If you can find an OA who is also a professional it would be best. R9 has funds, as does WSO for translations. In Feb and in Aug monies are allocated as prioritized. Lack of applications for the funding may come from language barrier. Please contact your Trustee if you need help. Think of starting small to get experience. There is a licensing requirement process. This is not difficult. Includes literature and other media materials. Unsure if you can use funds to translate items on the website. There are three licenses - all on OA website. Licensing: First Permission, one to do translation, and one to distribute. Special license to ask for permission after done if already translated without asking permission first. We have royalties that apply to translate literature. You are not being forced but it is part of being self-supporting. Working on a way to find a single version that works for different dialects of the same language (i.e. English vs. American; Portugal Portuguese vs. Brazilian Portuguese; differing ‘Spanish’ by area; etc.)
Appendix P
REGION 9'S TRIVIA WORKSHOP

Region 9 celebrated its 30 year birthday at the 2012 Region 9 Assembly. We heard a trivia question at the end of different sessions, and we heard possible answers from the attendees. The winner of the correct answer won a prize. This can be used as a workshop in any OA event. Trivia always seems to be a fun and educational activity.

**OA REGION 9 30TH BIRTHDAY TRIVIA QUESTIONS (& ANSWERS)**

1. What countries were included in Region 9's birth in 1982?
   All countries outside the USA and Canada

2. Who was Region 9's first Trustee and where was she from?
   Jeanine from St. Louis Missouri, USA

2. Where was the first Region 9 Assembly & Convention and what year did it take place?
   In Israel, in 1983

3. How much time did Israel originally plan for the business part of the event (the assembly)?
   1 hour (when Israel realized that more time was necessary, they set aside more time for this important Region 9 Assembly)

4. What countries were represented from Region 9 at the 1st Assembly?
   Israel, England, Iceland, Germany, and Ireland

5. Who was elected as Region 9 Chair?
   Carol from Israel

6. Who was elected as Region 9 Secretary?
   Frederick from Iceland

7. Where did the 2nd Region 9 A&C take place?
   In Germany

8. At the R9 A&C in Germany, so many people attended and they were short of rooms. Jeanine, having a private room, agreed to take on 3 roommates. Who were they/where were they from?
2 women from Germany shared the extra bed. In the morning, Jeanine found, to her surprise, that she had shared her bed with the last roommate – a man from Germany!

9. What were some of the countries in Region 9 in Jeanine's 6 years as R9 Trustee, that she had visited?

Israel, Germany, England, Ireland, Australia, New Zealand, Switzerland, France