



## Region 9

Dear OA Region 9 Service Body & Member,

### **Region 9 Chair, Secretary & Treasurer Positions due for Election**

You may be aware that elections will be due for all three board positions of Region 9 at the forthcoming Region 9 Assembly to be held in Belgium later this year. You will be contacted separately about the assembly itself.

The Chair & Secretary positions will be eligible as a result of the normal election process - the current Chair has held the position for four years (two terms) and the current Secretary has held the post for two years. (one term).

For those of you who were at the assembly – you will remember that we decided to split the Treasurer post into two – i.e. Treasurer and Banker. The Treasurer was elected for one year and the banker for one or two years as required. Therefore the Treasurer position in its revised form will be eligible for a one year term (assuming that the arrangement continues to go well – which it currently appears to be).

You will see that there are Job descriptions in brief written in the Job Descriptions section of the Region 9 Web Site. [www.oaregion9.org](http://www.oaregion9.org). These have been written recently by the current board members to make the job details easily understood. A number of members have contacted us recently requesting details of qualifications and job details so for ease of reference the relevant sections from the Bylaws and the Principles & Procedures have been extracted and included below. If you need more information regarding any of the posts do please contact one of us as Region 9 Board members (email addresses below).

Regarding our testimony of Region 9 board Service:-

#### Stella - Chair

'I can only speak for myself – we do not do service for reward – it's part of 'the deal of recovery' - but I would say that this is one of the most wonderfully fulfilling things that has ever happened to me - i.e. to give service at region level – to be elected treasurer and then chair was marvellous – to say being part of the Region 9 Board family is 'rewarding' is an understatement! I have loved every minute of it.'

#### Karolina – Secretary

The joy of being in touch with you all on a daily basis has been so rewarding for me. The traveling and being in new environment at our Assemblies has strengthened my recovery. Meeting so many people from our Region and seeing all kinds of individual varieties of abstinence and recovery has helped me to be humble. Taking on this service position made me nervous to be honest but it has never been overwhelming and I have had great help from our former Secretary and my Fellow Board Members. I've never felt alone in my "Secretary job".

#### Isabella – Treasurer

I'm quite new "on the job" and so far I love it! It helps me in my recovery and it keeps my ego in the right place; it is a wonderful way of giving back what I have been given so generously in our fellowship. The most important thing; I'm never alone – my fellow board members are always there to help me when I have questions and thoughts. To be in touch with OA members all over the Region, to meet new friends at the assembly, to listen to their stories and ideas is a wonderful recovery-boost!

Please consider whether you could fulfil one of these positions. Does your HP feel that this is where you belong?

Email contacts:-

[chair@oaregion9.org](mailto:chair@oaregion9.org)  
[secretary@oaregion9.org](mailto:secretary@oaregion9.org)  
[treasurer@oaregion9.org](mailto:treasurer@oaregion9.org)

With love in fellowship

Region 9 Board

Stella, Karolina & Isabella

Issue 2  
April 2011

### OA Region 9



[www.oaregion9.org](http://www.oaregion9.org)

### **Region 9 Board and Committee Chairs**

*Trustee* - Esti from Israel

*Chair* - Stella from the UK

*Secretary* - Karolina from Sweden

*Treasurer* - Isabella from Sweden

*Banker* - Alison from the UK

*Electronic Communications Chair* - Sabine from the UK

*12<sup>th</sup> Step Within Committee Chair* - Susan from Israel

*Bylaws Committee Chair* - Joanna from the UK

*Translation Committee Chair* - Loes from the Netherlands

*Public Information Committee Chair* - Isabel from Austria

**Region 9  
Assembly  
23 – 25 Nov 2011  
followed by a  
Convention  
25 – 27 Nov 2011  
Belgium  
Mark in your diary**

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Love the Differences  
In all Our Affairs*



## Region 9

### QUALIFICATIONS AND HOW TO APPLY

You need to be present at the assembly, be an OA member and have been a R9 Rep at Region 9 Assembly in the past. You will need to have at least one year of current abstinence and two years of service above group level.

If you want to be considered for the posts – please write to the current Chair with your application – outlining the service body you represented at R9 Assembly, your abstinence record, service record and a little about yourself. Your application will be included with the R9 Assembly materials.

### THE JOB DESCRIPTIONS IN SUMMARY

#### CHAIR

OA Region 9 chair is 'facilitator' i.e. the "middle man" in communicating – "What are the goals for our Region in carrying the OA message? What are the tasks to accomplish those goals? How do we make this happen?"

Work with the Strategic / Operations Plan and continually ask members "how I can incorporate these goals in my recovery plan?" and then think of inventive ways to incorporate the Plan in workshops at the Assembly. Ask others to help. Consider – OUR PRIMARY PURPOSE IN CARRYING THE OA MESSAGE IS OF PARAMOUNT IMPORTANCE.

In essence :-

- \* Formulating Agenda of Region 9 Assembly.
- \* Chair Region 9 Assembly meetings.
- \* Managing the Region 9 Assembly as Chair.
- \* Send reminders of things as they arise and answer emails.
- \* Attend WSBC as Region Chair and report back to the Region as to activities / results of motions etc.
- \* Attend other Region Chairs Committee Meetings as instructed by the Region 9 Assembly. (USA Aug & Oct).
- \* Be an active member of the Region Chairs Committee.
- \* Liaising with the other Region 9 Board members (Secretary & Treasurer & Banker), the Committee Chairs, the World Service Office (WSO), the other Region Chairs.

#### SECRETARY

- \* Notifying the information that comes to the Region 9 office from WSO, OA Board of Trustees, Region Chairs, all groups, IGs, or individual members within Region 9 to Region 9 members, groups, IGs and NSBs.
- \* Sending at the beginning of the year a "Region 9 Translation Assistance Application Form" for financial help to translate or publish OA literature to all Service Bodies and registered unaffiliated groups within Region 9.
- \* The Region 9 Chair sends the invitation to the Secretary who then notifies the region 9 Assembly to all service bodies 6 months prior to the Assembly by email or by regular mail and by announcement on the Region 9 website.
- \* The secretary adds to the Chair's invitation mailing different forms: registration forms for the Board, the committee Chairs and representatives and the delegate assistance application form.
- \* Receiving the registration forms for the Region 9 Assembly and make a list of the attendants.
- \* Compiling and sending the Region 9 Assembly Material.
- \* Taking the Minutes of the Assembly.
- \* Keeping and updating an emailing list of email addresses of all Region 9 member groups, IG and NSB. Contacting the WSO to stay updated.
- \* Answering all the emails, trying to find solutions to the problems by contacting more qualified members or people at WSO.
- \* Compiling and sending out the Region 9 Newsletter.
- \* Liaising with the other Region 9 Board members (Chair, Treasurer & Banker), the Chair of the Electronics Communication Committee (ECC) and together keep the information on the Region 9 website updated.

#### TREASURER

- \* Draft the budget for consideration by the Finance Committee and R9 Assembly. Present Budget at Assembly.
- \* Communication with the fellowship regarding 7<sup>th</sup> tradition for R9, delegate assistance and translation assistance.
- \* Chair and be an active member of the Finance Committee.
- \* Send out appeal letters to the R9 members and service boards.
- \* Communicating regularly with the banker.
- \* Collecting and recording funds at the R9 Assembly. .
- \* Liaising with the other Region 9 Board members (Secretary & Treasurer & Banker).

### Region 9 Board hold meetings via skype

We have held two meetings already this year and these have proved very helpful - we have stayed connected and got on with Region work,

#### Future meetings

-Sun 8<sup>th</sup> May 2011 6.00 P.M.  
(UK) / 7.00 P.M. (Europe) / 8.00 P.M. (Israel) – Committee  
Chairs invited

-Sun 17<sup>th</sup> Jul 2011 6.00 P.M.  
(UK) / 7.00 P.M. (Europe) / 8.00 P.M. (Israel)  
Chairs invited

-Sun 18<sup>th</sup> Sep 2011 6.00 P.M.  
(UK) / 7.00 P.M. (Europe) / 8.00 P.M. (Israel) – Committee  
Chairs invited

### Motions for R9 Assembly 2011

The Region 9 Board are working on some motions for the assembly – has your service body any motion for region 9 that they want to bring?

### Translation Assistance

Literature is an important part in our recovery. Unfortunately, not every member has access to OA literature in their own language. Let's change that! Apply for Translation Assistance and join in our goals on the Strategic Plan: every language-area translates one piece of OA literature per year.

A wonderful service for somebody in your group is to translate the "Lifeline Weekly" so the meeting is able to enjoy it in their own language.

R9 Fund – application to R9 Treasurer by 31 Mar this year.

WSO Fund application by 1 Feb and 1 Aug each year.

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## Region 9

### OVEREATERS ANONYMOUS

#### REGION NINE ASSEMBLY BYLAWS – More detailed extractions regarding the Region 9 Board

#### ARTICLE VII – COMPOSITION OF REGION 9 BOARD.

##### **Section 1- Composition**

The Region 9 Board shall consist of a Chair, Secretary and Treasurer.

##### **Section 2 – Duties**

Duties of members of the Region 9 Board shall include but not be limited to the following:

- a The Chair is responsible to see that a notification of the Assembly is mailed in accordance with Article V – Section 2; to see that Region 9 Intergroups, National/Language Service Boards are notified that amendments to these Bylaws should be sent in accordance with Article XII – Section 1; to prepare an agenda for the Assembly and see that the agenda is mailed in accordance with Article V – Section 4; to preside over the Assembly; and in accordance with the Bylaws of Overeaters Anonymous, Inc. – Subpart B is entitled to be a voting delegate to the annual World Service Business Conference.
- b The Secretary is responsible for maintaining accurate minutes and records of all Region decisions and actions at the Assembly. The Secretary must see that the Minutes are mailed or emailed when possible within 45 days of the Assembly to all participants of the Assembly, unaffiliated groups in Region 9 and Service Bodies that have not sent a representative to the Assembly. Any Service Body interested can ask the Region 9 Secretary for a copy of the Minutes by mail or email.
- c The Treasurer is responsible to chair the Budget and Finance Committee; and to see that the annual financial statements are mailed to all members Intergroup and National/Language Service Boards.
- d In an emergency situation, approval of two members of the Region 9 Board is required to execute decisions deemed necessary for Region 9 as a whole. Notification of such decision shall be sent within 45 days to all registered Groups, Intergroup and National/Language Service Boards within Region 9.
- e For additional and a more detailed explanation of duties for Chair, Secretary and Treasurer refer to the Region 9 Principles & Procedures manual.

##### **Section 3- Elections**

- a Nominations and elections shall be held in each year at the Region 9 Assembly.
- 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 of OA.
- c Board members are elected for a term of two consecutive years in the same position.
- d 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.
- e Nominations for qualified nominees to the Region 9 Assembly may be made from the floor at the Assembly. Upon nomination, the nominees shall be called upon to present their qualifications briefly to the Assembly.
- f Any vacated position may be temporarily filled by a representative on request of the Region 9 Chair at the Assembly with the approval of the Region 9 representatives.
- g Vacancies that occur during the term of office between Assemblies shall be filled by a person appointed by the Chair. In the event that the position of Chair becomes vacant, the Secretary shall act as the Chair until the next Assembly with the authority to perform all prescribed duties and responsibilities. In the event that the position of Secretary becomes vacant, the Treasurer shall act as the Chair until the next Assembly with the authority to perform all prescribed Chair's duties and responsibilities. All vacancies shall be filled by an election at the next Region 9 Assembly.

### Delegate Assistance

Hello service bodies! I would like to encourage you to apply for Delegate Assistance with regard to our assembly in Belgium, in November 2011. Being at the assembly is a powerful experience and we need YOU to be a part of the decision making, workshops, discussions and the fun! Together we can do what we could never do alone – your delegate will bring back new ideas and thoughts that will help strengthen the groups in your area. Information on how to apply will be sent to all service bodies and is available on the Region 9 website.

[Applications to the R9 Treasurer by 23<sup>rd</sup> July please.](#)

### Region 9

#### Representative

If your service body elects a member to represent you – it's important that they elect an alternate – i.e. a person who can step into the role of Region 9 rep – should your original choice not be able to attend.

### OA Concept 3

The right of decision, based on trust, makes effective leadership possible.



### OA Concept 9

Able. Trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all levels.



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## Region 9

### OVEREATERS ANONYMOUS - REGION NINE ASSEMBLY – Extract from REGION 9 POLICIES AND PROCEDURES

#### II BOARD POSITIONS, AND DUTIES

JOB DESCRIPTIONS FOR BOARD AND COMMITTEE CHAIRS as part of our Regional policy and procedure.

##### 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
- 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 an Officer Nomination form is sent to each Intergroup and Delegate in an election year
- Is responsible for sending a Bid form for hosting a R9 Assembly to Intergroups and Delegates on election year (1999h)

##### TREASURER:

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)

##### 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.
3. At 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 note the name of the proposer and seconder, and the count of the voting on each motion.
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 in the timescale set out in the bylaws.
5. Typing the actual minutes is time consuming. It's probably a full day's work. 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.

UPDATE OF LISTS Another duty for the Secretary is to see that an up to date list of all R9 Intergroups and National/Language 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)

#### **Last but not least...**

On behalf of the Region 9 Board we'd like to wish you an abstinent day.

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#### Region 9 website

Have you seen the great website we now have?

[www.oaregion9.org](http://www.oaregion9.org)

#### **Check it out for:-**

- Exciting opportunity to sponsor / have a sponsor in your own language.
- Region 9 Wheel of Misfortune game.
- Tent cards for your meeting table.
- Strategic Plan (OA Carry the message Plan).

#### Translation of OA Literature Goal

It has been suggested that it would be nice for each service board to translate one piece of literature – no matter how small per year. What does your service board think of this as a goal?

#### OA Tradition 5

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

#### Meeting List

##### Accuracy at OA.org

When did your service body last check their full details on the web site? Please elect someone to do this vital service and check that your meetings details are up to date and make the appropriate corrections.

#### OA Tradition 9

OA, as such, ought never be organised, but we may create service boards or committees directly responsible to those they serve.