

Region 9 delegates attend 50th World Service Business Conference (WSBC) - Mon 25th April – Sat 30th April 2011 - theme 'CELEBRATING OUR 50TH CONFERENCE – A TRIBUTE TO SERVICE'

Region 9 Chair report – part a.

At the end of this newsletter and on our Region 9 website – you will find my full report - part a (motion results). A further newsletter will be circulated later this month with articles from all our delegates from Region 9. I will also be reporting again regarding other aspects from the conference. In the mean- time - here are some important items that you should be aware of and that affect our region:-

- a) We have a new definition of Abstinence

'Statement on Abstinence and Recovery

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviours while working towards or maintaining a healthy body weight.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.'

- b) The pamphlet 'The Tools of Recovery' has been revised to include detail on the new tool Action Plan (NB. the name remains Action Plan). Refer inset for cut out and inclusion in current pamphlets.

- c) The pamphlet 'Recovery Checklist' has been revised – the new wording is much more powerful.

- d) New pamphlet 'A Common Solution: Diversity and Recovery' has been approved.

- e) There is a revised policy regarding use of titles of speakers at OA functions.

The new policy is as follows:

'The World Service Business Conference of Overeaters Anonymous, suggests that intergroups, regions, individual groups or any other sponsoring service bodies refrain from publishing the names of non-OA titles of speakers/leaders at OA functions in any informational materials (flyers, newsletters, etc.) OA service titles (but not names) may be used when a speaker/leader is performing the service responsibility of his or her OA office.'

- f) OA's Conference Seal of Approval remains for all AA literature

- g) New statement on :-

'Statement on Public Media

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2011 World Service Business conference recommend against any OA member, group or service body endorsing (sponsoring, creating funding or using) for OA purposes and public media of communication where the personal anonymity of OA members cannot be maintained.'

- h) OA has bestowed the tile of - founder to Rozanne S.

- i) There were some Bylaw amendments – some of which were housekeeping. The following are worthy of note:-

New Business Motions and Motions now require 50% approval from the responding service bodies to the agenda questionnaire for consideration at WSBC.

Intergroups service boards and regions will need to submit a copy of its bylaws and/or summary of purpose to the WSO whenever it is either updated or revised.

The definition of OA Groups has changed so that they will be - 'guided by the Twelve Concepts of OA Service'. Also it is affiliated as an Overeaters Anonymous group by registering with the World Service Office. The second part of this change which requires all groups to be actually registered with the WSO rather than just affiliated with OA may have major implications to our region. The registration document for groups is not translated into all languages. Both I and the chair for Region 8 will be raising this point at the next Region Chairs Committee meeting.

With love in fellowship

Stella,

Region 9 Chair

Issue 3
May 2011

OA Region 9



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

12th 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**

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

New definition of Abstinence for inclusion in your OA meeting format, etc.

Statement on Abstinence and Recovery

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviours while working towards or maintaining a healthy body weight.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.'

Insert for The Tools of Recovery pamphlet – you may cut this out and make copies to insert in pamphlets that do not yet contain the tool.

Action Plan

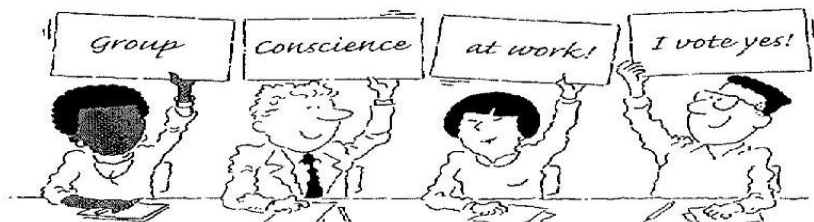
An action plan is the process of identifying and implementing attainable actions, both daily and long – term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and / or appropriate professional to help create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organise their homes; deal with their finance; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.'

This definition was adopted at the OA WSBC 2011 and will be included in the pamphlet 'Tools of Recovery' in future print runs.

Overeaters Anonymous - Concept of Service 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.

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

Region 9 Board hold meetings via Skype

Future meetings

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

-Sun 17th Jul 2011 6.00 P.M.
(UK) / 7.00 P.M. (Europe) / 8.00
P.M. (Israel)

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

Translation Assistance

Applications for Translation Assistance dates -

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

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

Delegate Assistance

Apply for Delegate Assistance with regard to our assembly in Belgium, in November 2011. 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 23rd July please.**

OA Concept 3

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



OA Tradition 5

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



**OVEREATERS
ANONYMOUS®**

Region 9

OA Region 9 Statement of Purpose

To carry the OA message to the still suffering compulsive overeaters, wherever they live and whatever language they speak. In fulfilling our purpose, we should ever strive to achieve worldwide unity and common policies among our countries. With love and tolerance as our code, together we can do what we could never do alone

**CHAIRS REPORT OF 50th WORLD SERVICE BUSINESS CONFERENCE
(WSBC) (Part a – Motion results)
Mon 25th April – Sat 30th April 2011**

This year's conference had the overall theme –
'CELEBRATING OUR 50TH CONFERENCE – A TRIBUTE TO SERVICE'

Once again all OA Regions – Service Bodies gathered together for our annual WSBC. There were 16 Trustees and 171 delegates making a total of 187 voting members gathered together from all over the world.

Detailed below are the results of the voting on the motions brought to conference this year. The delegates were busy and a lot was considered and achieved for our fellowship. I will report separately on the rest of the WSBC.

A very big thank you for allowing me to serve.

Kind Regards –

Stella

Stella Cooke (Region 9 Chair)

Motions worked on

Literature

To grant the Conference seal of approval to the literature / pamphlets as follows:-

Proposal A a – revised 'Recovery Checklist'

This is a revised pamphlet and the changes in the main – remove the words 'Are you' and replace them with 'Am I'. For example 'Are you obsessed with food, diets, calories and weight?' is changes to 'Am I obsessed with food, diets, calories and weight?' The new wording was well received with the overall feeling that it was much more powerful. The motion was adopted.

Proposal A b – to remove the Conference Seal of approval from 'If God Spoke to OA'

Questions were raised as to the level of annual sales and whether there was still a demand for this pamphlet. Annual sales were 1190 for this pamphlet which compares with 924 for 'Person to Person' and 687 for 'Anonymity'. The motion was defeated.

Proposal A c - 'A Common Solution: Diversity and Recovery'

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

Region 9

This was a pamphlet that came to conference last year and at that stage failed – at that stage there were too many things that the conference was unhappy with. The BOT sought feedback during this past year so as to take into consideration the feelings of the fellowship. The motion was adopted.

Proposal A d –revised ‘The Tools of Recovery’ to include ‘Action Plan’

The BOT sought feedback throughout this past year as to the possible detail for the new ‘Action Plan’ – The motion was adopted. Here is the new section for that tool (you may cut this section out and insert into ‘old’ pamphlets that do not contain the tool):-

‘ An action plan is the process of identifying and implementing attainable actions, both daily and long – term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and / or appropriate professional to help create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer’s action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organise their homes; deal with their finance; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.’

Policy Motions

Proposal A – To discontinue the matching grant program that was established in 2005.

The feeling was that this program was serving sufficient purpose to justify the administration The motion was adopted.

Proposal B - To change the wording on our policy regarding use of titles of speakers at OA functions.

The motion was adopted.

The new policy is as follows:

‘The World Service Business Conference of Overeaters Anonymous, suggests that intergroups, regions, individual groups or any other sponsoring service bodies refrain from publishing the names of non-OA titles of speakers/leaders at OA functions in any informational materials (flyers, newsletters, etc.) OA service titles (but not names) may be used when a speaker/leader is performing the service responsibility of his or her OA office.’

Proposal C – To include the Tools of Recovery of OA in the Conference Policy Manual.

Whilst a list of tools is known to the fellowship and is listed in the Suggested Meeting Format it has never been officially voted on by the fellowship. This motion effectively will result in the tools being part of the group conscience of OA as a whole.

The motion was adopted.

Proposal D – To remove the Tool – ‘Action Plan’ that was voted upon and adopted in 2010.

The motion failed.

Proposal E – To remove OA’s Conference Seal of Approval from all AA literature other than AA’s Big Book - Alcoholics Anonymous and AA’s Twelve Steps and Twelve Traditions.

The motion failed.

Proposal F – To Web Cast the WSBC in 2012.

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

Region 9

The main concerns raised included – a) challenge to anonymity of those members attending, b) cost, c) change of camaraderie/ atmosphere at WSBC amongst physical attendants and thus its success and d) the fact that due to time zone differences there would be little advantage to remote regions such as R9 to attend (it is worthwhile noting that Business session II on Thursday and session IV on Friday that take place between 1.00 – 5.00 pm in Albuquerque would in effect be 9.00 pm – 1.00am in Europe). The motion failed.

Proposal G, H & I did not receive 50 percent of the votes needed to qualify for the Conference agenda.

Proposal J – To adopt a the following:-

‘Statement on Public Media

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2011 World Service Business conference recommend against any OA member, group or service body endorsing (sponsoring, creating funding or using) for OA purposes and public media of communication where the personal anonymity of OA members cannot be maintained.’

This will provide guidance that whilst exploiting technology can be a strong vehicle for recovery – our Tradition of anonymity still needs to be honoured. The motion was adopted.

Proposal K – That the Overeaters Anonymous Fellowship bestow the tile of founder to Rozanne S.

This motion was adopted.

The new Chairman of the Board will inform Rozanne and she will be presented with a ‘gift’ (TBD) that will have the title on it.

Proposal L – To change the:

‘Statement on Abstinence and Recovery

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviours while working towards or maintaining a healthy body weight.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.’

The motion was adopted. This is obviously a very important change and its new wording should be widely distributed

Proposal M – to change the tool ‘Action Plan’ to ‘a Plan of Action’

The motion failed.

Bylaw Amendments

Proposal 1 – Withdrawn

Proposal 2 – The Conference did not have time to consider this motion

Proposal 3 – To amend as follows:

Article XIV – Bylaw Amendments, Section 1 – Procedure

b) remove ‘*intergroup, region*’ and insert ‘service body’

c) change ‘*forty*’ to ‘*fifty*’

The new wording adds service boards to the service bodies receiving the notice of motions for WSBC (and agenda questionnaire) and increased the approval level for consideration at WSBC to 50% so as to be consistent. Both New Business Motions and Motions to change Bylaws now require 50% approval from the responding service bodies to the agenda questionnaire for consideration at WSBC.

Adopted.

Proposal 4 – To amend as follows:

Article V – Overeaters Anonymous Groups, Section 2 – Composition

b) Groups compose the intergroups and service boards as set forth in Articles Vi and VIII hereof.

The new wording was changed to include ‘service boards’.

Adopted.

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



Region 9

<p><u>Proposal 5</u> – To amend as follows: Article VI – Intergroups, Section 2 – Registration b) Each intergroup shall submit a copy of its bylaws and/or summary of purpose to the WSO whenever it is either updated or revised. The new wording removes the subjective word ‘significantly’ and asks for submission for any changes. Adopted.</p>
<p><u>Proposal 6</u> – To amend as follows: Article VII – Regions, Section 1 – Composition a) ‘..... Subject to BOT approval, language service boards that span more than one region may choose to affiliate with one of the regions its spans..... Adopted.</p>
<p><u>Proposal 7</u> – To amend as follows: Article VII – Regions, Section 2 – Region Assemblies There was an error in the motion that went out which was amended as follows before consideration. ‘Regional assemblies whose members shall be called ‘regional representatives’ or ‘RRs’ shall convene at least once a year, after prior notice has been given to all intergroups, national/language service boards and unaffiliated member groups, for the election of officers and the selection of nominees for regional trustee for that region.’ The motion was always intended to read as above and just removes the exception for an annual assembly that was in place at one time for our region. The original wording included ‘service bodies’ which implied virtual service boards but these do not affiliate to a region. Adopted.</p>
<p><u>Proposal 8</u> – To amend as follows: Article VII – Regions, Section 3 – Registration b) Each region shall submit a copy of its bylaws and/or summary of purpose to the WSO whenever it is either updated or revised. Refer 5 above for comment. Adopted.</p>
<p><u>Proposal 9</u> – To amend as follows: Article VIII – Service Boards, Section 3 – Registration b) Each service board shall submit a copy of its bylaws and/or summary of purpose to the WSO whenever it is either updated or revised. Refer 5 above for comment. Adopted.</p>
<p><u>Proposal 10</u> – To amend as follows: Article IX – Board of Trustees, Section 2 – Duties and Responsibilities, b) 6) To call to the attention of any group or service body any non-adherence to the Twelve Traditions or the Twelve Concepts of OA Service which the trustee believes the group or service body has made, acting only in an advisory capacity in matters affecting Overeaters Anonymous as a whole. Adopted.</p>
<p><u>Proposal 11</u> – To amend as follows: Article IX – Board of Trustees, Section 2 – Duties and Responsibilities, b) 9) To furnish counsel and guidance to the members, groups and service bodies. The new wording adds service bodies. Adopted.</p>

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

Region 9

<p><u>Proposal 12</u> – To amend as follows: Article IX – Board of Trustees, Section 7 – Vacancies, a) Regional Trustees 2) Regions may affirm the nominations in a manner determined by the region..... The motion also removed the word ‘duly’ from the section repeated above. The new wording effectively makes it clear that regions having a trustee vacancy may affirm nominations in the manner they chose. Adopted.</p>
<p><u>Proposal 13</u> – To amend as follows: Article X – Meetings of Delegates, Section 3 – Delegates c) Qualifications/Selection 3) Countries without intergroups or national/language service boards which seek representation at the annual Conference..... The new wording adds ‘national/language service boards.’ Adopted.</p>
<p><u>Proposal 14</u> – To amend as follows: Article X – Meetings of Delegates, Section 4 – Notice, Notice of the regular annual Conference and all special meetings of delegates shall be given to each registered service body..... The motion added virtual service boards to the list of service bodies that receive notice of Conference, is more concise and clarifies that only registered service bodies may send delegates. Adopted.</p>
<p><u>Proposal 15</u> – To amend as follows: Article IX – Board of Trustees, Section 5 – Nomination of Trustees, c) General Service Trustees 1) All applicants for open position(s) of general service trustee must submit their resume to the Board of Trustees ninety days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the nominee’s intergroup/service board or a region in which the nominee has recently served, or a majority vote of the Board of Trustees if the nominee is a sitting trustee.’ The new wording was changed to include ‘service board’ and to change the wording ‘incumbent trustee’ to ‘sitting trustee’. Adopted.</p>
<p><u>Proposal 16</u> – To amend by adding as follows: Article X – Meetings of Delegates, Section 8 – Business Agenda c) New business to be placed on the agenda shall be approved by fifty percent of all intergroups and service boards responding to the agenda questionnaire.... The new wording adds service boards. Adopted.</p>
<p><u>Proposal 17</u> – To amend by adding as follows: Article XI – Conference Committees, Section 2 – Bylaws Committee, One or two delegates shall also be selected from the collective virtual service boards by a method practical to them..... and a) The Reference Subcommittee representatives selected from each region and the virtual service boards b) Names of the Bylaws Committee members selected by the region and virtual service boards..... The new wording includes virtual service boards into the Reference Subcommittee and Bylaws Committee. Adopted.</p>
<p><u>Proposal 18</u> – The Conference did not have time to consider this motion</p>

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



Region 9

Proposal 19 – To amend by adding as follows:

Article V – Overeaters Anonymous Groups, Section 1 – Definition

- a) 1) ‘guided by the Twelve Concepts of OA Service’
- 2).....
- 3)
- 4)
- 5) It is affiliated as an Overeaters Anonymous group by registering with the World Service Office.

The new wording will change the suggested meeting format so that Section 1, a) 1) – Concepts are included. The second part above which requires all groups to be actually registered with the WSO rather than just affiliated with OA may have major implications to our region. The registration document for groups is not translated into all languages. Both I and the chair for Region 8 will be raising this point at the next Region Chairs Committee meeting. Adopted.

Proposal 20 – To amend as follows:

Article XIV – Bylaw Amendments, Section 1 – Procedure

Subpart B of these bylaws

- a) Amendments to Subpart B of these bylaws may be proposed by any registered service body,

The new wording allows virtual service boards to submit motions to amend OA, Inc. Bylaws, Subpart B. Adopted.

Proposal 21 – To amend as follows:

Article IX – Board of Trustees, Section 2 – Duties and Responsibilities,

- a) Specific Duties

..... the Chairman of the board will annually appoint a regional or general service trustee to also serve as virtual service trustee....

The new wording changes the trustees who may be appointed as virtual service trustee from regional to both regional and general. Adopted

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