

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'

News from the Region 9 delegates to WSBC

Elena, Heart of England IG

Attendance at OA Meetings during Conference – On arrival I rushed to the OA meeting - topic was service - there were 20 people - such a great feeling to see people who come here for the same reason. And the standard introduction "hello I'm ... and I'm compulsive overeater" make me feel completely like at home meeting :). Got me thinking that this week was like going to 90 meeting in 7 days - we had 6- 7 meetings in a day. How grateful I'm that this program showed the way out hell I was living in. Someone mentioned, really hit me "to tell the OA members to come to my house and drag me to the meeting if I stopped coming to OA meetings because it's when I sign my death warrant, it is when I lost my sanity.

Business Meeting - Yesterday we had 8 hours of sitting, listening thinking and voting. People are passionate about this program and how many different questions can give completely new view on the issues raised. We were talking how to strengthen the recovery and how to encourage members to contribute more so that WSO can help meetings and people in recovery who couldn't afford to organize OA events/ workshops and to support coming here. I'm 4th day on the pink cloud and grateful to be in the program. Big OA group hug to all! Former and still green dote - Elena R9 Heart of England IG

Elżbieta, Polish National Service Board

I have learned :-

- it is very important to register all our meetings in WSO.
- we can apply for the funds for professional outreach initiatives.
- a lot about Concepts and their great role in maintaining the groups wellbeing.
- about the ninth tool - action plan.
- almost everyone at the conference admitted having a sponsor. This is something to be popularized in Poland. We still work too little with sponsors and reluctantly use this tool.

Taking part in Conference - Thanks to being well informed (by chairman Bob, my roommate, my mentor and the workshop "All about conference") I had no problems with voting and making decisions - loved the way the chairman presided over the conference. I admire his sense of humour, etc. and goodness towards people. I also value Robert's rules. Sharing a room with an experienced person was extremely helpful. I was very happy to witness the redefining the term "abstinence" and adding to its previous definition that it is aiming into a healthy body weight.

Other news – I had the opportunity to look for potential sponsors for OA'ers in Poland and I have found some. I have improved my strength and hope through meetings I attended also I have tightened the bonds with my Region (lovely Region 9) :-) Love Ela

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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
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In all Our Affairs*



Region 9

Isabella – Region 9 Treasurer and Board member

As your treasurer, I had the opportunity to attend this year's world service business conference as an additional board member of Region 9 (according to a motion that has been adopted at the Region 9 assembly in Iceland, the Region 9 chair and one additional board member shall be present at WSBC). I would like to express my gratitude for this opportunity; a big thank you to you all! It was my fifth conference and, as always, the week passed far too quickly. I met OA friends both from Region 9 and from other regions and got the chance to strengthen my recovery in meetings, business meetings and workshops. This year's topic was - "A Tribute To Service" and I was asked to be one of the speakers at the workshop on sponsorship. There were also workshops on abstinence, the 12 concepts (with a wonderful skit performed by the region chairs) and a 'Longtimers' Forum. I would like to encourage all OA members in Region 9 to aspire to one day become the WSBC delegate of your service body. It is an outstanding experience! You will meet OA folk with years of abstinence, they focus on the solution that this program offers and their willingness to be of service is truly inspiring. One thing I really appreciated this year was being able to attend meetings far from home. No doubt, I love my home meeting but it is great to see "our rooms" in another place and I brought new energy back home with me.

See all you folks in Belgium!

Love in Service

Isabella

Susan, Israel NSB Representative

This year was my 3rd consecutive year at World Service Business Conference, and I am so grateful to be one of the countries present from Region 9. I had the pleasure of being a mentor to a couple of green dots (first timers to WSBC). It was like being a sponsor - to pass on my experience, strength, and hope, and to listen. A wonderful journey.

The workshops, OA meetings, the forum, the business meetings - being present at all of these gave me so much. The committee I served on was Youth in OA, and we're on to a thrilling year of work for this committee.

WSBC is such an amazing experience. The information I bring back to my own country and to our region is exciting. The bonds with people I make is lasting. And the rewards I receive in being at WSBC - the strengthening of my own personal recovery - just can't be expressed in words. It's something everyone should experience.

New to Region 9 Sponsor List !!

If in need of a sponsor, or you are willing to be put on the list, email:

secretary@oaregion9.com .

This is a list of OA members in Region 9 who are willing to give service and sponsor through the internet (email, skype,...). English speakers, including other languages they can converse in.

Pass the word on.

From - Region 9
Twelfth-Step-
Within
Committee

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Sam, OAGB National Service Board Rep

I was lucky enough to represent OAGB NSB at WSBC this year. What can I say really apart from “wow!”. It was an amazing, awe-inspiring, recovery-enhancing experience.

What did I give? 1) Some time beforehand reading papers etc. 2) About 8 days of my time, counting travelling. 3) Enthusiasm, willingness and participation whilst I was there. 4) Commitment to work on a committee during the year (for me, Conference Approved Literature, which is so exciting I hardly need to make a commitment to it!

What did I get? 1) A massive boost to my recovery from being in a room of 180 or so abstinent compulsive eaters. 2) Increased enthusiasm for service by being in rooms full of compulsive eaters all committed to doing service in OA. 3) Involvement in decision making for OA – being part of the “we” who make decisions – by OA, for OA. 4) Fabulous ideas to bring home for carrying the message inside and outside OA. I have to do service to keep the recovery I have. But I also love service, and I found with this as is often the case that if I give a little I get a huge reward. Thank you so much for the opportunity to serve in this way, it’s a privilege and a joy. If you’ve never been, think about giving it a go next year, or even this year at the Region 9 Assembly in Belgium.

Patrick K, OA South and East England Intergroup

WSBC 2011 was an amazing experience - an opportunity to see the Traditions in action, and to see people carrying the principles of the Steps in all their affairs.

OA Meetings - There was the opportunity to attend up to four or five regular OA meetings a day if I felt the need (I think 3 in a day was my record), - it was a privilege to hear people's recovery. Being used to meetings where at 3 1/2 years I could be considered an "old-timer", it was both humbling and inspiring to be in the presence of people with significantly more time in the program.

The workshops were enormously helpful and gave me lots of ideas to bring back to my Intergroup. I found the Forum session on the theme of "Carrying the Message through Physical, Spiritual and Emotional Recovery" to be particularly inspiring.

The Business side of the week was equally amazing. The thing that most struck me was how we could be part of a deeply impassioned debate with high emotion on both sides of a question (for example, the discussion on the redefinition of the Statement of Abstinence in Recovery was particularly contentious), but by the time the vote had been taken and a decision had been made there was an extraordinary sense of calm at the result. Even if the vote had gone against my personal feelings, there was a real sense that God's will had been served - whatever the decision, it was the Group Conscience of OA and was inherently the right thing to do. It was a powerful demonstration of the Principles in action, and is something that will stay with me forever.

Thank you for the opportunity to share. - Patrick

Region 9 Board hold meetings via Skype

Future meetings

-Sun 3rd Aug 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 _____.

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.**

Step 12

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Concept 1

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship



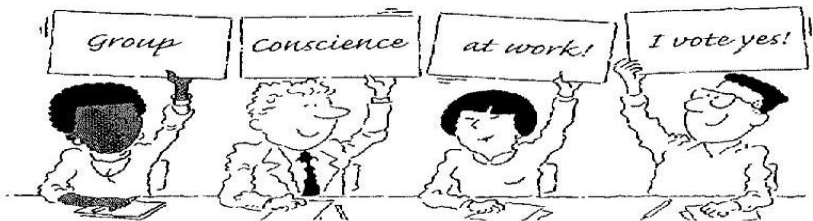
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Chadia, Spanish NSB

Hi, I am the delegate from Spain and I would want to share my experience in the WSBC. I felt this year very happy and I enjoyed it a lot, it is my second year terms and I know more this year about the Robert Rules and all the procedure of voting, etc. I enjoyed all but especially the WSBC Forum questions because it is a good occasion to share recovery and to transmit it to our Groups, Intergroups and NSB. We spoke about the Perception of OA's credibility through physical recovery and especially when member represent OA to the public, at health fairs, on panels, or in the media, how important is it that they are near or at a normal body weight.

It gives me a lot of serenity to see how the Delegate, Trustees and Regional Trustees we vote with serenity some controversial items, this is recovery! I am very grateful to my Service Body to give me the opportunity to assist at such great event. We all participate in the decision that will affect OA as a whole and this makes me responsible. I encourage all the member to present themselves to do this service when feeling ready in recovery. It gives you some much hope, recovery and make you a better person.

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.

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

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.

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.

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