



Region 9

Welcome to the Region 9 Newsletter

Welcome to the newsletter which is issued after each Region 9 Assembly, to let you know what we do and to encourage communication and service.

Region 9 Assembly held at Hotel Keflavik near Reykjavik, Iceland

Here are some of the fun things that went on at Region 9 this year:

We started out with an 'Eleventh Step Sandwich' – Serenity Prayer followed by meditation and ending with the Third Step prayer. For the meditation we were asked to meditate on our favourite piece of OA literature (& why it was our favourite).

Once we got started we did a fun icebreaker in which we were asked to write down that favourite piece of OA literature on one side of a card and the reason on the other. We were then asked to go meet as many reps as possible and 'give them a gift of this piece of OA literature for safe keeping and explain why I found it so useful, we learnt that of those present, the favourite OA literature was: Just For Today card, OA 12 & 12 book, Just for Today book and the Overeaters Anonymous book.

When we added up all our years of ABSTINENCE – there were 20 reps + the 3 board members and our trustee – making 24 in total and we celebrated 131 years of ABSTINENCE. The reps came from 13 countries, a great turnout but would be great to improve on that next year!

We looked at our OA Strategic Plan – this is our 'OA CARRY THE MESSAGE PLAN'. It's got 4 main areas: Strong Meetings, Public & Professional Awareness, Committed Service Bodies, and Financial Health. We had a brain storming session in which we looked at the most up to date list of Main Goals.

We then took part in a team game – 'Wheel of Misfortune' – you may have seen the script for this on the WSO website www.oa.org here is the link to the document: http://www.oa.org/pdfs/seventh_trad_skits09.pdf well that's a great script but we took part in a game with a 'Region 9' twist. We had 2 teams, one for WSO Funds and one for R9 Funds. It was a really fun way to learn about what our WSO and Region spends its money on. Your service body could ask for the script and do it yourselves or even develop a new one with a team for your Intergroup Funds.

We had our committee sessions, and we have some new Committee Chairs and a new Treasurer – for the first time in R9 outside the UK – Isabella from Sweden. For ease of banking we will still have a 'banker' in the UK and Alison our previous Treasurer will stay on to do this. Please continue to send contributions and notifications of them to Alison. No doubt we will be updated on how this new arrangement goes.

Three of our reps led us through a very nice workshop on Sponsorship. I am sure the Region 9 Board can let you have the format if you just email for it.

Region 9 Convention held in a school near the Hotel Keflavik near Reykjavik

The main theme was 'Strong Meetings' and Tools of Recovery'.

There were lots of speakers and some really great workshops. There were about 40 attendants from Iceland as well as the folk that had attended the Assembly making about 60 in all. Attending R9 Conventions is a great way to enhance your recovery! Do consider coming next year and also encourage your sponsees.

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OARegion 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 Assemblies

Visitors are very welcome at all of our meetings!

Region 9 Assembly 23 – 25 Nov. 2011

Belgium

Region 9 Assembly 2012 and future

Invitations from Egypt, Austria and Poland.



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Some other snippets to tell you about

- Food was good and many thanks to the organising committee – because it seemed to accommodate most folks food plans.
- You'll be pleased to know that the famous volcano was 'quite' so all the travellers got there and back with no 'hiccups'!
- Some of the reps managed to 'get out and about' and had a look at the scenery etc – it's a bit 'moon like' but with dramatic looking snow covered mountains in the background.
- Geysers were impressive
- The 'Blue Lagoon' is an outdoor pool of thermal seawater with a natural temperature between 37 – 41c
- Reykjavik was fun and very 'homely' for a capital city.

Region 9 Board will hold meetings over the Internet

- Sun 21st Nov 2010 6.00 P.M. (UK) / 7.00 P.M. (Europe) / 8.00 P.M. (Israel)
- Sun 23rd Jan 2011 6.00 P.M. (UK) / 7.00 P.M. (Europe) / 8.00 P.M. (Israel) – Committee Chairs invited.
- Sun 20th Mar 2011 6.00 P.M. (UK) / 7.00 P.M. (Europe) / 8.00 P.M. (Israel)
- Sun 22nd 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.

From our new Treasurer:

The R9 assembly and conference in Iceland 2010 was truly great. I felt very much taken care of. Everybody, including our very charming waiter, had been informed that we are rather "picky eaters", and I made a lot of new OA friends.

One order of business this year was the election of a new treasurer. Region 9 has its bank, bank accounts, and accountant in England. This is a well established system and it would take a lot of time and effort to move it all to another country. Since a new treasurer is elected every two years, we would have a real hassle getting our affairs in order because we could end up "between banks" rather often. That is why the original thought was to elect a new treasurer from England. However, one member came up with an idea. In order to "open up" the position of treasurer, so that members from other countries could be elected as well, we decided to have a treasurer and a banker. The banker will have to be an OA member from England and he/she deals with the bank and money transfer. The treasurer deals with various applications (delegate funding, translation fund), is the head of the finance committee, will present the budget and will be in charge of the cash during the assembly. Since the treasurer is on the Region 9 board, he/she will be in contact with OA members/groups from Region 9. Alison, our former treasurer, was elected banker. We decided to try this new arrangement for one year, until the assembly 2011, and then evaluate. I'm very excited about being your new treasurer and I'm grateful for the assembly's confidence. See you in Belgium 2011!

Love in Fellowship
/Isabella (Sweden)

Retreat

OA The Netherlands invites you to join their 2011 Retreat:

"Expect Miracles", April 8th-10th.
For more information check out our 'events' page on the website.

Region 9 Email Distribution List

Have you signed up to receive all the latest Region 9 information and news?

To sign up send an email to secretary@oaregion9.org & ask to be added to the list.

Delegate assistance fund

Just a reminder to all groups, that Region 9 have a Delegate Assistance fund to aid those groups struggling to send a Representative to 2011 Assembly.

If your group is interested in applying for this fund, please contact Isabella our treasurer treasurer@oaregion9.org

Hello Attendants!

It has been an absolutely amazing experience to attend the Region 9 Assembly (my first time!) and the Convention afterwards in Iceland. You are wonderful people all of you and I hope to see you next year. Thank you so much OA Iceland!

Love
Mette – Denmark

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From our Committees:

A word from the Translations Committee

Did you know that?

- AA's Big Book is translated into more than 45 languages? We can top that (one day)!
- Some languages are spoken in several different countries within Region 9. We can use that knowledge to work together on translating OA literature. For example: the Dutch and Flemish intergroups have been working together on translations, resulting in an approved and translated "12&12" and "For Today".
- A glossary can be a very helpful tool when you start translating OA literature. Yes you can use a normal dictionary, but some of our OA-expressions are not so easily translated. Ask ten people to translate "World Service Business Conference" for example, you'll probably get ten different translations. The OA glossary will be sent out to you before the end of the year.
- The book OA 12 and 12 is now translated into Arabic! Thank you Egypt!
- There are financial funds available for translating OA literature. Region 9 and WSO have funding available, and of course loads of experience with translating. You will find the Application Forms on www.oaregion9.org under "Translation & Literature".
- Do not hesitate to ask us to help you with any translations-issue you have. We'll be glad to be of service to you. Loes is the chair of this committee and you can contact her by email via secretary@oaregion9.org, put '**To Loes, Translations**' in the **subject line**.

From the Bylaws Committee

The outcomes of the motions discussed at this year's Region 9 Assembly were:

- Motion to extend the assembly to 2.5 days from 2 was **DEFEATED** due to concerns over the extra costs to service boards in possibly needing to pay for an extra night's accommodation.
- Motion to add the assembly materials to the website was **ADOPTED** with an amendment to put everything except the attendants correspondence details on the web
- Motion to allow Region 9 to select their own trustee in the event of no applications or not received in time was **AMENDED** to add in if a vacancy occurs midterm, and then **ADOPTED**.
- Motion for a register of service bodies to go in Assembly materials was **ADOPTED**
- Motion to add "How do service bodies trying to translate OA literature apply for financial assistance from Region 9" to the website was **ADOPTED**
- Motion to add definition of a region 9 representatives job description to the manual was **ADOPTED**
- Motion to produce a newsletter was **AMENDED** then **ADOPTED**
- Motion to amend how we contact service bodies not represented was **ADOPTED**

Joanna C from England was elected the new bylaws committee chair and can be contacted via secretary@oaregion9.org if you have any bylaw amendments or motions you would like help with. Please put '**To Joanna, Bylaws**' in the **subject line**.

Going to any length

It is true that our worst defects can sometimes be our strongest asset, e.g. mine is stubbornness.

The night before I left for the Region 9 Assembly I fell down the stairs. Fortunately nothing was broken, mainly twisted and bruised. After I got over the shock, all I could think of was what do I do now? I phoned Gatwick and asked for help on the journey. They booked me for Assistance and with their help I got to Iceland..

What drove me to keep going?
– Attraction, not promotion -My gratitude to, and love of the programme.

I gained so much from the weekend – identification, unconditional love and so much to bring back to my Intergroup that I filled a notebook.

My presence helped to create a quorum necessary in order carry out the business.

In addition, thanks to my time in OA, an ability to listen with an open mind enabled me to return home with knowledge of some of the problems faced by other countries and a strong desire to share my experience whenever I got a chance.

Start planning for next year, you too can do it – just take it one step at a time. See you in Belgium!

Anne Pat , UK

Reporting Home

"Our Intergroup met recently and I was able to hand out a version of the bookmarks we used at R9 and everyone really

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liked them. Whilst I attended R9 I had emailed our IG members once or twice a day with a quick update which was less formal than my official report would be and I hope captured the mood and the buzz of the Assembly and Convention, I also took photos which I put into the report. I had lots of positive feedback from my IG about these two things."

Joanna Cobb, Heart of England IG

Our REGION 9 WEBSITE is there – TO BE USED!

Are you holding a weekend or longer retreat/event in your country?

If the event has been recognized by an OA Service Body (Intergroup, Nat. Service Board), why not share the information with all of us on our website? OA members from other Region 9 countries might want to come along!

Please send your flyer and basic information (retreat theme/title in English and whether there are any meetings held in English) to Sabine, the Chair of the Electronic Communication Committee who puts it on the website, webmaster@oaregion9.org

Be aware that personal details such as phone numbers and e-mail addresses on flyers will be visible to anyone who goes to our website. So please make sure that everyone whose details are on the flyer agrees for them to be used on the website!

You can now contact the Region 9 Board members and the member who runs the website via our general e-mail addresses (see 'Contact Us' on website).

OA Iceland wins on 'Exploring ways to contain costs'

(Strategic Plan – Financial health)

I wonder whether all those in attendance at the Convention were aware that OA Iceland washed up after 75 members so that we could save money. The Convention was held in a school and the organising committee hired in caterers (which worked very well with most food plans – very clean food) – the caterers were going to charge a fee for plates and cutlery which included washing up. The organising committee had a discussion and decided they could handle that themselves and dispense with the costs – ultimately any money left over comes back to Region 9 after the Convention.

Isn't that something!

There is a line in the Strategic Plan under Financial health - 'Explore ways to contain costs'. It's in there to remind us that we can waste money without realising it.

Also encompasses Tradition 1, 2, 3, 5, & 7 not to mention fellowship and love!

In our minutes from the assembly this year we say 'our experiences from different Assemblies and amenities have brought us great experiences' – this is surely one of them.

A big THANK YOU ☺ to OA Iceland from all R9 Members, Representatives, and Board members – for washing up as well as organising a super Assembly & Convention!

Inspiration

My name is Dimitra, I am from Greece and I am a compulsive over-eater for more than 18 years, fortunately the last 2 years I found OA that helped me accept my disease and do the best I can for myself one day at a time. The 2010 OA Assembly was a really recovering experience for me, I met other OA members from various countries with many years of recovery. I also had the chance to find a sponsor that we contact each other via email. The information I got back to my country have already helped us to improve our meetings and organise better our inter groups. Next year I hope to meet OA members from the countries that did not attend 2010 Assembly.

Dimitra, Greece

Reflections

I was able to meet several women with long-lasting abstinence, which is rare in my home Fellowship in Poland. I experienced a lot of unity and support from other participants; that was the evidence for me that the Program is not only a list of rules written on a piece of paper but it works and is alive; in other words - people who I met at the Assembly did not only say right things, they also did right things, I don't experience it very often in everyday life.

I could learn a lot about the sponsorship; I realized for example that it is wrong to perceive the change of sponsor to be a betrayal.

I was surprised to see so many people so very much committed to service. I had no idea that service at the regional level is such a drudgework. There were plenty of conference meetings and workshops and the schedule was full all the time.

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I was touched by the helpfulness of the participants. They were always very friendly and willing to contact. It was sometimes difficult for me because I still like to isolate.
I realized that Region 9 is not

News from your Trustee

Dear friends,

It was so good to meet you all at the Region 9 Assembly and convention in Iceland and I would like to thank our hosts for making us feel so at home there and all of you for your service to OA.

I have attended the November BOT (Board of Trustee) meetings in Albuquerque, New Mexico. We had three informal meetings, one for the regional trustees where we discussed problems and issues we came across as region trustees during the previous 3 months. The second one is the "Board informal" where we discuss problems and issues by expressing our views and brainstorming. The third one is the "Consensus meeting" where we discuss the motions and have an opportunity to express our views without the pro and con process and Robert's Rules. Those discussions enable the maker of the motion to get an idea of what the Board thinks about the motion. Sometimes the maker changes the motion (by submitting an amendment) or even withdraw the motion so when we come to the formal meeting we are all familiar with the motions and are more ready to vote.

We also had Committee meetings. The Delegate Support Fund Committee decided to allocate money to Service Bodies so they can send a delegate to WSBC. If you need financial assistance to send a delegate to WSBC you can apply next year.

The International Publication and Translations Committee which I chair was impressed with the number of languages that the 7th Tradition short version pamphlet was translated to and would like to encourage you to distribute this pamphlet to all the members in your meetings and of course to translate more OA literature.

If you need financial assistance for translation you can apply for funds. Applications are to be at WSO before February 1st 2011. You find the applications on www.oaregion9.org "Literature & Translation".

We discussed our budget for the year 2011 and this is the time to remind you that I have some budget to come to you and make Service, Traditions and Concepts workshops. So if you would like me to come please let me know in advance so I can plan the dates and the budget.

Love in service,
Esti

Fancy joining the Board next year?

If you have over one year's abstinence, have held a service position above group level and work the Steps and Traditions, please consider standing for the Board.

These service positions will be up for voting:

Chair, Secretary, Treasurer & Banker.

If you just want further information, please contact chair@oaregion9.org

And finally...

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

self-sufficient in financial matters. It must rely on WSO financial support, which is not a satisfactory situation.
Ela Overeater from Poland

Sponsorship

Dear fellow OAs in Region 9, I was very lucky to be sent to the R9 Assembly by my Intergroup (South East England), and I was deeply impressed by how Region 9 has developed since I last came as a delegate about six or seven years ago. So much work being done not only during the Assembly but also during the year (then, I just went to the Assembly, wrote a report, and that was it.). Such willingness to give service!

During the Assembly we did a workshop on 'sponsorship', and we were asked to put a pink dot on our name tag if we were available as a sponsor and a blue one if we were looking for a sponsor. It was a great surprise for me: most of the delegates put a pink dot on their name tag! **I have never seen so many available OA sponsors in one room!**

Usually, when I go to meetings where they put the question 'can you sponsor' in their we-care-book, there is a whole page of NOs staring at the desperate seeker. I, too, usually put a 'no'. It is my spontaneous response, no, I can't, leave me alone, I don't have the time, I am not good enough etc. I only have a sponsee now because she met me in a meeting where they don't have that question in the book... But, inspired by my fellow delegates, I, too, ended up with my pink dot.

There are several lessons in this:

- Recovery is contagious!
- I can overcome my fear, put myself out there as available and leave the rest to my Higher Power.



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- You can always ask someone to sponsor you even if they have said 'no' on a can-you-sponsor-list.
AND (HOT TIP):
The Region 9 Assembly is a fantastic place to find a sponsor!
Sabine, London

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