

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)
Mon 25th April – Sat 30th April 2011 (Part c)

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

Introduction:- The 50th WSBC OA was held in Hotel Albuquerque in New Mexico America. There were 171 delegates and 16 trustees = 187 voting members from all ten Regions were present.

Emphasis is still focused on how the abstinent member, recovery and service work together in our lives as individuals and how every level of OA service moves the recovery bicycle forward. Special emphasis this year was put on service. There were lots of committee meetings, workshops and OA meetings were held every morning, noon & evening as well as the main business meetings for consideration of the motions. The purpose of the WSBC is not just to vote on those business motions but to make suggestions to the fellowship in the coming year as well as to share and pass on renewed energy & resources to our other service bodies as well as individuals in our recovery. Grateful thanks to the planning committee and the delegates for making this yet another wonderful conference.

For those members who have not yet had the opportunity to attend WSBC – either as a delegate or as a visitor – I really do urge you to consider coming. You will need 1 year of current abstinence and at least 2 years of service above group level to be considered by your service body as a delegate. You can also attend as a visitor / volunteer.

During the WSBC the Serenity Prayer was said in many languages over the week.

It is difficult to condense all the information and still feel that I have reported properly to you. – I have done my best to extract information that explains the work done at WSBC and by our WSO and things that are particularly relevant to R9.

Motions worked on

I reported separately to you on the various business motions – please refer to part (a) of my report for these.

OA Inc. Finances

I reported separately to you on the finances of the WSO – please refer to part (b) of my report for this.

New Trustees. -

General Service Trustees were appointed ; - Karen C, Janice S
Region Trustees ; - Region 1 – Margie G, Region 4 - Theresa K, Region 5 – Allen B, Region 7 – Barbara G & Region 10 – Faith M.

There was an announcement that Vicky W is stepping down from her position as General Service Trustee and there would therefore be a vacancy for a GST until next WSBC.

Next year there will be three vacancies for GST (2 of which are for a 3 year term and 1 for a 1 year term).

Translations Update

➤ **Translation Fund @ WSO Level**

i) This fund made it possible for the Overeaters Anonymous – Twelve Steps & Twelve Traditions of OA to be translated into Polish and Arabic (by OA in Egypt). Poland also translated 'To the Newcomer' pamphlet and have been allocated additional funds for further pamphlets.

ii) The translation committee at WS is considering translating a file of basic documents such as sample intergroup bylaws and statement of purpose, Twelve Steps, Twelve Traditions and the Suggested Meeting Format into French, German, Spanish, Italian & Hebrew.

iii) The committee @ WS will continue to look for ways to enable the non - English speaking members of OA to increase their accessibility to OAs literature and provide assistance in communicating with the WSO.

➤ **Translation Activities**

i) Language Links page on the WSO website – this links 21 OA sites around the world that are in languages other than English. www.oa.org/language.php.

ii) The Conference Agenda Questionnaire was summarised to make it easier for translation – Did your service body make use of this summary?

iii) The 7th Tradition Pamphlet (script for translation) – direct quote from the WSBC Finance Committee Report – 'At the R9 Assembly, the request was made for assistance in translating this 1 page document and the response was amazing! Six translations have been completed and sent to WSO. Completed translations of the pamphlet now exist in Spanish,

Polish, Italian, Danish, Greek & Portuguese. In process are – Hebrew, Arabic, Swedish, Dutch & French. Awaiting volunteers – German, Irish, Norwegian & Japanese.

iv) Various sections of the website www.oa.org are now in Spanish. The feedback from the Spanish speaking members has been very positive.

vi) According to the records at WSO, the OA literature has been translated (or is in the process) into 23 languages in 32 countries.

vii) The *Courier* newsletter was translated into Dutch, French, Japanese, Polish, Italian, Russian and Swedish. The pamphlet *'Is Food a Problem for You?'* was translated into French, Italian, Polish & Russian.

viii) Region 2 website has a Spanish section with free downloadable podcasts of speakers at Region 2 events. Our Spanish speaking members may find this useful. – web site address is www.oar2.org.

ix) Region 6 website is fully bilingual in French & English. Their Newsletter 'The Messenger' is also being translated along with various other notices as they are needed. Our French speaking members may find this useful – website address www.oaregion6.org

Forum – Celebrating Recovery:- held on Wednesday morning.

This was a hands on workshop on the theme of Celebrating Recovery – which focused on the benefits of the three fold aspects of recovery – physical, emotional & spiritual. Refer to the WSO web site for details of this.

Sponsorship

The BOT passed a motion at the Aug 2010 meeting to discontinue the Service by Mail / Email program. It was felt that this service was more appropriate at Region level. You may be aware that Region 9 has been operating this service and it seems very successful.

Some further suggestions that have been made at WSBC this year:-

- Attend as many meetings as you can. There may be members available to sponsor who missed one or two of the meetings you attended.
- Consider attending telephone / on line meetings. The list of Virtual meetings is on the OA web site.
- Attend 'Step Study' & 'Big Book' special topic meetings – these will help you work the steps until you find a sponsor and ultimately may bring forth a sponsor to you.
- Find out whether your local service body provides a list of members willing to sponsor. To find the service body closest to you – use the OA Intergroup Directory, available on www.oa.org .

Download Items from WSO – in particular Meeting Format

Please be aware that there are a lot of items that are downloadable from the WSO website that are free of charge. Please go to <http://www.oa.org/docs.php> for a full list.

In particular the Meeting Formats have been updated with the new definition of abstinence from last years WSBC and the inclusion of 'topic' meetings rather than 'discussion' meetings.

Also the Locally Produced Literature Guidelines have been updated.

Meeting List Accuracy

The WSO continue to stress how important it is that our meeting and service information is current with the WSO. They receive calls and emails from newcomers who, find the courage to go to a meeting, which they then find is no longer there. Does your service body regularly access their meeting details on the WSO and make sure it is correct?

Do you have a person appointed to do this and report back at your meeting? If not please consider doing so.

Sending WSO current meeting information is the Twelfth Step in action.

Various Funds that operate at WSO level and which you may be interested:-

Professional Exhibits Fund

Gives money to service bodies wishing to host a presence at professional tradeshows. This is funded by contributions that are given specifically for this purpose – please consider passing the basket an extra time to help fund service bodies in this way. Applicants received \$1143 towards the costs of exhibiting this year. You can also apply to the fund. Please let your local service bodies know that there is money in the fund to help towards tradeshows.

Delegate Support Fund

Gives money to service bodies that struggle to attend the WSBC without this assistance. You can give money to this fund as well as apply for it.

This year WSO received 19 requests for a total of \$19424. However, this was double the amount in the fund on Nov 1 2010! Various regions thus funded their delegates via their region funds.

Therefore 12 received assistance and 4 were denied. A total of \$11150 was paid out. Service bodies receiving funds to attend WSBC 2011 were from Region 2, 4, 5, 6, 7, 8 and our own Region 9 (NSB of Poland).

Translation Fund

Grants funds for translation work on our OA literature. If you want to apply for these funds – you need to be thinking and planning ahead to next year. Again you can give money to this fund as well as apply for it.

Region Chairs Committee (RCC) Meeting :- One of the functions of the Region Chair (and thus my role as current Region 9 Chair) is to be part of that committee – in the week of the WSBC we met on Monday evening, Tuesday morning and Wednesday – we also met with the B O Trustees on Tuesday afternoon. This is before we attend the business meetings of WSBC themselves.

The following was discussed by the RCC during the week of WSBC 2011:-

- Constantly need to remind ourselves and ask 'what are we doing and how does it relate to our primary purpose?'
- Update and sharing on the various different Region activities and concerns including how we carry the OA message effectively, service and finance etc. We had all prepared a ½ page report on our Region activities as well as Regional Assemblies prior to the meeting – thus giving us a chance to read what others had been doing in the year. The report I submitted on Region 9 is in an appendix to this report.
- RCC progress in fulfilling the tasks assigned to the committee in the Operations Plan.
- Progress and final arrangements for the Forum to be held on Wednesday morning - This was a hand's on workshop on the theme title of 'Celebrating Recovery' – which focused on the benefits of the three fold aspects of recovery – physical, emotional & spiritual. The Region Chairs had been in contact with each other by email regarding the format and had each come up with suggested questions and ideas etc. It's amazing how these things to come together when we work as a team. This forum had been a year in the planning and certainly we enjoyed the organisation and taking part in it, but the real value is what the delegates got out of it. The forum takes place in a large room with 20 tables of approximately 10 delegates at each table. We had group work on some questions and also a great game in answering quiz questions on the three legs of recovery and – built some three legged stools into the bargain. The questions and the feedback are on the WSO web site - <http://www.oa.org/pdfs/forum%20feedback%2011.pdf>.



The room the forum was held in – i.e. just before the delegates and trustees came in – you can see how big the room is – the delegates filled it to capacity!

- Last year I had raised the point that R9 members liked the Traditions workshop format at the last R9 assembly the year before and asked whether there are any available for the Concepts of Service. The other Region Chairs also liked the idea of a Concepts workshop. We worked on this during the year and there is now a set of questions on the Concepts.
- As a committee the RCC also wrote and rehearsed a skit on service rotation during this past year. This was performed by us at the WSBC Tuesday workshop 'Concepts: Guide for All who Serve' – you can download the skit from the OA. Org website.
- One of the items on the operations plan was for us to issue tent cards for groups - the idea behind them being that if group members are aware of the service structure of OA – then they would be far more likely to realise that we all need to support it both physically and financially. We brought these tent cards to our R9 Assembly last year and will be doing it again in November. Some regions have yet to address it but are currently working on it. Our R9 tent cards are on the R9 web site. Is your translations service body translating the tent card?
- The RCC had raised the point in the past that the 'Strategic plan' would ideally have all the fellowship involved in it and for all OA members to know what it is – as a result it was incorporated into the binder for WSBC for the first time. There was a session on Friday afternoon in which all the delegates came together to work on it. The group I attended and facilitated seemed to very much enjoy the process. The suggestions made by all in the (200 delegates) will all be reviewed in August when the BOT / RCC come together and then where possible incorporated into the forthcoming plan.
- Lifeline – all promoting in our Regions as best we can.
- WSBC – 1yr abstinence requirement – not being adhered to. There is some concern that folk are not being honest about their abstinence. This was discussed by the RCC – not everyone agreed with how best to deal with it. The BOT had also discussed it. Ultimately a motion was put forward by the BOT to change the Standing rules to take account of this.

Amendment to Standing Rules. A member of the BOT brought an amendment to the standing rules on Thursday morning. To the effect :- *'Delegates are expected to abstain from voting on any WSBC motions if they do not at time of voting have the 1 year abstinence requirement unless a delegate has received permission for an exception in qualifications as per OA Inc. Bylaws sub part B Art X Section 3 C1'*. The motion was passed and thus it was included in the standing rules for the WSBC.

Discussion at Region dinners. Also discussed and agreed that a good way to address this would also be on Wednesday night at Region dinners i.e. – thus as instructed I did bring this up and reminded the delegates of the requirements. It does not appear to be a problem in our region – but only the individual OA member really knows.

Suggest speak to the person personally. It was stressed – to make sure to address the fact that it is on the

registration form and when a person signs – they are making a statement.

Thus Abstinence requirements for WSBC are to be considered at region level and made known.

- We have now finished work on the Region Chair Committee manual – now on our website RCC. NB the RCC website is password protected to the RCC & the BOT.
 - Region Chairs General Info Sheet - we have a comparison document that we use to look at how each region deals with certain aspects – such as
 - A) No of groups – affiliated & non affiliated
 - B) No SBs / IGs.
 - C) No of board members and Term time on board in any and all positions.
 - D) Board member life time restriction (it appears that R9 is the only region that has this.
 - E) No of assemblies in a year, details of conventions and how are the convention proceeds split? Etc.
- We constantly update this document with a view to assisting each other in our duties as Region Chairs.
- We have a new Chair – *Bonnie*, Vice Chair – *Sherry*, Secretary – *Mike*, Forum Chair - *Cyndy* Forum Co Chair - *Stephanie*.
 - We also have a Region Financial / Budget comparison schedule in which we compare how each region raises its 7th tradition and how it uses it to carry the message at a regional level. The schedule looks at Income, analysis of costs, prudent reserve, etc. We spoke about the fact that if regions over budget (usually due to fear of not having enough to cover costs) this leads to having larger than expected reserves which in turn necessitates a distribution every few years.
 - We came up with a few suggestions for topics if we were asked to do the forum at WSBC in 2012.

The short term goals for the RCC in the coming year are to:-

- Continue with implementation of the plans described in the Strategic and Operations Plan – with particular regard to Abstinence & Service
- Accurate meeting info at WSO.
- Region Board members to continue to conduct Service, Traditions and Concepts Workshops.
- To continue to assist in the Green Dot Mentor Program at
- Continuing to work on the detailed job description for Region Chairs and the RCC handbook.

The long-term goals for RCC are to:-

- As Region Chairs – continue to promote achievement and maintenance of abstinence through working the Steps and the use of sponsorship, when sharing we need to qualify on weight / spiritual / emotional recovery and talk about weight and food plans.
- Development of a comprehensive strategy to get more people involved in doing service. Address the three main barriers to doing service – meeting abstinence requirements, the need for financial assistance, and apathy.
- Present workshops on service and how it serves us. To actively seek out opportunities to present Service, Traditions and Concepts Workshops.

The Region Chairs Committee is a fantastic group of people, whose goal it is to help one another to be successful chairs, as we serve in our respective areas.

Strategic Plan: - You may recall and as mentioned above - OA has a plan based on what we as a fellowship have collectively agreed to do and an overall picture of how we use the worldwide resources of OA – time, money etc. Recovery is still via Steps, Abstinence & Sponsorship – this has not changed and we need to be trying to share our progress on these aspects constantly at all levels but the plan is a way to achieve what we would all want – a growing healthy fellowship with lots of abstinent members.

So the end result of our activities will result in:-

Meetings filled with Abstinent members,
Meetings growing in size;
Newcomers stay & become abstinent,
Sufficient sponsors are available,
Meetings operate in the spirit of the 12 Traditions, and
All service positions filled with active rotation of service positions,

Have you seen the OA Strategic Plan Bicycle? Are you still working on translating the Bicycle into your local language? Please continue to do this – if we communicate how our service structure works and why it is set up that way we are more likely to achieve our aims.

The Strategic Plan sets out what we want to do as an organisation, the Operations Plan sets out ways to do it.

In the joint BOT / RCC meeting I joined the Strong Meetings Sub Committee – we will continue to work on this in August.

We will also have a workshop on the Strategic Plan in our Assembly in November.

Several regions take the suggestions laid out in the plan and use them when setting goals for their region committees.

A full update on progress on the Strategic Plan activities assigned to the Region Chair Committee is attached to this report as an appendix.

Twelfth Step Within Committee Report

Reminders :-

- Speakers List.
- 12 Step Within Handbook.
- 12 Step Within day = 12th December.
- Ideas that Work – details on the OA web site.
- 'A Step Study Guide for Recovery from Compulsive Eating' is being developed (watch for communications).

Service, Traditions and Concepts Workshops (ST & C)

Some regions have goals that each intergroup in their region would have an ST & C workshop by a given date.

Would it be a goal for us in Region 9 to have the same goal but for each country?

Our Trustee, Esti, has a budget and would be happy to arrange with your service body to attend and hold a workshop which includes the ST & C along with anything else you plan to do for recovery in your area that include the section goals of the Strategic Plan: Strong Meetings, Public / Professional Awareness, Committed Service Bodies and Financial Health. Please consider this and contact Esti.

This past year Esti visited the following countries and attended their various Assemblies and Conventions and held workshops :- Poland, Austria, Italy, Latvia and Greece,

It was a full and productive week for all present at WSBC 2011. This will be my last as Region Chair as I step down in November. I have enjoyed my service and the role continues to excite me and it stretches my abilities in general. But I also very much believe in rotation of service and I am sure we will appoint a wonderful new chair who will go forth and represent us next year and in the future. It's always good to have renewed energy on board at all service levels.

Thank you for allowing me to serve.

Kind Regards –

Stella

Stella C (Region 9 Chair)

PS This final section of my report is somewhat late coming out to you. My apologies. I hurt my back earlier in the year and time off work etc. had a knock on effect on my ability to finish it and get ready for the August meeting.

Appendix 1

Report to other Region Chairs regarding activities within Region 9

Region 9

Assembly held in Iceland in October 2010. 13 countries represented with 20 reps + the 3 board members (probably 15 languages). Used a book mark idea and asked at the beginning of the 2.5 day assembly to meditate and then write down in bullet point list - 'gifts' / God given talents we brought with us, and how we could use those gifts for the good of OA and then which committee we might join. Then at the end of the Assembly we spent a short time meditating followed by writing on our Bookmarks - our personal 'Service Action Plan' to take away with us. Folk liked this very much.

Workshops held:- a) OA Strategic Plan - (spoke of 'OUR OA CARRY THE MESSAGE PLAN'). b) Sponsorship. c) Translations.

Traditions:- Held a team game - 'Wheel of Misfortune' - using the script on the WSO website for OA Inc. and also used a script for the Region 9 financial structure. Issued various 7th Tradition & Service structure tent cards for use in OA meetings. Discussed finances a lot. Morning & Eve OA meetings with topics - Abstinence, Steps, Big Book.

Committee sessions held:- Translations, 12th Step Within, Public Information, Bylaws, Electronic Communications & Finance.

Motions passed:- a) Assembly Materials will be on the R9 Website b) Trustee for R9 will be selected from within our region

c) Register of Service Bodies in R9 and the years they have been represented at region will go in our assembly materials in future. d) "How do service bodies trying to translate OA literature apply for financial assistance from Region 9" will be put on the R9 website. e) R9 Rep Job Description was agreed upon. f) R9 newsletter introduced. g) Amended how we will contact countries who are not present at region and how we follow them up. h) Funds for parliamentarian for the first time will be in 2011. i) R9 representation at WSBC in 2011 for the first time.

Web Site:- continues to improve and we are using it more & more - hope to have Chair, Secretary & Treasurer email addresses.

Ideas used that have come from other Regions (many thanks to all who have shared these ideas) :-

- 'Eleventh Step Sandwich' (R2).
- Celebration of total numbers of years of ABSTINENCE from all in attendance at assembly - (131 years between 20 reps & 3 board members in 2011). Also brought back the focus to ABSTINENCE at every opportunity possible (R8). Really well received - will be bringing a motion from the Board as a whole for abstinent reps in 2011.
- Skype meetings now being held every 6 weeks for the R9 board with Committee Chairs attending every other meeting.

(R1). The committees are also using this and really feel that good work and communication is happening between assemblies - for us in such a large region with the diversity of languages - feel it's a huge step forward. Example - 12th Step Within Committee are circulating a list of sponsors with language spoken and method of contact (e.g. use of Skype) - this is a massive tool for 'remote' countries with few meetings and various languages. We now have available sponsors willing to sponsor in Hebrew, German, Dansk, Bengali, Russian, German, Spanish, French and Dutch as well as English via email and Skype!

- Register of service bodies in the region with years of representation at region assembly (R2).
- Outreach to other countries - changed our methods and follow (R2)

Convention was held after the Assembly in a school near the hotel. - Theme was Strong Meetings & Tools of Recovery. Lots of really great workshops- about 60 attendants - Iceland is not easy to get to & remember our language issue. (Ask me about a novel way they used to save money!).

R9 Assembly in 2011 will be in Nov 2011 in Belgium. **For 2012** - maybe - Austria, Poland or Egypt.

Love to all Stella R9 Chair

Appendix 2

Region Chairs Committee Update on Strategic Plan assignments

Strong Meetings

7 Regions are encouraging sponsors to get sponsees to do service, the remaining 3 have it as pending.

5 Regions are planning to distribute the tent card (service structure), 1 Region has done this (R9) and the other 4 are pending. Skit about 'Rotation of Service' completed.

Concepts workshop including questions is complete.

Abstinence workshops - some regions have completed these & some are pending.

Sponsorship topic addressed via newsletters etc.

5 Regions have promoted the Newcomer Meetings packet, 4 are pending, 2 are on-going & 1 is yet to address this.

6 Regions have encouraged service bodies to establish S, T meetings, 4 are pending & 3 are on-going.

9 Regions have reminded their service bodies about S, T & sponsorship, 1 is pending and 8 are on-going.

7 Regions have provided the Group Handbook to service bodies, 2 are pending and 1 N/A (This needs translation).

3 Regions have passed out bulletin cards, 5 are pending and 2 N/A.

Public & Professional Awareness

6 Regions have disseminated the survey findings, 3 are pending.

7 Regions have promoted the Spanish language features, 1 is on-going & 3 are pending.

Committed Service Bodies

4 Regions have their delegates share about attendance at WSBC, 3 do this repeatedly & 5 to do it in 2011.

3 Regions have a 'fund a friend' to WSBC, one is on-going, 2 are pending & 1 N/A

Reasons for non-attendance at WSBC - Most regions have polled their service bodies - findings = Funds, availability, interest & abstinence requirements.

7 Regions have their board members to do S T & C workshops and most have this as on-going priority. R 9 & 10 do not do this because there is no budget - their trustees take the main responsibility for this.

8 Regions promote their assembly at their conventions (most regions hold more than 1 Region convention).

7 Regions have talked about the importance of WSBC and Region Assemblies, 5 are on-going.

3 Regions have connected with all non - attending service bodies, 2 are still trying & 2 are pending.

Financial Health

4 Regions have presented information about the group conscience regarding contributions at the region, 5 are pending.

5 Regions have publicized the 7 Tradition skits and most continue to do so. Others are planning this or its pending.

6 Regions have invited Delegate Support Fund recipients to share at Region level, some are on-going and 1 is pending.