ASSEMBLY MATERIAL
FOR REGIONAL REPRESENTATIVES

REGION 9 ASSEMBLY 2011

PLEASE REVIEW AND READ ALL THIS INFORMATION CAREFULLY BEFORE ARRIVING AT THE ASSEMBLY

Make sure you file the pages in the order of the table of contents with the reference letters readily available.

Belgium

23 – 25 Nov 2011
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Please organise your Assembly Materials Binder in the following order so that we can save on time of finding where papers are during the Assembly itself. Please label the various sections with the letters and use file dividers.

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Embrace the Similarities
Love the Differences
In all Our Affairs

Statement of purpose

The purpose of the Region 9 Assembly is the same as that of all OA service – 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 OA unity and common policies among all countries. With love and tolerance as our code, together we can do what we could never do alone.
Embrace the Similarities
Love the Differences
In all Our Affairs

Welcome Letter
25th September 2011

Dear OA Member & Service Body Representative

Welcome to the 2011 Region 9 Assembly.
As a representative you will have the opportunity to meet & share with others from Region 9, take part in workshops and consider business motions that affect the Bylaws & Principles & Procedures of the Region, as well as the OA service structure as a whole.
In every aspect of our service we are asked to keep in mind – ‘how does this focus us on our primary purpose’ = i.e. carrying the OA message of recovery?

We will have a settling in session on the Wednesday evening of the Assembly where you can ask questions about concerns you may have in your Intergroup / Service Board / Group or indeed share your triumphs – please consider anything you might like to bring to this session before you come.
We will also have an Ask it Basket – in which you can ask anything you like about the program or service or service structure etc – anonymously if you like.
We will try to answer these to the best of our ability.

Committees – Region 9
We have various committees at Region 9 Service level:-
- Translations
- Electronic Communications & Web Site
- ByLaws
- Public Information PI
- Finance
- 12th Step Within

Please consider the work of these committees before you come to the Assembly and ask yourself is there anything that you feel you would want to get involved in (or should I say that your HP would want you to be involved in – TOGETHER WE CAN) or you can contribute to?
If someone in fellowship suggests that you join one of these committees – please do consider it and work your program around the topic so that you will know which committee to join.
Let’s make our Region 9 an exciting place where we all reach out & help each other recover & have some fun doing it.

Trustee
We will vote on and endorse the applications for R9 Trustee to be elected at WSBC 2012.

Chair, Secretary, Treasurer, Electronic Communications Chair, and PI
This year all these positions will be considered for election.
Huge votes of thanks must go to the outgoing officers although some may be relected.
Please think about the vacant positions before you come to Assembly, pray about it and consider whether you are the right person for one of these jobs. You can put an application in at any stage.

Bringing the Message Home
We are also obliged to report back to our service bodies the activities and details of workshops attended when we return home. – This is all part of carrying the OA message.

Have fun and enjoy the Assembly.
With love in fellowship

Stella C

Region 9 Chair
PLEASE WEAR DELEGATE BADGE AT ALL TIMES

REGISTRATION MONIES WILL BE COLLECTED PRIOR TO ENTRY TO THE ASSEMBLY. PLEASE ARRIVE EARLY SO THAT THE ADMINISTRATION CAN BE DONE BEFORE WE START. REGISTRATION FOR THE ASSEMBLY IS 50€/£42 – PLEASE HAVE THE CORRECT MONEY IN CASH WHEN YOU ARRIVE.

DURING THE ASSEMBLY – PLEASE BE PREPARED TO LEAD US IN THE SERENITY PRAYER IN YOUR OWN LANGUAGE WHEN INVITED TO DO SO.

LIAISON WITH SERVICE BODIES NOT PRESENT AT THE ASSEMBLY – there will be a list available during the assembly – please sign up to be the contact person for a country who has not been able to get here.

DRAFT AGENDA

Wednesday, November 23, 2011.

17.00 – 17.45  Serenity Prayer in French
               Readings
               Eleventh Step Sandwich (and no – food will not be served!) and ice breaker.

               Settling in –, Intros, Thankyous, Welcomes & Final Green Dot Allocation, Icebreaker
               Serenity Prayer - Hebrew

17.45 – 18.30  Strategic Plan Presentation & Brain Storming – items to work on in Region 9

18.30 – 19.45  Dinner Break

19.45 – 21.20  Serenity Prayer in Flemish

               Informal Opening,
               A brief sharing from each Service Board or Intergroup Representative at the Assembly.
               Triumphs to share. Problems and concerns in your service body, possible solutions.

               Orientation meeting,
               General overview of the processes of the Assembly
               Organisation of the Assembly Materials & Agenda Approval, Adoption of Ground Rules and
               2010 Assembly Minutes if time permits

21.20 – 21.35  Break

21.30 – 22.30  7th Tradition Workshop

22.25 – 22.30  7th Tradition & Serenity Prayer in German

Thursday, November 24, 2011.

07.00 – 08.00  OA meeting (Suggested Topic – Sponsorship)

08.00 – 09.00  Breakfast

09.15 – 10.45  Official opening
               - Eleventh Step Sandwich & Serenity Prayer in Icelandic
               - Readings
               - Agenda Approval (If not done last night)
               - Adoption of Ground Rules
               - Adoption of 2010 Assembly Minutes & appointment of minutes approval committee.
- Reports and Questions arising out of reports:
  - Chair
  - Treasurer and Suggested Basic Draft Budget
  - Secretary
  - Translation committee
  - Bylaws committee
  - Public Information
  - 12th Step Within
  - Trustee (courtesy report)
  - Electronic communications committee

Serenity Prayer in Arabic

10.45 – 11.00
Break

11.00 – 12.25
Serenity Prayer in Swedish

Translations Workshop

Serenity Prayer in Polish

12.30 – 14.00
Lunch Break

14.00:
Deadline for Ask-it Basket questions

14.00 – 14.30
Serenity Prayer in Greek
2010 - 2011 Suggested Basic Budget – presentation and discussion

14.30 – 15.15
Committee Sessions: break out groups
(Finance, Translations, Bylaws, Electronic Communications, Public Information, 12th Step Within)

15.15 – 15.30
Break

15.30 – 16.15
Committee Sessions: break out groups
(Finance, Translations, Bylaws, Electronic Communications, Public Information, 12th Step Within)

16.15 – 17.00
Reports from Committee Sessions and discussion of any proposals of emergency new business from the committees – draft motions for next assembly from committees

17.00 – 18.25
Serenity Prayer in Italian
How to Abstain from compulsive eating one day at a time – Workshop

18.25 – 18.30
7th Tradition
Serenity Prayer in Dutch

18.30 – 19.45
Dinner Break

19.45
Deadline for submitting Emergency new business motions

19.45 – 21.30
Serenity Prayer in Finish

Endorsement of Trustee for election at WSBC 2012

Election of service positions – Region 9 Chair (2 year term), Region 9 Secretary (2 year term), Region 9 Treasurer (1 year term) (all board positions).

Election of service positions – Committee Chairs.

Election of Assembly / Convention Venues for
2012 (Austria or Poland)
2013 (Please consider hosting R9)

Serenity Prayer in Spanish

21.30 – 22.30
OA meeting (Suggested topic – Literature)
Friday, November 25 2011

07.00 – 08.00  OA meeting (Suggested topic – Service)

08.00 – 09.00  Breakfast

09.00 – 09.15  Serenity Prayer in Opening and readings

09.15 – 10.45  Formal discussion and vote on:
Consent Agenda as well as separate motions & any emergency new business
  • Bylaws amendment motions
  • New business motions

Serenity Prayer in Hebrew

10.45 – 11.00  Break

11.00 – 12.25  Serenity Prayer in Norwegian

Approval & Adoption of 2011 - 2012 Budget

Formal discussion continued

Liaison with service bodies not present at the Assembly – presentation from 12th Step Within regarding adoption of service bodies from 2010 assembly and confirmation of those adopted for 2011 / 2012 year. (If Time permits)

12.20 – 12.25  7th Tradition
12.25 – 12.30  Serenity Prayer in Danish

12.30 – 14.00  Lunch Break

14.00 – 15.00  Serenity Prayer in French

Formal discussion continued if necessary and time permits

ASK IT BASKET: answering questions from the basket, if any

Serenity Prayer in German

15.00 – 15.15  Break

15.15 – 15.45  Committee Sessions (Sum up and forward plans)

15.45 – 17.00  Wrap up session
  • Uncompleted business
  • Emergency new business
  • Announcement of 7th Tradition collected from Assembly
  • Personal Action Plans to carry forward
  • Personal sharing
  • Closing
  • Responsibility Pledge
  • Serenity Prayer in French
  • Collection of appraisal forms

Region 9 Board Meeting (Location TBA) (closed meeting).

Hand - over of service positions (session just for the members concerned).

Responsibility Pledge (WSBC 1977 b)
“Always to extend the hand and heart of OA to all who share my compulsion: for this I am responsible”.
OA Meetings in the mornings and evenings will be held if there is demand and volunteers to man them.

NB Convention starts @ 20.00
Ground Rules for Region Nine Assembly 2011

1. Each Representative and Alternate will be registered by the Secretary and issued Assembly materials including an identification badge to be worn at all meetings.

2. A Minutes Approval Committee consisting of the Chairman and two (2) appointed Representatives shall approve the minutes of the Region Nine Assembly.

3. Representatives from at least five countries constitute a quorum in accordance with Article VI of Region 9 Bylaws.

4. The voting membership of the Assembly is defined in Article IV of Region 9 Bylaws, Section 2 (I) as follows:
   a) Representatives from Intergroups who are registered with the World Service Office and who are within the geographical boundaries of Region Nine,
   b) Representatives from National/Language Service Boards who are registered with the World Service Office and who are within the geographical boundaries of Region Nine, National/Language Service Boards shall not represent Intergroups that have sent Representatives to the Assembly. However, if all Intergroups are represented, the National/Language Service Boards will still be entitled to one Representative,
   c) Region Nine Board Members,
   d) The Chair shall have no vote at the Assembly, except to break a tie and for elections,
   e) Committee Chairs, who are not Intergroup or National/Language Service Board Representatives. In the event of a Region Nine Representative from a registered unaffiliated group receiving a voice as per Article IV, Section 2 (II) c) of these Bylaws, they may also be given a vote, subject to majority approval of the voting body. See Article IV – Section 2 (I)

5. The non-voting membership of the Assembly is defined in Article IV of Region 9 Bylaws, Section 2 (II) as follows:
   a) The Region Nine Trustee is entitled to a voice but no vote at the Assembly,
   b) Region Nine OA members who are not represented, are entitled to a voice but no vote at the Region 9 Assembly,
   c) A Representative from a registered unaffiliated group within Region Nine may be given a voice if they receive the majority approval of the voting body. Consideration may also be given to giving such a Representative a vote – see Article IV, Section 2 (I) f) of Region Nine Bylaws,

6. OA visitors are very welcome at the Region Nine Assembly. In accordance with Article IV of Region 9 Bylaws, Section 2 (III):
a) Visitors from Region Nine who are already represented will not be given a voice or a vote.

b) The Region 9 Assembly is open to OA visitors from outside Region Nine. In order to be given consideration to speak at the Assembly, the visitor shall give proper notice to the Chair for the Agenda. Pertinent suggestions may be written and handed to the Chair for consideration.

7. Robert’s Rules are the basic parliamentary guidelines that will be used for conducting the Assembly.

8. No personal voice-recorders are to be used during business sessions of the Assembly, except by the Secretary.

9. In all deliberations, group conscience is more important than the technicalities of the actual motion.

10. In accordance with the above, there is no limited debate (although intent is to stick to the timetable), subject to the Chair bringing the Assembly back to a sense of meeting. The exception is Agenda discussion items when debate is limited to fifteen (15) minutes each, after which recommendations for a motion can be made, debated and voted upon. Only voting members of the Assembly may enter into debate on actual motions proposed at the Assembly, or make said motions.

11. Executive Committee sessions are possible, according to Robert’s Rules.

12. Region 9 Committee Chairs may be appointed by the Region 9 Chair or elected by the voting members of the Assembly.

13. Procedure for voting on **Bylaw Amendment proposals** will be:

   a) The chair will present the Consent Agenda to the Assembly which will enable automatic adoption of motions listed on the Consent Agenda. Representatives who wish to discuss any of these motions will request that they be pulled from the Consent Agenda. Each motion not voted in the Consent Agenda will be discussed and voted upon separately.

   b) The Bylaws Committee or the maker of the motion will present the motion, describing the purpose and intent of the proposal. This will be considered as the first pro speaker of the motion,

   c) There will be up to three (3) pro and three (3) con speakers on the motion, including the presenter, and each speaker will be limited to three (3) minutes,

   d) Up to fifteen (15) minutes will be allowed for questions on the motion,

   e) Thereafter the vote will be taken by a show of hands,

   f) Written ballots may be used upon request,
g) Bylaw amendments require a two thirds majority to be adopted in accordance with Region Bylaws Article XI, Section 1,

h) Up to two (2) amendments to the motion will be accepted. There will be up to two (2) pro and two (2) con speakers on the amendment, including the presenter. Each speaker will be limited to three (3) minutes. Then, up to 5 minutes will be allowed for questions on the amendment. Thereafter the vote will be taken by a show of hands.

i) If a proposal gets stuck in discussion and/or more than two (2) amendments are proposed, the motion will be referred back the Ad Hoc Reference Committee session. This Committee will discuss the proposal and bring back a recommendation at the time allotted at the end of the business. The amended proposals will be submitted to the Secretary prior to discussion and voting,

j) Adopted Bylaw amendments take effect from the end of the current Assembly.

14. Procedure for voting on New Business Motions will be:

a) Each motion not on the Consent Agenda will be discussed and voted upon separately,

b) There will be up to three (3) pro and three (3) con speakers on the motion, including the presenter. Each speaker will be limited to three (3) minutes,

c) Up to fifteen (15) minutes will be allowed for questions on the motion,

d) Thereafter the vote will be taken by a show of hands,

e) Written ballots may be used upon request.

f) New Business motions require a normal majority to be adopted,

g) Up to two (2) amendments to the motion will be accepted. There will be up to two (2) pro and two (2) con speakers on the amendment, including the presenter. Each speaker will be limited to three (3) minutes. Then, up to 5 minutes will be allowed for questions on the amendment. Thereafter the vote will be taken by a show of hands

h) If a proposal gets stuck in discussion and/or more than two (2) amendments are proposed, the motion will be referred back to the Ad Hoc Reference Committee. This committee will discuss the proposal and bring back a recommendation at the time allotted at the end of the business. The amended proposals will be submitted to the Secretary prior to discussion and voting,

i) New Business motions that are adopted will take effect from the end of the current Assembly.
15. **Procedure for conducting Committee sessions**

a) The participants at the Assembly are divided into groups and assigned to different Committees.

b) Committee sessions will be chaired by the Committee Chair. If the Chair is not present, the Region Nine Chair will appoint a temporary Chair for the session.

c) A Minutes Secretary will be appointed by the Committee.

d) The session will be conducted according to the agenda prepared by the Committee Chair, plus any items that may arise out of the reports presented previously to the Assembly.

e) Visitors may join a Committee and have a voice but no vote during the committee sessions.

f) The minutes of the Committee sessions will be submitted in writing to the Region Nine Secretary at the end of Committee sessions. This will include any motions the Committee is proposing to the Assembly.

16. Emergency New Business motions have to be submitted to the Chair in writing by 19.45 hours on Thursday, 24th November 2011.
Dear OA Member & Service Body Representative & Visitors,

Thank you to the Flemish Service Board of Belgium

Our hosts this year are the Flemish Service Board of Belgium and I would like to take this opportunity to thank them on your behalf. To organise an Assembly & Convention is a big challenge and there is a lot of hard work going on behind the scenes. – Very many thanks.

Welcome to first time Region 9 Representatives

I extend a very special welcome to our first time representatives. I hope you will enjoy your first Region 9 Assembly – I and our other representatives will do our best to make you feel welcome. If you have any questions please do not hesitate to ask.

Region Chairs Committee (RCC)

As you may be aware – one of the tasks as Chair is to represent our Region at the Regain Chairs Committee (RCC) meetings. There are three of these in each calendar year. The 1st RCC Meeting was held during the week of the WSBC in Albuquerque in April this year. My reports have gone out to you and it was also on the web site. The 2nd RCC Meeting was held in August – again in Albuquerque. I felt the two days of business meetings with the RCC & BOT were very productive. The 3rd RCC Meeting will be held later in the year in Region 8 – in Medellin in Colombia. I will have just been to this when we meet. This is the first Assembly that Region 8 has organised outside of Northern United States. We in R9 are ‘elders’ at organising international assemblies! I have been asked to speak about R9 and also to do a translations workshop. I will report back to you at the assembly on this visit.

The purpose of the RCC is to provide a channel of information and communication between members and the Board of Trustees through the regions and to provide a network for the purpose of sharing resources and solutions. There are specific purposes to each of the RCC meetings which are covered in the Region Chairs Job Description and rather than repeat them here – I have included them in the reports of each meeting.

Meeting Information and meeting list accuracy. This topic has been dealt with by all other regions having their local meetings list linked into the WSO web site and therefore they are only updating one list. With the exception of the UK – R9 is not that simple and I will take time during the Assembly to address this matter. In the mean-me – please find out from your service body how your country organises the update of meeting list information and how they update the WSO records.

OA Finances at WSO level & Region 9 Contributions

I included a summarised version of the accounts for OA Inc. with my report after the WSBC (This is at the back of this binder). In extracting some of what is relevant to us in Region 9 from that report I would look at the following:- If we were to pay for Group Support and pay for our World Service Office and Lifeline purely from contributions we would have to raise $147 per annum from each of our 6574 OA groups worldwide. Please refer to section Xb of the Assembly materials for the remainder of the details on OA Inc Finances. It is also worth noting that whilst OA Inc finances improved to 31 Dec 2010 compared with 2009 – the contributions and Lifeline subscriptions as well as literature sales had gone down for the first six months 1 Jan – 30 Jun 2011 when I attended the 2nd RCC meeting.

Lifeline

I draw your attention to the section of my report on the 2nd RCC held in August – Lifeline subscriptions are down 10% from last year and the magazine continues to run at a deficit. There will be discussion at the assembly as to how we can help reverse this and also whether we can collect contributions for translated versions of Lifeline and pass them onto WSO.

Lifeline has always been considered a valuable service for our members and therefore does not seek to make any surplus. A few questions to raise at your service body meetings – Do you subscribe? Do you encourage your sponsees to subscribe? Does your group subscribe for a copy to go to your healthcare professional? Does your service body have a ‘lifeline rep’?

Committees Region 9

In my welcome letter I listed the committees we have at Region 9 level. If you are the chair of one of these committees you will need to come prepared with a draft Committee Agenda. Please review the Assembly materials and in particular my reports from the RCC meetings (section X) and the strategic plan (section F) and extract anything that you feel is relevant to your committee and enter on your draft agenda please.
Motions
There are some exciting motions this year before the Assembly = please refer to the individual motions and the consent agenda and other motions charts in sections O & P.

OA 5 Year Plan ‘Strategic Plan’
We have discussed our strategic plan at our previous Region 9 Assemblies and this has been mentioned in many previous reports.
As a Region Chair – I am tasked to help facilitate our Region in fulfilling various aspects of that plan. We will be covering this in a workshop at the beginning of the assembly and how it fits in with our Region 9 committees. A copy of the current strategic plan is included in the assembly materials – section F.

Contact of another country in Region 9 and attendance at Region 9 Assembly & WSBC
At the R9 Assembly in 2010 we arranged for those present to contact another service body in the region that did not send a representative. One of the goals in our Strategic Plan is to improve the attendance at Region Assemblies and World Service Business Conference. This is so that we not only share the service but also share the recovery. Coordination of the results of that contact was done for the first time this year by the 12\textsuperscript{th} Step Within Committee. There is an additional report from that committee in section N.

Register of Service Bodies and attendance at region 9 Assembly
This is a new list – contained within section B. It shows how we are doing with attendance and representation at R9 Assembly over the years and makes interesting reading and will help us very much with our outreach to countries within R9.
Region 9 currently has 56 service bodies registered with WSO – of that number we had 21 representatives at the Region 9 Assembly last year – this represents 37.5%.
We had 8 delegates plus myself attend WSBC 2010 – this represents 16%, the goal is 40% (i.e. for us 22 members) so we need to work on it a little!
This isn’t bad when you consider the fact that these assemblies are held in English which is not the mother tongue of most of our regions members. However, the more we can reach the better and bring into the ‘fold’ of recovery with the help of R9.

Tent cards and OA Service
Has your service body downloaded and translated the tent cards from the R9 web site – WORLDWIDE SERVICE STRUCTURE, Strategic Plan & 7\textsuperscript{th} Tradition. These are all located under the R9 Assembly section of the website.

R9 10\textsuperscript{th} Step Journal
Some of the other regions have produced a very good journal that is intended for daily use – which brings in a daily – Food Plan, Spiritual reading, 10\textsuperscript{th} Step Inventory and gratitude list etc. – all across a double page of an A5 format journal. These are being produced by the regions and used as method of working the steps as well as a fund raiser. I brought some samples home and sold them at my local groups and distributed them amongst sponsees and they have proved very popular. I will be bringing some samples to the assembly with a view to whether R9 want to translate them and sell them on behalf of the region. Perhaps our 12\textsuperscript{th} Step Within Committee and Translations Committee might take this up as a project.

Emails Received and Replied
This is a very valuable tool but for me this remains one of the hardest things to keep on top of as part of the roll of region chair. I will quote below the number of emails so that I report back to you as part of the job.
During this year the Region Chair Committee have started using ‘online updating’ of various documents – through ‘google’ doc which enables each person to access the relevant document on line (with a password) and update their relevant section – which is a big improvement on emails back and forth between a committee of ten people, which makes everything multiply by 10.
No doubt there will be further advancements that will enable less ‘admin’ time and allow more time for true carrying of the message.

Nos emails received in the three months to 28 Sept and replied to:-

<table>
<thead>
<tr>
<th></th>
<th>Received</th>
<th>Sent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jul</td>
<td>82</td>
<td>60</td>
</tr>
<tr>
<td>Aug</td>
<td>203</td>
<td>86</td>
</tr>
<tr>
<td>Sep</td>
<td>237</td>
<td>133</td>
</tr>
</tbody>
</table>

Thanks for allowing me to serve
Finally – last but certainly not least – I thank you for allowing me to give service as Region 9 Chair – it is an honour and a privilege. I come to the end of a very enjoyable four year period and will pass on the roll with the love it deserves.
I look forward to working with you at the Assembly and then joining in the Convention afterwards.
Kind regards to all.

Stella C
Chair -
For and on behalf of OA Region 9
### III. COMMITTED SERVICE BODIES

*All service positions filled; active rotation of service; operates within the spirit of the 12 Traditions and 12 Concepts; involved in carrying the message locally, regionally, internationally*

<table>
<thead>
<tr>
<th>MAIN GOAL</th>
<th>OBJECTIVE</th>
<th>TASKS</th>
<th>ASSIGNED PARTY</th>
<th>STATUS</th>
<th>SCHEDULED COMPLETION</th>
</tr>
</thead>
<tbody>
<tr>
<td>By 2013, at least 50% of registered service bodies will be represented at WSBC and region assemblies.</td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>By end of <strong>2012</strong>, increase by 5% attendance of registered service bodies at Conference and Region Assemblies</td>
<td>Review 2011 WSBC and Region Assembly evaluation results; develop action plan to address <strong>financial</strong> barriers</td>
<td>1) Increase awareness of Delegate Support Fund (DSF)</td>
<td>Treasurer, IIC, BOT and RCC</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2) Review DSF contribution letter to service bodies.</td>
<td>Treasurer, Staff</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Review 2011 WSBC and Region Assembly evaluation results; develop action plan to address <strong>personal barriers</strong> and <strong>apathy/negative perception</strong> barriers</td>
<td>1) Create podcast/handbook (podcast transcript) for members to share positive experiences at WSBC and region assemblies.</td>
<td>Staff, Region Trustees and RCC</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Re-evaluate structure</td>
<td>1) On WSBC evaluation, ask about barriers to attending and get suggestions on how to increase WSBC participation.</td>
<td>• Staff</td>
<td>Complete</td>
<td>Jun-11</td>
</tr>
<tr>
<td></td>
<td>Reduce barriers</td>
<td>1) Within regions, brainstorm potential options for WSBC/assembly attendance</td>
<td>• Region chairs • Region trustees</td>
<td></td>
<td>Dec-11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2) Generate interest by inviting people to share about attendance and how it has benefitted their recovery via region newsletters and assemblies.</td>
<td>• Region chairs • Region trustees</td>
<td></td>
<td>Dec-11</td>
</tr>
<tr>
<td></td>
<td>At WS and region, increase available funds to attend WSBC/region assembles and advertise it.</td>
<td>1) Encourage cooperation between SBs in regions to attend WSBC (“Fund a Friend”)</td>
<td>• Region chairs • Region trustees</td>
<td></td>
<td>Ongoing Feb-2012</td>
</tr>
</tbody>
</table>

### ONGOING

**In 2012, focus on increasing attendance of registered service bodies at WSBC and Region Assemblies**

<table>
<thead>
<tr>
<th>MAIN GOAL</th>
<th>OBJECTIVE</th>
<th>TASKS</th>
<th>ASSIGNED PARTY</th>
<th>STATUS</th>
<th>SCHEDULED COMPLETION</th>
</tr>
</thead>
<tbody>
<tr>
<td>By the end of <strong>2011</strong>, increase to 38% attendance of registered service bodies at conference and region assemblies</td>
<td>Re-evaluate structure</td>
<td>1) Poll IGs not attending WSBC and/or region assemblies to find out why they have not attended.</td>
<td>• Region Chairs</td>
<td></td>
<td>Dec-11</td>
</tr>
<tr>
<td></td>
<td>Generate enthusiasm for participation</td>
<td>1) Educate mentors at WSBC/region assemblies</td>
<td>• Region Chairs</td>
<td></td>
<td>Dec-11</td>
</tr>
<tr>
<td>Research why service bodies are not represented at WSBC/assemblies</td>
<td>1) Develop strategies to address barriers</td>
<td>• Region Chairs • Tech Committee</td>
<td>Dec-11</td>
<td></td>
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</tr>
<tr>
<td>Train all region board members/trustees to do STC Workshops and provide with manual</td>
<td>1) Contact service bodies to schedule them (start with intergroups who have not attended)</td>
<td>• Region Trustees • Region Chairs</td>
<td>Dec-11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personally invite and encourage service bodies to attend region assemblies and WSBC</td>
<td>1) Promote assemblies at region conventions.</td>
<td>• Region Trustees • Region Chairs</td>
<td>Dec-11</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2) At STC Workshops, talk about the importance of attending WSBC and assemblies.</td>
<td>• Region Trustees • Region Chairs</td>
<td>Dec-11</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3) Phone calls to service bodies not represented at WSBC (by Aug. of each year).</td>
<td>• Region Trustees • Region Chairs</td>
<td>Dec-11</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
IV. FINANCIAL HEALTH
Sufficient contributions to enable OA to grow: sufficient contributions to do outreach to the public and professionals; all levels of service structure are fully self-supported; and sufficient contributions to decrease the reliance on literature sales for income.

<table>
<thead>
<tr>
<th>MAIN GOAL</th>
<th>OBJECTIVE</th>
<th>TASKS</th>
<th>ASSIGNED PARTY</th>
<th>STATUS</th>
<th>SCHEDULED COMPLETION</th>
</tr>
</thead>
<tbody>
<tr>
<td>By the end of 2013, 50% of all service bodies (SBs) and groups will be fully self-supporting.</td>
<td></td>
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<tr>
<td>By end of 2012, number of SBs and groups contributing at WS level will increase by 10% over 2011</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Regions will encourage unaffiliated groups to affiliate</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1) Region level committees contact unaffiliated groups.</td>
<td>RCC</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>2) Send IG members to visit unaffiliated groups.</td>
<td>RCC</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Educate Fellowship of the importance of identifying contributions by group/service body number</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1) Encourage individual contributors to use group numbers.</td>
<td>RCC</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2) Each group identify group number in meeting format.</td>
<td>RCC, BAL</td>
<td></td>
<td></td>
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<tr>
<td>SBs will conduct annual workshops on financial service structure</td>
<td></td>
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<tr>
<td>1) Educate members that “Money Matters” workshop is on oa.org</td>
<td>Region Trustees, RCC, IIC</td>
<td></td>
<td></td>
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<tr>
<td>2) Perform financial workshop (regions, IGs)</td>
<td>Region Trustees, RCC</td>
<td></td>
<td></td>
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<tr>
<td>Have SBs/groups clarify with each other whether contributions to SBs are to be shared with other levels of OA service</td>
<td></td>
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</tr>
<tr>
<td>1) Educate meeting treasurers on specific contribution procedures.</td>
<td>Treasurer, IIC, Region Trustees and RCC</td>
<td></td>
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<tr>
<td>By end of 2012, number of LL subs will increase 10% above 2011 level</td>
<td></td>
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<tr>
<td>Increase number of Lifeline Reps by 10%</td>
<td></td>
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</tr>
<tr>
<td>1) Encourage each IG and region to have a Lifeline rep, and each trustee and region chair is a Lifeline rep.</td>
<td>IIC, Region Trustees, RCC</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Solicit ways from Fellowship on how to increase subscriptions to Lifeline</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1) Encourage each IG and region to have a Lifeline rep, and each trustee and region chair is a Lifeline rep.</td>
<td>???</td>
<td></td>
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</tr>
<tr>
<td>In 2012, integrate virtual services into OA financial structure to encourage contributions and service</td>
<td></td>
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<td></td>
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<tr>
<td>Establish method of financial self-support for virtual groups and SBs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) VSB Committee encourage forming SBs and educate them in method for making contributions account</td>
<td>VSC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) Create bank account for virtual SBs and groups</td>
<td>Staff</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amend Suggested Meeting Format with clear suggested contributions (go back to $3 or more)</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>1) Revise Suggested Meeting Format</td>
<td>BAL</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) Encourage Fellowship to use Suggested Meeting Format</td>
<td>IIC, Region Trustees, RCC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3) Hand out Suggested Meeting Format at assemblies and workshops</td>
<td>Region Trustees, RCC</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
By the end of 2011, increase in contributions will represent 26% of total revenue.

<table>
<thead>
<tr>
<th>Recommend local groups and IGs establish a group conscience re: collecting/distributing their contributions appropriately among their service bodies.</th>
<th>1) Present at region assemblies, in newsletters, IG mailings and STC workshops.</th>
<th>• Region Chairs • Region trustees</th>
<th>Dec-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Develop one-page document called “This Is What It Takes.”</td>
<td>• Finance Committee</td>
<td>Complete</td>
<td>Feb-12</td>
</tr>
<tr>
<td>2) Create a mechanism for easy virtual meeting contributions.</td>
<td>• Staff/Web developer</td>
<td></td>
<td>Feb-12</td>
</tr>
<tr>
<td>3) Set up recurring contributions (Automated Recurring Billing).</td>
<td>• Staff</td>
<td></td>
<td>May-12</td>
</tr>
<tr>
<td>4) Develop contribution “hot button” on Web site.</td>
<td>• Staff/Web developer</td>
<td></td>
<td>May-12</td>
</tr>
</tbody>
</table>

**ONGOING**

<table>
<thead>
<tr>
<th>Define ways to increase contributions.</th>
<th>Publicize Seventh Tradition skits.</th>
<th>• Region chairs • BOT • Staff</th>
<th>Dec-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Define ways to increase contributions.</td>
<td>• Region chairs • BOT • Staff</td>
<td></td>
<td>Dec-11</td>
</tr>
<tr>
<td>Explore ways to contain costs</td>
<td>Share successes w/regions &amp; SBs to be more cost effective and encourage others to do so (at board meetings/WSBC/region assembly workshops)</td>
<td>• Region chairs • BOT</td>
<td>Dec-11</td>
</tr>
<tr>
<td>Increase contributions to Delegate Support Fund by 10% over 2009</td>
<td>Invite a recipient to speak at assemblies or IGs of benefits of DSF</td>
<td>• Region Chairs • Region trustees</td>
<td>Dec-11</td>
</tr>
</tbody>
</table>
II. PUBLIC/PROFESSIONAL AWARENESS

All members, groups and service bodies working at carrying the message so that the possibility of recovery is offered to the still-suffering compulsive eater.

<table>
<thead>
<tr>
<th>MAIN GOAL</th>
<th>OBJECTIVE</th>
<th>TASKS</th>
<th>ASSIGNED PARTY</th>
<th>STATUS</th>
<th>SCHEDULED COMPLETION</th>
</tr>
</thead>
<tbody>
<tr>
<td>By end of 2012, develop and implement outreach plans for each targeted professional organization</td>
<td>Work with staff, PAC/PO Committees, and PR firm to create and implement outreach plan</td>
<td>1) Continue work with staff, committees and PR firm on outreach plan.</td>
<td>Staff, PAC/PO Committees</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In 2012, continue to create name recognition for OA in professional community</td>
<td>Encourage attendance at professional trade shows</td>
<td>1) Each intergroup increase attendance at professional trade shows by 1 in 2012 and report results to region chairs.</td>
<td>PO Committee, Region Trustees, RCC</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Provide guidelines/materials to local service bodies for distribution to local professionals</td>
<td>1) Make regions/SBs aware of outreach plan and materials</td>
<td>Region Trustees, RCC</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2) Encourage intergroups to use PI/PO committees or volunteers to complete specific activities.</td>
<td>PO Committee, Region Trustees, RCC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>By end of 2012, evaluate Spanish and French OA Web sites for ease of use so OA can evaluate whether to move forward with other language OA Web site translations.</td>
<td>Collect and evaluate feedback about Spanish and French OA Web site translations</td>
<td>1) WSO develop a letter and survey and have translated into French and Spanish. Post survey on WSO website.</td>
<td>Staff</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2) Local Service Bodies will post a link to the survey on OA website.</td>
<td>Region Trustees, RCC, Tech/Web Committee?</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3) Announce at meeting to encourage local members to go to website</td>
<td>Region Trustees, RCC</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>4) Send reminder notice shortly before end of deadline.</td>
<td>Staff? Region Trustees?</td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>5) WSO will tabulate survey results.</td>
<td>Staff</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In 2012, continue with public awareness activities</td>
<td>Work with PI Committee and regions to inform what publicity materials are available.</td>
<td>Encourage regions to establish and keep current page on web sites to post info and/or links to PI/PO pages on oa.org.</td>
<td>Region Chairs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

By 2013, OA will have invested $100,000 additionally to money already budgeted on public/professional awareness.
<table>
<thead>
<tr>
<th>Task</th>
<th>Completed by:</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>By the end of 2011, OA will target five professional organizations for the purpose of raising awareness that OA is a recovery organization that works for compulsive eating and compulsive food behaviors.</td>
<td></td>
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</tr>
<tr>
<td>Work with staff and Professional Outreach Committee create outreach plan.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Target five organizations</td>
<td>• Agency • PO Committee</td>
<td>Complete</td>
</tr>
<tr>
<td>2) Strategize how to reach them</td>
<td>• Agency • PO Committee</td>
<td>Complete</td>
</tr>
<tr>
<td>3) Begin implementation</td>
<td>• Agency • Staff</td>
<td>Complete</td>
</tr>
<tr>
<td>4) Publish/distribute new survey pamphlet</td>
<td>• Staff • Board Lit.</td>
<td>Complete</td>
</tr>
<tr>
<td>In 2011, continue with public awareness activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Redistribute publicity materials to media.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Redistribute radio PSA to stations.</td>
<td>• Agency</td>
<td>Complete</td>
</tr>
<tr>
<td>2) Distribute press releases.</td>
<td>• Agency</td>
<td>Complete</td>
</tr>
<tr>
<td>3) Distribute print PSA ad.</td>
<td>• Agency</td>
<td>Not feasible; posted on oa.org</td>
</tr>
<tr>
<td>4) Purchase Internet pay-per-click ads.</td>
<td>• Agency</td>
<td>Complete, but disc. 7/11</td>
</tr>
<tr>
<td>By 2013, selected sections of oa.org will be available in two languages.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Select company to do translations</td>
<td>• Staff</td>
<td>Complete</td>
</tr>
<tr>
<td>1) Solicit and evaluate quotes, write contract</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) Translate site</td>
<td>• Staff</td>
<td>Dec-11</td>
</tr>
<tr>
<td>Widely promote new language features in appropriate areas of the world</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ASA, LL, SB mailings</td>
<td>• Staff • BOT • Region Chairs</td>
<td>Complete for Spanish</td>
</tr>
<tr>
<td>Complete</td>
<td></td>
<td>Aug-11</td>
</tr>
</tbody>
</table>

**ONGOING**

By the end of 2013, oa.org will be updated relative to programming, functionality, design, marketing, and content to improve public face in/outside Fellowship.
I. STRONG MEETINGS
Filled with abstinent members; all service positions filled; active rotation of service; meeting is growing; newcomers stay and become abstinent; sufficient sponsors; operates in the spirit of all 12 Traditions.

<table>
<thead>
<tr>
<th>MAIN GOAL</th>
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<th>STATUS</th>
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</tr>
</thead>
<tbody>
<tr>
<td>By 2013, the member base of Overeaters Anonymous will increase by at least 20%.</td>
<td>Increase awareness of current literature on abstinence</td>
<td>1) Write feature article/ad for LL/ASA/SB newsletters quarterly dealing with specific abstinence literature.</td>
<td>IIC, Region Trustees and Chairs</td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>2) Have workshops at region/IG events that feature abstinence literature resources.</td>
<td>Region Trustees and Chairs</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Increase awareness of abstinent sponsors</td>
<td>1) Amend SMF/Meeting Record Book to specify abstinent sponsors</td>
<td>BAL</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2) Encourage identification of abstinent sponsors at all OA events</td>
<td>Region Trustees and Chairs</td>
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<tr>
<td>By end of 2012, educate Fellowship about how personal abstinence impacts strength of group</td>
<td>Encourage sponsors to educate sponsees about service positions</td>
<td>1) Feature LL/ASA ad/article asking sponsors to educate sponsees.</td>
<td>IIC</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>2) Encourage use of “Sponsorship Workshop” at region to encourage sponsees to serve at group level.</td>
<td>Region Trustees and Chairs</td>
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<tr>
<td>By end of 2012, educate Fellowship about value of service positions at group level</td>
<td>Raise awareness of Steps and Traditions studies in meetings</td>
<td>1) Publicize concepts skits at region assemblies, conventions and future WSBCs.</td>
<td>BOT, RCC</td>
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<td></td>
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<td>2) Promote use/understanding of OA Handbook.</td>
<td>IIC, Region Trustees, RCC</td>
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<td></td>
<td></td>
<td>3) Encourage use of available resources at region/IG like multiple meeting formats and OA download page.</td>
<td>IIC, Region Trustees, RCC</td>
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<tr>
<td></td>
<td>Raise newcomers’ awareness of how to become abstinent and stay in Fellowship</td>
<td>1) Expand statement on sharing solution not problem in meeting format which is “abstinence through working OA’s 12 step program of recovery.”</td>
<td>BAL</td>
<td></td>
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<td></td>
<td></td>
<td>2) Feature articles on positive pitches in LL/ASA.</td>
<td>IIC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>By end of 2011, increase member base by increasing service in meetings.</td>
<td>Educate the Fellowship about the importance of service.</td>
<td>1) Ask sponsors to encourage sponsees to give service at all levels via LL articles, region newsletters, and IG newsletters.</td>
<td>• Region trustees • Region chairs</td>
<td>Nov-11</td>
<td></td>
</tr>
<tr>
<td>---</td>
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</tr>
<tr>
<td>2) Create and distribute tent card with a region map and service structure.</td>
<td>• Region trustees • Region chairs</td>
<td>Nov-11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Educate Fellowship about rotation of service.</td>
<td>1) Create skit on rotation of service.</td>
<td>• Region chairs</td>
<td>Complete</td>
<td>Apr-11</td>
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<tr>
<td>2) Make skit available for distribution after BOT approval</td>
<td>• Staff</td>
<td>Nov-11</td>
<td></td>
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<tr>
<td>Increase number of newcomers who become abstinent members and stay in the Fellowship</td>
<td>Promote 12th Step Within workshops to SBs</td>
<td>• Region trustees • Region chairs</td>
<td>Complete</td>
<td>Feb-11</td>
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<tr>
<td>Increase frequency of Step and Tradition studies in meetings</td>
<td>Modify Suggested Meeting Format to encourage Step and Tradition studies</td>
<td>• Board Lit.</td>
<td>Complete</td>
<td>Nov-11</td>
<td></td>
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</table>

**ONGOING**

<p>| Educate Fellowship about strong meetings | Raise awareness of benefits to individuals and the Fellowship regarding sponsorship |  |  | Dec-12 |
| Educate members re: available support materials |  |  |  | Dec-12 |
| Educate re: goal to increase membership |  |  |  | Dec-12 |
| Increase number of sponsors in Fellowship | 1) More sponsorship workshops at SB | • Region trustees • Region chairs |  | Dec-11 |
| 2) Articles in region newsletters to ask sponsors to encourage sponsees to sponsor | • Region trustees |  |  | Dec-11 |</p>
<table>
<thead>
<tr>
<th>Action</th>
<th>Promote newcomer meeting packet/format</th>
<th>• BOT • Region chairs</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Increase number of newcomers who become abstinent members and stay in the Fellowship</td>
<td>Increase frequency of Step and Tradition studies in meetings</td>
<td>Encourage IGs to establish Step and Tradition study meetings</td>
<td>Dec-11</td>
</tr>
<tr>
<td>Promote Steps as the solution, regular study of Traditions, service and sponsorship</td>
<td>Remind others re: steps, traditions, sponsorship during sharing and encourage others to do the same.</td>
<td>Remind others re: steps, traditions, sponsorship during sharing and encourage others to do the same.</td>
<td>Dec-11</td>
</tr>
<tr>
<td>Educate members re: available support materials</td>
<td>Regions provide OA Handbook to all intergroups</td>
<td>Regions provide OA Handbook to all intergroups</td>
<td>Dec-11</td>
</tr>
<tr>
<td>Educate re: goal to increase membership</td>
<td>Pass out bulletin board attraction cards at assemblies</td>
<td>Pass out bulletin board attraction cards at assemblies</td>
<td>Dec-11</td>
</tr>
</tbody>
</table>
Dear OA friends in Region 9,

This is my second year as Secretary for the Region. The email contact with countries around the Region 9 has been extensive and fun! I’m so glad to receive questions or just a hello from a remote country. Mostly I’ve forwarded emails like the Lifeline Weekly, our Region 9 Newsletters and news from our Chair, Treasurer and Trustee.

After the Assembly in Iceland there was writing the Minutes and sending them out and as the Assembly in Belgium approaches there was invitations to the Assembly to be sent. I’ve also received the registration forms from the delegates and answered questions regarding the Assembly and Convention. We have a few new countries who are interested in attending in the future which is good news.

The Contact list of Region 9 is always growing and has been updated with new email addresses during the year. There are still countries in the Region that we don’t reach due to language problems and in others there are not any updated addresses. This is unfortunate and I would love to have functioning addresses to every country where there is oa activity!

To serve as Secretary has been very rewarding these two years and to be in contact with other oa members all over our Region is a true gift. I’m also supported by my fellow board members who are very dedicated to give service, competent and always eager to help with questions regarding traditions or any other question from our oa friends around the Region.

I happily leave this service post to the next Region 9 Secretary who probably will enjoy it as much as I have done!

With love in service,

Karolina
Region 9 Assembly 2011
The Treasurer’s report for Region 9 members

During the Region 9 Assembly 2010 in Iceland, it has been decided to divide the position of region treasurer into two positions: a treasurer and a banker. The idea was to make the treasurer position more flexible and allow members from all over region 9 to apply for this service position. The last five treasurers and the accountant were from the UK and our bank accounts are held with the Nat West. It would not be impossible to change the banking from the UK but in view of various regulations it would be a difficult and time consuming process.

Accounts for the year ended 31 May 2011

We have three accounts, Current, Euro and Bonus Saver. We are using an exchange rate of an average of 1.18 Euros to the Pound. This has been used in the accounts calculations for the year ended May 31, 2011.

Income

Our income from Region 9 is almost the same as it was last year; that also means that we kept a decrease of nearly 13% since 2009. The recommended contribution rate, which encouraged every group to give 5% of their income, is still operational as per the recommendation in 2009. However, our current income does not cover our costs and we need to consider that, if the income keeps decreasing, we won't be able to send money to WSO or increase the funds for translation. To receive a regular amount via direct payment helps us to budget.

Outgoings

In general all of our costs came in under budget - please refer to schedule 1 of the accounts.

New line-items: The 2011 budget includes two additional line-items - the cost for a parliamentarian during the assembly and the cost for an additional board member to be present at WSBC.

Regional Chair Meetings are held three times a year. The first of these is at WSBC in Albuquerque and, according to our Bylaws, our chair is required to attend these meetings. The costs for each meeting came in under budget.

Please note that the upcoming 3rd RCC meeting will be held in Colombia (Region 8), that means that the cost for this particular meeting will most likely be higher than the usual 1300 GBP/ Euro 1534. I kindly ask you to consider this when you make your contributions.

Delegate Assistance: The costs shown in the budget refer to the assembly 2010 in Iceland where we supported two delegates.

This year, your region has agreed to assist 4 delegates for the full amount they requested; the claims were between 200 and 800 Euros. Currently, our total budget for delegate assistance is Euro 4375 / GBP 3500. One country applied for funding a second member but this was refused since the purpose of the delegate assistance fund is to assist countries/service bodies that are not able to afford a delegate. Two countries applied for funding in early September; the board did not consider these applications since the deadline had already past. I have received three (out of four) financial summaries as requested with the Delegate Assistance Application Form and agreed by the Assembly previously in our Policies & Procedures 2008e. Please note that if the financial summary is not provided, your delegate might not get the funding in the future if more delegates apply, or our
financial position falls and/or our expenses increase. Details of any funding for attendance at the region 9 Assembly from elsewhere are required.

Delegate Assistance – for discussion at the Assembly: The board has raised the question whether Region 9 could fund a delegate from a newly established group within the region to come to the Region Convention.

Background:
In regard to the two above mentioned groups whose applications have not been considered, the board thought about various ways to support newly established groups. Funding an assembly delegate from a group that is not yet part of a service structure, whose members might not yet meet the abstinence requirements is probably not the best idea. As an assembly delegate one is asked to be an active participant when it comes to discussions and decisions concerning Region 9. A certain knowledge of the 12 Steps, the 12 Traditions and the OA's service structure is required. That could be overwhelming for a relatively new member of the fellowship. He/she would probably benefit more from the convention after the assembly. This boost of recovery, meetings, workshop and love during the convention would hopefully give a lot of energy to the delegate to bring back to his/her group. This suggestion comes of course with the question as to who would qualify for this funding? And do we feel the need to update our requirements for delegate assistance funding in order to clarify that the applicant's group needs to be part of a service structure (IG or NSB)?

Translations: At the 2010 assembly we decreased the amount for translation funding to Euro 1875 / GBP 1500. Unfortunately, there were no applications this year. I would like to encourage all service bodies within our region to consider translation. It helps your fellowship grow in your area. We do request the loan be repaid when sales of the literature have been made so that funds can be used to help others.

Secretarial expenses: consists of photocopying, cartridges, stationary etc. for all of the R9 board.

WSO Contribution: At the 2010 assembly it has been decided to increase our contribution to WSO to a total of Euro 11074 / GBP 8859. Region 9 is a large region but it is not the poorest one. However, we have been one of the lowest contributing regions and we do receive a lot of financial support from WSO. Please consider an extra Tradition 7 on a regular basis. There are various suggestions for your groups to apply in order to make contributions a part of your meeting culture.

Contributions

May I remind all contributors to send an e-mail to the treasurer and the banker before making a bank transfer. Banks do not give much information on the transfer forms and it can be rather time consuming to search for the right e-mail address to send the receipt.

Love in Service
Isabella V
Treasurer Region 9
treasurer@oaregion9.org
<table>
<thead>
<tr>
<th>INCOME AND EXPENDITURE ACCOUNT</th>
<th>Suggested</th>
<th>Budget</th>
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<td><strong>FOR THE YEAR ENDED 31 MAY 2011</strong></td>
<td><strong>2012</strong></td>
<td><strong>2011</strong></td>
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<td>Contributions from OA Region 9 Assembly &amp; Convention</td>
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<td>Contributions from other OA Regions towards Region 9 costs</td>
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<td>Contributions from World Service Office funds for 2nd RCC Mtg</td>
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<td>580</td>
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<td>Contributions from W S Office funds for Nominee Trustee</td>
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<tr>
<td>Expenditure</td>
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<td>£</td>
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<td>Chair Travel Expenses for First Regional Chairs Meeting</td>
<td>1,300</td>
<td>1,241</td>
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<td>Chair Travel Expenses for Second Regional Chairs Meeting</td>
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<td>Chair Travel Expenses for Third Regional Chairs Meeting (RB)</td>
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<td>Nominee Trustee Travel Expenses for WSBC</td>
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<td>Region 9 Assembly Rooms</td>
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<td>Region 9 Assembly Parliamentary Travel Costs to Assembly</td>
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<tr>
<td>Surplus After all Exp. and Cont’s before Tr to Reserve</td>
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<td>-6,189</td>
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## INCOME AND EXPENDITURE ACCOUNT

**FOR THE YEAR ENDED 31 MAY 2011**

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<td>Contributions from Service Bodies within Region 9</td>
<td>11,800</td>
<td>12,178</td>
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## Contributions to Other Regions
- Contributions to WSO & Other Regions Etc
- Translation and Printing of OA Literature
- Depreciation
- Misc.
- Bank Charges
- Secretarial Expenses
- Accounts Preparation & Review
- Website Maintenance
- Region 9 Board Member to WSBC (new)
- Region 9 Assembly Parliamentarian Travel Costs to Assembly (new)
- Region 9 Assembly Delegate Assistance
- Region 9 Board
- Nominee Trustee Travel Expenses for WSBC
- Chair Travel Expenses for Second Regional Chairs Meeting
- Chair Travel Expenses for First Regional Chairs Meeting
- Chair Travel Expenses for Third Regional Chairs Meeting
- Expenditure
- Exchange Rate Differences
- Misc fundraising
- Region 9 Assembly Materials (delegate packs etc)
- Region 9 Board
- Contributions from OA Service Bodies within Region 9
- Contributions from OA Region 9 Assembly & Convention
- Contributions from other OA Regions towards Region 9 costs
- Contributions from World Service Office funds for 2nd RCC Meeting
- Contributions from World Service Office funds for Nominee Trustee Costs

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### EXPENDITURE

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Banker’s Report for 2011 Assembly Belgium 1 June 2010 - end May 2011

My main role is banking cheques, paying bills, sending out receipts, keeping a record of all incomings and outgoings noting all bank charges, and forwarding updates of these to the Accountant, Treasurer and Chair. I check through the Bank statements and photocopy and post to the Accountant and Chair.

There has been a large drop in our Bonus Saver account as we sent £6,800 to World Service, which meant a large transfer of funds from our Bonus Saver into our current account. Our quarterly interest on the Bonus Saver decreased a little from February.

We have increased use of the Euro (Currency) account, having deposits from 8 countries – Germany and the Bacharach Retreat, Italy, Spain, Poland, Belgium, Southern Ireland, Oslo, Belgium, compared to only 4 last year. This account has increased by just over 6,500€ over the year.

There have been very few deposits into the current account from countries other than the UK who are contributing regularly from groups, 3 out of its 9 Inter groups, and the National Service Board. Israel and Flanders Intergroup have given contributions to this account.

Finland, Poland, Austria and Denmark all brought contributions to the Assembly last year and we encourage more countries to do so this year. Doing this saves on bank charges. Please mark envelopes clearly with contributions.

A total of 14 different countries contributed out of a total of 55 countries in Region 9. Is your country contributing to keeping its Region going?

Please always inform the Banker before making deposits from outside the UK as I often don’t know where to send receipts.

When sending cheques please put your email address on your letter.

Thank you very much for allowing me to do this service.

In fellowship

Alison T

Region 9 Banker
Translations chairs report 2011

We’ve sent out a glossary list to the service bodies by.

We’ve simplified the translation inventory list and asked every country in region 9 to indicate if they have the book/pamphlet translated or are working on it. We’ve got loads of reactions, and made an overview of it.

One of our permanent goals is to have countries in Region 9 that speak the same language meet and work together on translations, a contact has been made between Russian speaking OA members in Russia and Israel, in order to get the 12 &12 translated into Russian.

With love and recovery, Loes H.
<table>
<thead>
<tr>
<th>Publication Title</th>
<th>Danish</th>
<th>Dutch</th>
<th>English</th>
<th>Finnish</th>
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</table>

| Abstinence                                                                        | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Anonymity                                                                        | P      | P     | P       | W       | P      | W      | P      | P       | P         | P         | P      | P       | P       | P       |
| Archives                                                                          | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Before You Take That First Compulsive Bite                                       | P      | P     | P       | P       | P      | P      | P      | P       | W         | W         | P      | W       | P       | W       |
| Beyond Our Wildest Dreams                                                        | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Commitment to Abstinence                                                          | P      | P     | P       | P       | P      | P      | P      | P       | W         | W         | P      | W       | P       | W       |
| Compulsive Overeating: An Inside View                                            | P      | P     | P       | P       | P      | P      | P      | P       | W         | W         | P      | W       | P       | W       |
| Courier                                                                          | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Fifteen Questions                                                                | W      | P     | P       | P       | P      | W      | P      | P       | W         | W         | P      | W       | P       | W       |
| I Put My Hand in Yours (wallet card)                                             | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| If God Spoke to OA                                                                | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Introducing OA to Health Care Professionals                                      | P      | W     | W       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Introducing OA to the Clergy                                                     | W      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Maintaining a Healthy Weight                                                     | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Many Symptoms, One Solution                                                       | P      | W     | P       | P       | P      | W      | P      | P       | P         | P         | P      | P       | P       | P       |
| Members in Relapse                                                                | P      | P     | W       | P       | P      | W      | P      | P       | W         | W         | P      | W       | P       | W       |
| OA Members Come in All Sizes                                                     | P      | P     | W       | W       | P      | W      | P      | P       | P         | P         | P      | P       | P       | P       |
| Person to Person                                                                 | P      |       |         |         |         |         |         |         |           |           |         |         |         |         |
| Plan of Eating: A Tool for Living, One day at a Time                             | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Program of Recovery                                                               | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Recovery Checklist                                                                | P      | W     | P       | P       | P      | P      | P      | P       | P         | W         | P      | W       | P       | W       |
| Seeking the Spiritual Path: A Collection from Lifeline                            | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Seventh Tradition of OA                                                           | W      | P     | P       | W       | P      | W      | P      | P       | P         | P         | P      | P       | P       | P       |
| Think First                                                                      | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| To Parents and Concerned Adults                                                   | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| To the Family of the Compulsive Overeater                                        | P      | P     | P       | P       | P      | W      | P      | W       | P         | P         | P      | P       | P       | P       |
| To the Man Who Wants to Stop Compulsive Overeating, Welcome                      | W      | P     | P       | W       | P      | W      | P      | W       | P         | P         | P      | P       | P       | P       |
| To the Teen                                                                       | P      | W     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| To the Teen Questionnaire                                                         | P      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Treatment and Beyond                                                             | W      | P     | P       | P       | P      | P      | P      | P       | P         | P         | P      | P       | P       | P       |
| Twelve-Step Workbook of Overeaters Anonymous                                     | P      | P     | P       | P       | P      | P      | P      | P       | W         | W         | P      | W       | P       | W       |
| Welcome Back                                                                      | P      | P     | W       | P       | P      | W      | P      | W       | P         | P         | P      | P       | P       | P       |
| What If I Don’t Believe in “God”                                                 | P      | P     | P       | P       | P      | W      | P      | P       | P         | P         | P      | P       | P       | P       |

P=Published, W=Working on it
Electronic Communication Committee Chair’s Report
To the Region 9 Assembly in Belgium 2011

Dear OA friends in Region 9,

This year we have gone through the entire website in order to make sure that every downloaded file is in pdf format so that nobody can make any changes. I have also checked all the links to see that they work. Please let us know on webmaster@oaregion9.org if you see anything that does not work properly.

With help from an OA member from my Intergroup I created sub-pages to the page ‘Service’ (there had been a problem that needed to be dealt with by an IT expert, and so it was great to have that help from within OA.). Now each sub-page is dedicated to the area that each committee works on, and we also included a sub-page called ‘job descriptions’ that contains information on the service positions of a Region 9 rep and of the board members: chair, secretary and treasurer.

Furthermore, we added the following pages: Newsletters, Materials and Contact us. In ‘Newsletters’ there are currently 7 issues of our Region 9 newsletter. In ‘Materials’ you find tent cards, flyers and ideas. In ‘Contact Us’ you can see that we have created general e-mail addresses for the board members and the electronic communications chair (‘webmaster’). E-mails sent to these addresses go automatically to the recipient’s personal e-mail address, and we are able to keep our anonymity this way.

There have been discussions during the year whether to also create general e-mail addresses for the committee chairs to insure their anonymity, too, and still allow members to contact them directly. This issue needs to be addressed at this year's Assembly.

In co-operation with the 12th step committee we put information on the home page on how to become or get an online sponsor within Region 9, and I understand that there has been some response.

On the ‘Events’ page you can now find information how to submit event info to the website.

I have looked at calendars that can be used on our kind of website, but I have to admit, I have not found one that looked suitable for us, and I have also not been able to work out how one can put a calendar on our website. My personal opinion is that we currently do not need a calendar; there are so few events being advertised that I suggest to keep it simple and just leave the page as it is.

At the last Assembly the committee had had the idea to include brief sharing on the ‘Service’ page on how service on Region 9 level has contributed to members’ recovery. This task has still to be followed up.
I have also only just now realized that **I have overlooked one task** that we had set us for this year: to **add information to the website how to apply for funds for translations and sending delegates to Region 9**. We had planned to raise this with the Translations Committee, to ask them to write info how to apply for translation funds and licences. Our trustee Esti had agreed to help with the wording. **This task still needs to be done.**

I have found this service very fulfilling and rewarding, when things on the website went alright, but it has also been stressful when things have not gone as they were meant to. The website has at times been quite temperamental and not allowed files to be downloaded, and three days later they suddenly went on without any problem. I have had to learn to live with an imperfect website. I have particularly enjoyed the frequent contact with the board members and committee chairs and with OA members who contacted the website. I admit, I have not always found this service easy, as I am not at ease when technical problems occur.

I thank the Assembly for letting me chair the electronic communication committee and in that capacity for allowing me to look after the Region 9 website. Unfortunately, **I will not be able to continue my service, and I will not be present at the Assembly in Belgium**. I made the decision to resign some time ago, for personal reasons, but now it has become an acute matter as I have been struggling with the food and come to a point where it has been necessary and will hopefully be healing to be totally honest with myself and others and admit that I have lost my abstinence. I keep coming back, though, and hope to be given the gift of freedom from food obsession again soon (Abstinent today!). Am just not coming back to Region 9 just now.

Thank you to the small committee, Anne Pat, Ela and Karolina for our group consciences and the service you gave and love you showed.

In particular thanks to my predecessor and now secretary Karolina for her ongoing support with the website; I could not have done it without her. She offers to help with the hand-over that I would ideally have done in person. But as am resigning now because I do not fulfil the abstinence requirement to be a R9 rep anymore I will hand over by phone and/or e-mail. I will compose a little ‘manual’ with the passwords and things I worked out about maintaining the website.

I wish you a fruitful and enjoyable Assembly and Convention in Belgium, and may you all be well!

Please check out our website [www.oaregion9.org](http://www.oaregion9.org), and may it thrive and inspire us all!

With love,

In fellowship,

Sabine                                                             Sept. 2011
BYLAWS COMMITTEE:

Chair: Joanna Cobb (UK)

As the bylaws committee consisted solely of me this year, I have only dealt with the pressing matters and not done a comprehensive review of the bylaws and P&P manual.

Following the 2010 Assembly in Iceland, I updated the Bylaws and P&P with the changes that were adopted during the Assembly.

In preparation for the 2011 Assembly I have written out bylaw amendments and new business motions as requested.

I have reviewed the ground rules in preparation for the 2011 Assembly.

Yours in service and fellowship

Joanna Cobb
This past year, the Twelfth-Step-Within Committee (TSW) has put several bits of information onto the Region 9 Website, along with this information going out on the email. We started by announcing specific OA International Dates with a brief description of each: IDEA Day (Anonymity Day); OA Birthday; Unity Day; and TSW Day. Also, Region 9 Week.

Under Service/Committees - TSW, in the website, the TSW Statement of Purpose was inserted. A section called "Ideas that Work" lists 3 different topics: Sponsors and Sponsees (including a workshop, tips, information, and a Sponsor's List - upon request); Important OA Dates (this includes a workshop for Region 9 Week); and Contact With Countries Not Present at Region 9 A & C (with ways of helping them).

This past year, the TSW committee was responsible for gathering information from the Region 9 A & C 2010 representatives about countries not present at the assembly. Because of the outreach work that was done by the representatives, there will be representatives present at the Region 9 A & C 2011 - some whose countries have never been present, and others, who are returning to the assembly after some period of absence. Now that’s TSW service!

Susan Sharabi...2010 - 2011 Region 9 TSW Committee Chair
Dear OA Intergroup / Service Board Representative.

**Region 9 Assembly 2011 – Agenda & Motions**

Please find attached:

- Chart 1 - Consent Agenda
- Chart 2 – Proposed Motions to be considered separately.

Yours in fellowship

**S M Cooke**

Stella Cooke
Chair
For and on behalf of OA Region 9

Extract from R9 Bylaws

Article V Section 4

Agenda for the Region 9 Assembly will be mailed or emailed at least sixty days prior to the Assembly to all those service associations and registered Intergroups. The material for the Assembly will be mailed or emailed when possible only to registered representatives and invited visitors to the Assembly. The registration form will request whether the material is sent by email or mail.

Extract from R9 Principles & Procedures

1999h – Bylaws Committee Chair

The duties would include:

Sending a printed copy of all proposed Bylaw Amendments to the Chair of the Board to be included in the mailing with the Agenda for Assembly.

Please reply to:

e-mail: stellareg9@btinternet.com
# Chart 1: Consent Agenda

## Chart 1 – Proposed Consent Agenda

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<tr>
<th>No</th>
<th>Article</th>
<th>What the motion does</th>
<th>Submitted by</th>
<th>Intent</th>
<th>Cost to R9 Budget</th>
<th>Rationale</th>
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<tr>
<td>BL1</td>
<td>Art XII</td>
<td>Clarifies that we are talking about the R9 Assembly.</td>
<td>Bylaws Committee</td>
<td>TO CLARIFY THE WORDING</td>
<td>None</td>
<td>As per intent</td>
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<tr>
<td>BL 2</td>
<td>Art VII S3</td>
<td>Substitutes the word ‘above’ to ‘beyond’ in reference to service outside of the group.</td>
<td>Bylaws Committee</td>
<td>TO COMPLY WITH THE WORDING USED THROUGHOUT OA IN REFERENCE TO SERVICE</td>
<td>None</td>
<td>As per intent</td>
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<tr>
<td>BL 3</td>
<td>Art III S1</td>
<td>Brings the definition of a group in line with that used by OA Inc.</td>
<td>Bylaws Committee</td>
<td>MAKE THE R9 BYLAWS AGREE TO OA INC. AND ALSO ADOPT WORDING THAT NO FURTHER CHANGES WILL NEED TO BE MADE BY R9 –</td>
<td>None</td>
<td>As per intent</td>
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<tr>
<td>BL 4</td>
<td>Art XI S1</td>
<td>Brings in the possibility that major policy matters can be reviewed by other members of the BOT besides the R9 Trustee</td>
<td>Bylaws Committee</td>
<td>TO CLARIFY WORDING</td>
<td>None</td>
<td>As per intent</td>
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<tr>
<td>BL 5</td>
<td>Art IV S2b</td>
<td>Includes Virtual Service Boards in the R9 service structure</td>
<td>Bylaws Committee</td>
<td>TO CLARIFY THAT VIRTUAL SERVICE BOARDS CAN BE REPRESENTED AT THE R9 ASSEMBLY</td>
<td>None</td>
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<td>BL 8</td>
<td>Art IV S2 (III)</td>
<td>Clarifies the definition of visitors to the OA R9 Assembly.</td>
<td>Bylaws Committee</td>
<td>TO CLARIFY WORDING</td>
<td>None</td>
<td>As per intent</td>
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<td>BL 9</td>
<td>Art XII S2</td>
<td>Includes motions from the Committees within the definition.</td>
<td>Bylaws Committee</td>
<td>TO CLARIFY THAT DISCUSSIONS BY THE COMMITTEES DURING THE ASSEMBLY MAY BRING MOTIONS THAT ARE EMERGENCY MOTIONS.</td>
<td>None</td>
<td>As per intent</td>
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<th>Proposed words</th>
<th>Submitted by</th>
<th>Intent</th>
<th>Cost to R9 Budget</th>
<th>Rationale</th>
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<td>BM1</td>
<td>Assembly</td>
<td>Adopt a document entitled ‘Overeaters Anonymous Region 9 – Assembly Procedures &amp; Suggestion’</td>
<td>Bylaws Committee</td>
<td>TO INCLUDE IN OR MANUAL THE INFORMATION GATHERED BY EXPERIENCE</td>
<td>None</td>
<td>To assist the planning of the R9 Assembly</td>
</tr>
<tr>
<td>BM2</td>
<td>IV Region 9 Translations</td>
<td>Removes the translations guidelines that are a duplication of those at WSO.</td>
<td>Region 9 Chair</td>
<td>TO MAKE CLEAR THAT THE R9 TRANSLATION GUIDELINES ARE INCLUDED IN THE WSO DOCUMENT AND THERE IS NO NEED FOR A DUPLICATION</td>
<td>None</td>
<td>No need to have two versions of the document. The WSO document was created in part from the contents of the R9 version.</td>
</tr>
</tbody>
</table>
BM 4

VI Website

Makes it clear that the service body submitting information for the website – is to remove any personal information before submission

R9 Secretary

TO MAKE IT CLEAR THAT IT IS THE RESPONSIBILITY OF THE SERVICE BODIES IN R9 TO CHECK THEIR FLYERS ETC. FOR PERSONAL INFO BEFORE SUBMISSION.

None

As per intent - + see motion.

BM 5

V Finance & Budget

Changes the current wording of: Application = 6 Mths prior to Ass Application return = 4 Mths Decision by Board = 4 Mths

R9 Board

To clarify the proceedings regarding the assembly application for funding - dates

None

To make the dates work and in line with the current procedure

CHART 2 – PROPOSED MOTIONS TO BE DISCUSSED AND VOTED ON SEPERATELY

<table>
<thead>
<tr>
<th>No</th>
<th>Article</th>
<th>What the motion does</th>
<th>Submitted by</th>
<th>Intent</th>
<th>Cost to R9 Budget</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td>BL 6</td>
<td>Art IV S3 Qualifications</td>
<td>Requires that the representatives to R9 have 6 months consecutive abstinence</td>
<td>R9 Board</td>
<td>To introduce abstinence requirements for R9 reps and strengthen the abst requirements for the R9 board</td>
<td>None</td>
<td>Reinforce the message of recovery by demonstration and enable more sane decisions for the region</td>
</tr>
<tr>
<td>BL 7</td>
<td>Art VII S3</td>
<td>Removes the current maximum of 8 years in a lifetime on the R9 Board</td>
<td>Bylaws committee</td>
<td>Allows members to serve additional terms on the R9 board after they have been off the board for two years.</td>
<td>None</td>
<td>Enable willing members to serve the region over their lives as long as rotation is observed.</td>
</tr>
</tbody>
</table>

No

P & P Section

Proposed words

Submitted by  | Intent                          | Cost to R9 Budget | Rationale                                                                 |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>BM 3</td>
<td>V Finance &amp; Budget</td>
<td>Clarifies that the funding is for countries who cannot afford to fund a rep of their own.</td>
<td>R9 Treasurer</td>
</tr>
</tbody>
</table>

Extract from Ground Rules –

13. Procedure for voting on ByLaw amendment proposals will be:
   a) The chair will present the Consent Agenda to the Assembly which will enable automatic adoption of motions listed on the Consent Agenda. Representatives who wish to discuss any of these motions will request that they be pulled from the Consent Agenda. Each motion not voted in the Consent Agenda will be discussed and voted upon separately.

14. Procedure for voting on New Business Motions will be:
   a) Each motion not on the Consent Agenda will be discussed and voted upon separately.
### REGION NINE ASSEMBLY 2011
### BYLAWS AMENDMENT MOTION

**MOTION:**
TO AMEND ARTICLE XII, SECTION 1 AS FOLLOWS:-

<table>
<thead>
<tr>
<th>CURRENT WORDING</th>
<th>PROPOSED WORDING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTICLE XII</strong></td>
<td><strong>ARTICLE XII</strong></td>
</tr>
<tr>
<td>Section 1.</td>
<td>Section 1.</td>
</tr>
<tr>
<td>These Bylaws, representing our table of organisation, may be amended by a two thirds majority of the voting body at the annual Regional Assembly provided that representatives are present from at least five different countries within Region 9. Proposed amendments should be submitted to the Region 9 Bylaws Committee at least ninety days before the Region 9 Assembly, and are to be submitted, in writing, by this committee to the Region 9 Chair at least seventy five days before Assembly.</td>
<td>These Bylaws, representing our table of organisation, may be amended by a two thirds majority of the voting body at the annual Regional Assembly provided that representatives are present from at least five different countries within Region 9. Proposed amendments should be submitted to the Region 9 Bylaws Committee at least ninety days before the Region 9 Assembly, and are to be submitted, in writing, by this committee to the Region 9 Chair at least seventy five days before the Region 9 Assembly.</td>
</tr>
</tbody>
</table>

**SUBMITTED BY:**
BYLAWS COMMITTEE

**INTENT:**
To clarify wording

**IMPLEMENTATION:**
Amend bylaws

**COST:**
None

**RATIONALE:**
As per intent

**BACKGROUND:**
None
REGION NINE ASSEMBLY 2011
BYLAWS AMENDMENT MOTION

MOTION:
TO AMEND ARTICLE VII, SECTION 3B AS FOLLOWS:-

<table>
<thead>
<tr>
<th>CURRENT WORDING</th>
<th>PROPOSED WORDING</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARTICLE VII</td>
<td>ARTICLE VII</td>
</tr>
<tr>
<td>Section 3.</td>
<td>Section 3.</td>
</tr>
</tbody>
</table>

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.

PROPOSED WORDING

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 beyond 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.

SUBMITTED BY:
BYLAWS COMMITTEE

INTENT:
To comply with wording used in OA

IMPLEMENTATION:
Amend bylaws

COST:
None

RATIONALE:
As per intent

BACKGROUND:
None
**REGION NINE ASSEMBLY 2011**

**BYLAWS AMENDMENT MOTION**

**MOTION:**
TO AMEND ARTICLE III, SECTION 1 AS FOLLOWS:-

<table>
<thead>
<tr>
<th>CURRENT WordiNG</th>
<th>PROPOSED WordiNG</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTICLE III</strong></td>
<td><strong>ARTICLE III</strong></td>
</tr>
<tr>
<td>Section 1.</td>
<td>Section 1.</td>
</tr>
<tr>
<td><strong>The Definition of a Group.</strong></td>
<td><strong>The Definition of a Group.</strong></td>
</tr>
</tbody>
</table>

These points shall define an Overeaters Anonymous Group:

1. As a Group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous.
2. All who have the desire to stop eating compulsively are welcome to the Group.
3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
4. As a Group they have no affiliation with other than Overeaters Anonymous.

b To establish that a Group is registered, the World Service Register shall be used.

---

**SUBMITTED BY:**
BYLAWS COMMITTEE

**INTENT:**
To comply with current definition as amendments have been made at WSBC and to save Region 9 precious time at the assembly so that if any further changes are made to the definition of an OA group at WSBC, we at R9 no longer have to amend our bylaws

**IMPLEMENTATION:**
Amend bylaws

**COST:**
None

**RATIONALE:**
As per intent

**BACKGROUND:**
None
REGION NINE ASSEMBLY 2011
BYLAWS AMENDMENT MOTION

MOTION:
TO AMEND ARTICLE XI, SECTION 1 AS follows:–

<table>
<thead>
<tr>
<th>CURRENT WORDING</th>
<th>PROPOSED WORDING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTICLE XI</strong></td>
<td><strong>ARTICLE XI</strong></td>
</tr>
<tr>
<td><strong>Section 1.</strong></td>
<td><strong>Section 1.</strong></td>
</tr>
<tr>
<td>Matters which relate to major policy affecting Overeaters Anonymous as a whole shall be referred to Overeaters Anonymous, Inc. World Service Board of Trustee</td>
<td>Matters which relate to major policy affecting Overeaters Anonymous as a whole shall be referred to the Region 9 Trustee or another member of the Overeaters Anonymous, Inc. World Service Board of Trustees.</td>
</tr>
</tbody>
</table>

SUBMITTED BY:
BYLAWS COMMITTEE

INTENT:
To clarify wording

IMPLEMENTATION:
Amend bylaws

COST:
None

RATIONALE:
As per intent

BACKGROUND:
None
# REGION NINE ASSEMBLY 2011
## BYLAWS AMENDMENT MOTION

**MOTION:**

TO AMEND ARTICLE IV, SECTION 2B AS FOLLOWS:

<table>
<thead>
<tr>
<th>CURRENT WORDING</th>
<th>PROPOSED WORDING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTICLE IV</strong></td>
<td><strong>ARTICLE IV</strong></td>
</tr>
<tr>
<td>Section 2b.</td>
<td>Section 2b.</td>
</tr>
</tbody>
</table>

b) Representatives from National/Language Service Boards, who are registered with the World Service Office and who are within the geographical boundaries of Region 9. National/Language Service Boards shall not represent Intergroups which have sent representatives to the Assembly, however if all Intergroups are represented, the National/Language Service Board will still be entitled to one representative.

b) Representatives from National/Language /Virtual Service Boards, who are registered with the World Service Office and who are within the geographical boundaries of Region 9. National/Language / Virtual Service Boards shall not represent Intergroups which have sent representatives to the Assembly, however if all Intergroups are represented, the National/Language / Virtual Service Board will still be entitled to one representative.

**SUBMITTED BY:**
BYLAWS COMMITTEE

**INTENT:**
To clarify wording and include Virtual Service Board which now exists and previously didn’t

**IMPLEMENTATION:**
Amend bylaws

**COST:**
None

**RATIONALE:**
As per intent

**BACKGROUND:**
None
### REGION NINE ASSEMBLY 2011
### BYLAWS AMENDMENT MOTION

**MOTION:**
TO AMEND ARTICLE IV, SECTION 3 B AS FOLLOWS:-
TO AMEND ARTICLE VII, SECTION 3 B AS FOLLOWS:-

<table>
<thead>
<tr>
<th>CURRENT WORDING</th>
<th>PROPOSED WORDING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTICLE IV – MEMBERSHIP OF REGION 9 ASSEMBLY</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Section 3 – Qualifications</strong></td>
<td></td>
</tr>
<tr>
<td>a Each representative shall be elected by the Intergroup, National/Language Service Board or unaffiliated groups they serve.</td>
<td>a Each representative shall be elected by the Intergroup, National/Language Service Board or unaffiliated groups they serve.</td>
</tr>
<tr>
<td><strong>ARTICLE VII – COMPOSITION OF REGION 9 BOARD.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Section 3- Elections</strong></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td>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 comply with ARTICLE IV – Section 3 c and 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.</td>
</tr>
</tbody>
</table>
Submitted By: Region 9 Board

Intent: To introduce abstinence requirements for the R9 Representatives and in turn strengthen the abstinence requirement for the R9 Board.

Implementation: Amend Bylaws of Region 9, ARTICLE IV, SECTION 3 B AND ARTICLE VII, SECTION 3 B AS ABOVE

Cost: None.

Rationale: Our primary purpose is to abstain from compulsive overeating and compulsive food behaviors and to carry this message of recovery to those who still suffer. We carry that message by demonstrating that the program works and that we are indeed abstinent. As Region Reps – if we demonstrate that we are abstinent – we are then an example of the program working. Collectively at our R9 Assembly we make decisions about how we carry that message within our Region. When we are in recovery and abstinent we are more likely to make sane decisions around these topics and thus on the whole will make better decisions for our Region. Of the 10 regions in OA – as can be demonstrated below – 6 suggest or require 6 Mths abstinence or more. 4 (including R9) allow the IG that elects the rep to decide.

Background: The abstinence requirements for the R9 Board as they are currently written were introduced in 2005.

Abstinence requirements within the other Regions are as follows:-

<table>
<thead>
<tr>
<th>Region</th>
<th>Requirements</th>
<th>Region</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>R1</td>
<td>1Yr</td>
<td>R2</td>
<td>2Yrs</td>
</tr>
<tr>
<td>R3</td>
<td>1Yr</td>
<td>R4</td>
<td>1Yr (+ 2Yrs in OA)</td>
</tr>
<tr>
<td>R5</td>
<td>2Yrs (of which 1 @ Healthy Weight)</td>
<td>R6</td>
<td>2Yrs</td>
</tr>
<tr>
<td>R7</td>
<td>1Yr</td>
<td>R8</td>
<td>1Yr @ Healthy Weight</td>
</tr>
<tr>
<td>R10</td>
<td>1Yr</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Region</th>
<th>Requirements</th>
<th>Region</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>IG Decides</td>
<td></td>
<td>IG Decides</td>
<td></td>
</tr>
<tr>
<td>IG Decides</td>
<td>1Yr</td>
<td>6 Mths</td>
<td>1Yr</td>
</tr>
<tr>
<td>IG Decides</td>
<td></td>
<td>IG Decides</td>
<td>1Yr</td>
</tr>
<tr>
<td>IG Decides</td>
<td></td>
<td>Region suggests 6 Mths</td>
<td>1Yr</td>
</tr>
<tr>
<td>IG Decides</td>
<td></td>
<td>IG Decides + Region suggests 6 Mths</td>
<td>1Yr</td>
</tr>
<tr>
<td>IG Decides</td>
<td></td>
<td>IG Decides + Region suggests 6 Mths</td>
<td>1Yr</td>
</tr>
</tbody>
</table>
REGION NINE ASSEMBLY 2011
BYLAWS AMENDMENT MOTION

MOTION:
TO AMEND ARTICLE VII, SECTION 3 D AS follows:-

<table>
<thead>
<tr>
<th>CURRENT WORDING</th>
<th>PROPOSED WORDING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTICLE VII</strong></td>
<td><strong>ARTICLE VII</strong></td>
</tr>
<tr>
<td>Section 3.</td>
<td>Section 3.</td>
</tr>
<tr>
<td>d) Board members should not serve more than two</td>
<td>d) Board members are elected to serve for a two</td>
</tr>
<tr>
<td>consecutive terms in the same position. No Board</td>
<td>(2) year term. A member who has already served may</td>
</tr>
<tr>
<td>member shall serve for more than eight (8)</td>
<td>stand for re-election for a further term in any Board</td>
</tr>
<tr>
<td>consecutive years in a combination of positions.</td>
<td>position. A member who has just completed four (4)</td>
</tr>
<tr>
<td></td>
<td>consecutive years of service may stand for re-election</td>
</tr>
<tr>
<td></td>
<td>only after an interval of two (2) years. Board</td>
</tr>
<tr>
<td></td>
<td>members should not serve more than two consecutive</td>
</tr>
<tr>
<td></td>
<td>terms in the same position. No Board member shall</td>
</tr>
<tr>
<td></td>
<td>serve for more than eight (8) consecutive years in a</td>
</tr>
<tr>
<td></td>
<td>combination of positions.</td>
</tr>
</tbody>
</table>

SUBMITTED BY:
BYLAWS COMMITTEE

INTENT:
To allow qualified members to serve additional terms on the Region 9 Board if they wish to

IMPLEMENTATION:
Amend bylaws and no member will be disqualified to serve on Region 9 Board because they have already served for eight years.

COST:
Non

RATIONALE:
Currently the Region 9 sometimes struggles to find suitable candidates and almost never has contested elections because there are a limited number of qualified members willing and able to do the service. It does not seem sensible to further reduce the number of available candidates by imposing a time limit on the number of years any given individual may serve. This policy is out of kilter with other service bodies which quite commonly place a limit on consecutive terms but have no overall limit on number of years that can be served. For example, the Board of Trustees places a limit of eight consecutive years but there is no limit
on the total number of years that may be served. Removing this limitation will potentially strengthen the board and enable more service to be done in Region 9.

Finally, if the Assembly is disquieted by members serving multiple terms then it will not re-elect those members to Region 9 Board

**BACKGROUND:**
OAGB recently adopted a similar bylaw amendment to remove the 8 year restriction

The other regions concentrate on restricting consecutive years on the board rather than restricting overall in a lifetime.

<table>
<thead>
<tr>
<th>R1</th>
<th>R2</th>
<th>R3</th>
<th>R4</th>
<th>R5</th>
<th>R6</th>
<th>R7</th>
<th>R8</th>
<th>R10</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO LIFE TIME LIMIT.</td>
<td>NO LIFE TIME LIMIT.</td>
<td>NO LIFE TIME LIMIT.</td>
<td>NO LIFE TIME LIMIT.</td>
<td>NO LIFE TIME LIMIT.</td>
<td>NO LIFE TIME LIMIT.</td>
<td>NO LIFE TIME LIMIT.</td>
<td>NOT SPECIFIED</td>
<td>NO LIFE TIME LIMIT.</td>
</tr>
<tr>
<td>NO MORE THAN 5 CONSECUTIVE YEARS ON BOARD.</td>
<td>NO MORE THAN 5 CONSECUTIVE YEARS ON BOARD.</td>
<td>SC MEMBERS CAN SERVE NO MORE THAN 8 YEARS IN A CONSECUTIVE 10 YEAR PERIOD.</td>
<td>(DISCUSSED IN MAR 11 – NO CHANGE ANTICIPATED)</td>
<td>NO MORE THAN 12 CONSECUTIVE YEARS ON BOARD.</td>
<td>NO LIFE TIME LIMIT DEFINED.</td>
<td>NO LIFE TIME LIMIT DEFINED.</td>
<td>NO MORE THAN 8 CONSECUTIVE YEARS ON BOARD.</td>
<td></td>
</tr>
</tbody>
</table>
## Motion:
To amend Article IV, Section 2 as follows:

<table>
<thead>
<tr>
<th>CURRENT WORDING</th>
<th>PROPOSED WORDING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTICLE IV</strong></td>
<td><strong>ARTICLE IV</strong></td>
</tr>
<tr>
<td>Section 2. (III) – Visitors</td>
<td>Section 2 (III) – Visitors</td>
</tr>
</tbody>
</table>

a. Visitors from Region 9 who are represented will not be given a voice or a vote.

b. The Region 9 Assembly is open to OA visitors from outside Region 9. In order to be given consideration to speak at the Assembly, the visitor shall give prior notice to the Chair so that the item may be considered for the Agenda. Pertinent suggestions during the Assembly may be put in writing and handed to the Chair for consideration.

OA Visitors from Region 9 who already have a representative attending the Assembly from their service body are represented will not be given a voice or a vote.

b. The Region 9 Assembly is open to OA visitors from inside and outside Region 9. In order to be given consideration to speak at the Assembly, the visitor shall give prior notice to the Chair so that the item may be considered for the Agenda. Pertinent suggestions during the Assembly may be put in writing and handed to the Chair for consideration.

## Submitted By:
BYLAWS COMMITTEE

## Intent:
To clarify wording about OA visitors attending the R9 Assembly, the current wording does not cover those OA members who are from Region 9 who are attending but who do not have a representative from their service body.

## Implementation:
Amend bylaws

## Cost:
None

## Rationale:
As per intent

## Background:
None
**REGION NINE ASSEMBLY 2011**

**BYLAWS AMENDMENT MOTION**

**MOTION:**
TO AMEND ARTICLE XII, SECTION 2 AS FOLLOWS:-

<table>
<thead>
<tr>
<th>CURRENT WORDING</th>
<th>PROPOSED WORDING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTICLE XII</strong></td>
<td><strong>ARTICLE XII</strong></td>
</tr>
<tr>
<td><strong>SECTION 2</strong></td>
<td><strong>SECTION 2</strong></td>
</tr>
</tbody>
</table>

Bylaw amendments which have not been submitted to the Region Chair seventy-five days before the Assembly and which are considered to be of an emergency nature by the Region 9 Board and the Bylaws Committee Chair may be voted on at the Assembly.

Bylaw amendments, including items raised during the Assembly by a Committee, which have not been submitted to the Region Chair seventy-five days before the Assembly and which are considered to be of an emergency nature by the Region 9 Board and the Bylaws Committee Chair may be voted on at the Assembly.

**SUBMITTED BY:**
Bylaws Committee

**INTENT:**
To clarify that, in line with other Regions emergency bylaw amendments policy, that discussions whilst at the Region 9 Assembly may bring forward items that can be classes as emergency new business for discussion at that Assembly.

**IMPLEMENTATION:**
Any committee wishing to submit an emergency bylaw amendment may do so by providing it to the Region 9 Board and Bylaws Committee for their consideration to put forward to the Assembly.

**COST:**
None to discuss bylaw amendments although some proposals may have a cost implication

**RATIONALE:**
This is the one time in the year when the most Region 9 members come together so it is often the time and place that the most useful ideas are had, reducing the entry level of “emergency “ nature will be down to the discretion of the Region 9 Board and Bylaws Committee and as the proposal has come from a committee and not just one member, it is more likely to be useful

**BACKGROUND:**
The definition of emergency new business was changed at the last assembly
REGION NINE ASSEMBLY 2011
NEW BUSINESS MOTION

MOTION:
To adopt into the Region 9 Policies and Procedures Manual the document circulated at 2010 Region 9 Assembly (since amended and updated) entitled “Overeaters Anonymous Region 9 – Assembly Procedures and Suggestions”

SUBMITTED BY:
Bylaws Committee

INTENT:
To put into our P&P manual the information gathered that would be useful for future planning of Region 9 Assemblies

IMPLEMENTATION:
To add to the P&P
For the R9 Board to ensure that anyone interested in hosting or once having agreed to host a future Region 9 Assembly is provided with an electronic copy of this information

COST:
None

RATIONALE:
To assist those planning / hosting a Region 9 Assembly by ensuring continuity and to help avoid mishaps.
This document has been prepared by Region 9 members who have helped to organise previous Region 9 Assemblies and Conventions and whilst it is not intended to cover every eventuality, we hope it will be helpful for service bodies considering taking on this service so they know what to expect and for those in the process of organising to be a useful starting point for your committee discussions. This document will mostly concentrate on the Assembly part and leave the Convention part more open for your service body to arrange.

**SECTION COVERED IN THIS DOCUMENT:**

Page 1  Bylaws  
Page 2  Timetable  
Page 3  Assembly Guidelines & Responsibilities for Region 9 Board:  
Page 3  Finance  
Page 3  Sub Committee  
Page 3  Venue and Room Requirements  
Page 4  Food  
Page 4  Theme  
Page 4  Flyers  
Page 4  Registration  
Page 5  Speakers  
Page 5  Voting & TimeKeeping  
Page 5  Visitors  
Page 5  Convention  
Page 6  Strategic Plan  
Page 6  Afterwards  
Page 6  Checklist

**Bylaws**

*Extract from Article V of Bylaws (following 2010 Assembly)*

**Section 1**

Region 9 shall hold one Assembly per year.

A Region 9 Convention may also be held in conjunction with the Region 9 Assembly if the hosting Intergroup or National/Language Service Board is in a position to do so.

**Section 2**

Notification of this Assembly shall be mailed or emailed to all member groups, Intergroups, unaffiliated groups and National Service Boards at least six months prior to the date of the Assembly. The notification will include an invitation to the Assembly from the organising committee, the registration form to send a delegate, a blank new business motion, and bylaws amendment motion.

Even though the Bylaws state that the notification need to go out 6 months prior to Assembly – there will be considerable organization beforehand and so it is best for the Region to let the fellowship know about the Assembly arrangements as early as possible to help facilitate travel arrangements and keep travel costs to a minimum etc and thus encourage attendance. The following are some suggestions:-
OVEREATERS ANONYMOUS REGION 9
Assembly Procedures and suggestions – (Last updated November 2011)

TIMETABLE

2 YEARS IN ADVANCE
- Service bodies need to be thinking about whether they can host the Region 9 Assembly a few years in advance of the assembly they might host. The service body will need to consider whether they have enough willing members to arrange what is necessary.
- The service body will need to do some research on the venue as to times available / costs / facilities / travel arrangements some two years in advance of the assembly. The venue needs to accommodate the assembly room, the committee rooms, representatives accommodation. It does not need to be lavish. It does however, need to accommodate OA members food plans, be clean and functional and reasonably easily to access by public transport.
- The service body will bring this information to the Region 9 Assembly that same Autumn – to be considered by the Assembly along with other service bodies.
- The Assembly will consider the date and venue suitability as well as the committee arrangements together with other service body proposals at that stage and will discuss and vote on all the proposals.
- The place and date of the Region 9 Assembly will be at the latest established at the Assembly prior.
- If successfully elected as R9 Assembly host, and once the date is confirmed then the committee need to book the venue as soon as possible.

ONE YEAR PRIOR
- The hosting service body committee should then begin to put in place the various details of the Assembly and Convention. They will need a theme, speakers, packs of materials for the Convention if necessary, timetables for the weekend, meeting rooms etc.
- Confirm the theme with the Region 9 Board

NINE MONTHS PRIOR
- Ensure the flyer, invitation and registration forms has been prepared and sent to Region 9 Board 6 months in advance of the Assembly

SIX MONTHS PRIOR
- Over the next few months, work on the finer details of the assembly, arrange speakers and any materials you need (voting cards, badges, handouts, etc), exact timetable for convention, liaise with venue, and receive registrations.

SIX WEEKS PRIOR
- Liaise with R9 Secretary regarding numbers of attendees

ASSEMBLY GUIDELINES AND R9 BOARD RESPONSIBILITIES:
- The Region 9 board are responsible for organizing and assembling the materials that the representatives will need for the assembly itself. The hosting intergroup do not need to get involved in the details of the assembly itself. However, the Chair and some of the organisers of workshops will often need various ‘handouts’ and schedules. There is usually 20 – 30 in attendance at the Assembly and to carry 20 – 30 copies of each piece of paper is often not possible due to air craft weight restrictions etc. If possible please arrange with the Chair if anything is needed to be copied – ahead of the Assembly.
- Once the venue has been organized – the Region 9 Board members and OA Region 9 representatives will book their own accommodation directly with the venue and sort out who they are sharing a room with. Traditionally members will share rooms whenever possible to save costs.
- The hosting service body decides on the theme for the Convention (check with R9 Board).
FINANCES:
• Region 9 will pay the expenses for attendance of the Region 9 Board (Chair, Secretary & Treasurer) which will include travel and accommodation and food for the Assembly & Convention. (Wed – Sun)
• Assembly registration fee will be collected by the Region 9 treasurer and will go to Region 9 – this will go towards the various expenses that the Region covers and will be included in the income as covered in the Region Budget.
• The service body that organizes the Assembly will collect any Convention registration fee following the Assembly. This should cover any costs that the Convention will incur. The Convention has historically made a considerable contribution to Region 9 after the Assembly / Convention by the hosting service body which is part of or the entire surplus for the Convention.
• To keep costs down often documents are printed by the hosts to save on luggage weight costs, if you are asked to print items, please consider printing each document on to a different colour paper as it helps delegates to easily identify documents

SUB COMMITTEE
• As you will be working as a Committee and are part of a Fellowship, please follow the Traditions, making all decisions by group conscience and unanimous agreement wherever possible. Members are expected to liaise closely with each other, consulting with the rest of the Committee when making decisions that affect the Assembly and/ or OA as a whole.
• A subcommittee to organize this sort of event is ideally made up of 4-6 OA members (less people means a lot of work for only a few people, too many and it becomes unwieldy)
• It is useful to have a chair for the committee to oversee the timetable and liaise with the R9 Board and a secretary to make notes of all telephone discussions / meetings / decisions made
• If you correspond by email, it is helpful to keep to one subject per email and to ensure that the subject is clear

VENUE REQUIREMENTS
• With regard to the room for the assembly meeting and any ancillary rooms for the committee meetings – it is normal for the Hosting service body to try to arrange with the hotel / venue that these rooms will be free as part of the organization of the weekend. This needs to be given careful consideration as there are no funds in the Region 9 budget to cover this aspect. We arrange the hotel in the autumn partly to accommodate the fact that it is cheaper than the summer. Hotels often accept that if a group takes their full quota of rooms – that is enough to then grant them use of the necessary meeting rooms to hold the assembly.
• Establish the no of representatives registered with the Region 9 Secretary approximately 6 weeks before the Assembly. Keep in touch with the Secretary after this date for late registrations. (Recently – this can be as many as 25 attendants to the Assembly + visitors).
• Organise the meeting room so that there is a meeting table space and chair available for each representative – arranged in an oblong style so that the Chair, Parliamentarian, Secretary and Treasurer can be seated at the ‘top’ of this oblong and thus see the representatives for voting and recognition purposes.
• Several people may be using laptops and will need access to power points (please do not agree to any additional rooms costs though without discussing with R9 board first)
• Each representative needs a card in front of them that shows their name, service body and / or Country that they are representing - that will be visible in front of them while they are seated. (NB It is not a requirement but in the past sometimes these cards have had the National Flag on them also).
• The representatives will also require a name badge that they will be required to wear to all meetings in order to be recognized. This will normally be on a string so that it can be hung around the neck or on a clip so that it can be pinned to the representative’s clothing. The hosting service body prepares these at the same time as the cards for the places.
OVEREATERS ANONYMOUS REGION 9
Assembly Procedures and suggestions – (Last updated November 2011)

• The Chair will normally require a flip chart and pens and flip chart pad to use at the Assembly. This will need to be organized by the hosting service body – There may be call for one / two microphones depending on the room.
• Occasionally the Chair / Secretary / Treasurer may require an overhead projector. - Once again there is not a budget for these items in the Region 9 finances so it is a good idea that if there is a charge - that we know what they are ahead of time so that the Region 9 Board can make the decision of whether to have these services or not. Often hotels try to raise their revenue / re-coup their expenses by charging for these sorts of services – Region 9 avoid this if at all possible and at best pay only a minimum.
• Committee Meetings are usually held in a different room from the Main assembly room and often are several small rooms so that each committee has enough space to work without disturbing each other
• The R9 Board hold a meeting at the end of the Assembly, please ensure there is a suitable room for up to 6 people

FOOD
• Be very clear from the outset about our specific needs (e.g. people bringing in their own food, buffet style meals) and ask the hotel how they would propose to cater for them.
• Discuss a menu, first with the committee and then with the hotel. Usually sugar-free, most sauces served separately, and some wheat-free, dairy-free and vegetarian options.
• Served buffet style works best for all meals. A label in front of dishes on the buffet is helpful saying e.g. “Chicken Stir fry, sugar and wheat free”. It is normal to give the hotel clear guidelines with regard to the food and to monitor this closely near to the date preferably by agreeing menus.
• Meal times need to be discussed with venue and R9 Board so that the timetable can be worked out
• It is also useful to provide details to delegates about proximity to supermarkets etc

FLYERS
• Put at least 2 contact numbers / 2 email addresses on the flyer and preferably 3. One mobile, one landline and two email addresses is ideal.
• Put an address on where people can send the completed delegate registration forms and cheques.
• On the booking form put in a section where they can indicate if they are booking for the Assembly / Convention or Both
• Put a deadline to receive registrations / book with hotel
• Put details of the nearest train station and airport, plus the venue postcode for those driving with satellite navigation.
• On the flyer put some directions and or a map

REGISTRATION
• It is obviously preferable to get as many registrations in early as possible, although be prepared for some at the last moment
• Be prepared for quite a lot of enquiries, (often asking about things that you have carefully written on your flyer!)
• Keep a note of who is paying for which day(s) as this obviously affects the money distribution at the end
• Have a cash box with a float at the Assembly / Convention itself
• Name badges which also indicate which service body they are representing or if R9 Board member or visitor
OVEREATERS ANONYMOUS REGION 9
Assembly Procedures and suggestions – (Last updated November 2011)

SPEAKERS
- The Board will be on call to take part and speak at workshops during the Convention. They have been elected as R9 Board members and act in that capacity – but they are first and foremost OA members in recovery. Please use that recovery. It is important that service is ‘seen’ by those attending the Convention – albeit not in a grandiose way. When OA officers are seen to take part in the business part as well as the convention – it spreads the message of the necessity of service. Often – there are motions passed at the Assembly which need circulating to the fellowship as soon as possible. Please consider this when scheduling your Convention workshops / meetings.
- Speakers may need to be timed, have a timer available in case
- It is best for speakers to be qualified by the committee prior
- Please ask speakers stay within the spirit of the Traditions, e.g., no reference to outside issues (such as mentioning by name books, therapies, religions, other weight loss programmes, or undue focusing on such outside issues)
- Some thoughts for speakers when they introduce themselves:
  1) How long have you been in programme?
  2) How long have you been abstinent?
  3) Define this abstinence, what it is for you.
  4) Outline your physical recovery, weight loss / (gain if anorexic), how long maintained
  5) Describe the daily actions that you take in order to maintain this recovery.
  6) Then move onto the topic, following the format of what you were like, what happened, and what you are like now as it relates to the topic. OA members especially like to hear about what you actually did or do to keep well or to change in respect of the topic.

VOTING AND TIMEKEEPING
- At the Assembly votes will need to be taken and possibly ballots which need to be counted by people who are not eligible to vote. Please discuss this with R9 Board and see if you need to have any coloured card on hand, voting ballots, boxes to collect ballots in and non-voting members able to assist with this.
- A non-voting member with a stopwatch and a bell available as a timekeeper is very useful especially during the Assembly

VISITORS
Visitors are welcome to attend the Assembly and Convention, at the Assembly it is important that they are not seated with the delegates at the table but preferably in a row / seats behind or at edge of room. Visitors should leave the assembly room if they wish to talk to one another.

CONVENTION
The convention is best described by those who have attended a number of conventions, and we recommend speaking to previous organizers.
It is worth considering the following:
- Early Bird and Night Owl Meetings (during assembly as well as convention) – the easiest way to arrange these is with a Pocket Reference Guide and a list of topics (see Strategic Plan if you need inspiration)
- Translating Speakers into your local language
- Free Time
- Entertainment on Saturday evening, this has been done in many forms – plays, meetings, celebration of recovery, free time, dancing, singing, all sorts!
OVEREATERS ANONYMOUS REGION 9
Assembly Procedures and suggestions – (Last updated November 2011)

STRATEGIC PLAN

We have a Strategic Plan – many in OA don’t know what it is or what we are trying to achieve in having it. – This can be used as the theme of the Convention by incorporating just one aspect of that plan –

- Strong Meetings,
- Committed Service Bodies,
- Public & Professional awareness
- Financial Health.

Has the OA bicycle been translated into your language? – In the past we have displayed two big poster drawings of this if possible please by a willing local volunteer– one in your language and one in English!

AFTERWARDS

Please consider the best way to get feedback from R9 Board and delegates so that we can offer any suggestions for things that do or don’t work to future hosts. Please ensure if you get feedback from delegates or your sub committee that this information is then given to R9 Board.

CHECKLIST:-

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1</td>
<td>Select a committee of local OA members willing to work on the arrangements for the Assembly / Convention. (3-8 people on average)</td>
</tr>
<tr>
<td>2</td>
<td>Approximately 2.5 years before you propose to host the Assembly / Convention commence organizing items below:-</td>
</tr>
<tr>
<td>3</td>
<td>Choose a date (autumn time to accommodate cheaper travel etc. and ensuring to avoid holidays, dates of BOT / RCC meetings) (keep in mind accessibility and cost)</td>
</tr>
<tr>
<td>4</td>
<td>Choose a venue (accommodating approximately 20 – 40 reps for the OA assembly and additional numbers for the convention) plus allowing for overnight and day visitors.</td>
</tr>
<tr>
<td>5</td>
<td>Prepare a proposal bid to be brought to the R9 Assembly two years before the Assembly is due to take place.</td>
</tr>
<tr>
<td>6</td>
<td>Choose a theme for the Convention (refer to local group conscience and OA Strategic Plan) to be approved by R9 Board</td>
</tr>
<tr>
<td>7</td>
<td>If bid is successful – book venue and make final arrangements</td>
</tr>
<tr>
<td>8</td>
<td>Locate supermarkets within the venue vicinity and prepare map showing these.</td>
</tr>
<tr>
<td>9</td>
<td>Finalise travel arrangements to venue.</td>
</tr>
<tr>
<td>10</td>
<td>Prepare proposed flyer well in advance of the 6 months before Assembly deadline and send to R9 Board for approval.</td>
</tr>
<tr>
<td>11</td>
<td>Oversee registrations and arrange speakers</td>
</tr>
<tr>
<td>12</td>
<td>Make rep badges and table name places</td>
</tr>
<tr>
<td>13</td>
<td>Make copies on different coloured paper of various documents (ask R9 Board for information)</td>
</tr>
<tr>
<td>14</td>
<td>Set up room for Assembly (flip chards, timer, bell, registration desk, posters up etc</td>
</tr>
<tr>
<td>15</td>
<td>Set up Convention</td>
</tr>
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</table>
**MOTION:**

TO STRIKE-AND INSERT

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| **POLICIES AND PROCEDURES**
| **IV REGION 9 TRANSLATIONS**
| **TRANSLATION INTO FRENCH**
| Move to adopt a policy to translate material into French. This material will include information from Region 9 and WSO, and various forms. The policy would be implemented by a committee of Israeli members, to be formed for this purpose. (1995j) |
| **TRANSLATION GUIDELINES**
| The Translation guidelines submitted by the Translations committee were adopted. (1999l) Motion adopted “to revise the format of the Region 9 Guidelines for translations, by adding an index, sub-headings, bullet points and editorial changes.” (2002g) |
| Move to approve the Translation Guidelines. (2005b) |
| Move to add the following statements to the current Region 9 Translations Guidelines in the appropriate places: |
| “When OA Literature is updated, it is recommended that Service Boards selling existing stock insert an errata slip when detailing the most recent changes.” |
| “Be aware that there may be people in other regions/countries working on translations in your own language. Consider in keeping in contact with them.” (2002c) |
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| “Be aware that there may be people in other regions/countries working on translations in your own language. Consider in keeping in contact with them.” (2002c) |
| Have now been rescinded and R9 will now refer to the document ‘OA GUIDELINES – TRANSLATION GUIDELINES FOR OA LITERATURE’ which is available on the www.oa.org website for the worldwide fellowship of OA |
SUBMITTED BY:

Stella Cooke – Region 9 Chair

INTENT:
To make it clear in the R9 P & P that the Translation guidelines that the region used to use have now been encompassed within the document ‘OA GUIDELINES OVEREATERS ANONYMOUS – TRANSLATION GUIDELINES FOR OA LITERATURE’ which is now available on the main OA.ORG web site for OA as a whole.

IMPLEMENTATION:
Update the P & P

COST:
None

RATIONALE:
There is no need to have two versions of the guidelines and as the one which is now available on the OA.ORG website was drafted by reference to that of the original Region 9 version and worked on by an extensive committee of experienced OA members with much translation experience – it is sensible to adopt that version in R9.
**REGION NINE ASSEMBLY 2011**

**NEW BUSINESS MOTIONS**

**MOTION:**
Motion to insert in Region 9 P&P, section V as follows:

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<td>That the mailings to all member groups and Intergroups, as in article 5(ii) of the Bylaws, shall include applications for assistance to be returned within 2 months. To restrict assistance to Intergroups at present, and to include a registration form with this mailing. (1988d)</td>
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<td>The Assembly resolves that priority for financial assistance for Regional representatives travelling to the R9 Assembly will be given to those IGs and NSBs with the greatest distance to travel and secondly to those attending their first Assembly. (1996h)</td>
<td>The Assembly resolving that priority for financial assistance for Regional representatives travelling to the R9 Assembly will be given to those IGs and NSBs that cannot afford to fund a delegate on their own, to those with the greatest distance to travel and secondly to those attending their first Assembly. (1996h)</td>
</tr>
<tr>
<td>It is requested that service bodies attach to the application form for assistance - the latest financial summary of the service body and that they give details of any funding for attendance at Region 9 Assembly from elsewhere. The Region 9 Board are authorised to consider (by email) those applications (2008e)</td>
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Submitted by:
Region 9 Treasurer

Intent:
To clarify the proceedings concerning delegate assistance for the Region 9 assembly.

Cost:
None

Rationale:
The current wording in the P&P, section V, does not clarify that priority is given to those service bodies that cannot afford a delegate on their own. Every service body is welcome to apply for delegate assistance but if the service body in question already funds a delegate it might be unlikely for Region 9 to fund a second delegate. To point out that detail might help service bodies to plan their financial
Motion:
Move to amend the P&P regarding anonymity on the website. If personal information is on Region 9 material or on an events flyer it is up to the service body to change the contact information before sending it to the EC Committee chair for uploading.

Submitted By:
Region 9 Secretary

Intent:
Making service bodies and contact persons aware that the material or flyer will be uploaded on the Region 9 website as it is when sent to the uploader and make necessary changes before it is sent for uploading.

Implementation:
To be put in the P&P website

Cost:
None

Rationale:
When uploading material or an events flyer the uploader does not know if the contact person wants to be on the material/flyer with contact information. When sending the material/flyer to be placed on the Region 9 website the service body should first check the information on the material before sending it in otherwise the uploader has to contact the service body every time to make sure they want the contact information published.
REGION NINE ASSEMBLY 2011
NEW BUSINESS MOTIONS

MOTION:
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<td>That the mailings to all member groups and Intergroups, as in article 5(ii) of the Bylaws, shall include applications for assistance. This application form will also be posted on the R9 Web site, to be returned within 2 months. To restrict assistance to Intergroups at present, and to include a registration form with this mailing. (1988d)</td>
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<td>The Assembly resolves that priority for financial assistance for Regional representatives travelling to the R9 Assembly will be given to those IGs and NSBs with the greatest distance to travel and secondly to those attending their first Assembly. (1996h)</td>
<td>Completed application forms will be submitted to the R9 Treasurer at least 4 months prior to the date of the Assembly.</td>
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</tr>
<tr>
<td></td>
<td>Payment of this assistance will be at the Assembly itself.</td>
</tr>
</tbody>
</table>
Submitted by:
Region 9 Board

Intent:
To clarify the proceedings concerning delegate assistance for the Region 9 assembly.

Cost:
None

Rationale:
The current dates in the P&P, section V, do not make sense.
They effectively currently say:-
Notification and application form circulated = 6 mths prior to Assembly
Application return within = 4 mths prior to Assembly
Decision by the Board = 4 mths prior to Assembly

Obviously – it is impossible to have the applications and make the decisions immediately.
The R9 board live in different countries, have different time zones and commitments.
The use of skype this year helped with this process but all that is needed to happen to upset this timing is for a board member to have a two week holiday.

The new wording would result in the following:-
Notification and application form circulated = 6 mths prior to Assembly
Application return within = 4 mths prior to Assembly
Decision by the Board = 3 mths prior to Assembly
Dear fellow OA members.

**My story – very short version**

My name is Olafur and I am from Iceland. I came to OA for the first time in 1996. It was a great moment, I finally found people that understood me, and talked about my disease. I was there for 2 years, got some recovery and thought I was healed and graduated myself from OA. It took me 3 years of binging and weight gaining to come back. Finally in January 2001 I crawled to an OA meeting, weighing 280 pounds (130 kg.) and my life was a chaos.

Soon I realized that those that had a long lasting abstinence and good recovery had more or less done the same thing. They had a sponsor, worked the steps, had food plan, a strong commitment to their abstinence and used the tools of recovery. And they all had a good connection with their higher power. Before I had tried to be in OA and avoid all those things, but this time I was desperate enough to give it a try. I got a sponsor, worked the steps found my HP and a miracle happened. I got totally new life and lost lot of weight. My foggy existence cleared up and suddenly I got a new life. A life that I wouldn’t even have dreamt of before OA. I am able to do lot of things that I could not do before and have more energy than I ever had before.

I have been an active member of OA since January 2001. I have had my ups and downs, but a very good abstinence since 2005.

I need to put OA in the first place in my daily life. If I do that I can be there for myself, my family, friends and work. If OA is not my first priority, food will soon take over again. I attend two meetings a week and do my bit of a service. I have a sponsor and I am a sponsor and work the OA programme to the best of my ability on a daily basis. OA has given me a new and better life. For that I am extremely grateful and I am willing to give back what I can and do my part of service.

**My OA service**

National
I have been:
- an active member of my home groups and done all the “usual” service
- a member of the Icelandic NSB for years
- a Chair of the Icelandic NSB for 4 years
• a member of publishing committee (publishing among other things “12 and 12” in Icelandic)
• a member of several Conventions committees in Iceland through the years, where we have had speakers once a year from abroad
• a member of planning committee for R9 Assembly in Iceland 2010

International
• Participated in a few Region 9 Assemblies and Conventions (Birmingham, Holland, Italy, Iceland x2)
• Have been as a guest to Region 6 Assembly
• Participated in the OA World Service Convention in Philadelphia 2007
• Delegate for Icelandic NSB at the OA World Service Business Conference in Albuquerque (WSBC) 2009
• Been to several workshops, both as a participant and as a speaker
• Have attended many OA meetings in Europe and USA

Little bit about myself
I am 45 years old, born in Sweden and lived there for 5 years (my Swedish is not good!) I am married, a father of 3 children. My wife is also a member of OA.
I am a teacher, but for the last years I have been working as a president for the Teacher Union. I have also studied Business and Marketing and Negotiation Technique. I speak very good Icelandic (😊), English, a special “Scandinavian language” (a blend of Danish, Swedish and Norwegian) and a little bit German.

I love outdoor live, and I do lot of travelling and hiking with my family. I have been a member of a volunteer rescue team since I was 18 and that is my biggest hobby. As a member of the rescue team I have been able to work for The Red Cross, The United Nations and I have been one of the team leaders for the Icelandic International Rescue Team (ICE-SAR).

Olafur
My name is Susan and I’m a compulsive overeater. I would like to take on the service position of Chair of Region 9. Let me tell you a bit about myself.

My OA Recovery Story:

I started OA on May 7, 2002. I lost 40 kilo. in the 1st year, and I’ve kept that weight off for more than 8 1/2 years now. I have a food plan and I still call in my food to my food sponsor everyday. I’ve worked the Steps (and still continue to do so), many times. Each time I work the Steps in a different way, and with the guidance of a sponsor. More importantly, I try to live the Steps, in every aspect of my life. I follow the Traditions, which helps me in interacting with others, along with the 12 Concepts of OA Service. The tools, each one of them, I use to the best of my ability. I have faith in my H.P. - God, and He is always with me. I take this program very seriously - physically, mentally, and spiritually. I put abstinence as my # 1 priority in my life.

My OA Service Responsibilities Have Included:

Group Level – I have taken on every position available, or filling in when someone was not available to take on their service position. I started an English group with another member. I’ve been on the committee, several times, for organizing a mini-marathon (a 3-hour meeting). I am presently attending 3 meetings weekly - my home meeting (OA/HOW); a new meeting (OA); and a skype, English meeting. I am an available sponsor.

Intergroup Level – I was representative for one of my groups for a 2 year term. I continue to attend the OA/HOW National IG meetings.

National Service Board Level – I am on my 2nd term as OA Israel International Representative. I organized the English Abstinence Convention many times. I’ve created/distributed many workshops for our many groups to use in their meetings (example: service; humor;...). I’ve updated the licenses for all our OA Literature translated into Hebrew. I’ve continued the flow of communication coming in and out of our country (in English and in Hebrew).

Region Level – In 2007, the Region 9 Assembly & Convention took place in Israel. I was a visitor during all of the business meetings. This turned me on to this kind of service, and soon after, I ran for and was voted in as International Representative. I attended the 2008, 2009, and 2010 Region 9 A & C, representing Israel. I will be attending the 2011 Region 9 A & C. This past year, serving as Twelfth-Step-Within Committee Chair, we started an English Speaking Sponsor List, and included “Ideas That Work” on our website.

World Service Business Conference Level – I represented Israel at the 2009, 2010, and 2011 Conferences. I brought forth, in the name of the Israel NSB, several motions. I was Chair of
one of the TSW sub-committees, and we submitted a lot of material to the OA website. I am presently on the Youth Committee, working on a revised format for Youth.

Miscellaneous - I attended the 2010 Convention in L.A. which celebrated 50 years of OA. I have spoken at meetings, conventions, at Region 9 A & C, and at WSBC.

Why I Want To Take On The Region 9 Chair Service Position & What Assets I Can Bring To This Position:

I truly believe in giving back. I have been blessed with many miracles in working this program. I believe in OA and the 12 Step Program, and I want to continue to give some of what I have received back.

My enthusiasm, for 1 thing, is definitely an asset. And this can be contagious! I am a hard worker, motivated, determined. I have good organizational skills, and I believe that communication is extremely important.

I want to continue to give service. Looking at it in a selfish way, when I continue to pass the message on, whether it be to those already in our Fellowship, or those not yet with us in these rooms, my abstinence and recovery increases and gets stronger. I believe, at this level - as Region 9 Chair, I can do more service, and I am eagerly awaiting that chance.

Thank you.

Susan Sharabi, OA Israel Representative
Dear Fellowship,

My name is Isabella and I am your current treasurer for Region 9. Since my election was a little bit of an experiment (we divided the position of the treasurer into two positions, a treasurer and a banker) I asked to be elected for merely one year. It has been a great experience to serve you as your treasurer, I learned a lot and I had the wonderful support of my fellow board members, our banker, and the various groups and service bodies within our region. I would like to offer my service for another year.

I came to OA in December 2000 and, by the grace of my HP and with the help of my OA friends, I have been abstinent since November 2002; one day at the time. I understood early that service would help me to keep coming back (let's say my HP pushed me in that direction; I'm not sure that I understood a great deal of anything back then, it just appeared to be a very sane thing to go to meetings and do as I was told). After 6 month I became the secretary of my Intergroup and since then I have been doing service above group level: IG chair, NSB secretary, NSB chair, WSBC delegate, Region 9 delegate, Region 9 treasurer.

Since I do not bring any finance-knowledge from my professional life (other than the knowledge needed for my everyday private financial matters) I have had the willingness, the patience, and a strong ambition to grow into the position of region treasurer. I hold two master's degrees (acting and English literature) and am currently studying to get my teacher's degree. I work thoroughly, am good with numbers, and ask a lot of questions.

Love in Service
Isabella V
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
secretary@oaregion9.org
treasurer@oaregion9.org

With love in fellowship

Region 9 Board

Stella, Karolina & Isabella

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Embrace the Similarities
Love the Differences
In all Our Affairs
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 can I 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 1 he 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 7th 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).

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In all Our Affairs

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 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

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 on 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.
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 23rd 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.

Embrace the Similarities
Love the Differences
In all Our Affairs
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.
- Provides 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.

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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In all Our Affairs
ARTICLE VIII - REGION 9 TRUSTEE

Section 1 - Nomination and Selection

The Region 9 Trustee is elected at the World Service Business Conference. Nominees for this position should reside within Region 9, have been endorsed by Region 9 and must be members of OA who meet the requirement of the Overeaters Anonymous, Inc. Bylaws – Subpart B. The Region Trustee serves Overeaters Anonymous as a whole as a member of the Board of Trustees and maintains liaison between the Board of Trustees and Region 9.

Section 2 - Endorsement Procedure

a The Region 9 Assembly will endorse the candidacy of up to 3 Trustee Nominees.

b Trustee Nominees should forward their original World Service Trustee Application Forms to the Region 9 Chair to arrive not later than 1st October in the year prior to the Region 9 Trustee Election.

c Up to three nominees may be voted for.

d To be eligible for election, each nominee must appear before the delegates at the Region 9 Assembly and there address the assembled delegates for three to five minutes and answer questions from the floor.

e A ballot shall take place at the Region 9 Assembly. All voting members attending the Region 9 Assembly shall be entitled to a vote. The Chair and Secretary will independently tabulate the results and confer. The three nominees receiving the highest number of votes will have their original application endorsed and returned to them by 15th January. Unsuccessful nominees will also have their forms returned by this date.

f Nominees who are endorsed will receive up to 980 EUR for their expenses in attending World Service Business Conference if funds permit. Available funds to be apportioned.

We have 1 application for Trustee so far – Esti from Israel
MOTION:

SUBMITTED BY:

INTENT:

IMPLEMENTATION:

COST:

RATIONALE:

Why this is Urgent:
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In all Our Affairs

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 C (Region 9 Chair)

<table>
<thead>
<tr>
<th>Motions worked on</th>
<th>Literature</th>
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<tbody>
<tr>
<td>To grant the Conference seal of approval to the literature / pamphlets as follows:</td>
<td></td>
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<tr>
<td>Proposal A a – revised ‘Recovery Checklist’</td>
<td></td>
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<tr>
<td>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.</td>
<td></td>
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<tr>
<td>Proposal A b – to remove the Conference Seal of approval from ‘If God Spoke to OA’</td>
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<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Proposal A c - ‘A Common Solution: Diversity and Recovery’</td>
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<tr>
<td>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.</td>
<td></td>
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<tr>
<td>Proposal A d – revised ‘The Tools of Recovery’ to include ‘Action Plan’</td>
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<tr>
<td>The BOT sought feedback throughout this past year as to the possible detail for the new</td>
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</table>
‘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. 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.

Proposal 5 – 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.

Proposal 6 – 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.

Proposal 7 – 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.

Proposal 8 – 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.

Proposal 9 – 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.

Proposal 10 – 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.

Proposal 11 – To amend as follows:
Article IX – Board of Trustees,
Section 2 – Duties and Responsibilities,
**Region 9**

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

| Proposal 12 – 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.  

| Proposal 13 – 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.  

| Proposal 14 – 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.  

| Proposal 15 – 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.  

| Proposal 16 – 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.  

| Proposal 17 – 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.

### Proposal 18 – The Conference did not have time to consider this motion

### Proposal 19 – To amend by adding as follows:

### Article V – Overeaters Anonymous Groups

**Section 1 – Definition**

- 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 myself 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.
I have written to you in the first part of my report about the results of the various motions. This second part of my report is the review of the finances at OA Inc. level.

Thank you for allowing me to serve.

Kind Regards -

Stella C (Region 9 Chair)

WSBC 2011 – R9 Chairs Report b) Finance Section

I reviewed the Financial Report in the WSBC 2011 materials and also the additional information in various areas of the material that relate to our Finances and in particular our Region. I then prepared a summary of that information in an excel document together with my interpretation of them (please ask me for the full excel document if you want it). There is a summary extract from that spreadsheet at the bottom of this report.

Review of OA Inc. Finances

**Overall Surplus** - You can see that once again the OA Inc. surplus improved in 2010 when compared with 2009. Remember that OA Inc. is not ‘in the business’ of making a ‘profit’ or surplus - it’s ‘in the business’ of using the funds we contribute in carrying the message of OA. However, we cannot do that without these contributions. The budget that was set for 2010 actually planned for us to take $54650 from reserves to be able to finance the planned expenditure (along with the expected income) but the income was quite a lot more than we budgeted for so we actually came in at a surplus and didn’t have to take funds from reserves.

**Contributions** moved as follows:-

- **2010** $440499 **increase of** $20253 i.e. **4.8%**
- **2009** $420246 **---** **$13700** i.e. **3.3%**
- **2008** $406546 **decrease of** $25398 i.e. **5.8%**
- **2007** $431944 **---** **$5517** i.e. **1.3%

**Literature Surplus** (which partly supports the work of OA Inc. - NB the Surplus on Literature is the Sales less Costs)

- **2010** $483835 **increase of** $50934 i.e. **11.7%**
- **2009** $432901 **---** **$3471** i.e. **0.7%**
- **2008** $394495 **decrease of** $27076 i.e. **6.4%**
- **2007** $421571 

**Investments** values continue to look much healthier having turned around last year from the devaluation in 2008.

**Audit** - the auditors gave a clean report for the accounts records of OA, Inc.

**Fully Self Supporting**

The fellowship as a whole has as one of its main financial goals - to decrease reliance on literature sales for income. In order to fund our activities of Group Support and pay for our World Service Office and Lifeline from contributions - we would have to raise contributions to cover those net costs. In 2010 the total costs for this support was $940944 - for our 6460 OA groups worldwide - this works out that on average each group would have to contribute $146 per annum to cover the costs in contributions. We all know that not all groups are the same and at this stage this is an unrealistic figure. Overall every group worldwide would have to more than double what their current contributions are to achieve this. Our current level of contributions worldwide amounts to $71 per group.

**Perspective and in relation to Region 9**

**Contributions** - Region 9 contributions this year increased in total by a huge 307% i.e. from $7586 for 2009 to $30900 for 2010.

I have extracted the list of contributions from our various service bodies in Region 9 and listed them below.

Region 9 Contributions came to $30900 for 2010 ($7586 2009) ($14716 2008)

R9 Contributions represents 6.7% of the total contributions received in 2010 (2009 1.73%)
Embrace the Similarities
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In all Our Affairs

Region 9

R9 Contributions amounts to $37 on average for each of our 846 groups in Region 9. ($9 2009)
Region 9 is no longer the lowest contributing region.
Region 9 benefits from the OA Inc. funds by their support of our groups in general but also our
Trustee budget is $3106.
We also benefited from the delegate support fund by Poland being supported to go to WSBC,
Region 9 was also assisted from the WSO translation fund – funds were allocated either in this last year or the year before to
translate the Twelve Steps & Twelve Traditions into Polish, To the Newcomer into Polish, various pamphlets into Polish, the Twelve
Steps & Twelve Traditions into Arabic, various pamphlets into Hebrew. Consideration is being given to translate basic documents such as
bylaws, 12 Steps, 12 Traditions and the suggested meeting format into French, German, Spanish, Italian & Hebrew.
There was also assistance for me as Region Chair to attend the 2nd RCC meeting in August in Albuqurque.
This all means that whilst our contributions have much improved - Region 9 is still being not being ‘fully self supporting’. There will be a
workshop on our finances whilst we are at our Assembly in Belgium. However, why wait until then - why not raise this issue now in your
service body meetings and in your group conscience meetings?

Contributions & Costs –
We would need $146 in contributions from every group world wide to pay for our costs.
Worldwide Contributions currently amount to $71 per group.
Region 9 Contributions currently amount to $37 per group

OVEREATERS ANONYMOUS,
INC.
ABBREVIATED STATEMENT OF
FINANCIAL ACTIVITIES
FOR THE YEAR END 31 DEC 2010
Figures are in US$

<table>
<thead>
<tr>
<th></th>
<th>2010 Actual</th>
<th>2009 Actual</th>
<th>2008 Actual</th>
<th>2007 Actual</th>
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<tr>
<td>Net Income</td>
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<td></td>
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<td>Contributions</td>
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<td>Convention Inc. less Costs</td>
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<td>Investment income / (loss)</td>
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<td>Other</td>
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<td>Net Costs</td>
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<tr>
<td></td>
<td>1618667</td>
<td>1543297</td>
<td>1496690</td>
<td>1654839</td>
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<tr>
<td>Net Deficit / Surplus</td>
<td>71709</td>
<td>41185</td>
<td>(156759)</td>
<td>109615</td>
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OVEREATERS ANONYMOUS,
INC.
SUMMARISED BALANCE
SHEET

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<tr>
<th></th>
<th>2010 Actual</th>
<th>2009 Actual</th>
<th>2008 Actual</th>
<th>2007 Actual</th>
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<tbody>
<tr>
<td>Net Assets of Property, Equipment, Cash &amp; Investments less Creditors</td>
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<td>1543297</td>
<td>1496690</td>
<td>1654839</td>
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<td>Reserves B/f</td>
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<td>1545224</td>
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<td>Surplus / (Deficit) for Year</td>
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<td>Movement In Restricted</td>
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<td>Net Funds</td>
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<td>1543297</td>
<td>1496690</td>
<td>1654839</td>
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</table>
## Region 9

### OVEREATERS ANONYMOUS, INC.

#### Region 9 Contributions included in OA Inc. Contributions

**FOR THE YEAR END 31 DEC 2010**

<table>
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<tr>
<th></th>
<th>2010 Actual</th>
<th>2009 Actual</th>
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<td><strong>Anonymous</strong></td>
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<td>Finland – Finland’s OA IG</td>
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<td>Finland – OA IG of Oslo</td>
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<td>Poland – NSB of Poland</td>
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<td>Poland – NSB of Poland – Klub Nadzieia Stowarzzenia</td>
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<td>Greece – NSB of Greece</td>
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<td>Italy – NSB of Italy</td>
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<td>Italy – South IG – Parrocchia S Francesco Da Paola</td>
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<td>Italy – South IG – St Paul’s Church</td>
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<td>Ireland – Cork IG</td>
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<td>Great Britain – OA South &amp; East IG</td>
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<td>Great Britain – NSB - OAGB</td>
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<td>Great Britain – North of England IG – Brunswick Methodist Church</td>
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<td>Great Britain – North West IG – Fallowfield Baptist Church</td>
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<td>Israel – NSB (Masha)</td>
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<td>Israel – English Speaking IG</td>
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<td>Switzerland – American Church Geneva</td>
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<td>Sweden – IG Norland (Northern Sweden)</td>
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<td>Belgium – Flemish IG</td>
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<td>Latvia - Riga</td>
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<td>48.27</td>
</tr>
</tbody>
</table>

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| 30900.25 | 7586.40 |

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Embrace the Similarities

Love the Differences

In all Our Affairs
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.

<table>
<thead>
<tr>
<th>Motions worked on</th>
</tr>
</thead>
<tbody>
<tr>
<td>I reported separately to you on the various business motions – please refer to part (a) of my report for these.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Inc. Finances</th>
</tr>
</thead>
<tbody>
<tr>
<td>I reported separately to you on the finances of the WSO – please refer to part (b) of my report for this.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>New Trustees, -</th>
</tr>
</thead>
<tbody>
<tr>
<td>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 &amp; Region 10 – Faith M.</td>
</tr>
</tbody>
</table>

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).

<table>
<thead>
<tr>
<th>Translations Update</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Translation Fund @ WSO Level</td>
</tr>
<tr>
<td>i) This fund made it possible for the Overeaters Anonymous – Twelve Steps &amp; 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.</td>
</tr>
<tr>
<td>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 &amp; Hebrew.</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>➢ Translation Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>i) Language Links page on the WSO website – this links 21 OA sites around the world that are in languages other than English. <a href="http://www.oa.org/language.php">www.oa.org/language.php</a>.</td>
</tr>
<tr>
<td>ii) The Conference Agenda Questionnaire was summarised to make it easier for translation – Did your service body make use of this summary?</td>
</tr>
<tr>
<td>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,</td>
</tr>
</tbody>
</table>
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.

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 – web site address is www.oaregion6.org.

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**Forum – Celebrating Recovery:** held on Wednesday morning.
This was a hand’s 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.

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**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.

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**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.

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**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.

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**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%202011.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 is 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 Wed 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
The schedule looks at Income, analysis of a cycle?

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

The Strategic Plan sets out what we want to do as an organisation, the likely to achieve our aims.

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,
- All service positions filled with active rotation of service positions,
- You may recall all the rebuilding of our SBs, as we serve in our respective areas

The 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.

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.
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.
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

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### 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.
Introduction: - The various meetings were held at the Sheraton Uptown in Albuquerque New Mexico in USA. The Board of Trustees (BOT) (ten Region Trustees and six General Service Trustees) as well as the Region Chairs (10) and some of the staff from OA World Service Office (WSO) were all present at some or all of the meetings.

The purpose of this 2nd meeting for the Region Chairs is in summary - to discuss how we can best carry the message of OA in our Regions, to consider any concerns we may have and try to support each other in carrying the message and resolving those concerns and also to work on the OA strategic plan of how we carry the message as a fellowship. We obviously had a specific agenda ahead of time so that we encompassed these issues with specific tasks.

I attended:-
- Region Chairs Committee (RCC) Meetings
- Region Chairs Committee (RCC) & Board of Trustees (BOT) Joint Meeting
- Strategic Operations Planning meeting

I shared a room with Esti our Trustee and once again this was extremely valuable in exchanging ideas for our forthcoming assembly and issues that arise in our region, etc.

Important things to share with you:-

Abstinence

The main focus in all the work that the RCC does together continues to be that we concentrate everything we do and plan to do on Abstinence with a capital A and our primary purpose (Tradition 5 ‘Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers’).

Please keep in mind the new definition of Abstinence as agreed at the WSBC earlier this year:-

WSBC 2011 - ‘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.’

I heard lots of feedback about this – it appears that it has been very well received by the fellowship. Some small comments that I think are useful and thus pass on to you:-

‘the inclusion of ‘healthy body weight’ is an opportunity for me to look at my own weight – not at yours’,
‘weight range – I am happier at the bottom of my weight range but am aware that others of similar build can be just as happy and healthy at a slightly higher weight – it isn’t for me to judge what is best for them’,
‘abstinence is – a decision, commitment and action’.
‘it’s best to stick to a regular date for weighing myself’.

Please continue to focus on abstinence and its attainment in your meetings and workshops.

The Region Chairs Committee (RCC) Goals – Abstinence, Primary purpose, Spreading awareness of the criteria for abstinence requirements and Continuity within the RCC.

In doing this the RCC (of which as your Chair I am a member) are currently engaged in and are continuing to work on:-

- WSBC 2012 - Organising the Wednesday Forum. We worked on a topic and questions etc. during our meeting and thankfully we are well on our way. The forum this coming year is entitled - ‘Conceptualizing Principles!’ (the content is a surprise) – do make sure your delegate to WSBC attends – it promises to be fun as well as have great recovery content to take back to your service body. Arrangements will continue by email and at the 3rd RCC meeting in November.
- WSBC 2012 - Allocation and contact of Mentors & ‘Green Dots’. We are working on a list of suggested items for the Mentor to speak to the Green Dot about.
- RCC handbook - The Region Chairs have completed their work on a handbook/ manual to assist current and future Region Chairs with their work. However, we will continue to update this as the need arises. We also have our own Website which we post ideas that we share with each other. This is accessible by Region Chairs and Board of Trustee members.
- Region Budget comparisons – this is a summary which compares each regions budget – so that we could help each other see how each region uses its financial resources in the course of spreading the message.
- Service Structure Tent Cards - We discussed the progress on the Region tent cards. – I was happy to report
that R9 looked at this at the 2010 assembly. The tent card is on our R9 website – do translate it and ask the groups to display it on their meeting tables. I will bring examples of the other Regions tent cards to the R9 Assembly in November to show what is happening around the world.

- Mentoring each other as Region Chairs. There are 10 Region Chairs – one from each region. When they come onto the RCC committee (elected as a Region Chair) they are new and need assistance – we do this by each being allocated a mentor. This year 5 of the region chairs will be rotating out and as a result some remaining region chairs will be mentoring more than one new member in the coming year.

RCC Operations Section of the Strategic Plan

The overall goal of all of us in OA is to have plenty of Abstinent Members in our meetings – in order to be able to do this - the ‘Strategic Plan’ for OA was developed a few years ago and has been worked on in segments ever since – by BOT members, RCC members and delegates to the WSBC.

At all levels we are asked in our service bodies –

How does what we are doing help the person in the meeting get well. – Become abstinent.

A Strategic Plan sounds like a very business-like term, - we are not a business but we are ‘in the business of carrying the OA message’ and a Strategic Plan will keep us focused in our journey to help OA to grow and to ensure that we all keep focused on the responsibility pledge:

“When anyone, anywhere reaches out their hand, I want the hand of OA to be there, and for this I am responsible”

The Strategic Plan has four main goals which filter into each service level as well as us individuals and in turn into an Operations Plan – i.e. the section where we actually decide what we are physically going to do & who will be assigned to do it.

You may have seen the OA Bicycle – we all need to bear in mind that the Abstinent member is driving it – the Bicycle rolls on & on. Our HP, The Steps, The Traditions etc. each have a role to play – we in the fellowship all are parties to it and we all have assigned tasks to do – these will mainly be done in committees rather than leaving things to individuals but we each need to take our part in that work – the RCC included.

The joint RCC & BOT meeting discussed and considered the suggestions made by the delegates to the WSBC last April and also came up with some more ideas to further our plans. The ideas from the WSBC delegates were all excellent. We looked at how to implement them and to the practicalities behind them. The tasks now agreed have now been included in an up to date Strategic Plan. A workshop is planned in our R9 Assembly in November to look at this and consider what tasks you would like your service bodies to implement.

R9 Activities - I reported the following regarding our Region to the BOT:-

- R9 board and committee chairs have begun holding meetings via Skype and in the main these are going well and having the affect that we feel more connected and that sometimes business conducted is much simpler than by email – e.g. just before I left for Albuquerque – Karolina – our Secretary, Isabella – our Treasurer and myself held a meeting via Skype and considered the applications for representatives attendance at the R9 Assembly in 2011 in Belgium. We were able to do this much quicker and more efficiently than by email.
- The R9 Assembly in 2011 will have workshops on :-
  a) Translations
  b) How to abstain from Compulsive Overeating which will include the new tool Action Plan & Newcomer Meetings Packet.
  c) Strategic Plan and
  d) 7th Tradition which will look at R9 Finances as well as OA Inc. and also have a demonstration on translation of the R9 Service Structure Tent Card.

Delegates to future OA World Service Business Conferences – good news – The Materials / Binder will be available electronically ahead of time.

For those members that will represent our region at WSBC in 2012 and on – you will be pleased to note that the Conference materials – i.e. ‘the binder’ will be available electronically before the conference begins. Discussion took place regarding the travel time and jet lag etc. and how it affects our region as well as some of the others that travel a long way and cross time zones. I was delighted with this decision for our region – but it was popular with everyone. Your delegates will now be able to read the binder before the conference and consider any aspects that they feel is important and thus make a more constructive contribution to WSBC.

Details have yet to be worked out as to how this will be administered.
**LIFELINE SUBSCRIPTIONS**

I need to report to you that the number of subscriptions is once again still **going down** (10% over the last year). We discussed this and the following is relevant:-

- WSO conducted a survey which considered the reasons for this and in the main – the reasons that were given were that either Lifeline was purchased by the members meeting / other members and then passed around so the member didn’t feel the need to subscribe or that it was simply that the member intended to subscribe but had forgotten i.e. procrastination.
- Lifeline continues to run at a large deficit (although this has decreased since the subscription was raised).
- If we as a fellowship want to continue to have Lifeline – then we need to subscribe to it. The number of Lifeline subscriptions that are needed for it to be fully self - supporting is **7800 print subscriptions**.
- Consideration is being given for the magazine to go fully electronic as well as apps to be developed.
- Consideration was given to the number of Lifeline reps. Out of 6740 meetings – we have only 244 Lifeline reps! Does your meeting know what a Lifeline rep is and do they have one? If your meeting does not have a Lifeline Rep – please go on the [www.oa.org](http://www.oa.org) website and download the table top display and information – please ask someone in your meeting to do this valuable service.
- The BOT & RCC agreed that we should reach for the best possible scenario – i.e. that ALL Service Bodies have a Lifeline Rep and that ALL OA Board of Trustee Members & Region Chairs also be a Lifeline Rep. – Watch this space!
- All a Lifeline rep needs to do is speak enthusiastically about Lifeline and how it has enhanced their recovery.
- Whilst our region is challenged by the fact that for a large part of it speaks other languages than English and Lifeline thus needs translating for them – we do have a lot of English speakers.
- Some questions you could perhaps take in group conscience :-
  - A) If I am an OA member and I read Lifeline and yet do not subscribe to it (if I can afford it) – then I am being fully self- supporting (Tradition 7)?
  - B) Do you write articles for Lifeline?
  - C) Do you ask your Sponsees to subscribe?
  - D) Has your service body considered buying an extra subscription and then donating it to a doctor’s surgery (Step 12 & Tradition 5)?
  - E) Do you circulate the Weekly Email version that we forward on to you?
  - F) If you are one of the procuratorinators on subscription - why not sign up for yourself now or a friend?
  - G) If your service body is translating Lifeline and then circulating it – is there a way for your readers to pay some contribution towards Lifeline support? Should we be suggesting to these service bodies that they collect some funds for such readership and send them to the R9 banker? Perhaps we should set up a line item of income which is matched by a line item of expenditure in our R9 budget? All funds received into the R9 funds from Lifeline income (i.e. translated versions) would be shown as income which is matched by a line item of expenditure some contribution towards Lifeline support?
- Consideration was given for the magazine to go fully electronic

**Misc.:**

**R8 Assembly in Colombia** As you are aware – the 3rd meeting of the RCC Committee is being held in Colombia this year in South America. This is part of Region 8 and the main language is Spanish. I will attend on your behalf.

In the past R8 have always held their assemblies in the ‘Florida’ part of their region – which is English speaking and in the very Southern tip of the Northern United States continent.

The decision was made to hold their assembly this time in Colombia in order to be more inclusive in carrying the OA message in that region. Doing so has raised some difficulties with regard to language and finances.

The R8 Chair raised awareness of these difficulties and discussions took place as to whether our regions needed to be re-aligned or somehow allocated differently. Various suggestions and discussions took place.

No doubt the discussions will continue until we find an acceptable solution.

While I am attending the R8 assembly I will be speaking to the representatives and will cover as much as I can of a workshop on translations. Esti (our R9 Trustee) & I discussed the sorts of things I should include and I will also check this with the R8 Board. I will let you know how things went when I see you in November.

**OA.Org Website**

WSO staff are working on translation of the website into French. A volunteer from Canada is assisting with this and the BOT & WSO were hoping to get a further volunteer from France – however as yet this post has not been filled. Do you have a possible volunteer amongst your service body or group?

**Translation of part of the Tools pamphlet**

Work has started on translation into French.

**Electronic versions of our OA Literature.**

Sales in kindle format of some of our books are going well. We have sold 1464 of our daily reader ‘For Today’ and 1928 of our book OA 12 Steps & 12 Traditions.
**WSBC – 1yr abstinence requirement**

In my report to you from WSBC I explained that it was reported to the RCC / BOT that the 1 year abstinence requirement was not being adhered to. Concern was expressed that some members are not being honest about their abstinence when registering and attending WSBC. This necessitated a change to the Standing rules for WSBC to take account of this.

**Amendment to Standing Rules.** 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*. Please raise this point with your delegates and the officer of your service body that will sign the registration form for the delegate.

**WSBC Committees**

The ideal scenario is to have representation from all regions on each of the committees and a balanced number on each committee.

If you are attending WSBC in 2012 (and in the future) please sign up ahead of time for a committee and please try to ask your service body and yourself to be flexible in the circumstances where some committees are over -subscribed and others lacking in numbers and representation from our region. It is important that R9 takes part in the full group conscience of OA and where possible we have representation on each of the WSBC Committees.

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**Financial Matters to report to you**

**Contributions etc. Down.** In the first six months of this financial year (Jan – Jun):
- Contributions from the fellowship are down by 9%
- Sales of Literature are down by 7.5% and
- Lifeline subscriptions are down by 10%

This is somewhat different than the picture that I reported back to you after WSBC which looked at the finances for the last complete financial year to 31 Dec 2010. Contributions etc. may pick up in the second half of the year - sometimes it is difficult to predict a pattern.

**Delegate Support Fund operated by WSO.**

In 2010 the fund was $10000 and all of these funds were allocated and spent on supporting service bodies attending WSBC.

Last year we had 19 applications totalling over $18000. Currently we only have just over $4000 in the fund to allocate.

R9 contribution to WSBC. In the past any contribution that was passed onto OA Inc. from R9 was done as a general contribution to the general funds – not into any specific fund such as this one. Should we be adding another line item to our budget for this?

R9 members have had support from this fund many times.

I will ask the Finance Committee and R9 reps to discuss this at our assembly in November.

---

Once again it was a full and packed few days for all present.

I am now in my second term and fourth year as Region Chair – the job gets more familiar as time goes by.

I thoroughly enjoyed it and look forward to trying to help implement the tasks agreed.

A little something to share with you:-

On my return flight from Albuquerque a lady sat beside me who took up part of my seat. My initial reaction was how to introduce the reason for my visit to Albuquerque. However, the lady was not inclined to chat!

I thought for a little while and considered starting to work on my report to you. So I took out my papers hoping that the agenda or something would have the name ‘Overeaters Anonymous’ wrote on it. I did not have any OA cards on me! (Memo to self!)

The only thing I could find was the wonderful coloured flyer produced by R8 for their assembly in Colombia! So I began writing my notes and made sure the flyer was sitting on the top of my pile the whole time. I also wriggled and moved the flyer several times. I hope she saw it!

I was / am grateful for:-

My abstinence, OA, my size, the fact that I wasn’t resentful that she was occupying part of my seat – and of course for that lovely flyer!

Thank you for allowing me to serve.

Kind Regards –

**Stella**

Stella C (Region 9 Chair)
Embrace the Similarities
Love the Differences
In all Our Affairs

Region 9

ASSEMBLY MINUTES
REGION 9 ASSEMBLY 2010

Keflavik, Iceland
October 20-22, 2010
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INTRODUCTION TO THE ASSEMBLY MINUTES 2010

In these Minutes of our Region 9 Assembly held in Keflavik, Iceland, from Wednesday 20\textsuperscript{th} until Friday 22\textsuperscript{nd} of October 2010, you’ll find the facts of the discussions held, reports on the workshops and committee sessions, the changes discussed and voted on regarding our Bylaws and our Policies and Procedures, and some appendices like the list of the attendants at the assembly, Committee Reports and others.

We started each half day, with some readings from our OA literature: the 12 Steps, the 12 Traditions, the 12 Concepts and the Preamble. Every day at the Assembly, before and after every meeting or point on the agenda, we said the Serenity Prayer, each time in another language which was represented at this Assembly.

At least once a day during the Assembly, we passed the 7\textsuperscript{th} Tradition basket.

WEDNESDAY 20\textsuperscript{th} of OCTOBER 2010

1. Settling in

- Our Chair, Stella, welcomed everybody to the 28\textsuperscript{th} Region 9 Annual Assembly;
- The Board introduced themselves, gave their qualifications as OA members and stated their commitment to Abstinence. Among the total number of representatives we celebrated 131 years of Abstinence.
- We had an “Eleventh Step Sandwich” which started with the Serenity prayer followed by a short meditation and finished with the third step prayer. During the meditation we were asked to consider our favourite piece of OA Literature and the personal qualities we brought with us to the Assembly. We were then asked to write down on a piece of square paper (given) – the piece of OA literature we thought of and also on our own personal bookmark (given) – our personal qualities.
- We then did an ice breaker in which we spoke to as many other OA members present as possible and gave them our ‘gift’ i.e. the piece of OA Literature we had thought of and explained to them – why it was our favourite. When we came back together we then shared on what was our favourite piece of OA literature and if it was translated into our language. (The three most popular pieces of OA Literature were: - Just for Today (Card), OA 12 & 12 and Just for Today (Book).)
- The 12 Steps, 12 Traditions and 12 Concepts were read.
- Thirteen countries were represented at the Assembly: United Kingdom, Belgium, Israel, the Netherlands, Sweden, Spain, Poland, Iceland, Finland, Greece, Ireland, Austria and Denmark.
- Green dot mentors and green dots were brought together.

2. Strategic Plan Presentation & Brainstorming Session lead by Stella and all took part (Report Appendix A)

3. Informal opening – Orientation Meeting – Adoption of the Agenda - General Overview of the Processes of the Assembly – Adoption of Ground Rules – Adoption of 2009 Minutes
Informal Opening

- Representatives shared from their Service Body (SB) about their problems and triumphs and questions were answered.

Orientation Meeting

Adoption of the Agenda

The proposed agenda was approved as written and adjusted.

General Overview of the Processes of the Assembly

- Review of the Assembly Material.
- Stella explained the formal format of the Assembly.
- Sam was appointed as time keeper.
- The Consent Agenda was explained.
- Robert’s Rules were explained.

Adoption of Ground Rules

The Ground Rules were read and adopted.

Adoption of 2009 Assembly Minutes

The 2009 Assembly Minutes were approved with no objections.

The Minutes Approval Committee for the 2010 Assembly Minutes were appointed and includes: Stella (Chair) and 2 representatives Joanna and Isabella.

4. 7th Tradition Game

We played the “Wheel of misfortune” with “Slim Tight Wad” from OA Inc Budget and “Alison Save A Lot” from Region 9 Budget and it was hosted by “Miss Sleazy Hostess”.
(The text and wheel for OA Inc. Budget is available from www.oa.org and the Region 9 budget and wheel can be obtained from the Region 9 website)
THURSDAY 21th of OCTOBER 2010

1. Official Opening

Readings

- Eleventh Step Sandwich
- 12 Steps – 12 Traditions – 12 Concepts
- Preamble
- Region 9 Statement of Purpose
- For Today

The total number of voting representatives present was 20. 13 Countries were represented: Greece, the Netherlands, United Kingdom, Finland, Iceland, Austria, Sweden, Poland, Belgium, Spain, Israel, Ireland and Denmark. Therefore we have a quorum as more than 5 countries were represented. The credentials report was accepted.

Reports and Questions arising out of Reports:

- Chair’s Report
  The Board of Trustees (BOT) and the Region Chairs have discussed the meeting list as held on the www.oa.org web site. This data base is not robust and alternatives were discussed and agreed at the August BOT / RCC meeting. In conclusion the BOT & RCC were all in agreement that OA needed a workable web site that included access to accurate meetings list.
  Region 9 meeting information is not always accurate on the www.oa.org website. Some countries are more efficient and have a system that works with updating their meeting lists. We need to share the systems of updating that work. World Service Office (WSO) is working on solving this problem and want people to continue to update their meetings on the website.

Discussion about abstinence and a healthy body weight.

Sponsorship by Mail Service list will not continue. The list of sponsees was growing longer than the list of available Sponsors.

One of the concerns was that we should try to solve our problems locally not send queries straight to the Trustees. Go to your nearest SB first with questions arising during the year.

- Treasurer’s Report
  As per the 2009 Budget, the Region 9 accountant is now processing our spread sheets and that will bring our regular cost up. That is to ensure that the R9 Treasurer does not need to be an accountant for taking on that service position. Our contributions have gone down and so has the contributions to WSO.

Region 9 is not self supporting. We contribute 1.7% to WSO. The service that we get from the WSO costs much more than what we contribute.

We are supporting 2 delegates this year to the Region 9 Assembly. We encourage SB’s to have elected another representative to be able to go if the first representative for some reason is not able to attend.
• Secretary’s Report
Discussion about how to reach out to countries not present at the Assembly.

• Translations Committee
The committee received information during the year from a few countries which OA literature was translated in that country. The ‘Region 9 Translations language Map’ can be obtained from the Region 9 Web site.

• Bylaws Committee
No questions.

• PI Committee
They had a video conference during the year. Problems were raised about the language situation and a suggestion was that they can share ideas that work in different countries.

• 12 Step Within Committee
Even if we email groups about events we also need to print the flyers and bring to our group.

• Trustee’s Courtesy Report
No questions.

• Electronic Communications Committee Report, Presentation & Discussion
Discussion regarding that putting up flyers on the Events page in a different language from English will work. On the bottom of the Events page it was agreed to have information about how to submit information, to whom and a disclaimer about anonymity so that it is up to the SB and person who have put their information on the flyer to check the material before submitting it to the EC chair and to agree that the information if accepted will be posted as it is (including the contact details). It was asked if we could have a calendar on the website

2. Translations Workshop
Esti held this Workshop on translations.

• Esti is the Chair of the Translation Committee at the Board of Trustees. The special fund for translation from the WSO is still in operation. Esti encourages the SB’s to make use of the money that is put aside for translation. Everything has to do with translation, if you want to start a meeting in a new country you need literature and you will need it translated. Put translation as a priority in your country and put it in your goals in your NSB/LSB. The licenses were read and discussion held about how to apply. A goal is to translate the 7th tradition pamphlet into as many languages as possible.

To the SB’S:
• Suggestions on how to start and what to start to translate will be found in the guidelines on www.oa.org.
• Region 9 translation fund is not being used at the moment. It is to be considered as a loan and needs to be paid back in time when literature has been sold. But this should not deter service bodies from applying.
• If you need to use a professional translator and apply for funds to cover the costs – do that.
• Create a Translation Committee in your country to focus on what to translate. A goal for each country could be to translate one piece of literature each year.

• Questions and experiences were shared.

3. Deadline for Ask-it Basket Questions
4. **2010-2011 Suggested Draft Budget – Presentation and Discussion**

Treasurer, Alison, presented the Suggested budget for 2010-2011. Discussion regarding:
Funding to WSBC from Region 9. Suggestion to put in a line item for “Funding a Region 9 representative to WSBC”. Suggestion to put in a line item for “Funding of a Parliamentarian at the Region 9 Assembly”.

Delegate assistance for R9 Assembly was given from R9 to Austria and Greece.

It was explained that, even though we had a Region 9 draft budget that 'balanced' - that we in Region 9 were not fully self - supporting. Region 9 had contributed just 1.7% of total contributions to WSO in 2009.

5. **Website Discussion**

6. **Reports from Committee Sessions and discussion of any proposals of emergency new business**

Finance committee
Report appendix B
Various suggestions for the budget were presented and entered into the suggested budget.

Bylaws committee
Report appendix C

Translations Committee
Report appendix D

Electronic Communications Committee
Report appendix E

Public Information Committee
Report appendix F

12th Step Within Committee
Report appendix G

7. **Sponsorship – Workshop**

- Susan, Isabella and Isabel then took the assembly through a workshop and first shared about their experiences of different Sponsors and being Sponsors. We were ‘coupled up’ and answered questions about what we wanted to give as a Sponsor and as a Sponsee and then what we wanted to get as a Sponsor/Sponsee. We were also asked to consider – 1) As a sponsor – do I need to be abstinent? 2) As a sponsee, was it easy/difficult for you to “surrender” to your sponsor’s way of sponsoring you? 3) As a sponsor, was it easy/difficult for you to give “tough love”? We then shared what we had discussed.
- We also spent a short time sharing on what worked in organizing a Sponsorship Workshop – refer 12 Step Within Booklet. (The details of this workshop can be found on the Region 9 Website).

8. **Deadline for submitting Emergency new business Motions**
9. Ask-it-basket Questions and Answers

- Do the individual groups inform IG how much money they’ve got?
  No they don’t unless they are putting forward a claim for something.

- What are the main budget points in a NSB?
  Examples from SB’s: Service Assembly / Convention once a year, PI, Sending delegates to Region 9, WSBC, Translation, Contributions, Office with rent and salary, Incomes: events, literature, tapes and CD’s from conventions, individual contributions.

- What should be the hotel standard for the Region Assembly?
  It should be of decent standard, clean and enable business to be conducted. Practical with extra rooms when we need more than one room. The food solutions should be of good quality. However our experiences from different Assemblies and amenities have brought us great experiences. There is a difference in needs and wants. Bathroom connected to the room. That the hotel staff is willing to cooperate with us and prepared for our questions and needs. Accessible from the Airport.

- What is the Executive Committee and what do they do?
  The Executive Committee of the Board of Trustees consists of the 6 General Trustees.

- Is it OK to want to have a sponsor with more than 5 years abstinence if you are not abstinent yourself?
  Instead of counting years maybe look for other factors that you would like in your life. What appeals to me instead of just a number of years. Invite your HP and ask it to bring you the sponsor that you need.

- Could you suggest what to do if most people feel too busy to sponsor and there are no available sponsors?
  I can be a temporary sponsor and giving their name and numbers to other sponsors. At least be available to be a temporary sponsor if people need sponsors. One example was to work in a group and go through the steps together. Be clear as a sponsor about your boundaries. When a sponsee seeks a sponsor they don’t need to meet, they can do sponsorship over the phone / internet.

- Who covers the cost of the Assembly preparation costs, like badges etc.
  Usually it is the country which is hosting us who prepares and takes on that cost. Otherwise they need to bring it up with Region 9.

- What would be the arrangements for the Assembly?
  There is a document with check list for the arranging SB that will be circulated after the Assembly.

- Discussion regarding what works on a Sponsorship Workshop
  Bringing up the fear of why people don’t want to sponsor.
  Discussion about what to do in a country where no one had worked through the steps. Suggestions were to invite someone for a weekend and go through the steps. It doesn’t have to be a big workshop for it to be effective for the sponsorship status in the country.
FRIDAY 22nd of OCTOBER 2010

1. **Openings and Readings**

- Serenity Prayer
- 12 Steps - 12 Traditions – 12 Concepts
- Preamble
- For Today
- Statement of Purpose

The total number of voting representatives present is 20. Countries represented are 13: Greece, the Netherlands, United Kingdom, Finland, Iceland, Austria, Sweden, Poland, Belgium, Spain, Israel, Ireland and Denmark. Therefore we have a quorum: more than 5 countries represented. The credential report was accepted.

2. **Formal discussion and vote on:**

- Consent Agenda
- Bylaws amendment Motions
- New Business Motions

**Chart 1: Consent agenda**

Bylaws Amendment Motions 1 and 2 were pulled from the consent agenda. Business Motion 8 was pulled from the Consent Agenda. Business Motion 2 was put on the Consent Agenda. Business Motions 2, 4, 5, and 7 required a majority to adopt. They were **adopted** and carried as part of the Consent Agenda.

**BM 2**

Policies and Procedures I Assembly
LIAISON WITH SERVICE BODIES NOT REPRESENTED AT ASSEMBLY

The Assembly will divide up the list of IGs and NSBs not represented at the Assembly amongst the delegates who are in attendance at the assembly. Each delegate will be responsible for undertaking liaison activity with the SB they have adopted. Each delegate will then submit a written report to the Region 9 12th Step Within Committee within 6 months of the Assembly. The 12th Step Within Committee will then log these responses and continue to try to encourage contact with service bodies not represented at assembly (1996f) (2010a).

**BM 4**

Policies and Procedures VII Service Bodies
REGISTER OF SERVICE BODIES AND ATTENDANCE TO BE INCLUDED IN ASSEMBLY MATERIALS

The Assembly Materials of Region 9 are to include a register of Region 9 countries with details of Intergroups in each country and the current number of groups, also including details of when the Service Body was represented at Region Assembly.
BM 5  
Policies and Procedures VI Website  
The Region 9 Website should include the document “How do service bodies trying to translate OA literature apply for financial assistance from Region 9?” (Refer Appendix)

BM 7  
Policies and Procedures II Board, Committee Chairs & Representative Duties  
Insert the job description for the Region 9 Representative into the P & P manual.

JOB DESCRIPTIONS FOR R9 BOARD, COMMITTEE CHAIRS AND REPRESENTATIVES  
As part of our……….. Procedure.  
Chairperson …….  
Treasurer………..  
Secretary………..  
Bylaws Committee…….  
Trustee……………  
Region 9 Representative  
A Region 9 Representative…. (Refer Appendix for details of the Region 9 Rep Job Description))

Chart 2: Bylaws Amendments Motions (BL) and New Business Motions (BM)

BL 1  
The Chair moved that:  
Region 9 OA Bylaws, Article V, Section 4 – Meeting times and Notifications  
Agenda for the Region 9 Assembly will be mailed or emailed at least sixty days prior to the Assembly to all those service associations and registered intergroups. The material for the Assembly will be mailed or emailed when possible only to registered representatives and invited visitors to the Assembly. The Agenda and material for the Assembly except for the list of attendants will also be placed on the Region 9 Website. The registration form will request whether the material is to be obtained by downloading from the Region 9 website or by email or mail.

Motion required two-thirds vote to adopt. Motion BL1 as amended was adopted.

BL 2  
The Chair moved that:  
Region 9 OA Bylaws, Article VIII, Section 3 – Nomination and Selection of Region 9 Trustee where no application has been received, the deadline for submission has passed or a vacancy occurs midterm.  
In the event that either:

1. WSBC nominations are due for the position of Region 9 Trustee and no application has been received by Region 9; or  
2. A vacancy for the position of Region 9 Trustee occurs outside the deadline for submissions for application for the position; or  
3. A vacancy occurs midterm.  
The following actions will be taken to fill the vacancy of Region 9 Trustee:  
A. The Region 9 Board will solicit applications from Region 9 Service Bodies.  
B. The Region 9 Board will consider only those applicants meeting all requirements for Region Trustee as outlined by the Bylaws of Overeaters Anonymous, Inc., Subpart B, Article IX, Section 4.  
C. A majority vote of the Region 9 Board will constitute affirmation of the applicant(s).  
D. Notification of outcome of the vote by the Region 9 Board shall be made to Region 9 Service Bodies, the Board of Trustees and World Service Office.

Motion required two-thirds vote to adopt. Motion BL2 as amended was adopted.
BM 1
The Bylaws Committee presented a substitute motion for BM1:

Substitute is: Under Current Wording:
**Region 9 Policies and Procedures Assembly 1**
Title of the Section – Duration of Assembly
That Assembly be extended to two full days (1989 b)

Proposed New Wording: OA Region 9 Assembly to commence after lunch on Wednesday.

Motion required majority to adopt. BM 1 **failed**

BM 3
The Chair moved that:
**Policies and Procedures XI Miscellaneous** Region 9 Newsletter
Amendment to the motion was presented by the Bylaws Committee.
The amendment was adopted. The final motion as amended was:-

Proposed:
**Policies and Procedures XI MISCELLANEOUS**
**REGION 9 NEWSLETTER**
Region 9 Assembly to implement a newsletter. The newsletter is to be produced at least once a year, after the assembly. This Region 9 Newsletter might include articles written by the Region 9 Committees, the Region 9 Representatives, the Region 9 Board and the R9 Trustee as well as news about the assembly itself that is not included in the minutes, and other features and articles relevant to the region. The R9 Newsletter is recommended to be 2 pages in size with one page divided equally and to be devoted to articles from the Region 9 Committees. The other page to be devoted to articles submitted by representatives attending the assembly or the R9 Board / Trustee. The Newsletter will be assembled by an appointed member of Region 9 and the R9 Secretary. Articles should be submitted within 45 days of the assembly. The newsletter will then be produced within a further – 30 days, reviewed by the R9 Board & Trustee and then placed on the Region 9 website.

Motion required majority to adopt. BM3 as amended was **adopted**.

3. **Approval and Adoption of 2010-2011 Budget**

The Budget was presented by the finance committee.
Motion required majority to adopt. Budget **adopted** (approved budget appendix H).

4. **Election of Service Positions – Discussion and Election of Assembly/Convention Venues for 2011 – 2012**

**Election of Service Positions:**
- **Treasurer:** reading of our Bylaws Art VII sect 3 regarding Elections. There were no applications for Treasurer in its current form.
  Suggestion:
  To have one Banker and one Treasurer. The Banker would be an OA member volunteer from the UK who could fulfill the direct banking obligations and the Treasurer position would then be open to all the members from Region 9 Assembly with the required qualifications.
  1 application as the Treasurer: Isabella from Sweden wanted to be elected for one year.
  2 applications as the Banker: Alison could stay on as a Banker for one or two years if required.
  Joanna could be elected for one or two years if required.
  Each candidate addressed the Assembly. Voting was by ballot.

- **Treasurer for a one year term:** 20 votes cast, Isabella received 20 ‘yes’ votes
  Banker for a one or two year term as required: 19 votes cast, Alison received 16 ‘yes’ votes
  Joanna received 3 ‘yes’ votes.
The Chair declared Isabella as Treasurer and Alison as Banker. The Chair asked Esti to destroy the ballots.

Committee Chairs: reading of our Bylaws Art IX Section 1, 2 and 3
Each candidate addressed the Assembly. Voting was by ballot.
- Chair of Bylaws Committee: Joanna was nominated and accepted. 20 votes cast, Joanna received 20 'yes' votes.
- Chair for the Translations Committee: Loes from the Netherlands was nominated and accepted 20 votes cast, Loes received 20 'yes' votes.
- Chair for the Public Information Committee: Isabel from Austria was nominated and accepted 20 votes cast, Isabel received 20 'yes' votes.
- Chair for the 12th Step Within Committee: Susan was nominated and accepted. Mette was nominated and accepted. 20 votes cast, Susan received 13 'yes' votes, Mette received 7 'yes' votes.
- Chair for the Electronic Communications Committee: Sabine was nominated and accepted. 19 votes cast, Sabine received 19 'yes' votes

The Chair declared
Joanna as Chair of Bylaws Committee
Loes as Chair of Translations Committee
Isabel as Chair of Public Information Committee
Susan as Chair of 12th Step Within Committee
Sabine as Chair of Electronic Communications Committee

Discussion and Election of Assembly/Convention Venues for 2011-2012:
- Proposals for 2011:
  Egypt invited us to hold the Assembly and Convention 2011 in Egypt. The invitation from Egypt was read by Stella. Stella also read an email received from Egypt. There was no representative present from Egypt.
  Belgium invited us to hold the Assembly and Convention 2011 in Belgium. The representative from Belgium addressed the Assembly.
  After a lot of discussion, the Assembly decided to hold the Assembly and Convention in Belgium 2011.

- Proposals for 2012:
  Austria is interested to host us in 2012.
  Poland is interested to host us in 2012 or in the future.
  Egypt might be interested to host us in 2012 but we would need to check this with them.
  We voted not to make a decision on a country for 2012.
  There are no other invitations for now and the decision will be made at the 2011 Assembly. All other countries within Region 9 are welcome to apply to hosting the Assembly and Convention in 2012.

The Assembly agreed upon to make a form for the countries to fill out when proposing to host us so that each country knows what information to give the Assembly when inviting us. Joanna to create form.
The Assembly requested that the Chair write to Egypt with regard to their invitation. The Chair to write to Egypt.

5. Liaison with Service Bodies not presented at the Assembly – allocation and adoption of service bodies

As a result of BM2 the Liaison with Service Bodies not represented was addressed by Susan – the new 12th Step Within Chair. Each representative and Board Member picked one or more countries which they will try to contact during the year. The representatives will contact the country/countries they chose and report to the 12th step within Committee.
Each representative was given a note with suggested questions when contacting them.

We changed the Agenda and decided that we have our informal Committee Sessions over dinner.
6. **Formal discussion and vote on New Business Motions 6 and 8**

**BM 6**
The Bylaws Committee Chair moved:
to create a policy regarding materials to be put on Region 9 website.
Amendment to the motion was presented by the Bylaws Committee.
The amendment was adopted. The final motion as amended was:-Proposed wording:
'The Region 9 website should contain the contact details of All Region 9 Service bodies. The list of such details will be prepared and updated by the Region 9 Secretary and the 12th step within Committee and updated every 6 months. The technical part of the task will be monitored by the Electronic Communications Committee Chair'.

Motion required majority to adopt. BM6 as amended failed.

**BM 8**
Susan, Israel NSB Representative moved:
Substitute motion was presented by the Bylaws Committee
To insert the following into the Policies & Procedures manual:
Proposed wording: **IX World Service Business Conference & WSO**
**FUNDING OF REGION 9 CHAIR TO WSBC**
Region 9 Chairmen to attend every World Service Conference (1989h)
**FUNDING OF REGION 9 DELEGATES**
Delegates representing Region 9 as a whole may be sent to the WSBC if funds are available within the Region 9 budget or from the WSO. Those delegates will be (in order of privilege, in case the financial supplies are limited): the R9 board secretary, the R9 treasurer, and/or OA members from within Region 9 who have been to the World Service Business Conference before, meet the requirements for a WSBC delegate and will not be representing any other service body at the WSBC. Information about such persons being sought will be mailed to the service bodies that are sending delegates to the R9 Assembly in the year before the Conference in Question, the order of applications will determine the choice of the future Region 9 delegates.
**COMMUNICATION FROM WSO**
Move to......

Motion required majority to adopt. BM8 as substituted was adopted.

7. **Wrap up session**

- Serenity Prayer
- 2 min Meditation ‘11th Step Sandwich’
- 3rd Step Prayer
- 2 min writing on Bookmarks our personal Service Action Plan to take away with us.
- Personal Sharing
- The Green dots removed their green dots
- Responsibility Pledge said by all.
- Serenity Prayer

The meeting was adjourned at 16.50. To re-convene in Belgium in 2011. Date and final location to be notified to the Region as soon as they are known.

Submitted by: Karolina OA Region 9 Secretary
Approved Committee:

Stella (Chair)
Joanna
Isabella