

WSBC – Visions for the Fellowship

The last 3 years I have attended WSBC as the delegate of Israel. After the 1st year, a lot became familiar to me. But this year, you could say, I was a green dot again. This time I attended as Region 9 Chair. So... work and meetings and activities that I didn't have to take part in, in the past, were part of my schedule this time.

The 1st time I got to meet the other Region Chairs since becoming R9 Chair in the end of November, 2011, was Monday evening. We had a dinner together, which led into a meeting. Something very unusual happened this time – 6 of the 10 chairs were new (including myself). And this coming November, the 4 longtimers finish their term and 4 "newer" chairs will join us. All of us "newcomers" had to take on service in the Region Chairs Committee and I was voted in as Vice Chair of the RCC.

We had meetings for the forum – "Conceptualizing Principles" - the Region Chairs were responsible for that. This was on the 12 Concepts of OA Service. Not only was this fun (costumes, singing, skits), but informative. We joined in with the Board of Trustees for a couple of meetings. We even had a fun ice-breaker (no more about that will be discussed here... we will do this activity at the Region 9 Assembly!). We spoke about and made decisions regarding the Strategic Plan. We had more meetings amongst the Region Chairs. It was an incredibly warm atmosphere with the Region Chairs and so comfortable joining in on the meetings with the BOT's.

Since I came as a Region Chair, I wasn't able to make any of the workshops, but I did go to some OA meetings. Always enriching. The entire Region 9 Board and Trustee were present, so we held a R9 Board meeting over dinner. Also, Region 9 met over dinner, mixing business with pleasure. There were 12 attendees from Region 9. Countries included: England, Netherlands, Sweden, Israel, Spain, Denmark, and Poland.

We had 5 business meetings. I was proud to see how R9 Delegates took an active role in voicing their opinions. We adopted 4 new pieces of OA literature. We passed several motions, such as intergroup/service board delegates at WSBC to rotate out of service after a specific amount of time. Also, the need to update bylaws in intergroups/regions/service boards from amendments at WSBC, which pertain to their own bylaws. (A detailed report of approved motions and amendments from WSBC 2012 sent out and posted on the R9 website).

The last evening was a dinner dance. There was recognition of outgoing Trustees, past trustees who were present, Trustees for the coming year, and Region Chairs for the coming year (thank you all for that loud applause when I stood up!!). We were entertained by our very own OA talent. Then dancing. I must say, some of us R9'ers danced till the end!

Another WSBC is over. So much to pass on to our countries and regions. So much love and unity that was there. No question – giving this service strengthens my own personal recovery.

I wish to thank you all for giving me this opportunity to represent Region 9 as Chair.

Susan

Region 9 Chair

Visions for the Fellowship – Visions for Myself

May 2012

World Service Business conference 2012 in Albuquerque was a type of energy boost for service and recovery. I do not know what others have felt – but I do know what emotions this conference enabled me to have – Commitment to service, Commitment to the fellowship, commitment to recovery.

This is my first year attending to WSBC. The service position I was elected for on June 2011 was vice chair to International committee in Israel National service Board, meaning I wasn't supposed to be presenting Israel in international conferences. 3 months after, the chair of the international committee, Suzan, was elected as Region 9 chair, thus I took over her duties in the NSB. It is a lot of responsibility. Many members in the Israeli fellowship ask themselves why we need to send a delegate – that money can be used to do so many other things – frankly, I thought the same way. Until I got to be there.

Beyond the major importance of representing the groups in Israel, presence in the conference allows as a country that speaks mainly Hebrew to be exposed to content, thoughts and recovery of others world-wide. My own personal gain is something I can probably write an entire book about; about the gain we received as a country I should elaborate, even in a few lines (and you are more than welcome to read my final report to Israel's yearly conference, held this June):

1. Being heard in the international level. Taking part in decision making for the entire fellowship. It's the same as a group being represented in an Inter-Group – if you are not there, you do not exist.
2. Gathering new knowledge; hearing about 12 step work from people from different countries and take all that with me back to Israel (in the bottom of this note – some important suggestions).

3. Strengthening my own recovery and by doing that, bring the recovery of the fellowship in Israel to the WSBC and vice-versa.

Attending in WSBC was an experience, a duty and a privilege!

Useful tools:

- Your problems are something you'd better discuss with your sponsor. About the 12 steps solution you should share with the members of your meeting.
- Your personal recovery is vital for your group's recovery which is vital for your personal recovery. It doesn't work otherwise.
- Faith without action won't do – Give service! Service and recovery goes hand in hand.
- New members need sponsors in order to stay. Don't ask yourself why they don't stay – sponsor them. They'll stay.

Special thank you goes to my WSBC mentor for her service and for all region 9 delegates who were an inspiration for recovery, strength and hope.

Yours in service,

Roy

Israel NSB

מאי 2012

חזון לחברותא חזון לעצמי

הוועידה העסקית של השירות העולמי לשנת 2012 באלבקרקי הייתה סוג של זריקת מרץ לשירות ולהחלמה. אני לא יודע מה הנוכחים האחרים הרגישו אבל אני יודע עם איזו תחושה אני יוצא מהכנס: מחוייבות לשירות, מחוייבות לחברותא, מחוייבות להחלמה.

זו השנה הראשונה בה אני משתתף בוועידה השנתית. התפקיד אליו נבחרתי ביוני 2011 היה ממלא מקום יו"ר הוועדה הבינ"ל. 3 חודשים לאחר מכן, סוזן, שמלאה את תפקיד היו"ר, נבחרה למלא את תפקיד יו"ר אזור 9, כך שבאופן טבעי המשימה לייצג את ישראל בוועידה עברה אלי. זו אחריות רבה. חברים רבים בחברותא בישראל שואלים את עצמם למה צריך לשלוח

נציג הכסף הזה יכול לשמש לדברים אחרים למען האמת, גם אני חשבתני כך. עד שהגעתי לכאן.

מעבר לחשיבות העצומה של ייצוג הקבוצות בישראל, הנוכחות בוועידה מאפשרת לנו כמדינה דוברת עברית להיחשף לתכנים, למחשבות ולהחלמה של חברים בכל העולם. על הרווח האישי שלי מהוועידה אני יכול לכתוב ספר שלם; על התרומה שלנו כמדינה כדאי שארחיב, לפחות בכמה שורות (ומי שרוצה, מוזמן לקרוא את הדיווח המלא שלי בוועידה השנתית של ישראל, בחודש יוני):

1. להישמע ברמה הבינלאומית. לקחת חלק בהחלטות של החברותא כולה. זה בדיוק כמו קבוצה שמיזוגת בקבוצת קישור אם אתה לא שם, אתה לא קיים.
2. לאסוף מידע חדש; לשמוע מחברים במדינות שונות כיצד הם עובדים את 12 הצעדים ולהביא את כל הרעיונות איתי לארץ (בהמשך כמה נקודות חשובות ורעיונות).
3. לחזק את ההחלמה האישית שלי ובכך את להביא את ההחלמה של החברותא בישראל כולה לוועידה העסקית ולהפך.

להשתתף בוועידה העסקית של השירות העולמי זו חוויה, זו זכות וזו חובה! כלים שימושיים:

- על הבעיות כדאי להתחלק עם המאמן. על הפתרון דרך 12 הצעדים צריך להתחלק עם הפגישה
- ההחלמה שלך היא חיונית להחלמה של הקבוצה שהיא חיונית להחלמה שלך. זה לא עובד אחרת.
- אמונה ללא פעולה לא תועיל עשו שירות! שירות והחלמה הולכים יד ביד.
- חברים חדשים צריכים מאמנים כדי להישאר. אל תשאל את עצמך למה החדשים לא נשארים אמן אותם. הם יישארו.

תודה למלווה שלי על השירות שעשתה עבורי בוועידה ולכל הנציגים מאזור 9 שהיוו השראה להחלמה, כוח ותקווה. שלכם בשירות ובהחלמה, רועי מש"א ישראל

Steps and Traditions for April and May

Step 4 – Made a searching and fearless moral inventory of ourselves.

Tradition 4 – Each group should be autonomous except in matters affecting other groups or OA as a whole.

Concept 4 – The right of participation ensures equality of opportunity for all in the decision-making process.

Step 5 – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5 – Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Concept 5 – Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

WSBC Thoughts from Sue, UK

This was my second year at WSBC and I got so much more out of it through being a bit more familiar with the protocols and procedures.

Last year I was overwhelmed with the message that OA works for anyone. I really knew that it was working for me but wasn't convinced that anyone could find recovery here.

This year I was overwhelmed again this time with a new message that my recovery depends on the existence of OA therefore anything I do for the group, Intergroup National Assembly, World Service and the fellowship I do for me. My voice is important and I'm doing service because my life depends on it.

Additionally, there were moments of pure brilliance such as, when one woman put the Serenity Prayer to the tune of Greensleeves. She sang it at a meeting and that night as the tune played in my head I had the sensation of saying the Serenity prayer without actually saying it. It works well because sometimes I can get so stressed that I don't even have the presence of mind to say this prayer but the music comes easily.

My journey home took 19 hours I was so completely full with happiness there was not the slightest sense of hardship. On the journey I just put the headphones on and Greensleeves was playing. My tears arose out of a deep sense of belonging that I don't normally get.

Thank you OA for ensuring I get recovery I think I care enough about myself now to continue the work.

Love in Fellowship

Sue

What's New on the Region 9 Website

- [Retreat in North Wales, UK 29th of June – 1st of July](#)
- [Invitation, Registration form and information about R9 Assembly 2012](#)
- [Region 9 Policies & Procedures](#) updated after Assembly 2011, in "About Region 9" and "Region 9 Assembly" Includes R9 Assembly Procedures & Suggestions (for hosting R9 Assembly and Convention, appendix B)
- [Region 9 Assembly in Poland 24-26th of October 2012](#)
- [Region 9 Convention in Poland 26-28th of October 2012](#)
- [Region 9 Newsletter March 2012](#)
- [Find a meeting application message](#)
- [2011 Assembly Minutes](#)
- [Region 9 Bylaws, updated 2011](#)

Tips

- Help the newcomer to feel welcome – SMILE!
- Work the program – work the Steps
- The tools strengthen our Recovery – use them
- Pass on the message – be a sponsor
- Share your Experience-Strength-Hope
- Does your group subscribe to Lifeline? Why not get Lifeline and share some of the stories in it with your group!
- Does your intergroup have the OA Handbook? This has some helpful material in it...
- A change of time/contact person...with your meeting – let WSO know

More information

- 2012 Literature Catalog, Second-Quarter "A Step Ahead", & The Courier on the OA Website
- "A Common Solution: Diversity & Recovery" - new OA pamphlet now available
- Updated suggested meeting format in OA website, with abridged Tools of Recovery

WSBC Thoughts from Irenne, Denmark

Hello Reg 9!

I am a compulsive overeater Irenne OA from Denmark.

My HP and OA in Denmark had decided that I should represent Denmark to the WSBC.

It was a great amazing experience for me and I am very grateful for that.

I have learned a lot and met a lot of nice and kind people from all over the world. This is great.

Sometimes it was difficult for me to follow the session because of my language. But then I talked together with a lady from USA and she was wondering how the people from countries not speaking English could follow the session. She told me that, it sometimes was hard to follow although they speak the same language. I was very happy to hear this. Thank you.

One evening Region 9 was gathered eating and having a short but God arranged meeting. Thank you HP for that.

Participating in this business convention I am convinced, how important for my country it is to participate, so all the groups in Denmark can understand that OA all over the world depends on each other.

OA love from Irenne OA NSB in Denmark

Kære Reg 9.

Jeg er en madmisbruger Irenne fra OA i Danmark.

Min Højere Magt og OA i Danmark har besluttet, at jeg skulle repræsentere OA i Danmark ved WSOBC (verdens service kontorets forretnings konference)

Det var utroligt inspirerende for mig, og jeg er meget taknemlig.

Jeg har lært en hel del og mødt en masse søde og venlige mennesker fra hel verden. Det er stort.

Nogle gange var det svært for mig at følge med pga sproget. På en tidspunkt talte jeg med en amerikansk dame, der var undrende over, hvordan vi fra andre lande, der ikke talte engelsk, kunne følge med i forløbet. Fordi som damen sagde, kunne det nogle gange være svært for hende at følge med, skønt hun talte sproget. Det var dejligt for mig at få dette fortalt. Tak for det.

Reg 9 mødtes en aften og spiste sammen samtidig med, vi holdt et kort godt arrangeret møde. Tak HP for dette.

Ved at have deltaget i forretningsmødet på verdensplan, er jeg overbevist om, hvor vigtigt det er for OA i Danmark at deltage, således at OA i Danmark bliver informeret om, hvordan OA i hele verdenen hænger sammen, og at vi har brug for hinanden.

OA kærlighed fra Irenne OA NSB i Danmark.

Reminders

- June 24, 2012 - Application Forms for Delegate Assistance to 2012 Region 9 Assembly submitted to Region 9 Treasurer
- July 24, 2012 – Proposed Bylaw Amendments submitted to Region 9 Bylaws Committee
- August 8, 2012 –Region 9 Assembly Registration Forms submitted to Region 9 Secretary
- August 24, 2012 - Assembly Agenda and Materials Mailing sent out
- September 1-8, 2012 – Region 9 Week
- October 24-28, 2012 - Region 9 Assembly & Convention in Poland

Message from Region 9 Secretary (Patrick)

Dear Fellows of Region 9,

I apologise for the delay in this issue of the Newsletter, and the rather basic layout. This is due to some technical problems I have encountered at home.

I hope you still find much to enjoy in this issue. Also, for the first time, we are including native language versions of some of the contributions from our friends around the Region. I hope this is something we will be able to continue.

If you would like to contribute something to the next edition, please send your article to me at the address secretary@oaregion9.org

Many thanks,

Patrick

Message from Region 9 Treasurer (Isabella)

Dear OA fellows,

It has been wonderful to attend WSBC 2012 (my sixth conference and I feel truly blessed to be able to do this service). During conference I served on the Bylaws committee as chair of one of the two sub-committees. My sub-committee consists of dedicated OA members who will be working together over the next 12 months. Our goal is to develop a Bylaws handbook in order to educate both newcomers and old-timers and to provide ideas for workshops and skits. We want to show that, even if the Bylaws are 'serious business', it can be fun to learn more about them. So, be on the look-out for this brand new handbook!

Going to WSBC is a true recovery boost and I would like to encourage everybody to become the delegate of their Intergroup at some point.

Witnessing the amount of recovery and the dedication to the program in these rooms will not only help your personal recovery but will also provide valuable input when it comes to your service position. Thank you!

Love in Fellowship

Isabella V

Treasurer R9

treasurer@oaregion9.org

Kära OA vänner!

Det har varit underbart att få åka till Världsservicekonferensen 2012 (det har varit min sjätte konferens och jag känner mig väldigt tacksam över att få göra service). Under konferensen gjorde jag service i stadgekommittén (Bylaws committee). Vi kommer att arbeta tillsammans under de kommande 12 månaderna och vårt mål är att utforma en handbok för stadgarna. Materialet ska ge handfasta tips och råd för hur både nykomlingar och gamlingar kan bekanta sig med stadgarna (t.ex. genom sketcher och workshops). Vi tror att grupper, IG och alla andra serviceorgan stärks genom att ha god kunskap om OA-stadgarna; dessutom vill vi visa att det kan vara roligt att lära sig mer om dem! Alltså, håll utkik efter denna handbok!

Att åka till världsservicekonferensen är fantastiskt och jag skulle vilja uppmuntra alla att bli en delegat någon gång. Man får möta inspirerande och engagerade människor med ett långt tillfrisknande och med sann programanda. Det är en upplevelse som kommer att bidra till ens eget tillfrisknande och samtidigt får man värdefull input för sin service position. Tack!

From our Trustee's Desk

WSBC 2012 was a great experience for me. Although I have attended WSBC already six times, it was a very exciting and moving conference.

The change of venue of the conference from Hotel Albuquerque Old Town to Embassy Suites was to my liking. Yes, it was a bit far from old town but the rooms were bigger and there was enough space to work.

I was busy with my Board meetings in addition to the conference work but I felt that we have accomplished a lot. It was great to meet the delegates of Region 9, to hear the serenity prayer in different languages and to see all the work and participation of all the green dots from around the world and our region in particular.

We held a meeting of the Translation Committee of the Board of Trustees with the delegates of the Spanish speaking language from Spain, Venezuela, Brazil, Mexico and Costa Rica with the intention to see what can be done in order to avoid duplication of efforts, as there are differences between the Spanish of those various countries. The discussion was in good faith and we have decided that WSO will translate one of the new pamphlets that were approved at WSBC 2012 into Spanish and this translation will be sent to all the Spanish speaking countries to see if they can "live with it" even if it is not perfect. If they cannot "live with it", it will probably be easier for them to adapt it to their Spanish than to translate it from English. I was happy that after so many years we were able to discuss this matter with such grace.

And on a personal note, I was privileged and honored to be reelected to be Region 9 Trustee for the next 3 years and I'll do all I can to do my service in the best way and to spread the message of recovery in our Region.

Thank you all
Love in service
Esti

Holders of Region 9 Service Positions

Board

Trustee - Esti (Israel)
Chair - Susan (Israel)
Secretary - Patrick (UK)
Treasurer - Isabella (Sweden)

Committee Chairs

Translations - Irenne (Denmark)
Twelfth Step Within - Mette (Denmark)
Public Information - Siobhan (Ireland)
Bylaws - Joanna (UK)
Electronic Communications - Karolina (Sweden)

Other Positions

Banker - Alison (UK)

Region 9 Service Positions Available from Assembly this October

This year, the 2-year terms of some of our service positions are coming to an end.

This means that it becomes possible for anyone, who meets the qualifications, to apply for one of these positions.

The service positions available are:

- Treasurer
- Banker
- Bylaws Committee Chair

Please send applications to R9 Chair & R9 Secretary.

Ask-It-Basket:

These questions come from OA Region 9 members, and the answers come from OA world service Trustees. Questions & Answers have been shortened for our newsletter – anyone wishing the full question & response, please email to Region 9 Chair.

PUBLIC INFORMATION CAMPAIGN

Q. I am a member of OA in Spain since 1999, and first I want to thank you for your service to the brotherhood, because the twelve-step program has totally changed my life, I have improved physically, emotionally and spiritually.

The reason for writing to the global office is that I have a great doubt and I wish you will answer me if it is correct do the following to make known our brotherhood.

The idea is to distribute leaflets of the 15 questions to all residents of our towns and cities, placing these pamphlets in mailboxes of apartment dwellings.

Reasons for this:

- 1. Give our brotherhood known to as many people as possible.**
- 2. We do not always deliver value brochures directly to the people, not to invade your privacy.**
- 3. We are often ashamed or afraid to hang posters in public places.**
- 4. Make the most OA members participate in public information.**

- A. Putting OA materials--unrequested--in mailboxes is promotion, not attraction. (There is a reason we call unasked-for advertising "junk mail.") It is a law in the U.S.A. that nothing may be put into a mailbox that was not paid postage for: It is theft of service. Some people ignore this. I have never heard of anyone getting fined; but that is the law.

Putting OA materials on a public bulletin board is attraction. That is the purpose of the bulletin board; anyone who does not want to read it does not have to.

I find it hard to stay silent in the face of what seems to me to be people in pain. Perhaps the member could post OA material on building bulletin boards, and supermarket or library bulletin boards. My coop has a laundry room, and there is a public bulletin board there. Our bulletin board attraction card could belong there, and an anonymous intergroup phone number could be used for contact. Perhaps before-and-after photos with faces covered could also be used...I have never tried that.

There are many PI initiatives on our website: <http://www.oa.org/services-for-members/public-information-suggestions.php>

YOUTH IN OA

Q. Dear Friend, I need information about Teen meeting. I'm Italian and some friends want to start also in Italy this wonderful venture with teen members, but we need help to start. Where are teen meeting in the world? I need to contact these friends. We need information about organization group, guidelines, literature. Where can I find more information? I do this service for the Committee or teen Italy. Thanks a lot for yours service.

A. We have spoken with some of our Youth meeting organizers and would like to offer you some of their insights. The suggestions below reflect ideas that they found to work for them. Perhaps they will work for you as well.

- Have your youth meeting in a location where several rooms are available for you. Schedule the meeting to run at the same time as an adult meeting. Youth meetings often have problems with consistent attendance and there may be times where no one shows up for the Youth meeting. The person serving as Youth meeting chair that day would then have the option of attending the adult meeting at that time.
- Don't take on this task alone. There should be several members of your area who are equally as committed to this as you are. Having both a male and female leader is ideal. Your Youth meeting might have a slow start and will take some time to catch on. You will need other OA members to help you bring continuity to the meeting when you are personally unavailable.
- OA has a limited number of literature items that are directed specifically at teens. We have the "To the Teen Questionnaire" as well as the "To the Teen pamphlet"; however much of the other OA literature is appropriate for teen use.
- The current "Young People's Meeting Format" can be used along with the "Suggested Meeting Format". Both documents can be downloaded at the "Youth in OA page" located on the oa.org website.
- You may want to consider ordering the "New Group Starter Kit" and supplement with the teen literature.

To increase our outreach to teens, OA has launched a "Teen-Friendly" approach. This might be used as an alternate to having a separate Young People's Meeting. Here's how it works:

- Teen-Friendly meetings are regular OA meetings; however they may read in their opening format (when teens are present) something like, "We have young people present, and would all who share keep your sharing appropriate to accommodate the age of the attendees."
- Meeting members may share their experiences from when they were young, as well as their recovery and how they are now.
- Teen-Friendly meetings may keep some of the literature mentioned above to have available when teens show up.
- These meetings may alter their listing on the WSO Web site to include the special topic "Teen-Friendly." This would be listed as a special topic option.