

## **"Sponsorship - Passing on our Experience, Strength, and Hope"**

Sponsorship is a must for me! I am so grateful that when I walked in the rooms of OA and started the program, I had to get a sponsor. That was a condition at my meeting, and I think it is a good one. I have been in the program for over 10 years, and I have never gone a day without having a sponsor. Actually, almost all that time, I have had, and still do have 3 sponsors.

The first day that I started the program was with a food sponsor. She guided me on a food plan, and we started the first 30 questions that dealt with Steps 1, 2, and 3. This same sponsor is still with me today regarding the food. I have had several different step sponsors over the years. Each one has given me a lot. Each one has shown me a new approach to working the Steps. Remaining open to learn, I think, is a key ingredient in being a sponsee. My 3<sup>rd</sup> sponsor is what I call my feelings sponsor. Reading back (usually once a week) what I write everyday. You can say it's my Step 10 and Step 5.

A food sponsor for me is so necessary and healthy. Food is my disease. My problem. I need someone else to see what I may not be willing to see. And to turn over my food to someone else (besides my H.P.) lets me be free of the bondage of oneself. I still ask questions, and I still listen to the answers. With the Steps, I have grown so much. I need to work the Steps daily, whether writing or living them (or both, hopefully). If I don't work the Steps, I'm just on a diet. I did that too many times in the past. I need more than that, and that's why I take this program so seriously. My Steps sponsor can always be there to listen, and pass on their experience to me. As far as my feelings sponsor – to read out loud my daily writing is such a good lesson in self awareness.

I cannot imagine a life without OA, and I cannot imagine a life without a sponsor/s. What is so amazing to me is all that my sponsors have taught me. That's probably the best part of being a sponsor. That I can pass on, to my sponsees, all this great information and ideas and hope and experience because of what I have already, and continue to receive from my sponsors. And yes, I can choose to say things like, "If you want me to be your sponsor, you need to do service". Like the program says, if you want to keep it, you need to give it away.

The whole idea of sponsorship – to realize that I am not alone. That others are in the same boat as I am. That there are angels walking around who can help me with my struggles, and that I let them help me. These messengers of God have helped me so many times, and I need to be available as a sponsor to those in need.

Susan

Region 9 Chair

## **Steps, Traditions and Concepts for August and September**

**Step 8** - Made a list of all persons we had harmed and became willing to make amends to them all.

**Step 9** - Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 8** - Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

**Tradition 9** - OA, as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve.

### **Concept Eight**

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

### **Concept Nine**

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

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## **Sponsoring keeps me humble**

To give away what I have received in OA, in purpose to be able to hold on to what I have received in this beautiful program is one of the most genius things I've learned in OA and in life.

When I sponsor, as I sponsor, I learn and practice to be a person who listen, who encourage and support, who comfort, who are there in times of need. I learn how to be a loving, grown up person, a responsible person, who sticks to her word.

With the help of God and my fellow OA members I've become a decent person. I've come to realize I'm no longer the center of the Universe. But I'm an important person for the one closest to me, which includes my sponsées.

When and if I listen, God gives me the words, I carry the message. The results are luckily not up to me 😊. The results I turn over to God, I only do my best.

Important question along the way: Am I helping those I sponsor find what works for them?

Hanna, Sweden

# OA Region 9 Newsletter



Vol 2, Issue 5 - September 2012

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I came to OA in 2004. At the very first meeting I felt I was in the right place, despite my judgements about the meeting room and the people in it. After a few meetings I felt like I also needed a sponsor. There was a woman at my meeting who I somehow felt she had to be the one. I still don't really understand why. She had been anorexic and for me, an obese overeater, under eating was not a problem I had. I guess my Higher Power picked her for me.

So I started working the steps with her. She was very strict but somehow I felt the acceptance and love that is so special between OA members. I could not manipulate her (like I used to with my therapists, friends, family etc). Every time I wanted to talk about how difficult life was for me with all my problems, she started talking about Steps and the Big Book. She would ask me "How is your writing on Step one going" and if I hadn't done my 'homework' she'd tell me to go do that first and then call her back. That offended me of course, but in the end I needed someone to be strict and very clear to me. She also sponsored me into doing service, which for me is a huge and important part of my recovery. We've been working together for more than eight years now and I'm very grateful for that.

Being a sponsor myself is also something I'm very grateful for. It's such a special connection with another person. And it's a blessing to know that I might be part of another person's way out of the hell of compulsive eating. I keep coming back for that. And, as Dr. Bob so clearly said: I do it for four reasons:

1. Sense of duty
2. It is a pleasure
1. Because in so doing I am paying my debt to the man<sup>1</sup> who took time to pass it on to me.
2. Because every time I do it I take out a little more insurance for myself against a possible slip.

(AA Big Book, Dr. Bob's Nightmare p.180-181)

Loes, Netherlands

<sup>1</sup>in my case woman

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## Sponsorship

The day I got married I sat between my new husband and my sponsor. On the other side of my sponsor sat his wife, who I have known almost as long as my sponsor and who in her turn taught me a huge amount about this fellowship and programme. Opposite us sat

my husband's sponsor's wife and son, his sponsor having sadly died some time before we married. That's how important sponsorship is in my life. I said to someone, half-joking, that it was a toss up which of these men I loved more. Clearly I love my sponsor in an

entirely different way – but you get the idea. We say this programme is about principles not personalities, but it's the personalities that carry the message. I would not have been sitting there: newly married; eating an abstinent meal; able to be unaffected by a wedding cake I could not eat; happy; content; and not self-conscious, despite having just paraded down an aisle in a dress, were it not for my sponsor.

A few days after my wedding, my dad commented, slightly bewildered, that he was talking to someone (who turned out to be my sponsor), who seemed to know things about me that my dad didn't. Could have been slightly awkward I suppose, but though my dad really doesn't understand this programme or what on earth I'm doing, he is supportive of my choices not least because he has seen the change in me. And it is true that my sponsor knows things about me that no-one else does – many times he knows things before I know them myself, or remembers things I have forgotten. I can talk to lots of people but I have that short cut with my sponsor of having talked to him so often for so long that I don't need

to go through all the preamble to things, I can cut to the chase of what matters.

And how about the other side of sponsorship – as a sponsor? This morning I spent some time with a sponsee, talking about issues in her life, focusing on how we apply the principles of the 12 steps in living our lives. This evening I spent some time on the phone with another sponsee, talking about similar things. What these women give me is a constant reinforcement and reminder of working the steps in my own life. At times when I get busy and find it difficult to prioritise calling my own sponsor, I will still find time for my sponsees, and hence still get that injection of programme talk into my life. I have sponsored a good number of people over the years, some more successfully than others. But whether or not it has done them any good, and frankly I've had some doubts about my abilities here at times, it has always helped me to stay abstinent for another day, and taught me something about myself.

Sam, England

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## **“Remember, we don't try, we do.”**

These are wonderful words of wisdom given to me by my present sponsor.

When I first came into OA and sat in the meetings...I had this superior attitude that I would just hang around and see what happens out of curiosity I did not take a sponsor for the first year and felt that I could do it myself. I also thought that I was going to lose my individuality if I followed all these crazy rules and regulations. Why I had to keep repeating my name over and over and tell everyone that I was a compulsive overeater was beyond comprehension. I did not want to be perceived as one of the goody goodies and hated being told what to do. My ego was inflated and I was totally opinionated. I had a fear of mediocrity and of becoming this boring person. My focus on food, cooking, and searching out unusual and different

ingredients and restaurants defined me. After all I had a reputation to uphold. My way was the right way. And look where that got me. I was classified as obese by my doctor.

One thing I did was to keep coming to meetings and slowly I started seeing the light and started working the programme and took a sponsor. I was fortunate as someone in the programme befriended me and offered to sponsor me. I would never have had the courage to ask her to be my sponsor. She was visiting South Africa and had been in the programme for a few years and had good recovery. There were many foods that I was not prepared to let go of, but she got me to work the tools and do my step four inventory and the weight started coming off. It was a very positive relationship but

then she had to return to her country of origin and I was left without a sponsor.

The region 9 trustee came to visit South Africa and I was asked to do service by taking her around and was privileged to have time to talk to her and tell her my eating woes. Her answer was direct and simple. **“You have to put down the food and give up sugar and white flour”**. That was a rude awakening. She then emailed me the HOW food plan. There were no HOW sponsors available in SA at the time so I went on line and found someone on the internet from Jerusalem.

That is how I got my present sponsor. She has been in the programme for 20 years and I am in daily contact with her by email. It is the most wonderful relationship. I met her when I visited Israel. She is tough but loving and caring and has moulded the way I sponsor my sponsees today.

In November 2012 I will have been in OA for 7 years. I am half the person in size and more than double the person in character and with humility, have retained my individuality and creativity. It is all thanks to this programme and the wonderful sponsor sponsee relationships that I have.

**Here are some “Gems” from my sponsor.**

- I queried why I was only allowed ½ grapefruit on my food plan and a whole orange. And justified that in South Africa grapefruit were the same size as an orange. I also put on my food plan two small apples. I am allowed one apple. I told her they were so small so two would be OK. She replied *“Half a grape fruit and one apple period”*. *“When it says one it means one, it doesn’t say small or large. So if it says 1/2 that means half.”* I did not tell her how big our cantaloupes are in South Africa and you can have half! So you win on some and lose on others.
- I asked her if I could have 1 cup of fat free cottage cheese instead of ½ cup low fat. Her reply was *“ I promise you that 10 minutes after you get up from the table you will not remember if you ate 1/2 a cup or a whole cup. If I am wrong, and you do remember, you may hit me with a wet **whole grain** noodle!”*
- *“The programme has taught me that no one can “make me angry”. I love that the programme has given me the power of decision. I can choose to be angry or not, hurt or not, miserable or not...I have the power. I no longer give anyone else the power to direct my emotions.....only I am responsible for me.”*
- *I have learned that my being upset with someone doesn’t bother them, just me.*

T.

Johannesburg , South Africa

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## Tips

- Did you know - our OA books and pamphlets have many shares on abstinence!
- Reach out to the Professionals about OA
- The OA Website contains parts in Spanish & French
- WSBC 2013 Delegate Support Fund available
- New Podcast on OA Website – "Hearing is Believing"

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## Reminders

- October 24-28, 2012 - Region 9 Assembly & Convention in Poland
  - November 1, 2012 - WSBC 2013 Delegate Assistance deadline
  - November 17, 2012 - OA Worldwide Celebration...Abstinence Day
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## SPONSORSHIP

You might say that sponsorship is the essence of my recovery! Why is that? When I think about it I realise that sponsoring other people brings me several precious gifts - and asks several very important things from me, things that maybe I wouldn't do otherwise. So, what are the gifts? Freedom from isolation - having close contact with other people effectively kills the feeling of separation and isolation that otherwise can kill *me*. The wise and healthy part of me gets nourished and grows as I bring it forward to share with my sponsees. I get to learn more about this disease as I follow my sponsees recovery. They share their insights and experiences with me. I remember that I actually have the disease of compulsive eating; a great gift since I have a disease that tells me I don't have a disease...

The things that sponsoring asks from me is that I continue on my own road of recovery (since you cannot share something you do not have). It asks that I am fully present and aware, and the most fundamental way of being present in the here and

now is *being abstinent!* It also teaches me to be reliable and to leave my own worries for a while. Sponsoring asks that I do my inventory and that I connect to my Higher Power, because my sponsees are not interested in being told what to do by my Ego! They want freedom from compulsive eating (and a peaceful way of life) through the 12 step program. I also need to have a sponsor myself, otherwise I might start to believe *I* am God. That has happened before and it did not turn out well. Or maybe it did in the end, since it brought me to OA...

Anyway, sponsorship is a beautiful way of living life to the fullest, in true love, trust, honesty, intimacy and connectedness.

Not to speak of my, my sponsor's and my sponsees' collective surrender!

It really does work.

Jonna, Sweden

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## What's New on the Region 9 Website

(Useable links)

[Region 9 Assembly Materials Binder 2012](#)

[Region 9 Newsletter for July 2012](#)

[Chairs Report of 2nd RCC Meeting 2012](#)

[Updated Vital Link for Region 9 delegates](#)

[Chairs Report of WSBC 2012](#)

[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](#)

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## New Discoveries

If you have discovered an OA meeting or a country where there is an OA fellowship that we haven't known about, please share it with all of us.

**Russia** I discovered a meeting in Samara, a meeting in Ulianovsk, a meeting in Moscow and 2 meetings in St. Petersburg. The fellowship in Russia, except in Moscow, is quite young, about 2 years, and they do their best to get recovery. They translated some literature such as the 12 Steps & 12 Traditions of OA book, For Today, Overeaters Anonymous and the 12 Step work booklet. They plan to establish an Intergroup and to send a representative to our next assembly in Poland.

**Lithuania** I have received an email about a meeting that was founded about two years ago in Vilnius, the capital of Lithuania. They meet on Thursdays at 7 p.m. local time. It is a small meeting and they are struggling as none of them has the experience of a long-time abstinence, or working the Steps. I am making plans to visit them and share my experience, strength and hope.

**Portugal** I have received an email from an OA member in Lisbon Portugal that they have only one weekly meeting, and they are at the beginning of their activity. They use literature they brought from Brazil and I would like to wish them all the best. I make plans to visit them and to share my experience strength and hope.

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## SPONSORSHIP IS THE KEY TO SUCCESS

Success for me is freedom from the food obsession and the realisation of the Big Book Promises in my life.

I may not have written this today if it wasn't for my sponsor. She's an angel in "human disguise", she carries the message of Hope, Faith and Love to me daily. Every evening she picks up the phone to talk to me, even whilst on holiday! Through all my struggles with abstinence and relapse, she kept inspiring me to "Keep coming back until the miracle happened".

IT IS WEAKNESS NOT STRENGTH THAT BINDS US TO EACH OTHER AND GIVES US THE ABILITY TO DO WHAT WE CANNOT DO ALONE.

Having a sponsor allows me to practice honesty and trusting another human being. My disease is one of isolation, fear, shame and guilt. Sharing my vulnerabilities and defects with another compulsive overeater, allows me to break that isolation and feel part of OA.

THE MOST FUNDAMENTAL PRINCIPLE OF SERVICE IS HELPING ANOTHER COMPULSIVE OVEREATER. I CAN ONLY KEEP THE GIFT OF RECOVERY IF I'M WILLING TO GIVE IT AWAY.

I have a wonderful sponsoree whose commitment and enthusiasm for the programme is a real blessing to my own recovery. My job as a sponsor is to listen without judging. I aim only to encourage and offer guidance based on my own experience. I am no expert and I accept that we each have a personal journey through the 12-Steps, with our Higher Power.

Sponsorship requires commitment, self- discipline and a mutual respect for each other. Sponsorship can work in any circumstance. My sponsoree, sponsor and I all live in different countries. We only see each other once or twice a year, yet I speak to each of them daily, with the rare exception. I have phoned my sponsor from China, India and New York, because as my sponsoree so beautifully puts it "Our disease doesn't go on holiday".

The 12-Step Programme is a [WE PROGRAMME], we need each other and our Higher Power to recover from this disease of compulsive overeating. Sponsorship is the key to this.

Ulrike (England)

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There is no doubt that Sponsorship is a key tool in the 12-step program.

In the following lines we will try to briefly discuss some of the benefits of Sponsorship.

• **Loneliness**

In the program we believe that we cannot do it ourselves, so here is our dear sponsor to go through the process with us, to lead and guide us along the way

• **Acceptance**

"A loving witness - someone who will keep our convalesces and will listen without judging us or seeking to fix us" (12 and 12 page 49)

My sponsor is usually, a person who knows many things about me, and still listens without judging, and accepts me as I am. And even respects me and thinks I am a good person. Surely such acceptance contributes to my understanding and my acceptance of myself.



• **Point of view**

Sometimes when we are very emotionally involved in some situation, it is difficult to distinguish between emotions and facts, between what was really told us or what we interpretive. Our hypersensitivity our thoughts and sometimes even our conspiracy prevent us from a true and calm view of the situation. This could many times cause us to react in a wrong way. But after we braced ourselves and shared it with our sponsor. Our sponsor with his experience could give us a more balanced clear point of view. By looking at things from the outside he can give us a perspective or a new angle of looking at things. And I could go through another event in life absence and act according to the program in all areas of life.

• **A message from God**

many of us pray for guidance from God for a particular or general situation. The answer from God can come in different ways and through different people.

I personally have felt God gave me answers through my sponsor many times.

We discussed the benefits a sponsoree gets from the sponsorship.

But we cannot avoid mentioning the great advantages the sponsor gains from this relationship too.

“As O.A. members we may donate many hours of service to each other sponsoring ... our award is something money cannot buy, our own personal recovery” (12 and 12 page 171)

I thought I would offer service to give back O.A. some of what it gave me.

Was I surprised!

I do contribute and I do give back... Even when I am doing service I get far more than I give. When I study the steps with a sponsoree I learn something new (Voices of Recovery December 21<sup>st</sup>)

Let's all use this great tool for our own personal recovery!!

G, Israel

**I put my hand in yours  
and together we can do  
what we could never do alone.**

אין ספק שהאימון הוא כלי מרכזי בתוכנית 12 הצעדים. בשורות הבאות ננסה לגעת בקצרה בחלק מתועלותיו של האימון

#### • "לא יכולנו לבדנו"

אנו בתוכנית מאמינים כי לא נוכל להחלים לבדנו, אז הנה המאמן היקר שלנו שיוציא אותנו מהבדידות ידריך ויתווה לנו את הדרך

#### • קבלה

"עד אוהב מישהו שישמור את סודותינו, ויאזין בלא לשפוט או לנסות לתקן אותנו" (12 ו12 עמוד 40) מאמן הוא על פי רוב, אדם היודע עלי דברים רבים ובכל זאת מקשיב בלא לשפוט. מקבל אותי כפי שאני. ואפילו חושב שאני בנ"א טוב וערכי. אין ספק שהקבלה הזאת וההקשבה הזאת תורמים רבות להבנה ולקבלה שלי את עצמי.

#### • מבט מבחוץ

לפעמים כשאנו נתונים לסערה רגשית כלשהיא, קשה לנו להבדיל בין הרגשות לעובדות, בין מה שבאמת נאמר לנו או נעשה לנו לבין הפרשנות שלנו. רגישות היתר שלנו והמחשבות והקונספירציות ממלאות אותנו ולעיתים מונעות משיקול דעת מחושב להתערב ולהגיד את דברו. והנה אחרי שאזרנו אומץ וסיפרנו למאמנינו, הוא בבהירות הדעת, ע"י מבט מבחוץ יכול לתת לדברים פרספקטיבה או זווית הסתכלות שונה. והנה הצלחתי לעבור עוד מאורע בחיי בהימנעות ולפעול על פי התוכנית בכל תחומי חיי.

#### • מסר אלוהי

רבים מאיתנו מתפללים ומבקשים הכוונה אלוקית לגבי דבר מסוים או בכלל. את התשובה מאלוהים ניתן לקבל בצורות שונות. אני אישית לא פעם ולא פעמים חשתי שאלוהים נותן לי תשובות דרך המאמנת שלי.

נגענו קצת במעלות הקשר מאומן – מאמן ובתועלת שמפיק המאמן מקשר זה. עכשיו נעבור למעלות הרבות של הקשר מאומן – מאמן דווקא מצד המאמן עצמו.

"כחברי או. איי. אנו יכולים לתרום שעות רבות של שירות האחד לשני על ידי אימון ... עבור זאת אף אחד מאיתנו אינו מקבל תשלום בכסף. התגמול שלנו הינו משהו שכסף לא יכול לקנות - ההחלמה האישית שלנו." (12 ו12 עמוד 137)

חשבתי שאציע לעשות שרות, כדי להחזיר לאו. איי. מקצת ממה שהוא נתן לי. והופתעתי מאד. אני בהחלט תורמת, ואני בהחלט מחזירה. אך מה שהפתיע אותי היה, שגם כאשר אני נותנת שרות, אני מקבלת הרבה יותר מכפי שאני נותנת. כשאני לומדת את הצעדים עם מאומנת, בלתי - נמנע הוא שאלמד דבר - מה חדש, משהו שהיה עלי ללמוד. (קולות של החלמה 21 בדצמבר)

אז בואו כולנו נשתמש בכלי הזה, נהיה בקשר רצוף עם מאמנינו ונאמן אחרים - למען ההחלמה האישית שלנו!!

ג', ישראל

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## From our Trustee's Desk

How do I know when I am ready to be a sponsor? I have been asked this question several times.

I personally didn't have this problem. As I worked the HOW concept of the program, I was told that after 30 consecutive days of abstinence, answering 30 questions regarding Steps 1,2,3 with a sponsor and attending a Sponsorship Workshop I am ready to be a sponsor.

I was also told that I don't have to know everything. I just have to do what my sponsor did for me. I have to listen to the food plan of my sponsee and see if it is according to what is working for her. I have to give her a question about the three first steps and listen to her answer to the previous question and to help her with her recovery. If the sponsee has a question that I don't know the answer to, I can always ask my sponsor and if she doesn't know the answer, she can ask hers and so on.

Now after almost 18 years of sponsorship I know that there is a lot more to do in this service but at the beginning it was enough. I know now that my way of working the program is not the only good way to do so, and that I have to help my sponsee to find the best way that will work for her/him.

I know that I have to encourage my sponsee to work the steps, to find the spiritual path, strengthen the relationship with the God of his or her understanding, use the tools, do service and most of all help the sponsee be abstinent and in recovery.

My experience taught me to seek for balance. I learned in the program to take care of myself which means for example not to have too many sponsees at one time, so I'll have the time needed for each of them. I learned to limit the time I spend with a sponsee, to focus on the program, to speak OA and to honour the anonymity.

Being a sponsor made me keep my abstinence and be an example to my sponsees. It made me grow spiritually as I keep working the steps not only with my sponsor but with my sponsees who teach me more than I teach them.

By being a sponsor I carry the message of OA that's why I have to encourage my sponsees to become sponsors and to give service in all the levels of OA because together we can do.

Love in service  
Esti

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## Holders of Region 9 Service Positions

### Board

Trustee - Esti (Israel)  
Chair - Susan (Israel)  
Secretary -  
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)

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## **REGION 9 SECRETARY POSITION NOW AVAILABLE...**

Our Region 9 Secretary has had to resign his service position, and at the 2012 Region 9 Assembly in Poland, we will be voting for a new Region 9 Secretary. Below you can read the duties and election requirements for this position (for a more detailed description of the R9 Secretary position, refer to the R9 Bylaws and Policies & Procedures Manual). Those wishing to run for this position can send their application to the Region 9 Chair – Susan ([chair@oaregion9.org](mailto:chair@oaregion9.org)). It is also possible to put yourself forward as a candidate at Region 9 Assembly. You must be present at the R9 Assembly to be a candidate. Please – take notice to the qualifications needed to run for this position.

### **REGION 9 BYLAWS - PAGES 6, 8, 9**

#### **ARTICLE VII - COMPOSITION OF REGION 9 BOARD, Section 3 - Elections**

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. 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 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 comply with ARTICLE IV – Section 3 c (Each representative should have a minimum of six (6) consecutive months of current abstinence), 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.

c Board members are elected for a term of two consecutive years in the same position.

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.

### **REGION 9 POLICIES & PROCEDURES - Pages 4, 5, 6**

#### **II BOARD POSITIONS, AND DUTIES**

##### **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:**

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.

##### **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. 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. (1999h) 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)

## **REGION 9 REPRESENTATIVE:**

### **5. Standing for Elections**

During every Assembly, elections for positions of Committee Chairs and members of Region 9 Board are held (see Region 9 Bylaws, Article VII, Section 3 and Article IX, Section 3). A representative that feels willing to serve at region level is welcome to put themselves forward as a candidate. They may want to discuss such a decision with the Region Chair and their sponsor.

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### **Ask-It-Basket:**

(Questions come from OA region 9 members... answers come from OA world service Trustees. Q's & A's have been shortened for our newsletter - anyone wishing the full question & response, please email to Region 9 Chair.)

**Q. We (that means the Heidelberg Thursday OA group) have a question. We found the "OA group inventory" on the oa.org website and are now interested if there is more information available for the procedure of having a group inventory?**

**A.** Group inventory is a very important tool to strengthen a meeting. Strong meetings are important of our recovery, to attract newcomers and to spread the message which is our primary purpose. In addition to the group inventory there is also a strong meeting check list which can be found on OA's website. It is recommended to have a business meeting once a month or once in 2 months to deal with any problems that come up in the meeting and to do the group inventory and the strong meeting checklist. When doing the inventory and the checklist you'll come up with many ideas that will help you to have a stronger meeting. One idea might be to call members who stopped coming to this meeting and tell them we miss them and need them, another idea is to have a service of a newcomers greeter who will also be in touch with the newcomer during the week and encourage him to come to the next meeting .

**Q. Would you please answer my questions? If you help me, you will solve me a very big problem's you know and I am the servant of distributions of Iran literatures committee (in OA). On Monday we have an important meeting and nobody knows the answer of these questions.**

**1- When and how did the "12 steps and 12 traditions of over eater anonymous" make and confirm?**

**2- When and how the "voice of recovery" make and confirm?**

**3- When and how did the "over eaters anonymous" make and confirm?**

**4- Isn't it against of seventh tradition that we use the "big book" in OA literatures? and isn't it against of seventh tradition that we buy and sell the "big book"?**

**5- Isn't it against of 7th and 12th traditions that we use special names in the "for today"?**

**6- What is the base of continence and recovery for OA members?**

**7- What is the effect of lose weight and increase weight and turn to over eating on OA members? Do they announce again, or continue?**

**A.1.** The Twelve Steps and Twelve Traditions was copyrighted in 1990, and has had numerous revisions since then. The most recent revision was in 2008, I believe.

2. Voices of Recovery was copyrighted in 2002.

3. The Second Edition of Overeaters Anonymous was copyrighted in 2001. The first edition was copyrighted in 1980.

4. The 7th Tradition states that we are fully self-supporting, declining outside contributions. AA doesn't donate the books to us - that would be an outside contribution. By purchasing them from AA and then selling them only to OA members, we are fully self-supporting.

5. I'm not exactly sure what you mean by "special names" in the For Today. If you mean the quotes attributed to people by name that would not be against Tradition 12. Which states: "Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities". Anonymity here refers to OA members, and to the best of my knowledge none of the people quoted are or were OA members. And the 7th Tradition refers to being self-supporting, and doesn't seem to apply in this case. For your information, the Voices of Recovery uses only quotes from OA literature.

6. The basis of abstinence and recovery for OA members is a spiritual awakening gained by working OA's Twelve Steps. If I am powerless over food and my life is unmanageable (Step 1), I need a power greater than myself to be abstinent and recover (Step 2). In Step 3 I turn my will, my life and my eating over to a Higher Power who can help me stop eating compulsively. Working the remaining Steps helps me build a close relationship with my Higher Power, which allows me to stay abstinent and not go back to eating compulsively.

7. Some people don't keep track of how long they have been abstinent. If they eat compulsively, they don't start over, because they didn't keep track in the first place - they just continue. Other people do keep track, and if they eat compulsively, they get a new abstinence date. If I eat compulsively today, I can't say that I have been abstinent since July 19, 1990, because I wasn't abstinent today. I would have a new abstinence anniversary date, on the day that I once again stayed abstinent from compulsive eating.