

## **Chair's Report to the 2018 Assembly**

Thanks to South and East England IG OA for hosting the R9 Assembly and Convention this year. All of us in Region 9 are grateful for your efforts and valuable service.

Board and Committee Chairs meetings were done electronically throughout the past 10 months since our last assembly. These help keep all officers on track with goals and commitments. We also have time for discussions of concerns or ideas. Skype meetings have worked well to allow us all to "see" and hear each other as we coordinate our efforts to serve as your R9 Board.

The Region 9 Board has two new officers, Ewa and Alexandra who have stepped into their roles as Secretary and Treasurer. Along with David, our General Officer, and myself, we have done our best to carry out our duties in the past 10 months.

In addition to handling the "routine" business matters in Region 9, we have been dealing with the implementation of the General Data Protection Regulations (GDPR) for the EU countries. We formed a committee to address the impact of these upon our OA meetings and service bodies. While each country may also have additional laws or regulations, we have tried to provide some guidance and suggestions.

This is ongoing as we all learn these our way with these new regulations together. Many thanks to Darren, SEEIG, Caroline, Communication Officer OAGB, and David, General Officer R9 who help with this committee.

Email communications allow me to keep in regular contact with the other R9 officers, R9 Trustee, the Board of Trustees, the World Service Office, Committee Chairs, other Region Chairs, and OA members and Service Bodies within Region 9. The volume is large but this continues to be an easy effective way to exchange information.

OA Website & Region 9 Websites contain a wealth of information. Check them regularly for service and recovery matters. There are many downloads available for members and service bodies.

Region 9 Announcements are mailed weekly. Contact the R9 General Officer if you are not already on this list. R9 relies heavily on these weekly announcements to send out vital information to R9 members.

Meeting Information and Service Body information is so important for reaching everyone plus getting us all (newcomers especially) to recovery meetings. Please check regularly to see that your meetings and your service body information is correct on the WSO website. R9 also relies upon this same information to reach our service bodies.

NB: Due to the GDPR and our attempts to work out these regulations with OA Inc. we may update all of our Region 9 information to comply with having "current" data per GDPR. Look for more information on this as we continue to resolve the data protections issues with OA Inc.

Lifeline, our monthly recovery magazine, is available electronically now. Hard copy mailings to R9 members are costly and not self-supporting. OA continues to look at ways to improve Lifeline.

World Service Business Conference (WSBC) Chair's report was sent out. The business motions this year to do with creation of the new virtual region proved challenging. We had fewer delegates from

Region 9 this year. We were few but our participation was excellent. It was an honour to serve R9 again at WSBC.

Region Chairs Committee (RCC) is one of the duties of the Region 9 Chair. The first set of meetings took place at WSBC. This year, because of financial constraints, the Region Chairs were not invited to attend what was normally the second RCC meeting in August with the Board of Trustees. The additional RCC meeting is scheduled for November in California, USA. I will discuss attendance of R9 at this meeting at the assembly.

The RCC this year continues some tasks from last year and has set new goals for the coming year (our year being between WSBC):

- Submitting the 2017 Forum as a workshop in English, Spanish and French. This is just about completed and many thanks to Patricia, Belgium, for her help with the French translation, and to Viviana, Spain, for hers with the Spanish translation.
- Continuing the Green Dot Mentor matching program for WSBC
- Hosting the Forum for 2019 WSBC
- Creating three OA podcast sets, at least one of which will be non-English. (I am working on this subcommittee.)
- Review of OA materials to increase awareness of these resources (I am working on this subcommittee)
- Creating guidelines for service body chairs
- Creating a podcast with speakers who have experience building strong intergroups

Hosting the R9 Assembly and Convention is challenging, involves work and preparation, but is rewarding. If your service body is interested in hosting in the future, you will find the information for "how to" as an appendix to the P&P Manual. We will hear bids for upcoming years at this assembly. Anyone who is bidding, or who has hosted in the past, is also able to share about the experience.

Looking back, I believe the R9 Board has been challenged with again "serving with sanity" while we look for balance and simplicity to carry out the necessary tasks of running the region board.

Still looking for those who would like to serve Region 9 as an officer or as Region 9 Trustee.

Please consider how you might serve. Together we can....

Thanks for the opportunity to serve R9. I would like to thank the R9 Secretary, Treasurer, General Officer, Banker, Trustee, Committee Chairs, Service Coordinators, and Representatives for all their service efforts this year.

It is my pleasure to serve with you all. Your dedication and enthusiasm is inspiring.

Francene,  
R9 Chair

**Trustee Report  
Region 9  
July 17, 2018**

**I would like to thank everyone for being so welcoming since I was appointed to the position. I will do my best to fulfil the duties. I also want to thank Stella for the work she did over the past three years. She has answered all my many questions.**

**The Board of Trustees meeting is August 24-25. I'll provide updated information to the Region 9 Secretary to be posted in the Assembly Binder after the meeting.**

**I have answered questions from members in Region 9. The most recent dealt with the Serenity Prayer. The prayer is in the public domain. OA does not hold the copyright. If a meeting chooses, by group conscience, to change any of the wording, they are free to do so. I would advise that members are told the prayer has been altered so as not to confuse newcomers.**

**The three biggest issues have been royalties, translations and copyright. Fair use does not extend to posting daily meditations from For Today or Voices of Recovery, whether in English or any other language. There is a process when asking to use material under copyright. The information is on oa.org. There is also a process for translations. The Guidelines for Translations has been simplified to a major extent, although still quite long. I strongly recommend reading the document on oa.org.**

**When funding is given to translate a piece of literature (pamphlet or book), the funds are to be used for that purpose and may not be used for anything else. If you are**

**having problems, please contact WSO, the Region Chair, the Region Trustee. Everyone is more than willing to help resolve the issues. It is expected that the service body will provide quarterly or semi-annual updates as to the progress of the translation project.**

**Royalties are complicated. There is a different percentage for literature printed in a language other than English. Reprints of literature in English are under discussion. I've been in touch with two service bodies impacted by this. I've raised the issue at WSO and will do so at the Board of Trustees meeting. I hope to have more information at the Assembly in September.**

**I'll be doing a workshop in Berlin on October 7, 2018 and possibly participating in a speaker meeting. I don't speak German but DDOA is aware of that.**

**I will be in Paris from the evening of September 30 to the morning of October 5. I am planning to attend an English-speaking meeting while I'm there. My French is alright but to do a share at a meeting. After a few days in Paris, it improves.**

**This is my third Region 9 Assembly but my first as Trustee. Very exciting! If I speak too quickly, tell me. If I use words that are not understood, tell me. If you have a question, ask me.**

**Being a Trustee requires time, energy and a willingness to serve the fellowship. A Trustee for Region 9 must deal with distance, culture and language. I encourage any of you who meet the requirements of subpart B, OA Inc. Bylaws to consider the applying for the position. My**

**program and abstinence are stronger for the work of carrying the message.**

**Finally, I'd like to thank Francene, David, Ewa, Alexandra and Jutta for their support. No one does any Service position alone.**

**In Service**

**Bob F.**

**Region 9 Trustee**

## **R9 General Officer (GO) Report – Assembly 2018**

This is the second year that we have a General Officer in Region 9. I spent half of that first year in this position before completing the year as Treasurer for 6 months. I was grateful to be re-elected GO in Iceland for the next 2 years.

### Announcements

This continues to be the main function of the General Officer - compiling and sending out announcements to the R9 fellowship most weeks. With this comes the maintenance of our contact email mailing list. For many in Region 9, the GO is the first line of communication, and several emails are sent to the GO that need to be forwarded to others in the region.

### Website

Aided by our very able webmaster, Jutta, we made several minor updates to the website this year. There is always a lot to be done, and it has been a pleasure working with Jutta this year.

### PI Committee

I had the pleasure this year of being part of the amazing PI committee, who, under the leadership of Hilde, achieved their goals of producing several translations of the "STOP!" poster.

### SB Outreach Committee

Struggled to get started this year, but eventually we were able to send out contact emails to all registered service bodies who were not present at R9 Assembly in 2017. Thank you Ine.

### Non-affiliated meeting outreach

One of the tasks I undertook this year was to contact non-affiliated meetings throughout the region, encouraging them to either join an existing IG, or perhaps create one. These emails often led to dead-ends, non-existent meetings, meeting that thought they were affiliated and others who preferred to remain unaffiliated. It's always a pleasure to reach out and contact OA members from across the region - one of the highlights of this service position.

### Newsletter

We eventually got a newsletter out this year, after many people offered to help, and had to withdraw for various reasons. A big thank you to Ester who helped pull it all together in the end, and of course to all those who contributed articles.

### WhatsApp meetings

Over the year I have also been involved in the forming and growing of the R9 WhatsApp meetings which are helping spread the message of recovery to more and more members of OA in R9, and around the world.

### Virtual participation at R9 Assembly

At R9 Assembly 2017, I stated that I would look into this matter during the year. Unfortunately, this didn't happen.

Being GO also means helping prepare various documents for Assembly, Monthly skype meetings with other Board members, calendar and reminders, contact with WSO, and much much more.

Finally, special thanks to the R9 Board - Francene, Ewa and Alexandra - it has been a pleasure to work along side you throughout the year. Also many thanks to our outgoing Trustee, Stella, for your support and encouragement, and to our current Trustee, Bob, who is always willing to help and provide ESH.

It really is a pleasure to give service to Region 9. I thoroughly recommend it!

David S  
R9 General Officer, 2018

## Treasurer Report to Assembly 2018

I cannot really describe the satisfaction that comes from giving service at this international level. I get such a deep joy from exchanging support and corresponding with fellows from all over Europe, Middle East and Africa. I find it places me in “right relationship”; reminding me that I cannot do this level of service from a place of bondage of self; it is an act of Grace and an affirmation of my recovery that my Higher Power is working through me while at the same time reminding me I am one amongst thousands; a fellow amongst fellows. Not only am I not alone but also, out there, at the growing edge of the Overeater Anonymous fellowship there are people for whom Region 9 is their only contact; thus to connect with them outwardly is a mirror of my own growing edge of recovery within.

I often say that I have the capability to do this service position but I don't always have the capacity. What I mean by that is that the level of work itself is manageable but finding the time to dedicate to it hasn't always been easy. I started the year of this service being very clear with myself that I needed to be boundaried about the time I spent on it but learned quickly that it was going to require more time than I had but, I realised, this was where my HP wanted me to focus; so I took some strong actions to clear myself of other service positions and sponsorship relationships which were not flourishing. I found that I had more time to give to the role the more I stayed close to God. And I also found that I have an inner switch which tells me when I have given what I can and that will have to be enough for today. Letting go of perfectionism and workaholism has been a surprising gift of this service position to date.

### **Here are some of the tasks I have undertaken this year:**

**Budget Preparation:** as of July 2018 when writing this first draft the preparation of the budget is still a work in progress as is the conclusion of our 2017/18 year end accounts. Future drafts of this report will bring you uptodate on this progress.

**Administration of Applications for Funds:** the Treasurer receives applications for funding from service bodies; this is an interesting task; checking that all supporting evidence is in place and summarising applications for the Board to decide, vote and award funds accordingly.

**Maintaining records of Income and Expenditure:** this is something that the Treasurer shares with the Banker; we collaborate to bring together bank statements and notifications by email of donations, issue receipts (which we are behind on) and ensure accuracy of recording which helps with the year end reconciliation of accounts.

**Annual Report of Contributions, Income and Expenditure:** as of July 2018 when writing the first draft of this report this is still a work in progress as with the budget above. More details in due course.

**Maintaining of Bank Account and Records:** Following Reykjavik Assembly 2017 we closed the Euro bank account in accordance with the decision of the members. We now operate with one bank account which holds GBP. The work of maintaining records of



accounts is shared between the banker and treasurer (treasurer holds ultimate responsibility though as a board member).

**Liaising with Signatories and Banker:** this year we brought the signatories on the bank account and those with access to the bank account up to date.

**In conclusion:**

It is definitely a team effort; I simply couldn't do this role without my friend and fellow Pat who is our Banker and the love, patience and support I have received from David, General Officer, and Francene, Chair and the steady constancy of fellowship from our secretary Ewa. I haven't performed this role perfectly this year; I have been learning the ropes. I was voted in in Iceland 2017 just for one year until the position was open for election for the next 2 years this year in London. I intend to stand for re-election without a shadow of a doubt. If there is someone better qualified than me who wants to the position I will relinquish it with grace and gratitude for the sake of the region however if it is God's will and the will of the Group Conscience that I am re-elected I will be incredibly happy!

Thank you to Francene, David, Ewa and Pat, thank you to the Committee Chairs, thank you to our outgoing trustee Stella and welcome and thank you to our current trustee Bob. Thank you to everyone who has shown me their patience, compassion and love while I learned the ropes. Thank you to Angelika who nominated me for the position and for the group conscience that placed me here. Thank you to my Higher Power for It's unusual sense of humour and mysterious ways.

**Alexandra W, Region 9 Treasurer**

## **Secretary Report.**

As a Secretary I was participating in Board Meetings, was the liaison officer for the Translations Committee and Sponsor List Coordinators. For 6 months I was also GCC (WhatsApp meetings) voting member.

I found this service very rewarding, but also challenging as English isn't my first language and I started using it after many years mostly because of OA. I couldn't do this service without Board Members and my sponsor's support.

Francene was a huge help, taking off my shoulders all concerns connected with organizing Assembly in London 2018 and doing Archives in our Dropbox. I could always count on David and Alexandra, who grow not only into partners in crime called service but also into friends. Thank you all for giving me this opportunity to do the service and believing in me more than I do.

### **Report OA Region 9 PI Committee**

OA Region 9 Public Information Committee was formed in during the OA Assembly in ICELAND 2017

Goals:

Help promote the chosen PI Poster 'Stop hurting yourself with food'

Send the translated posters in the various languages to the website coordinator and have them put on the Region 9 website.

What we achieved was that we translated the poster into Hebrew, French and Dutch and the website coordinator posted them on the Region 9 website so everyone needing this language will be able to download the poster for free.

We also have written small articles for our newsletter and since we were able to work closely together with David as he was also part of our committee and his role as General Officer things worked smooth and really fast.

As of this moment a Danish poster is in development and as it happens the Poster is also translated in Italian.

We also have sent a copy of the end product to OA USA for reference and archive.

I would like to thank all of the committee members Soraya, Learke, Regula and last but surely not least David for the really awesome teamwork and fabulous service this past year. Very proudly I would like to say that in some instances it was quite challenging for some of us to find the right action or party to get everything done. I am ever so grateful and thankful to serve in this committee and thank you very much for letting me be of service.

Hilde v G  
PI Committee Chair

### **Sponsors List Coordinators**

In April, 2018 we began giving service as OA R9 Sponsors List Coordinators.

Our work involves forwarding the OA R9 Sponsors List to OA members who turn to us for assistance, filtering the list each person receives according to their individual needs.

One of our main focuses is to add more available sponsors to the list, in particular to increase the number of available male sponsors on it. Since our request for more male sponsors was posted in the OA R9 Newsletter, we are glad to report that a few males wrote to us offering to give service in this way.

Currently, the following are the languages in which our various sponsors communicate with their sponsees: English, French, German, Spanish Italian, Hebrew, Greek, Polish, Danish, Yiddish, Arabic, Hindi, Tamil, Russian Hungarian, & Sepedi (North Sotho).

Grateful for the opportunity to give this service,

Agnes and Reva  
OA R9 Sponsors List Coordinators

### **Report Country Outreach**

I've had the wonderful opportunity to do service as Outreach Coordinator during the past year.

We were two OA fellows who did this service in the autumn of 2017, and the service consisted of engaging in the work of previous coordinators, drafting a contact email and setting up a framework for the service. In spring, one of us ended her outreach service to focus on other service positions. The work done during the spring and summer has consisted of contact 116 OA members in countries that have not sent representatives to the Assembly in recent years. I estimate the time spent on this service to be about 1-2 hours a week.

It has been incredibly rewarding to be in the service position of Outreach Coordinator this year! It required me to work on my daily routine and to challenge my tendency to procrastinate. I've had the amazing opportunity to come in contact and exchange experiences with OA members in various countries within our region, members who I would otherwise never have talked to. Sometimes there was no response, but many have opened up and shared their stories. Through this service I've been given a very rewarding means of contributing to our primary purpose, to carry the message.

Im grateful for the opportunity to recover through service,  
Ine  
Outreach Coordinator in Region 9

## **WSBC 2018 Report**

I had the fantastic opportunity to do service by representing region 9 at the annual World Service Business Conference, which this year had the theme "Grow Recovery Worldwide".

After a lengthy Transatlantic flight, I arrived at the hotel in Albuquerque, New Mexico on Sunday night. I met a couple of OA friends from Region 9 in the lobby and felt more at ease at once!

The first OA meeting was held after lunch the following Monday, and I got the chance to meet numerous amazing OA members, who had been abstinent for a long, long time. Right after the meeting, we received our nametags, thick conference binders and all necessary information about our respective committees, at the registration desk. After breakfast and the OA meeting on Tuesday morning, I took the OA shuttle to Walmart and shopped for groceries. To someone who's never even visited the US, simply being at Walmart was exciting to me!

There were five workshops at the Assembly: "Building a Foundation of Strong Recovery", "Building Healthy Service Bodies", "The Glue That Holds Us Together: Service, Traditions and Concepts", "Combining the Strengths of Virtual and Face-to-face Meetings", and "Carrying the Message". A fantastic forum was held on Wednesday morning: "Recovery Roadmap". The region Chairs had prepared a wonderful forum where we got a roadmap that showed all kinds of places you can visit on our journey towards recovery, such as Resentment Road, Terminally Unique Boutique and Humility Hollow. During the forum, speakers came to our table and shared their experience of locations on the map that they had visited during their recovery.

After the forum, it was time for committee work, which we carried out all day. I'm in the committee "Unity with Diversity", where I was elected chair in the Translation subcommittee. I think it would be beneficial for region 9 to have a link to this subcommittee to help avoid double effort in the field of translation.

Thursday, Friday and Saturday were filled to the brim with business meetings. This year we had 188 Delegates from 17 countries: US, Australia, Austria, Brazil, Canada, Costa Rica, UK, Germany, Greece, Ireland, Israel, Mexico, New Zealand, South Africa, Spain, Sweden and Venezuela. 9 out of these countries are part of our region!

The theme of this year's conference was "Grow Recovery Worldwide", and this indeed permeated everything from the workshops and forum to the OA meetings, formal and informal. I will carry with me the experience for a long, long time. I believe that a very important part of growing recovery worldwide is to grow awareness about translations. To learn about the program in the language of the heart is so valuable, and to raise awareness of that is something that the Translation subcommittee will focus their service on this coming year.

I'm truly grateful for the opportunity to recover through service. Thank you!

Ine

WSBC delegate for Region 9

## Webmaster Report

In September 2017 I took over the service of the webmaster for Region 9. The beginning time was not easy, because no training could be done by my predecessor. With the e-mail and mailing list administration program provided by Koumbit I also had my difficulties, especially with the support. A French provider who, like me, does not speak English as the first language. We could hardly understand each other.

After overcoming my fear of doing something wrong and a lot of support from the Region9 team I could soon be useful as a webmaster:

- Set up e-mail addresses and give help when using
- Manage mailing lists
- Edit event calendar
- Edit sidebar
- Edit pages
- Upload and manage media
- create tables
- Automate and download backups
- Update plugins and WP
- Help with difficulties with Internet applications, etc.

The General Data Protection Regulation was updated constantly for the website. The mailing lists are configured to periodically remind users that they are still registered in the mailing list and that they can log out themselves at any time.

Further prospects:

- The user manual must be revised
- Many websites have links that do not work

I like the responsible service very well and I'm glad that I can learn a lot here. Thanks for your trust.

Jutta  
Webmaster

## REPORT TO 2018 ASSEMBLY FROM SPANISH LANGUAGE SERVICE (SLSB) BOARD REPRESENTATIVE

This is Monica in Madrid, a grateful recovering compulsive eater and your representative for the Spanish Language Service Board. This year has been a historic one for the SLSB. After keeping the adhoc group alive for 2 years, first becoming a virtual service group for 9 months in the hopes of gaining legal status, recognition and financial aid to send a representative to World Service Conference, after changing requirements in the statutes for language service boards in April of 2018, the SLSB finally has the opportunity to become an official service body serving OA as a whole.

The SLSB came to life again in 2016, after failed attempts years earlier, with the help of Region 9's then trustee Stella doing the footwork to join Spanish speaking delegates at that year's World Service Conference. Your representative had the honor of being at that meeting. We all met, Alejandra from Costa Rica, Silvia from California, Louise from Mexico, Vianca from Venezuela, Paula W from Florida and myself, pooling our resources together to form an ad-hoc group. We started writing the statutes with the primary purpose in mind, to help the compulsive overeater who still suffers especially those that speak Spanish. The problem was that we had groups and intergroups from various regions that didn't want to give up their status of belonging to their logistically situated region. After meeting with various trustees, we decided to convince a couple virtual groups to join our intergroup so we could register as an official virtual intergroup and send a representative to conference. But that wasn't well received by either the trustees or some of our members. We aren't a virtual service group but we couldn't become a real LSB under the then bylaws. Finally we put a motion forward to change Article VII – Regions, Section 1 – Definition & Section 2 - Composition, to allow language service boards to choose to be affiliated or not to a region. It passed and we were very happy about that.

At this writing we are still waiting for acceptance of our language service board status which we expect to obtain soon.

The SLSB meets every month on the first Sunday of each month. We have had elections in May. Alexandra from Costa Rica has been re-elected as the coordinator, Gema from Spain is the vice chair, Silvia from California is the delegate and the web designer, Chema from Spain is the vice web designer. Our current projects include creating a website for Spanish speaking current and future members of OA. We are attempting to translate the second edition of the 12 and 12. The SLSB currently provides a meeting place for different groups to exchange information and resources in Spanish. It is a pleasure for this member to meeting and work alongside members from all over the Spanish speaking community. Thank you for letting me serve you in this matter. Please send any inquiries to my service email [\\*monicainservice@gmail.com\\*](mailto:monicainservice@gmail.com).