

BINDER SECTION B

REPORTS

1. REGION 9 CHAIR'S REPORT TO REGION 9 ASSEMBLY 2019

Thanks to the Italian NSB 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 12 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. Zoom 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 a new Secretary, Lisa from South Africa, who has stepped into the Secretary role after Bea had to resign. Along with David, our General Officer, Alexandra, our Treasurer, and myself, we have done our best to carry out our duties in the past year.

In addition to handling the “routine” business matters in Region 9, we have still been dealing with the implementation of the General Data Protection Regulations (GDPR) . Our R9 committee continues to address the impact of these upon our R9 OA meetings and R9 service bodies. While each country may also have additional laws or regulations, we try to provide some general guidance and suggestions. This is ongoing as we all learn these our way with these new regulations together. Many thanks to Darren, SEEIG, David, General Officer R9, Lucy from South and East England IG, and Harmen from DDOA who helped with this committee this last year.

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 information. 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: We have been asked now that groups and service bodies please use generic emails in their contact details. This does then comply with GDPR and the principle of anonymity. If you have questions about how to do this, please let me know.

World Service Business Conference (WSBC) Chair's report was sent out. We again 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, the second RCC meeting in August with the Board of Trustees to discuss the Strategic Operation Plan will be held virtually. The additional RCC3 meeting is scheduled for October in Minnesota, USA. I will not attend as it is too close to our assembly, and also feel it would not benefit R9.

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

- Submitted the 2019 Forum as a workshop.
- Discontinuing the Green Dot Mentor matching program for WSBC. This coming year (2020) the WSO staff will match green dots and mentors.
- Hosting the Forum for 2020 is still under discussion because of the change to the WSBC schedule.
- Creating the remaining two OA podcast sets –one in Spanish and one in French. Also a document about “how to” produce podcasts (I am working on this subcommittee.)
- Hope Podcasts
- Virtual Exchange – encourage virtual service; education in the regions about virtual meetings; produce a workshop

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.

NB: We really need a service body to consider hosting for 2020.

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.

We are always looking for those who would like to serve Region 9 as an officer, Trustee, service coordinator, or in our committees. 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 of their service efforts this year.

It is my pleasure to serve with you all. Your dedication and enthusiasm is inspiring. My four years serving as R9 Chair have been a learning experience and also very rewarding.

Francene,
R9 Chair

2. WSBC 2019 REPORT FROM FRANCENE A, REGION 9 CHAIR

Theme: Growing Our Membership Worldwide

Attendance: 188 eligible to vote, 17 countries (Australia, Austria, Brazil, Canada, Costa Rica, Germany, Greece, Israel, Italy, Mexico, New Zealand, Portugal, Spain, Sweden, Thailand, UK and US)

R9 Delegates: 12 Delegates attended from 9 countries. R9 had 10 of 62 service bodies represented for 16% representation this year.

Literature Adopted:

'Body Imagine, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous' [New literature]

'Welcome Back: Suggestions for Members in Relapse and For Those Who Care' leaflet (combining 'Welcome Back' and 'Members in Relapse'). See Note 4 – there is a proviso for service bodies licensed to translate already continuing sales until the new one is in place.

Group Conscience Business details will be sent in about 30 days in the final conference report.

New Business Motions Adopted: * by consent
agenda B, C, D, E*, F, H*, J, K.

Bylaw Amendments Adopted: * by consent
agenda 5*, 6*, 7*, 8*, 9*, 10*, 12.

Our 'statement on abstinence' was changed to 'definitions' (abstinence, recovery):

The WSBC 2019 accepts the following definitions:

1) Abstinence: The act of refraining from compulsive eating and compulsive food behaviours while working towards or maintaining a healthy body weight.

2) Recovery: Removal of the need to engage in compulsive eating behaviours.

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

The Statement on Public and Social Media (Motion K with Motion M) was expanded. (see 1 below for details)

Trustee Elections:

- Hanna – R2
- Barbara – R5
- Beth B – R6
- Andrea 'Andi' – R8
- Vasiliki – R9
- Letitia – R10
- Tina C (General Service Trustee)

7th Tradition Collected: \$6,252

Please let me know if you have any questions before the final report is sent.

It was my honour and pleasure to serve Region 9 at WSBC.

Francene Region 9 Chair

1. Statement on Public and Social Media

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2019 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous. The fellowship is not.

Members of OA are responsible for maintaining their anonymity and respecting the anonymity of other OA members. When attending an OA meeting, whether face-to-face or virtual, members are encouraged to seek appropriate means to protect their own anonymity and that of fellow members.

All registered virtual meetings shall inform members that their anonymity is not fully protected when attending a virtual meeting. Find options for protecting anonymity at ['Guidelines for Anonymity in the Digital World'](#).

2. Literature Not Adopted:

'Dignity of Choice: Establishing a Plan of Eating' leaflet (combining 'Dignity of Choice' and 'A Plan of Eating')

3. NB: 104,000 people receive the World Service mailer!

Are you one of them?

4. Proviso on literature:

Service bodies licensed to translate and publish ...shall be permitted to continue publications and sales until such time that [the new literature] is translated and published.

3. REGION 9 TRUSTEE'S REPORT TO REGION 9 ASSEMBLY 2019

	July 1, 2019	January, 2019	2018
Affiliated Groups	756	727	723
Unaffiliated Groups	123	146	136
Total number of Groups	879	873	859
Total number of Intergroups	50	51	51
Total number of Service Boards	11	13	13

I was elected Region 9 Trustee at the WSBC on May 6-11 2019. My term is for two years. I had attended WSBC as Region Nine Delegate. Please refer to related WSBC Delegate report. My role is to be the liaison between the Board of Trustees and the Region Nine.

As I am one of the two (of sixteen) trustees at the BOT from non English Speaking Countries, my first priority is to work on challenges to carry the message beyond language barriers. I work at three relevant **Committees: International Translations /Publications, Ad hoc Language Service Boards, and Public Awareness.**

Language Diversity News:

- The Italian version of *Voices of Recovery* will be the **first ebook** of OA translated literature. The cost of \$250 to convert the document into the digital format (Mobi) for an Amazon ebook will be paid by the International Translation Assistance Fund. The Italian NSB will check the reformatted book. All royalties will go to WSO.
- A **Welcome letter translated in several languages** was sent to eighteen new groups.
- Serbian, a **new language** and a new country were added in OA. This is the **24th language** of Region nine, in which there are digital files **of translated literature**. First meeting in Belgrade, Serbia.
- The "**Where do I start?**" pamphlet was translated by OA.Inc, into two more Region's nine languages: Serbian and Zulu. The cost (\$1708 and \$2247.37) was covered by the Special Translation Fund of the IP/T committee and it is now available to interested newcomers, groups and service bodies, into 11 Languages, between them seven R9 Languages: Arabic, Finish, French, Norwegian, Persian, Serbian, Zulu.
- The "**Stop**" poster is now translated and available in two more language: Russian and Hungarian.
- **Funds** for Region's nine Service Bodies a) were approved by the board of Region nine, for translation and printing of *Voices of Recovery* in Polish (£770), b) *Twelve Step workbook and Study Guide* in Russian (£910) and c) were approved by the International Translation Committee (Translation Assistance Fund) to the Gauteng Intergroup, **South Africa** \$2000 for six pamphlets into **Afrikaans**).
- Were provided answers to different phone/mailed questions concerning translation projects into Greek, Norwegian, Persian, Russian, Turkish.

- OA literature in **Spanish** was offered by the Spanish NSB to start a new group in Paraguay. Contacts through trustees, WSO and the Spanish Language Service Board.
- New informal translation group into **Portuguese**.
- As chair of the ad hoc **Language Service Boards Committee** of the BOT, I had the pleasure to work with other trustees, Delegates and members of the **Spanish LSB** from different countries and Regions on **LSBs definition and registration**.

Part of my service is to support groups and service bodies, conducting workshops and attending Assemblies and Conventions. So if you would like me to attend one of your events, let me know and I will try to help as best as can.

Assemblies and Conventions news:

- Two Assemblies and Convention were organized the weekend May 31 – Jun 2: in France, Paris, by the the **National French NSB**, and in Heidelberg, Deucheland by the **German Language SB** (DDOA International, four german speaking countries).
- Three **National Assemblies and Conventions** will be held in autumn: Two **Assemblies and Conventions in October in UK and in Spain** (Madrid, October 4-6) and one in **November in Greece** (Thessaloniki, November 28 – December 1).

Trustee's first months work:

- I received and **answered questions** by mail, phone, skype, whatsApp, from Iran, Norway, U.K, Belgium, Switzerland, France, Germany, Spain, Italy, Russia, Serbia, Turkey, Greece. Most of them on traditions' practice, service structure, translation or literature issues. Some on points of sales of translated literature. One on creation of website (thanks to the virtual trustee). One on checking bylaws. A Greek group asked me to sent to a Norwegian newcomer "*Where do I start?*" in Norwegian.
- I facilitated Region nine on **translated literature and language issues**, working for the **IP/T, and the ad hoc LSB committee**.
- I brought to Region nine the suggestions of the **International Public Awarness Committee**, in which I work and the suggestions of the Virtual Trustee.
- I **visited a new group** in Greece. I attended three **virtual Trustees orientations, virtual business meetings of the SLSB and the three committees**. I have been **virtual speaker in Moscou**, and planned to travel for workshops: in September in Switzerland, Berne, common for both French and German IG, in October in Spain, Madrid , during National Assembly & Convention, in October in Italy, Rome (Regional Asembly & Convention), in November in Greece, Thessaloniki during National Assembly & Convention.

Next meeting of the Board of Trustees on August 23-24, in Albuquerque, New Mexico. I will bring the news to the Assembly.

Grateful for my personal training to my mentor, other trustees, WSO officers, Region nine Chair and officers!

Vasiliki T
Region Nine Trustee
August 14th 2019

4. GENERAL OFFICER'S REPORT TO REGION 9 ASSEMBLY 2019

I am now completing the second year of this two-year term, after also spending an earlier year in this position, which was divided into 6 months as GO, and 6 months as acting Treasurer. Giving service is a passion of mine, and to be able to serve on the Region 9 Board for the last 3 years has been a privilege.

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.

Acting Secretary

Part of the role of General Officer is to fill in for Secretary or Treasurer if there is a need. This year, our secretary had to stand down, so I stepped in to this position for a few weeks until Lisa was appointed.

Website

Aided by our very able webmaster, Jutta, we made several minor updates to the website this year. Other than some small updates to the website, no major overhaul was carried out this year. This continues to be an opportunity to do bigger and better things. A big thank you to Jutta who has done a fantastic job maintaining the R9 website for the last 2 years, and is not rotating out of this service.

PI Committee

Once again I had the pleasure this year of accompanying the PI committee. This year, the PI committee was relatively quiet, and my involvement was minimal. Thanks to Hilde for always being available and ready to move forward when needed.

SB Outreach Committee

Two enthusiastic service coordinators took on this project this year and did a great job contacting service bodies who were unable to attend R9 Assembly in London. Many thanks to Emilia and Patricia for this.

Non-affiliated meeting outreach

This project continued in 2018-19, concentrating on countries where service bodies already existed. Some recipients were surprised to hear that they were not already affiliated, and then updated their registration settings at WSO. This continues to be a big task in R9, as we have the most number of unaffiliated meetings out of any region.

Newsletter

Once again, the newsletter got off to a shaky start this year. However, due to the big help of Umoja from the UK who did all the proof-reading and editing, and Panagiotis from Greece for the graphics and artwork putting it altogether.

In 2019/2020 we are looking for a co-ordinator to do this role, and there's no reason why we cannot put out more than one Newsletter next year.

Virtual participation at R9 Assembly

This year we set up an ad-hoc committee to investigate this further. Very excited to present to Assembly a proposal which will take this one step closer to reality - first by letting OA visitors in Region 9 view the Assembly proceedings live on their computer or phone, and then hopefully, in a couple of years, allowing Reps to vote this way as well. Thanks to fellow committee members Alexis and Dimitrios. And also thanks to Region 8 who are so willing to share their experience with this.

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

Finally, special thanks to the R9 Board - Francene, Alexandra and Lisa - it has been a pleasure to work along side you throughout the year. Also many thanks to our former Trustee, Bob, and our new Trustee, Vassiliki, who are 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, 2019

5. TREASURER'S REPORT TO REGION 9 ASSEMBLY 2019

Headlines:

1. Background to this Role and this Report
2. The key achievements of 2018-19 and onwards...
3. Euro Account and PayPal
4. Move to using NatWest Bankline
5. Fraudulent Transaction
6. Inclusion of "STC Workshops" in Budget (Service Traditions and Concepts)
7. Notable underspend in Rep Assistance funding this year
8. Commentary on the 2018-19 Accounts
9. Commentary on the 2019-20 adjusted budget
10. Commentary on the preliminary budget for 2020-21
11. The Treasurer and Banker roles now and moving forwards
12. Conclusions

Background to this Role and this Report

Hi, my name is Alexandra and I am a compulsive overeater. I am also the Treasurer for OA Region 9 and have been in the role for nearly 2 years having taken the position in Reykjavik in 2017 for one year and then been elected for a 2 year term, meaning the position will be up for re-election at Assembly 2020. I attended Reykjavik as a Green Dot and was asked to put myself forward for Treasurer when the elections came up. I initially declined but was nominated nonetheless and agreed very reluctantly to serve the will of the group conscience; of course I was elected and I have been, more or less, really enjoying the role ever since. It is not easy; not for me; the role has a number of facets not least being a voting member of the Board which means I am expected to be up to speed on most matters so I can make an informed vote. It took me while as Green Dot just to learn how the Region operates and the full scope of our activity.

I am not a professional in the field of finance and as such it can take me longer than some to process information. There has been a phenomenal amount of learning "on the job". I am reminded every now and again by David our general officer that I am the longest serving treasurer for a good few years and that the roles of treasurer and banker are still newly evolving together. It is my personal goal in this role that by the time the position is up for re-election at assembly 2020 that we will have simplified everything to its purest form; and that anyone willing could take the position and make it work. If you are interested in being considered for Treasurer at Assembly 2020 then do make contact with me so we can talk. I would consider standing again for election in 2020 myself or I would also consider a move into another of the Board positions, if it be God's will.

The key achievements of 2018-19 and onwards...

At the Assembly in London in 2019 Anne was elected as Banker taking over from Pat. When Pat was our banker the role was hamstrung by difficulty accessing the bank account. Neither myself as treasurer nor Pat as the banker had access to the online banking which meant Pat, bless her, had to act as a go-between relaying messages to our previous banker to ask her to make transactions. This was a long way from ideal. When Anne came into the position, with her background in finance and good working relationship with our bank, the absolute number one priority was to get us both onto the bank mandate.

This took many months longer than anticipated with no small amount of obstacles in our way but earlier this year we were both able to access the online banking for the first time and I consider that a major achievement (and relief!) and thank Anne for all the work she put in to making that happen.

The next priority after the bank mandate was to establish a working procedure between us for record keeping and the issue of receipts. This too has been one of the triumphs of this year for me as we have a workable spreadsheet which I understand which has made the completion of the accounts and preparation of the budget a much easier task than previously. We continue to seek to simplify this system. We keep a simple ledger of Income and Expenditure but for 3 accounts, see below.

Euro Account and PayPal

- In our efforts to keep things simple one of the complicating factors has been the continued presence of our Euro account and also the PayPal account.
- In 2017 the Assembly voted to close the Euro account and action was taken by the banker to do so
- We discovered this year after a sizeable donation was sent by an Intergroup that the Euro account had not been closed by NatWest even though we had requested it
- Some debate has since followed as to whether we should keep the Euro account or not
- There were strong arguments for and against but the Board decided to uphold the Assembly decision and close the Euro account

- This year was the first year we realised we needed to include PayPal in our accounting systems properly
- The Region 9 Whatsapp intergroup "GCC" had been using our PayPal to collect tradition 7 monies
- It was becoming complicated that we were also receiving contributions to Region 9 at the same time and the senders were not always making it obvious to whom it was intended
- The Board asked GCC Whatsapp to open their own account and a line was drawn such that monies intended for GCC were passed to them and the rest retained by Region 9
- A number of sizeable donations via PayPal this year has led to its inclusion in our accounting procedures
- PayPal is not as secure as Banking as a way for us to handle transactions and we are looking to reduce and minimise the amount of large transactions coming via PayPal
- Many individual fellows make monthly payments to Region 9 via PayPal on a standing order usually around £5 per month

Move to using NatWest Bankline

- In July 2019 the Board voted to adopt a suggestion put forward by Banker Anne to switch from the current account with NatWest to NatWest's online banking for business platform "bankline"
- In essence this does not change the bank details but what it does do is allow us dual authorisation on payments; so no one individual can make payments without a back up
- The bank account that we had was not fit for purpose so this move is an improvement in terms of access, manageability and security
- People living in countries other than the UK can view Bankline; so this supports a treasurer from outside the UK to keep an overview of our banking

Fraudulent Transaction

- In May 2019 we noticed a direct debit had been established to a Hudson Energy Supplies which had not be authorised by us
- We moved swiftly to contact both the bank and Hudson Energy to shut this down
- It was established that none of the signatories on the mandate had instigated it
- This could have simply been an inputting error at the bank or Hudson Energy
- The amount was returned, the direct debit stopped and nothing further has occurred

- What this did was consolidate the importance of having a system whereby 2 signatories are required

Inclusion of “STC Workshops” in Budget (Service Traditions and Concepts)

- In recent years we have seen an underspend on the Translations and Projects Fund
- (Although not for the current financial year which seems on track to match the budget)
- As our outgoing trustee Bob F reminded us regularly it is part of the role of the Board members to undertake STC workshops
- In parallel to this we were also meditating on why we have seen a tapering off of translations projects
- A hypothesis was put forward that we may have reached a critical mass of translations where service bodies are strongest and in order to further translations we need to “12 step within” those geographical areas perhaps without intergroups or where intergroups are struggling
- The solution, we realised, was to undertake STC workshops in those areas
- An initial suggestion was made that we could underwrite the cost of service bodies hosting STC workshops by calling it a “project” and making an application to the Translations and Projects Fund to do so
- This evolved into a recognition that we needed to fund that separately
- A workshop was held in London by South East England Intergroup so a couple of people could attend for training purposes
- Borne of that workshop is a new committee “Inspiring through Service” and this committee aims to undertake STC Workshops in areas of Region 9 that would benefit from a boost
- In order to support this developmental work a line has been added to the budget for this current year and the next
- The committee has requested the budget to read £1500 this year (£1000 for face to face workshops and £500 to begin the development of a virtual STC platform) and £4000 for next year (£3000 for face to face and £1000 for the virtual platform)
- Approved by the Board this line is included
- The virtual development we see as having 2 key functions: a platform for loners and areas where intergroups are not strong to be able to undertake STC workshops online with podcasts, videos and interactivity, and secondly to provide support to “facilitate the facilitators” to develop in each geographical area of the region a team of people empowered to lead these workshops themselves once they have attended the first
- We see this as exciting investment in the growth and expansion of Region 9

Notable underspend in Rep Assistance funding this year

- In 2019 for the Rome Assembly we anticipated that we would receive a high number of Rep Assistance applications
- In the end we only received 4 in total; coming to just about half the allocated budget
- The Board are not in a position to approach loners or lone groups and tell them to apply
- It is our desire that next year we are able to coach loners or lone groups or new intergroups to take up this funding as attendance at Assembly really plugs you into the global fellowship in a way nothing else can

Commentary on the 2018-19 Accounts

- The 2018-19 Statement of Accounts is to be viewed alongside this report
- At time of writing the Statement of Accounts has not yet been “audited” and therefore may be subject to an update between now and Assembly
- There was a surplus of £6,693.41 which included the £3000 allocated to GDPR which went unspent in this financial year

- (The £3000 for GDPR has been retained in this and next years budget and split £1500 for each year)
- We received a higher than usual contribution from Assembly and Convention due to a surplus from the organising committee, this also contributed to the surplus
- There was a slight overspend in the Chair's expenses to WSBC (RCC1)
- We did not need to draw on funding to send a nominee to WSBC as we had two nominees; one was our delegate and the other funded by the service body
- There was a slight overspend on Rep Assistance for the 2018 Assembly
- There was a noticeable underspend on Translations and Projects Fund which was a significant contributor to the discussions around STC Workshops leading to more translations in the future
- The GDPR £3000 was unspent but is still needed so has been carried forward into this financial year and the next, split as £1500 each year

Commentary on the 2019-20 adjusted budget

- For this financial year only PayPal income is listed as separate from Member Contributions, to be integrated next year
- Line 3001: We have adjusted the Chair's expenses for WSBC/RCC1 to allow for additional travel costs +£300
- Line 3003: We have taken out the Chair RCC3 expenses as this year will be virtual
- Line 3008: We know that the Rep Assistance fund was underspent
- Line 3008a: Given previous years surplus we have reinstated the fund for a delegate to attend WSBC
- Line 3009: Note the name change was "website" and now includes Zoom costs, Board requires a Zoom subscription which has been added
- Line 3013: Increase in bank charges relate to the move to Bankline; the benefits of Bankline outweigh the costs
- Line 3100a: GDPR carry over as previously outlined
- Line 3100c: STC workshops as previously outlined (new line)

Commentary on the preliminary budget for 2020-21

- Line 3002: Chair travel to RCC2 deemed necessary, new Chair
- Line 3004: Nominee Trustee; nominations will take place in Spring 2021
- Line 3008: Increase in Rep Assistance (despite underspend this year the Board felt it our responsibility to encourage lone groups and new intergroups to apply to attend Assembly)
- Line 3005a: Parliamentarian deemed important given we will have a new Chair
- Lines 3100, 3100a and 3100c: Translations and Projects remain the same with additional line of GDPR project and STC workshop projects as previously detailed

The Treasurer and Banker roles now and moving forwards

The Banker role is up for re-election this Assembly; at the time of writing this report it is my understanding that Anne is willing to stand again and I would support her re-election in the name of continuity. By the time the Treasurer role is up for re-election in Assembly 2020 it is our vision that we will have the following completely up and running, as simply as possible:

- Bankline online banking platform with treasurer and banker with twin permissions to view
- 2 approvals required on each transaction
- A simplified recording system of income and expenditure (just the GBP account and PayPal)
- Quarterly financial reporting to the Board
- Timely receipts for contributions (Anne has done this so far and I am very grateful)

The main areas of work for the treasurer are:

1. Being a Board member and part of that team; holding a strategic overview of R9 activity and making decisions as part of the Board
2. Liaison with Banker and working with the bank reconciliation spreadsheets
3. Providing the Board with Financial Updates
4. Monitoring the Budget and preparing Budget and report for Assembly
5. Undertaking "audit" (checks that our accounting procedures serve us)
6. Receipt and processing of the Translations and Projects Fund applications
7. Liaison with T&P fund recipients around their projects
8. Receipt and processing of Rep Assistance Fund Applications
9. Compiling and sending of WSO contributions on behalf of service bodies
10. End of Year reconciliation of accounts and preparation of statement of accounts
11. Soon to administer DSF applications to WSBC
12. Prepare motions for assembly

Conclusions

On a purely personal note those of you who read last years report from me will be able to see how different I am in the treasurer role a year later; still being very much supported of course but so much more capable. This has been a year of tremendous change and growth; just the very basic joys of being able to access the bank account and all transformation that Anne has brought in her Banker role has really shifted this work into another gear or 3. To be able to use the budgeting process to be able to shape and define the future of Region 9's work has also been a realisation of a personal vision of mine for this service (albeit a completely collaborative effort). The move away from conservative budgeting in favour of innovation and investment has felt inspired and positive for us all.

A huge thank you to my fellow long suffering Board members, the Banker, the Trustee (and our former trustees), all committee chairs and everyone who has helped this year.

I hope you all enjoyed reading this report; see you in Rome!

Alexandra W, Region 9 Treasurer
August 2019

6. SECRETARY'S REPORT TO REGION 9 ASSEMBLY 2019

It was an unexpected honour to be elected as the Secretary to the Board of Region 9 at the Assembly in London in 2018.

It was a huge leap from acting as Intergroup Chair, but the landing was softened by the professional but very warm support and guidance received from the rest of the Board, our Banker who was elected at that same Assembly, and our Trustee

Unfortunately, due to personal reasons I had to resign from this position after approximately 6 months, but during my time on the Board my responsibilities included:

- Typing and distributing the minutes of the monthly Board meetings
- Renewing Region 9's authorisation to use the OA logo
- Acting as Board liaison for the Translations Committee
- Liaising with the Hosting Committee organising this year's assembly
- Assisting in the preparation of the Assembly invitation pack and the binder documentation
- Reviewing and updating the Region 9 Assembly Hosting Guidelines

The most eye-opening thing I learned during this time was how fortunate I am, in Great Britain where I live, to have all of the resources OA has to offer available to me in my native language, compared to the struggles faced by my fellows in other countries where there may be fewer members and fewer resources.

I also learned that I was far more capable than I thought I was and that service at this level, working alongside and on behalf of other compulsive eaters is to be embraced rather than feared.

I would encourage anyone, even remotely curious about serving Region 9, as a Board member, committee member or volunteer, to set aside any doubts you might have and investigate further. It was a privilege to support the Board in its primary purpose, to carry the OA message to the still suffering compulsive overeater, wherever they may live and whatever language they may speak. Thank you for allowing me to serve.

Bea

7. INTERIM SECRETARY'S REPORT TO REGION 9 ASSEMBLY 2019

Some three months ago the position of Region 9 secretary became open, to be filled mid-term until the end of the upcoming Assembly in Rome. I was offered this service opportunity and was willing to take this on after discussions with my sponsor. A large part of my recovery in OA is learning to relate healthily, and especially in my work and service life, to relate harmoniously and in co-operation with others. I recognised that doing this service would give me a chance to learn and grow and further develop myself in my relationship with others.

These last months have given me insight into the extensive amounts of work done by the Region 9 Board. I have witnessed the OA principles in action through this service structure and its workings – the many dialogues, the consideration for each person's views, the good spirited fellowship and respect for each other, the responsibilities undertaken, the trust shared and the primary purpose being carried out – to carry the OA message to compulsive overeater who still suffers.

I am grateful to be able to do my part in the work of the Region 9 Board, and am thankful for this opportunity.

Lisa B

8. PUBLIC INFORMATION COMMITTEE CHAIR'S REPORT TO REGION 9 ASSEMBLY 2019

Dear Fellows,

Another year has passed and I am looking back on a year with lots of wonderful moments and happenings with fellows who all trudge the road to happiness in recovery. I started my journey in this PI role in 2017 in Iceland and had the opportunity to work with a small team and we had one big goal which was taking the poster "Don't hurt yourself with food", and translated in all the languages of our region.

I am very happy to announce that we are still working on the posters goal, since London 2018 we are working on a Italian, Russian and Hungarian poster. Which is such a delight to mention because, for me personally, not having a problem with the English language its wonderful to be able to reach other countries and find people who are willing to put there hands and minds together and combine their qualities. In the end it's the ppl who we find to help us with InDesign skills that make the end product. OA USA has mentioned to me over the course of the last 3 years I have been in this position that they find it remarkable

In London last year at the Assembly 2018 we had a large group of fellows willing to do service and we had the opportunity to make 3 groups:

Group 1: Teens:

Goal 1 Research/Viability and needs of teens and
Goal 2 Develop a Program for teens and get feedback

Group 2: Podcast, Leadshares, PI information Leadshares

Goal 1
Upload Podcasts in various languages on the region 9 website, the thought was to use lead shares given in the WhatsApp meetings.
Goal 2 During the Assembly in Italy an interactive workshop with a road map sharing experience strength and hope.

Group 3: Collect and share OA Recovery stories from recovered Healthcare professional OA Members.

Goal 1: Ask for written stories using our connections in any language (A written draft is available), proof read and edit
Goal 2: If possible, post to region 9 website
Goal 3: Make available for local use.

Full of enthusiasm we started off after the 2018 Assembly late last year and with new insights we wanted to go and spread the word in our three groups, however due to various circumstances in the personal lives of our hardworking fellows, me included, we have not been able to meet all the goals we initially stated to go pursue. Like a dear fellow once stated 'We can do anything, but we cannot do everything'.

I am very happy to announce that the group Collecting Recovery stories has been able to find stories and they have send it in to our committee. This is a wonderful thing, and I personally think that this is a wonderful way to approach the healthcare industry with and to help spread the message.

I bring you my last sentence as your PI Committee Chair, as I will retire from this service position the end of this year. I would like to thank everyone of you that has crossed my path the last 3 years. It has been a rocky, wonderful, stressful, joyous 3 years at times. But I would not have wanted to miss for the world. When I started this journey in R9, I was out of a job, this gave me purpose, I was abstinent but not really happy. This service position has given me so much fun and contact with fellows all over the world. I am very very grateful.

What I hope is that the new PI Committee chair will be able to pick up where we left off and pursue the wonderful ideas we have come up with.. The ground work has been done, it has been wonderful to work with you and I wish you well, and see you soon :)

Love in Recovery and Abstinence,
Hilde v G.
Your Public Information Committee Chair

9. TRANSLATIONS COMMITTEE CHAIR'S REPORT TO REGION 9 ASSEMBLY 2019

Past projects / tasks:

Study to provide translations in real time at the assemblies:

Alexandra, from Sweden, and I did an study about mobile apps with the intention of provide real time translation at the R9 assemblies and conventions. We tested many different apps, and the most advanced one is google translator app. Unfortunately, the technology is not yet developed enough to provide real time translation. You have to talk a phrase into the machine, then the mobile processes it, and gives as an answer the translated text.

Several handicaps we encountered:

- 1) needed a good data connection, as each phrase is searched into the cloud,
- 2) dependency on batteries of handheld devices, and
- 3) no way of broadcast from one person to many people.

This study was suggested by me as I heard that another fellowship, which hosts an international convention in Madrid, uses some kind of translation service by mobile, with one person (an orator) speaking in English, and many people hearing it in their mobiles with headphones. But right now, I think they use some kind of group call and a person translating.

Letter to service bodies:

Redacted and sent by Ester from Israel. The letter is for advice for service bodies to translate the OA 12 Steps and 12 Traditions as a package, and for reminding service bodies about the translations funds that are available to apply. This was sent by email.

“Where Do I Start” pamphlet:

Helped our General Officer to send emails with the pamphlet “Where Do I Start”, translated to different languages.

Ongoing projects / tasks:

This is a new project - of keeping a listing of who can do translations in each country. This service will be done by Valeria from Translations Services of NSB of Spain. The first part of this project will be to consider GDPR when doing this.

Chema
R9 Translations Committee Chair OA Spain NSB Delegate

10. GENERAL COMMITTEE CHAIR'S REPORT TO REGION 9 ASSEMBLY 2019

Reminder Committee Goals

The General Committee agreed a number of goals at the outset:

- 1) To develop a new Welcome letter for new meeting groups,
- 2) To encourage Twinning between IG & SB to twin, that is to share what each is doing in each area and support each other,
- 3) To raise awareness of the OA Step workshop & study guide (the green book), and
- 4) To propose a motion to the WSBC motion separate the 4th step inventory section and guide as a booklet & downloadable to facilitate use & translation.

Two sub-committees were established to progress the different goals:

1st Sub-committee: To complete the introductory letter from R9 to new groups (in the first instance) and roll out to new groups registered after that where possible and translate into every native language in Region 9. See sub-committee Report of General Committee

2nd Sub-committee: To champion Twinning and raise awareness of the OA 12 Step Workshop & Study Guide (the green book)

Update on Twinning

A Whatsapp group was established to discuss ways of spreading the message regarding Twinning and the OA 12 step Workshop and Study Guide (green book)

Ways to spread the message suggested

- Mention in our reports to the service bodies that sent us to Region 9 Assembly and Convention
- Mention them in our Shares at meetings and when we attend assemblies and conventions
- Mention them to our sponsors and sponsees

Examples of Twinning which have occurred throughout the year

- IG in Greece twinning with an IG in Switzerland and possibly France.
- At the National Assembly in the UK – report from one IG of how another IG helped them set up the Assembly.
- One UK member dialled into a skype meeting in Russia with 43 participants to share her experience of Step 4
- IG in the UK shared how another IG paid for another IG member to visit other groups and also to visit 2 other IGs in order to bring ideas back home.
- A number of members from the UK have been to Ireland to host retreats and step workshops
- Cork and Dublin IGs in Ireland work together on developing a new website as there is no national service board.
- Italy have several committees – one of which is the “Working Group Secretary” committee that looks after the Italian newsletter, communicates in general with the Groups and IGs. They will be attempting to reach out to share with another SB.

Update on the goal of spreading the word regarding the OA 12 step workshop and study guide (green book)

A number of hard-working subcommittee members established a WhatsApp Group of 20 participants to pilot working through the 12 steps on WhatsApp using the OA 12 workshop and study guide.

This was completed very successfully over a number of months.

The 12 steps study workshop on WhatsApp proved very successful. The pilot was led by a very dedicated member and the sessions were very structured with great feedback from participants. Newcomers said they found it very useful and some people commented that including the strengths analysis and old beliefs in Step 4 was a game changer for them. There were a lot of learnings for eg to plan for breaks, buddying up and giving more time to Step 4, and more time to do the homework, which will be summarised into an overall document on how to run the 12 steps study workshops on WhatsApp.

The group then agreed via Group conscience to continue to work through the 12 Traditions via the same WhatsApp group, which was also completed very successfully over a number of months.

The plan now is to pilot working through the OA 12 concepts.

As a result of the success (active participation and very positive feedback) two motions have been submitted for the assembly:

1. To request OA assembly approval for locally produced literature containing instructions on how to facilitate 12 Steps workshops and study guide and OA 12 step Traditions workshop and study guide on WhatsApp (& other apps eventually)
2. To request OA assembly approval for locally produced literature on the 12 steps workshop and study guide OA

The sub committee also proposed that 4th step inventory section & 10th step from the workshop & guide be made available as a booklet & downloadable to facilitate use in workshops & translation. The General Committee were delighted that the Board of Trustees approved pulling the Study Guide from the workbook to be sold separately. The approval was given March 1st.

The updated version of the 12th step workshop and study guide with correct references to the newly update 12 & 12 book and the extracted versions will be available December or January according to DeDe at WSO.

Other examples of using the OA 12 step Workshop and Study guide:

- One committee member heard that one group in UK using it in their OA meeting over 4 months
- Other countries are using the book to host 12 steps workshops over a series of weekends (eg. Italy, UK, Ireland) on the Steps 1-3, 4-6, 7-9, 10-12 (sometimes using Twinning as in the case of the Spirit of Hope IG in Ireland)
- A copy of the 12 step guide was sent to the Czech Republic and Egypt
- The Spirit of Hope IG in Ireland is running a series of workshops throughout the year (in addition to a Big Book Study weekend in Sept) using the 12 step workshop and study guide with help from other members (twinning!)

Updates on translations of the OA 12 step workshop and study guide:

- OA Italy translated the 12 step study & workshop guide (green book) last year . The initial print of 150 has run out and the OA Italy Literature committee will now organise a reprint and stock regularly.

- The green book has also been translated into Greek, but has not yet been through the review-amendment due to the 12 & 12 book translation not being finalised so they have not been able to do the cross referenced as yet.
- OA in Russia will begin to translate the 12 step study guide into Russian and have completed licence 1.

Thanks to the fabulous, hardworking members of the sub-committees for their dedicated & tremendous service the past year and making it all happen and for the opportunity to serve as Chair, which has been a steep learning curve but one I'm grateful for.

Warm regards,
Bernie K
General Committee Chair

11. SUB COMMITTEE OF GENERAL COMMITTEE - NEW MEETINGS WELCOME REPORT FOR REGION 9 ASSEMBLY 2019

Task: Writing Welcome letter to R9 New Meetings and translation of that in every speaking language in R9

At last year's Assembly, end Sept in London, UK, the General Committee split in two and our sub committee worked on finalizing the "Welcome Letter" text to all new meetings in R9 and sent to all meetings have noted down on a list from Sept 2017 onwards to each new meeting that was registered.

We've totally sent out 125 letters until today. Thankfully the letter was written in English, completed in December 2018 and parallel quite quickly with the help of all volunteers it was translated in 11 languages: Czech, Farsi, French, German, Greek, Hebrew, Hungarian, Italian, Russian, Spanish and Swedish.

There are still 3 pending translations in Dutch, Polish and Serbian as no volunteers have been found and by the way if anyone of you, personally or know an OA member available to translate the above languages mentioned or your meeting's speaking language that is not listed above, please provide fellowship this so needed service (contact: welcome@oaregion9.org).

The goal is at least the "Welcome Letter" to be written in each meeting's speaking language in order R9 facilities and support to be "transferred" in the best way.

At that point I would like to mention how important was the help of all volunteers in translation from so many different countries, the sub committee members who worked so close and smoothly and of course the valuable help of R9 board members who helped us in every step, in any request. Without this TOGETHER nothing could have happened. My personal, favorite expression is that "no one should be alone, neither in service" and all of you made that real.

It was really pleasure for me to service in R9, to see that service out my meeting, IG, NSB is not something difficult, for the others, the able ones.

It only needs willing and trust in HP. After all, **service** in all levels **is my gratitude in action**.

So grateful for that experience, for everyone's effort.

Love in fellowship,
Sophia

18 July 2019

12. SPONSORS COORDINATORS' REPORT TO REGION 9 ASSEMBLY 2019

We provide a list of available sponsors in R9 to any OA member who requests it, filtering the list for the specific member's needs.

We welcome new sponsors who are ready to do service by joining the list, although not many have volunteered to do so during the past few months. We have been busy forwarding the list to many individual OA members who write to request it. Interestingly, a large majority of those requests have been coming from the U.K., with several also from Germany lately.

This year we worked on updating the list of available sponsors within R9. We forwarded information to the sponsors explaining confidentiality and requesting no sharing of the list with others.

Those who never responded to our email, which would have confirmed their current availability as sponsors, and those who so requested were dropped from the list.

The 2019 OA R9 Sponsors List has become shorter than in previous years. We would appreciate announcing that we are interested in increasing the number of available sponsors, and also the various languages spoken in our region on the list. We'd appreciate more male sponsors as well. Those interested in joining may contact us directly at sponsors@oaregion9.org.

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Agnes and Reva
OA R9 Sponsors List Coordinators

13. REGION 9 WEBMASTER'S REPORT TO REGION 9 ASSEMBLY 2019

- 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.

Jutta

14. OUTREACH COORDINATOR'S REPORT (1)
TO REGION 9 ASSEMBLY 2019

Dear OA Friend in Region 9,

At the R9 Assembly 2018 in London, I took the chance to carry the message all around the Region by serving as Outreach Coordinator, together with another fellow. The main task has been to reach the contact persons of the different Service Bodies in each country for which we have the contact details and who had not sent any Representative to the Assembly of our Region, and to encourage to attend the OA R9 Assembly 2019 in Rome, Italy.

Therefore, the job has been firstly to prepare an email and to send it to our contact persons. Then it has consisted of answering the different questions and updating the contact list, in Excel.

The feedback has been grateful and enthusiastic. The questions raised have offered me the opportunity to deepen my knowledge of our service structure and to share and increase my experience.

I am sincerely grateful for the chances to make service and for the learning experiences, in favour of a lasting recovery for all.

Patricia, Outreach Coordinator in Region 9

15. OUTREACH COORDINATOR'S REPORT (2)
TO REGION 9 ASSEMBLY 2019

At last year's R9 Assembly I decided to give service for the term 2018-2019. When I put my name onto the list of volunteers, I didn't know what kind of service I was going to do, and I left London with many doubts.

A month passed by and it was time to begin with service. I was very worried because I had no idea of what I had to do. We were two of us and we already had to serve in our home country. It isn't a good idea to do too much service!!! But we were assured that we need not worry. The service was explained to us: the main "job" of this service was to contact service bodies that were not represented at 2018 Region 9 Assembly and to encourage them to come the following year (2019).

We were provided with the Region 9 contact list and given access to the email account outreach@oaregion9.org, which was available for us to use.

We divided the list of Region 9 countries between us and we started writing a draft of an email on the basis of the service of previous coordinators. We asked for suggestions from the Board and were always encouraged in our job.

We sent many emails, but personally I received only one reply and that one was very full of strength and hope, writing me it was a very positive experience taking part in 2019 R9 Assembly in my home country. This OA fellow reported me how this event was very important for his recovery and sent back to me the picture of his badge on the working desk!!!

The time spent was enough to write and check weekly the email box.

I'm very grateful for this service.

Emilia

16. SPANISH LANGUAGE SERVICE BOARD REPORT TO REGION 9 ASSEMBLY 2019

I have been your trusted servant and representative in the Proposed Spanish Language Service Board since its inception in 2016. However, last year I mistakenly thought there was another representative, that I was replaced by a vote in the region nine and that I longer had to pay that much attention to the goings on of the group. Therefore in November I quit attending meetings, only checking in sporadically regarding a translation project of the Twelve Steps and Twelve Traditions of OA, Second Edition. At the end of June our wonderful region nine coordinator reminded me of my commitment and that I needed to make this report. I panicked then remembered to ask for help. In order to make this report I have attended the last meeting on July sixth, 2019, and have personally contacted active members of the group and other trusted servants concerning the group. I believe I have been sufficiently prepared to pass on to the region a thoroughly informed report.

The Spanish Language Service Board (SLSB) as of yet has not acquired official status. In 2018 it tried to gain status as a Virtual Intergroup but in the end the group conscious opposed gaining status as a Virtual Intergroup. This year there has been an ad hoc committee established including various active and retired Trustees, and a SLSB member to decide where this service body fits into the current structure OA has now. Therefore the SLSB doesn't officially exist in any service structure, is not affiliated with any region nine and doesn't have representation in the service structure as it stands now.

The meeting of July 6 was attended by our region nine Trustee, the previous chairperson, the alternate chairperson, the representative to the Spanish NSB, the magazine editor of the SLSB, and your region nine representative. In that meeting our region nine Trustee presented to the SLSB a vision of future possibilities that will allow it to fulfill its primary purpose, to carry the message of recovery to the overeater who still suffers especially in the Spanish community. The Trustee asked if we offer help to members trying to start a new group. She asked how we reach out to the isolated group or members. She pointed out that there is no representation to the SLSB from any region except from region nine.

She suggested that there could be an international language service board that reached out to those groups and isolated members not supported in the current structure for whatever the reason. For example, there is a member who wants to start a group in Asunción, Paraguay, but doesn't know how to get literature. This was sent through trusted servants to the Spanish NSB. Now they are sponsoring this meeting by sending them the literature they need to start their group. The SLSB acts as a go-between to connect any initiative in Spanish language OA.

Also our region nine Trustee told us of the proposal by the ad hoc committee to the Board of Trustees to assign a Trustee to the proposed Spanish service board and also the possibility for that Trustee to sign the bylaws we had created in 2016. She suggested creating a list of Spanish speaking sponsors and speakers, publishing where literature can be bought in Spanish and sharing and contributing to Spanish language OA magazines.

You can see our magazine at this link. <https://joom.ag/RRDa>

We were all very excited by the Trustee's proposals but overwhelmed by the amount of service and responsibility such a service board requires. There is a lot to do and the SLSB doesn't have the membership to see it through, yet. It is still in its fledgling stages. We need to find a place in the current service structure in order to be of service to the Spanish community and OA as a whole. We need a lot more servers. If you know of anyone who would like to serve, please contact me directly.

Thank you for letting me be of service,
Monica,
a recovering COE in Madrid
monicainservice@gmail.com
July 2019

17. WORLD SERVICE BUSINESS CONFERENCE DELEGATE (WSBC 2019) REPORT TO REGION 9 ASSEMBLY 2019

Conference Theme: Growing Our Membership Worldwide

When, Where: From 6 to 12 May in Albuquerque , New Mexico, US

Attendance: 188 eligible to vote, 17 countries (Australia, Austria, Brazil, Canada, Costa Rica, Germany, Greece, Israel, Italy, Mexico, New Zealand, Portugal, Spain, Sweden, Thailand, UK and US).

Many volunteers paying their expenses by their own.

Region 9 delegation: 14 eligible to vote (R9 chair, R9 Trustee from Canada and 12 Delegates - between them one former Trustee-), native speakers of 9 languages, from 10 countries. 10 from 62 service bodies were represented, percentage 16% (fewer than 40%, therefore next year R9 could send up to five additional delegates).

Activities and Events:

Business meetings: 5 WSBC business meetings: two on Thursday, two on Friday, one on Saturday. 2 BOT meetings. Many Committees meetings.

4 sessions to prepare and facilitate the BMs: “meet and greet” the maker of motions, the nominee trustees, the “green dots” and mentors. Questions and answers on literature.

1 forum and 8 workshops (7 on how to carry the message and grow our membership worldwide. 1 workshop on Conference's procedures).

20 usual OA meetings with amazing recovery!

A Region 9 dinner on Wednesday and an OA banquet and dance on Saturday.

Literature Adopted:

- *'Body Imagine, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous'*
- *' Welcome Back: Suggestions for Members in Relapse and For Those Who Care'* leaflet (combining 'Welcome Back' and 'Members in Relapse').

Literature Not Adopted:

- 'Dignity of Choice: Establishing a Plan of Eating'* leaflet (combining 'Dignity of Choice' and 'A Plan of Eating'. Main concern if the suggested plans of eating are accurate and needed)

New Business Motions Adopted:

B, C, D, E, F, H, J, K.

Bylaw Amendments Adopted:

5, 6, 7, 8, 9, 10, 12.

Policies Adopted:

The WSBC 2019 accepts the following definitions:

1) Abstinence: The act of refraining from compulsive eating and compulsive food behaviours whilst working towards or maintaining a healthy body weight.

2) Recovery: Removal of the need to engage in compulsive eating behaviours.

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

Statement on Public and Social Media

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2019 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members. Members of Overeaters Anonymous are anonymous. The fellowship is not.

Members of OA are responsible for maintaining their anonymity and respecting the anonymity of other OA members. When attending an OA meeting, whether face-to-face or virtual, members are encouraged to seek appropriate means to protect their own anonymity and that of fellow members.

All registered virtual meetings shall inform members that their anonymity is not fully protected when attending a virtual meeting. Find options for protecting anonymity at

['Guidelines for Anonymity in the Digital World'](#).

Trustee Elections:

Hanna – R2

- Barbara – R5
- Beth B – R6
- Andrea 'Andi' – R8
- Vasiliki – R9
- Letitia – R10
- General Service Trustee: Tina C (R6)

2019-2020 Board of Trustees:

R1 Patricia O'C, **R2** Hanna S, **R3** Neva S, **R4** Cyndy L (treasurer), **R5** Barbara K, **R6** Beth B, **R7** Karen B (first vice chair), **R8** Andrea S, **R9** Vasilki T, **R10** Letitia McL, **Virtual R** Dora P.

GSTs: Bonnie L (chair), Ron P (second vice chair), Judy H, Tina, C, Joanne MacD

N.B. In the actual BOT two trustees from non English Speaking countries

7th Tradition Collected: \$6,252

Some informations from the officers reports (for more refer to <https://oa.org/members/events/world-service-business-conference/>.)

Financial:

- OA.INC ended 2018 with a positive cash of US\$ 350,089.89 (In 2015, 2016 and 2017 we ended in red). A large portion came from the literature sales (US\$ 182,000), and a 14% increase 7th tradition contributions (US\$ 100,000 and response to the Annual Appeal Letter US\$ 23,341.11).
- From this excess four projects will be funded: improving the navigation of oa.org, additional funding for International Publications/Translations Committee and for the Public Awareness/Professional Tradeshows Committee; and the hiring of a professional worker to help accomplish the task of meeting the legal requirements of General Data Protection Regulation (GDPR), which impacts the exchange of data information between the WSO and Region Nine. There is an additional US\$200,000 available to spend. The EC has not yet decided the best way to use this money for carrying the message, either inside or outside the rooms.
- The *Automatic Recurring Contribution program (ARC)* is an option forevery member, not just for those attending virtual meetings.

Groups and Service Bodies In 2018, the number of OA meetings worldwide, including virtual meetings, averaged 6,209 in over 80 countries, with 338 service bodies (including region offices). *The fewer groups and service bodies in a last five- year comparison.*

WEBSITE OA.org, a virtual representation of our Fellowship, is constantly adapting to the needs of our members. In January 2019, there were 124,778 sessions with 62,937 different users making up 377,484 pageviews (8% increase over the same period in 2018). Our bounce rate is currently at 41%. Find a Meeting is always the most popular page on the site, accounting for 40% of the traffic. The number one country of users for the site remained the United States, with the United Kingdom,

Canada, Australia, and New Zealand rounding out the top five (all English Speaking countries).

For improving OA Front Door: *A well-designed mobile website* is crucial and will address most or all the needs an app would cover. Staff is identifying suitable vendors, to receive the RFP.

Board-Approved Literature Committee projects approved by the Board of Trustees. • An update to the OA-Approved Literature List (online). • The posting of new Guidelines for Small Meetings: Help and Hope (online). • An update to OA C.A.R.E.S Correspondence Program Guidelines (service to incarcerated OA members) (online). • An update to Treasurer Guidelines (online). • A new newcomer's pamphlet, "Where Do I Start? Everything a Newcomer Needs to Know," incorporating excerpts from pamphlets in the former newcomers' packet. • A new pamphlet, "When Should I Refer Someone to Overeaters Anonymous?" This pamphlet replaces two pamphlets relating to referrals by clergy and health care professionals with one that can be used by any referring professional. • Updates to six suggested meeting formats that are online. - Recovery from Relapse - Young Persons' - Suggested - Telephone - Step Study - Group Conscience • A new suggested meeting format – Reading and Writing. • A new Participant Guide to be used as a companion to the Twelve Step Workshop and Study Guide, allowing workshop participants to purchase only the worksheets and instructions from the Study Guide.

A plan for restructuring the Board of Trustees was elaborated by the Board Composition Ad Hoc Committee (created in 2017, for better function of the BOT and for providing the ability to maintain fiscal soundness). Suggested future board 12 members, serving the entire fellowship with a minimum of two board positions reserved for candidates outside of North America. Suggested transition time from 2020 to 2024.

World Service Convention 2020, August 20-22, Orlando, FL. Theme: *"Sunshine of the Spirit Upon the World: 60 Years Around the Sun!"* Fundraisers: there will be a separate boutique to sell gently used clothing and accessories. All sales proceeds will go to World Service.

Delegate Support Fund : the application for DSF has been modified and is to be submitted through the regions in the future.

2019 Translation Assistance Fund (TAF): The initial (rolled over from 2018) fund starting in 2019 was US\$7,140.85. The 2019 budget was \$10,000. January 2019 contributions were \$69. Applications approved and monies spent to date is US\$4,000.

2019 Additional Fund for Translations at the December 2018: US\$20,000, beyond that of the annual Translations Assistance Fund; a one-time grant, not designated to fund licensing applications. • The intent is to support service bodies in countries where OA is becoming established, but the lack of literature is a barrier. • • So far,

the IP/T committee has allocated just over US\$14,000 to translate the new pamphlet *Where Do I Start?* into the following eight languages: Finnish, Norwegian, Arabic, Persian (Farsi), simple Chinese, Korean, Japanese, and Bahasa Indonesian.

2018 Royalties Royalty payments were made by fourteen service bodies in 2018 for a total of US\$8,434.81.

Downloadable OA Documents useful for translation to oa.org/documents under “Translations.” A *workshop on translation* answers such questions as “What OA literature is translated into Spanish?” and “What languages is For Today translated into?” *English Glossary of OA Terms* so that our jargon can be more easily translated, to translate into individual languages so that we might help the available translation software companies to improve the quality of future OA translations. This could help tremendously lower the costs of future translations. Can you help?

Social media: Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom at https://www.instagram.com/overeatersanonymous_official/.

Virtual groups: On March 7, 2019 there were 605 virtual groups (Online, Non-Real- Time, Phone) in 20 languages : English, Spanish , Portuguese , Arabic, Finnish, French, Hungarian, Polish, Greek, Romanian, Croatian, Persian (Farsi), German, Hebrew, Luxembourgish, Norwegian, Swedish, Danish. Italian.

A Young Persons’ online questionnaire is available for completion by OA members who are between 18 and 30 years old or who came into OA between 18 and 30 years old, and are interested in giving service as a podcast speaker, sharing experience, strength, and hope through recovery in OA. Responses will be reviewed and followed up on by the Young Persons’ Committee members. The questionnaire will remain open until January 31, 2021.

My personal contribution and experience:

It was my third time at WSBC. I was excited attending all the business meetings, workshops, forum, sessions, events. I participated at the Mentor program, as a mentor. I received inspiring answers for challenging situations to carry back. I had great moments with old and new OA friends.

I had the pleasure to contribute all the year at the PIPO (Public information / Public Outreach) Committee with reports on R9 countries PIPO projects and I participated at the WSBC PIPO workshop and projects presentation, with a banner of R9 PIPO materials (one of the four of the presentation).

I enjoyed enthusiastic discussions with the members of the Translation Subcommittee of Unity and Diversity Committee on a project to attract non English Speakers compulsive eaters by the oa.org.

I have been elected Region 9 Trustee for two years. I attended my first board of trustees meeting. I dared to be one of the two trustees from non English speaking countries. I have been impressed by the warm support into my new service responsibilities by my mentor trustee, former and now trustees, region 9 officers, WSO staff and OA friends.

I confirmed another time that service is the safer way to maintain my personal abstinence and recovery, to expand horizons and to grow up getting older !

Thank you for the opportunity!

Vasiliki T
Region 9 Delegate to WSBC 2019