



IMPORTANT NOTES FOR BUSINESS ASSEMBLY & RECOVERY CONVENTION

Memphis, Tennessee – October 11th – 13th, 2019

- **PLEASE BRING YOUR LAPTOP, POWER CORD, AND YOUR OWN EXTENSION CORD AS THERE MAY BE A LIMITED NUMBER OF OUTLETS AVAILABLE**
- **REMEMBER: Return to go to www.oaregion8.org to download the ADDENDUM to this packet prior to the Assembly**

REGION 8 REPS This packet is being distributed electronically. Please **DOWNLOAD** the entire packet on to your computer in case there is no Wi-Fi connection in the assembly room. All Reps are responsible to read the material in the packet and to bring either a printed copy or an electronic copy to the business portion of the assembly. Please read and familiarize yourself with the information in the packet prior to the assembly. You will be able to give better service as a Rep for your Intergroup by having the information in this packet with you at the assembly. Printed copies of this packet will not be available at the Assembly. Please contact secretary@oaregion8.org if you have any questions.

CERTIFICATE OF ELIGIBILITY In order for your Intergroup Region 8 Representatives to be able to vote at the assembly, **your Intergroup must have a Certificate of Eligibility on file with the Secretary that is valid for 2019. You will now fill out the Certificate of Eligibility online at our website, www.oaregion8.org. Select the documents tab, fill in the information and hit submit! There is a Spanish and English version of the form online.** You no longer need to mail or scan and email the form. If you need help filling out the form, contact the Secretary. All Intergroups are requested to submit a new Certificate in January of each year AND during the year any time there is a change in IG Chair, Reps or Alternates for a Region 8 Assembly. Voting at the assembly is the best way to show how much you support a healthy Region 8!

COMMITTEE ASSIGNMENTS Part of your responsibility as a Region 8 representative is to participate in a committee. If you were not at the last assembly you can turn in the committee sign-up sheet to the Secretary on Friday at the business assembly. The sign-up sheet can be found [Committee Selection Form](#) and contains a brief explanation of each committee. If you were a Rep in the last assembly you will be placed in the same committee as last time. If you desire to change committees please first contact your Committee Chair and then contact the Secretary at secretary@oaregion8.org.

ASSEMBLY REGISTRATION FORMS Registration forms for this assembly can be found at www.oaregion8.org. *You are responsible for making your hotel reservation for the assembly.*

CALLING ALL INTERGROUPS We need you. Is your intergroup going to be represented at the Memphis, TN, Business Assembly from October 11th thru the 13th, 2019. Please send at least one representative to our Region Assembly. There is much work to do and we need you to get this work done. Your voice is needed. Not only will your Intergroup be represented for important decisions but you will be helping the hosting Intergroup. **Funding may be available for this business assembly** and is available for future assemblies. If your Intergroup is unable to financially send at least one Representative to the business assembly, perhaps Region 8 can help you for a future assembly. You can submit the Representative Funding Application from [Representative Funding Application](#). Contact the IGOR Chair (igorchair@oaregion8.org) for more information. We appreciate your service and need you.

HOSTING A FUTURE ASSEMBLY AND RECOVERY CONVENTION We will be accepting bids for a future Assembly and Recovery Convention at this Business Assembly. This is a great way to raise funds and promote OA in your area. Contact the Region 8 Vice-Chair-(vicechair@oaregion8.org) with any questions or to request support. Her contact info is in the SOAR 8 Service Directory.

HAVE MORE QUESTIONS? Please feel free to contact any Board Member or Committee Chair with anything that concerns you. Email addresses and phone numbers for all Board Members and Committee Chairs can be found in the Region 8 Service Directory below.

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Region 8 Service Directory

Board Members

| | | |
|---|---|--|
| Chair Katrina S. Baton Rouge, LA (225) 715-4988 chair@oaregion8.org | Vice Chair Pam G. Sarasota, FL (941) 343-7181 vicechair@oaregion8.org | Treasurer Michelle D./Region 8 Treasurer P.O. Box 242522 Little Rock, AR 72223 (501) 580-6120 treasurer@oaregion8.org |
| Secretary Janet T. Winter Park, FL (407) 310-2284 secretary@oaregion8.org | Trustee Andi S Boca Raton, FL (954) 295-1123 trustee@oaregion8.org | Parliamentarian Gloria L. Winter Springs, FL (407) 340-2008 parliamentarian@oaregion8.org |

Committee Chairs

| | | |
|--|---|--|
| 12th Step Within (TSW) JC D Palm Harbor, FL (813) 240-8572 tswchair@oaregion8.org | Technology/Website Barbara C. Newberry, FL (352) 472-9924 techwebchair@oaregion8.org | Bylaws/Electronic Documents Susan D. Huntsville, NC (415) 987-3194 Bylawschair@oaregion8.org |
| Intergroup Outreach (IGOR) Aleta P. Baton Rouge, LA (225) 937-0566 igorchair@oaregion8.org | Ways & Means Melissa H. Ardmore TN (615) 202-5242 waysandmeanschair@oaregion8.org | Public Info/Prof. Outreach (PI/PO) pipochair@oaregion8.org |

Other Service Positions

| | | |
|--|--|--|
| TSW Mentor List Neill M. Triangle, North Carolina (919) 789-9402 mentors@oaregion8.org | TSW Email/Sponsor List Julia S. Louisiana (985)-646-2593 sponsors@oaregion8.org | TSW Speaker List Tammi Middle TN IG (337)-734-4564 (Home) (337) 370-1252 (Mobile) speakers@oaregion8.org |
| TSW-Workshop Resources Tara L. Tampa, FL (412)260-8859 workshops@oaregion8.org | Region 8 Webmaster Mary Jane W. St Petersburg, Florida webmaster@oaregion8.org | |

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I. Agendas

Board Meeting Agenda

Friday, October 11th, 2019

8:00 am Informal gathering of Board Only

(Board please feel free to bring Breakfast)

9:00 am Board Meeting Convenes – Open to All

Old Business

1. Approval of Minutes of April 2019 Board Meeting (Secretary & Board)
2. Topics for Spring 2020, Baton Rouge Assembly for Presentation and Discussion (VC)
 - a. Theme is "Traveling the Bayou to Recovery"
 - a. Topic 1 – Uncover, Discover, Recover
 - b. Topic 2 - TBD
 - c. Topic 3 - TBD
 - d. Topic 4 - TBD
3. Audits/Finances/R8DSF Update (Treasurer)
4. FY Nov 2019 – Oct 2020 Budget (Treasurer & Board)
5. Spring 2020 Update (VC)
6. Forum: TBD (Chair)
7. Convention 2020 / OA Strategic Plan (Trustee)
8. Wrap Up

BREAK – 15 minutes

NEW BUSINESS

1. Voting Prep: Review voting plans for virtual and floor voting
2. Emergency Motions
3. New Goals/Tasks for 2020; Committee Chair tasks / issues
4. Other New Business (Time permitting)

12:30 pm Break for Lunch: 90 min

2:00 pm Board Meeting Reconvenes

1. Funded Committee Chairs join Board Meeting
2. Check in & update on Committee issues & activities, questions, concerns, issues – 10 min each

OTHER NEW BUSINESS:

1. Vouchers / Reimbursement
2. Registration for Spring 2020 Assembly

4:00 pm Meeting Adjourned

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Business Assembly Agenda

Friday, October 11th, 2019

1. 6:55 pm ASSEMBLY CONVENES
2. OA Readings
3. Appointment of Timer & Center Mic
4. Recognition of New Intergroups, Green Dots, Conventioneers & Visitors
5. Introduction of Region 8 Board Members, Funded Committee Chairs & IG Chairs
6. Introduction of former Region 8 Board Members and Trustees
7. Roll Call & Credentials
8. Adoption of Agenda
9. Forum: TBD
10. 8:15 pm BREAK – Announcement (Green Dot Meeting)
11. 8:30 pm Welcome & short skit by hosting Intergroup
12. 7th Tradition
13. 8:45 pm Presentation & Discussion
14. 10:00 pm RECESS

Saturday, October 12th, 2019

15. 7:30 am New Rep Orientation
16. 8:30 am CALL TO ORDER
17. OA readings
18. Credentials
19. Adoption of Standing Rules
20. Introduction of Parliamentarian & short parliamentary lesson
21. Approve Consent agenda (If needed)
22. Approve minutes from last Assembly, Saturday, October 12th, 2019
23. 7th Tradition
24. Board reports - 5 min each +5 minutes questions
25. Trustee Report 10 minutes + 5 minutes for questions
26. 10:15 am BREAK
27. 10:30 am Committee Meetings
- First Order of Business:
 - a. Recommendation of new Committee Chairs to Board (if needed)
 - b. Email electronic copies of reports to Secretary
28. 12:00 pm Lunch break with speaker
29. 2:00 pm Reconvene 2PM
30. Credentials
31. Final report from Ft Lauderdale, FL – Spring Assembly 2019
32. Brief Parliamentary Discussion
33. Motions – Bylaws & P&P
34. New business

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- a. Budget 2019 – 2020
 - b. Elect Region Delegates to WSBC
 - c. Elect Chair
 - d. Elect Treasurer
 - e. Committee Chair selection announcements
 - f. Bids for Fall 2020 Assembly and Convention
 - g. OA's Strategic Operations Plan (Trustee)
 - h. Emergency Motions (if needed)
35. Committee Reports
- a. Ways & Means
 - b. Bylaws/Electronic Documents
 - c. IGOR
 - d. TSW
 - e. PI/PO
 - f. Technology/Website
36. For the good of the order (time permitting): Announcements from the floor
- 37. GREEN DOT CEREMONY**
38. Announcements: Banquet Info, Intergroup Chairs Meeting, Board Meeting, Check Out Time (Late Check Outs)
39. 5:30 pm Assembly Adjourns

POST ASSEMBLY

Sunday October 13th, 2019

8 am Informal: R8 Board and Committee Chairs Only

(Board and Funded Chairs - Please feel free to bring Breakfast)
Location: TBA

9:15 am IGOR / IG Chairs /Reps Meeting - Open to All

Open meeting. Reps from each IG please attend!
Location: TBA

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II. Unapproved Business Assembly Minutes-Ft Lauderdale, FL USA April 2019

| Friday, April 5, 2019 | | |
|--------------------------------|-----|--|
| 7:00 pm | | Assembly Convenes with Serenity Prayer in English & Spanish |
| 7:07 pm | 40. | OA Readings <ul style="list-style-type: none"> • 12 Steps –Dara S., CFI • 12 Traditions—Pat F., BRIG • 12 Concepts—Chuck. K, GAOAIG • For Today, April 5 –Susan B., Piedmont • Solo Por Hoy, 5th Abril-Tara L., Suncoast IG |
| 7:18 pm | 41. | Appointment of Timer Center Mic |
| 7:19 pm | 42. | Recognition of New Intergroups, Green Dots, Conventioneers & Visitors |
| 7:22 pm | 43. | Introduction of Region 8 Board Members, Funded Committee Chairs & IG Chairs |
| 7:25 pm | 44. | Introduction of former Region 8 Board Members and Trustees |
| 7:29 pm | 45. | Roll Call & Credentials |
| 7:36 pm | 46. | Adoption of Agenda 39 voting/ 6 non-voting |
| 7:41 pm | 47. | Forum: Intergroup Renewal |
| 8:00 pm | 48. | 8:15 pm BREAK – Announcement |
| 8:30 pm | 49. | 8:30 pm Welcome & short skit by hosting Intergroup |
| | 50. | 7 th Tradition collected \$256 |
| 8:45 pm | 51. | 8:45 pm Presentation & Discussion |
| 10:00 pm | 52. | 10:00 pm RECESS |
| Saturday, April 6, 2019 | | |
| 7:30 a.m. | 15. | New Rep Orientation |
| 8:30 a.m. | 16. | Call to order with Serenity Prayer in English & Spanish |
| 8:31 am | 17. | OA readings <ul style="list-style-type: none"> • 12 Steps – Tina S., Manasota • 12 Traditions-Roz S., Southwest Florida IG • 12 Concepts-Nancy, New Freedom IG • Voices of Recovery, April 6th –Marisa M., Suncoast • Voces de Reperacion – 6 Abril-Terri, Miami Dade & The Keys |
| 8:42 am | 18. | Credentials- 40 voting, 1 non-voting |
| 8:45 am | 19. | Adoption of Standing Rules |
| 8:48 am | 20. | Introduction of Parliamentarian & short parliamentary lesson |
| 8:55 am | 21. | Approve Consent agenda Motions IV, V & VI were approved with consent agenda with a type in Motion V corrected-changed Steps to Traditions |
| 9:06 am | 22. | Approved minutes from last Assembly, Little Rock, AR - October 2018 |
| 9:07 am | 23. | 7th Tradition- collected\$217 |
| 9:10 am | 24. | Board reports - 5 min each +5 minutes questions |
| 9:42 am | 25. | Trustee Report 10 minutes + 5 minutes for questions |
| 9:58 am | 26. | BREAK |

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| | | |
|------------|-----|--|
| 10:15 am | 27. | Committee Meetings |
| | 28. | First Order of Business: |
| | | <ul style="list-style-type: none"> • Recommendation of new Committee Chairs to Board <ul style="list-style-type: none"> ○ Ways Means- Melissa H, Alabama Tennessee Valley IG ○ PI/PO Lonna C, Miami Dade and the Keys IG • Hand in report to Secretary- reports are submitted via Dropbox |
| 12:00 p.m. | 29. | Lunch break with speaker |
| 2:00 p.m. | 30. | Reconvene |
| 2:01 p.m. | 31. | Credentials |
| 2:03 p.m. | 32. | Final report from Little Rock, AR – October Assembly 2018 |
| 2:15 p.m. | 33. | Brief Parliamentary Discussion |
| 2:15 p.m. | 34. | Motions – Bylaws and Policy & Procedures |
| | | <ul style="list-style-type: none"> • Proposed Bylaw Motion X Amend Article III—was amended and the motion was lost on a 23-14 voice vote • Proposed Bylaw Motion XX Amend Article III—adopted by voice vote 30-7 • Proposed Bylaw Motion XXX Amend Article VIII- typo corrected #4 to #5- was adopted by a voice vote of 25 to 12 |
| 3:15 p.m. | | Break |
| 3:25 p.m. | | <ul style="list-style-type: none"> • Motion II P & P Welcome to R8 2nd para was adopted with a unanimous voice vote • Motion VII P & P Service Structure will be voted on before Motion III since there is a dependency- adopted by unanimous voice vote • Motion III P & P Welcome to R8 3rd para- adopted • Motion IV P & P Steps- adopted with consent agenda • Motion V P & P Traditions-adopted with consent agenda after correcting a typo changing Steps to Traditions in proposed wording • Motion VI P & P Concepts-adopted with consent agenda |
| | 35. | New business |
| 3:57 pm | | <p>a) Nominations for Fall Board Member elections (from the floor)</p> <ul style="list-style-type: none"> ○ Katrina was nominated for R8 Chair ○ Michelle was nominated for R8 Treasurer ○ Nominations may be submitted to the Secretary up to 60 days prior to the Fall Assembly |
| 4:01 p.m. | | <p>b) Nominations for Region Delegates to WSBC for the following year (from the floor)</p> <ul style="list-style-type: none"> ○ Susan B, Piedmont IG ○ Dara S. Central Florida IG ○ Terri M. Miami Dade and the Keys IG ○ Tara, Suncoast IG ○ Eric G., Alabama Tennessee Valley Intergroup |
| 4:04 p.m. | | <p>c) Region 8 Delegate Support Fund (R8DSF): Funds are available to help your Intergroup send delegates to WSBC. Applications must be in by September 1st.</p> |
| 4:07 p.m. | | <p>d) Announcement of funded committee chair elected</p> <ul style="list-style-type: none"> ○ PIPO has elected Lona |

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| | | |
|--|-----|---|
| | | <ul style="list-style-type: none"> ○ Ways and Means has elected Melissa H. |
| 4:09 p.m. | | <ul style="list-style-type: none"> e) Bids for Spring 2020 Assembly & Convention- March 20th thru March 22nd 2020 <ul style="list-style-type: none"> ○ Baton Rouge put on a rousing bid ○ Baton Rouge passed as location for Spring 2020 assembly |
| 4:15 p.m. | | <ul style="list-style-type: none"> f) OA's Strategic Operations Plan 2019 (Trustee)- not at this time g) |
| 4:16 p.m. | | <ul style="list-style-type: none"> h) Emergency Motions none needed |
| 4:16 p.m. | 35. | Committee Reports were presented in this order and projected on the screen by Tech/Web: |
| | | <ul style="list-style-type: none"> • Ways & Means |
| | | <ul style="list-style-type: none"> • Bylaws/Electronic Documents |
| | | <ul style="list-style-type: none"> • IGOR |
| | | <ul style="list-style-type: none"> • TSW Unity with Diversity is now a sub-committee of TSW |
| | | <ul style="list-style-type: none"> • PI/PO |
| | | <ul style="list-style-type: none"> • Technology/Website- Secretary announced the create of drop box for all committee reports |
| 4:35 p.m. | 36. | <p>For the good of the order Announcements from the floor</p> <ul style="list-style-type: none"> • A card and a gift presented to out-going Trustee Linda H.to thank her for 6 years of dedicated service with members reflecting on her time as R8 Trustee • Announcements made from Intergroups, see R8 website for updates |
| 4:44 p.m. | 37. | Announcements: Banquet Info, Intergroup Chairs Meeting, Board Meeting |
| 4:50 p.m. | 38. | Green Dot Ceremony |
| 4:52 p.m. | 39. | ASSEMBLY ADJOURNS |
| Sunday, April 7th 2019 | | |
| 7:30 –8:30 a.m. | 40. | Informal: R8 Board/Committee Chairs Wrap-Up: Location is the assembly room |
| 9:15 – 10:45 a.m. | 41. | IG Chairs/ IGOR Chair: Open meeting. Reps from each IG welcome! Location is the assembly room |

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III. Results of Motions-Ft Lauderdale, FL- April 2019

- **Motion X: Amend Bylaws Article III, Section 2A-** Move to amend Bylaws Article III, Section 2A, by adding new wording – **ADOPTED**
- **Motion XX: Amend Bylaws Article V, Section 2A -** Move to amend Bylaws Article V, Section 2A by adding new wording: **-ADOPTED**
- **Motion XXX: Amend Bylaws Article VIII, Section 1B-**Move to amend Bylaws Article VIII, Section 1B, by adding new wording—**ADOPTED**
- **Motion I: Update Policy & Procedure Manual Preamble** **WITHDRAWN**
- **Motion II: Update Policy & Procedure Manual --**Move to amend Policy & Procedure Manual, Welcome to Region 8, second paragraph **-ADOPTED**
- **Motion III: Update Policy & Procedure Manual --**Move to amend Policy & Procedure Manual, Welcome to Region 8, second paragraph **-ADOPTED**
- **Motion IV: Update Policy & Procedure Manual** Move to amend Policy & Procedure Manual, Section, V, The Twelve Steps of Overeaters Anonymous **-ADOPTED**
- **Motion V: Update Policy & Procedure Manual -** Move to amend Policy & Procedure Manual, Section VI, The Twelve Traditions of Overeaters Anonymous**-ADOPTED**
- **Motion VI: Update Policy & Procedure Manual** Move to amend Policy & Procedure Manual, Section VII, The Twelve Concepts of Overeaters Anonymous Service **-ADOPTED**
- **Motion VII: Update Policy & Procedure Manual** Move **Motion:** Move to amend Policy & Procedure Manual, Section VIII, Service Structure **-ADOPTED**

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IV. Reports

Board Member Reports

Katrina S. Chair

See the addendum

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Pam G. Vice-Chair

Now that I've had one assembly under my belt, you would think I've got this all down pat and the next assembly should be easy peasy! Wrong! I am turning my life over to my Higher Power today to give me the strength and courage and the willingness to do this service to the best of my ability one day at a time.

I'm looking forward to seeing you all in Memphis on October 11-13. The Greater Memphis Intergroup has been working hard to get this assembly and convention on the recovery river!

Next up is the Spring Assembly:

March 19-21, 2020

Crowne Plaza Baton Rouge

Baton Rouge Intergroup, Chair

Flyers will be available soon. Register early!

At this assembly we will be voting on where to hold the Fall Assembly 2020. A bid will be presented by the Middle Tennessee Intergroup.

Is your intergroup interested in carrying the OA message? Raising money to support your intergroup's projects? Looking to bring long term recovery speakers to your area? Then consider hosting a Business Assembly and Recovery Convention in 2021. Step by step instructions are provided and one on one support is available.

Lastly, I'm the Board Liaison to the Public Information/Professional Outreach Committee. This committee

- Coordinates the efforts of OA groups and intergroups to carry the message of recovery to the public and the professional community which can include hospitals, institutions, professionals and the military (active duty personnel and dependents).
- Encourages and assists groups and intergroups to make the public aware of OA through print and broadcast media, participation in community health fairs, and any other public means.

If you have any ideas or your Intergroup has done projects to help carry the message to the public and/or professionals, please consider serving on this committee. We need your help!

Yours in service,

Pam Gleason

Region 8 Vice Chair

vicechair@OAreion8.org

941-343-7181

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Michelle D. Treasurer

Treasurer's Report April 2019 Assembly

Hello all!

Thank you for the opportunity to do service for Region8. It really has been a journey of growth and evolution. I am just now feeling like I am beginning to grasp the finances of the Region! I have four spreadsheets going (with multiple pages within them) + Quicken + the bank account all open trying to wrap my brain around how the money is flowing in and out. The budget that will be presented for the 2019-2020 fiscal year will address a bit of my analysis of this process. Historically, Region8 has budgeted to spend more than it brings in! The philosophy behind this is to use our funds to spread the message of OA to those who still suffer and not simply sit on a pile of funds. OA suggests that our Prudent Reserve (think bank balance) should be 40-60% of what the Region expects to spend in any given year. So, budgets historically have been drafted to spend down to closer to 40%.

I have found records back to 2014 and even though the Region has intended to spend more than what was projected to come in, the Region continues to have a Prudent Reserve in the mid 50% range:

| Year | Bank Balance | Budgeted Income | Budgeted Expenditures | BankB/Exp= Prudent Reserve |
|------|--------------|-----------------|-----------------------|----------------------------|
| 2018 | \$33,556.61 | \$47,099.00 | \$59,850.00 | 56% |
| 2017 | \$30,556.11 | \$41,849.50 | \$51,600.00 | 59% |
| 2016 | \$29,020.61 | \$43,900.00 | \$52,715.00 | 55% |
| 2015 | \$22,867.44 | \$41,800.00 | \$44,610.00 | 51% |
| 2014 | \$22,670.14 | \$38,400.00 | \$42,485.00 | 53% |

Which means either the Region is bringing in more income than anticipated or the Region is not spending its money as allocated. From my research into funds, it is the later. The Region does not spend as budgeted. Some of this can be contributed to lower than budgeted costs for travel and I have made some adjustments to this year's budget accordingly. The rest is random. Sometimes it is because a committee doesn't spend like it anticipates. Sometimes it is because there are funds not spent in service helping out Intergroups to send representatives to SOAR8 or WSBC. Sometimes it is a Board member that does not have the expenses anticipated. Just thought you should know so this can inform how you decide to allocate funds this fiscal year.

I am honored to be part of the business of Region 8! Please feel free to reach out to me any time if you have questions about any of the financial business of the Region.

Thanks

Michelle D

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Janet T.- Secretary

See addendum

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Andi S., Trustee

See the addendum

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Committee Progress Reports

Bylaws & Electronic Documents

Bylaws Committee

We have met several times since the last assembly. We continue to review the Region 8 Policy & Procedures Manual. We have submitted several motions to clarify or change items in the P & P.

As we continue our review, more motions will be forthcoming. We have a great committee, active and participating.

Susan Berland

Bylaws Chair

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Twelfth-Step-Within

SOAR 8

Southeast Overeaters Anonymous Region 8

Alabama • Arkansas • Caribbean • Central America • Florida • Georgia • Louisiana • Mississippi • North Carolina • Puerto Rico • South America • South Carolina • Tennessee



REGION 8 COMMITTEE PROGRESS REPORT

SAVE THIS FILE to your device. Open saved file from your device, complete it and save it again. Then attach the completed form in an email and submit it to: secretary@oaregion8.org

Committee: TSW

Assembly: October 2019



Packet for Assembly

Date of Assembly



Progress Report

Date Period Covered

Specific objectives for the period: *(Numbered List)*

1. Service sponsor, speaker, relapse mentor and night owl lists
2. Email 12 of the 12th recovery support
3. New Skit/ Relapse workshop
4. Integrate Unity with Diversity resource list
5. Educate on TSW SOAR 8 resources

Actions / Activities conducted toward objectives: *(List by Objective)*

1. Updating lists as able and responding to any request
2. Emailed on the 12th of every month in English and Spanish
3. New skit written and approved. Will present Sunday. Requested spot to workshop on relapse
4. Updated website to include UWD. List keeper not respond. Contacted SOAR 8 chair to resolve.
5. Member is going to local meetings with tablet to teach how to use the TSW resources.

Projections for the next period:

1. Elect New Chair
2. Update resources list
3. Decide to keep UWD resource on website or remove
- 4.
- 5.

Expenditures for the period: \$ 0.00

Committee Chair: JL Devitt

Date: 9-11-19

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Tech Web Committee Report

See addendum

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Ways and Means

Ways and Means Committee Report Update Fall 2019

With much gratitude and appreciation to Andi and Michelle, the three of us have made some fun choices for our fundraising in 2019 and 2020.

Region 8 Assembly offers three (3) new products we have for sale:

- * Got Serenity Pop ups for cell phones
- * Got Serenity mini-journals
- * Got Serenity insulated hot/cold beverage bottles

We also received approval from WSO that they are allowing our region to sell t-shirts at the WSO International Conference in 2020. We will be using a logo similar to what was used in Region 8 business assembly in Florida. This is a wonderful opportunity and we are all excited to provide a great service and have the potential for some great fundraising to help carry the message.

Join our committee for a fun and festive way to give service back to OA!

XOXO
Melissa Hammel, Committee Chair
615-202-5242

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Intergroup Outreach (IGOR)
Aleta Pickholtz

Once again I would like to thank you for allowing me to give service by chairing the IGOR Committee of Region 8. This has been a relatively busy period for the committee and especially for some of us.

At the Spring Assembly we decided to meet monthly via telephone the last Sunday of each month at 4 PM Eastern Time. I am not sure if the monthly telephone meetings are truly productive but we are giving them our best (at least I hope) effort. I cannot say enough about the assistance given us by the Region Treasurer. Michelle has been always available both in attendance at meetings and throughout the period. She has attended the calls, given access to her insights and generally helped all along the way. My thanks Michelle. You are the very best.

One member of our committee has been able to pare down the list of unaffiliated groups to a manageable number and we hope to share that information with other members at the Assembly and make sure that all are contacted.

The Delegate Support Fund. We have discovered that we need to increase the budget for assistance in funding Delegates to the **World Service Business Conference**. I am so pleased that we have been able to assist our Intergroups so that they may have a Delegate attend the business sessions where the decisions that affect Overeaters Anonymous as a whole, worldwide, are made. It is critical that we at Region 8 have input in these decisions. This year we were able to fund 2 Intergroups with their request and assist a third.

The Rep Funding Program. Happy to say that we have 3 funded service bodies being represented at the upcoming Assembly/Convention a hearty welcome to Brazil and Colombia and SWLA and we have made efforts to reach out

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to others. We will be happy to assist requesting Intergroups as long as our funds hold out.

The Intergroup Sponsors Program. There has been less done than we would like and we hope to appoint a cochair responsible for the Intergroup Sponsors Program.

The Intergroup Chairs Program Also in need of a cochair. The meetings that we have had at the Assembly have been terrific with a great deal of input and sharing. We have been able to share the minutes from those meetings through allsoar8. In order to continue to better serve; we need someone dedicated to this endeavor. When we have these co-chairs in place folks will have much more to contribute to the telephone meetings.

The Carry The Message Fund. I personally am so very excited about my first visit to another Intergroup, as the Chair of the IGOR Committee. I have visited other areas before as an Intergroup Sponsor or just as a retreat leader or workshop speaker but this was the first effort by me from the Carry the Message segment of our committee. I was invited to visit Knoxville, Tennessee and words cannot express how very rewarding this venture was. I flew to Knoxville, was greeted at the airport and was the recipient of home hospitality. My hosts were wonderful. Making every effort to meet my needs. Many of the rest of those involved showered me with more hospitality. I am excited to share that folks from Knoxville will be traveling to Memphis in the “van-o-fun”. I understand that 6 others will accompany the Region Representative and partake in the convention and assembly. If these folks got one tenth of the inspiration during our weekend as I did, I look for many exciting times ahead.

Again my thanks to all who serve Overeaters Anonymous Region Eight.

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Public Information/Professional Outreach (PIPO)

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V. Links to motions for current Assembly

[Motion 1: Update Bylaws Article VIII, Section 1](#)

[Motion A: Update Policy & Procedure Manual Article XXVI](#)

[Motion B: Update Policy & Procedure Manual Article XXVI](#)

[Motion C: Update Region 8 Policy & Procedure Manual](#)

[Motion D: Amend Region 8 Policy & Procedure Manual](#)

[Motion E: Update Policy & Procedure Manual](#)

[Motion F: Fund TWO Co-Chairs of the Tech Web Committee](#)

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VI. 2019- 2020 Proposed Budget

See addendum.

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VII. Board Applications for Elections

Chair

Region 8 Board Application

Form must be submitted to Region Secretary
at least six weeks prior to Assembly at which election will be held
(Service Body refers to Intergroup, National Service or National Language Board)

Office applied for:

Chairman Vice-Chairman Secretary Treasurer

Name Katrina Smith Phone (225) 715-4988
Address 38043 Seven Oaks Avenue
City Prairieville State LA Zip 70769 Email kssoar8@gmail.com
Years in OA 6 Current Service Body Baton Rouge Intergroup
Are you a past Rep? Yes If so, which Service Body? Baton Rouge Intergroup

Bylaws Article VII – Section 1, B) states:

To be eligible for election to membership on the Region 8 Board, a person must be a past or present member of the Region 8 Business Assembly and be present at the Assembly. The member must receive a majority vote of the Region 8 Representatives present.

1. The nominee must have arrested their compulsive eating and be living so far as they find possible within the concept of the Twelve Steps which constitute the three-fold recovery program of Overeaters Anonymous for one year.
2. The nominee must have attended at least two prior Assemblies.
3. Two Board members are elected each year for a two-year term. Chairman and Treasurer will be elected in odd years; Vice-chairman and Secretary in even years.
4. Board members shall serve no more than two consecutive terms in the same position, whenever possible.

BRIEF ACCOUNT OF OA STORY

When I arrived at my first OA meeting I was living in a world of complete darkness. I was a sugar addict who was living on sugar. When I am living on sugar there is no sun, no moon, no stars. And, I had no excuse. Diabetes runs rampant in my family. I know people who became blind or crippled. Others died, and we knew that sugar was the cause. Still I continued. I wanted sugar more than my eyes, my legs or my life.

At first, I came to meetings and all I did was cry, leave and get sugar. Luckily, there were angels there, truly God with skin. They held me, loved me and told me that I was home. Then, they put me to work. I said, I am an engineer. They said, We need a treasurer and gave me the bank bag. By grace, I was hooked. I had to come back.

Later, I found a sponsor. She loves me and doesn't fire me. Though, in many ways, I am a horrible sponsee! I struggle foolishly before I call and take for granted that she will be there for me and guide me wisely, which she always does. She gives service at a high level and I found that my abstinence and my recovery works best when I follow her lead. She gave me a clear foundation for abstinence and simple guidelines to follow. This allowed me to achieve and maintain abstinence for 5 years.

Then, I lost the 3 people who held my world together. My grandmother, my father and my mother died so close together that I felt that all love had left the universe. Suddenly, my world went dark again. My sponsor listened patiently, I went to Grief Counseling and Grief Support Groups. Everything helped but I found a true answer in the Steps. Someone gave me a tiny tri-fold called, 12 Stepping a Problem. With guidance, literature and a million tears I began to understand things about myself and my family that I could never have uncovered otherwise. The structure of the program, the wisdom of the Steps and the guidance of OA angels led me to a joy that I could never have dreamed would follow such grief.

I owe my life, my health and my happiness to the program and the angels who carry the message.

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Use separate sheet for additional space, if needed)

Summary of OA Service (including service beyond Group level):

Group Treasurer: 2013 - 2014
Intergroup Treasurer: 2014 - 2017
Region Delegate: 2014 - 2017
World Service Delegate: 2014 - 2017
Intergroup Outreach Chair: 2016 - 2017
Region 8 Chair: 2017 - Current

Business, Professional skills or other experience and skill you can bring to the Board:

By profession, I was a chemical engineer. Improvement was my specialty. Initially I ran improvement projects aimed at delivering a minimum of one million dollars per year. Later, I became a Master Trainer and traveled the world teaching others to do the same thing. My projects ranged from assuring that a \$450M plant would start up, run and deliver product as planned, to guiding high level leadership teams that were not achieving the objectives set by the Chief Executive Officer. Along the way I learned to work with people, deliver results and have fun doing it. I believe that these skills make me an asset in the role of Chair of Region 8.

Why do you want to be a Region Board Member?

I want to continue to do my part to assure that OA in Region 8 is strong and thriving when the next overreater stumbles into a meeting. I believe that it is important for abstinent members to give back what we have received – a better way to live.

If elected, I would be honored to continue to serve Region 8 for an additional 2 years as Chair. I have been privileged to lead a strong, cohesive Board that strives to serve the Region well. I have met and been excited and energized by members from all over the region. This role has challenged me and allowed me to grow in ways that I could not have imagined.

Date August 31, 2019

Signature Katrina Smith Digitally signed by Katrina Smith
Date: 2019.08.07 20:52:08 -0500

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Treasurer

Region 8 Board Application

Form must be submitted to Region 8 Secretary
at least 60 days prior to Assembly at which election will be held
(Service Body refers to Intergroup, National Service or National Language Board)

Office applied for:

Chairman

Vice-Chairman

Secretary

Treasurer

Name Michelle Dowell Phone 501-580-6120

Address 22 Mossy Rock Cove

City Little Rock State AR Zip 72211 Email mdquark@gmail.com

Years in OA 11 Current Service Body Central Arkansas Intergroup

Are you a past Rep? yes If so, which Service Body? Central Arkansas Intergroup

Bylaws Article VII – Section 1, B) states:

To be eligible for election to membership on the Region 8 Board, a person must be a past or present member of the Region 8 Business Assembly and be present at the Assembly. The member must receive a majority vote of the Region 8 Representatives present.

1. The nominee must have arrested their compulsive eating and be living so far as they find possible within the concept of the Twelve Steps which constitute the three-fold recovery program of Overeaters Anonymous for one year.
2. The nominee must have attended at least two prior Assemblies.
3. Two Board members are elected each year for a two-year term. Chairman and Treasurer will be elected in odd years; Vice-chairman and Secretary in even years.
4. Board members shall serve no more than two consecutive terms in the same position, whenever possible.

BRIEF ACCOUNT OF OA STORY

*I began OA in the summer of 2008 a size 28 and nearly 300 pounds.

*Current abstinence began February 14th, 2014 and am maintaining a release of 135 pounds and can now buy clothes marked "medium".

*Completed all 12 Steps with sponsor(s) and continue to work the Steps on a daily basis.

*The most meaningful Step for me was Step 2 when I completed it a second time - this is when I developed a relationship with a power greater than myself which I describe as all matter&energy in the Universe. I call my HP Aurora (even though my higher power is not a deity) after the Aurora Borealis and Australis - glowing plasma from charged particles entering and playing in the Earth's atmosphere - the boundary between the celestial and the terrestrial.

*The Step in which I felt the largest boost to my recovery was Step 5. It is such a relief to live in integrity and no longer have to feel the drive for some definition of perfection that is unrealistic and damaging. My new definition of "perfection" is doing the best I can and being satisfied with the results.

*I currently have 3 sponsees who help me along my journey as I help them along theirs.

*Today on a daily basis I read OA literature, meditate, write a reflection, check in with my sponsor and sponsees, and exercise.

Along the way I work the Steps as needed!

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Use separate sheet for additional space, if needed)

Summary of OA Service (including service beyond Group level):

Central AR IG (CAIOA) Treasurer 2009-2011
CAIOA Region 8 Rep 2011-2015
CAIOA Chair 2015-2019
Region 8 TechWeb committee member 2011-2015, 2017-2018
Region 8 TechWeb chair 2015-2017
Region 8 interim Treasurer 2018-present

Business, Professional skills or other experience and skill you can bring to the Board:

Educator - professional communicator
Technology savvy
Organized & Problem Solver
Experienced in the Treasurer position serving as interim

Why do you want to be a Region Board Member?

I relish the service opportunity! It brings my recovery to an entirely new level to be able to assist Region 8 in its efforts to do the work of OA. I desire to be part of the message and to spread experience, strength, and hope to the still suffering compulsive overeater.

Date July 10, 2019

Signature _____

Michelle Dowell

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VIII. Final Report of Hosting Committee, Ft Lauderdale, FL April 2019

What a phenomenal experience it was to host the Sunlight of the Spirit: Region 8 Business Assembly and Gold Coast Intergroup Recovery Convention! It was truly a labor of love to work together with our Intergroup and the Region for nearly a year planning and prepping. Then when the “big day” came, we were blown away by all the love, fellowship, and fun we experienced in having so many OA-ers together in one place, sharing their recovery, strength, and hope!

We cannot tell express how humbled and grateful we are for all in our intergroup and the tremendous work they did to put this together. Shortly after winning the bid to host in Spring 2019, we starting holding monthly brainstorm meetings. In was daunting at first to get organized, but thankfully, one of our members put on major events like this in their professional life and she helped to set simple goals (with deadlines!) so we could stay on track in the yearlong planning process.

The first challenge was finding a venue. We had a very hard time finding a hotel that could offer enough meeting rooms at a reasonable price and would not be too far from the airport. And, to complicate things, we didn’t know how many attendees we could expect. We compulsive eaters tend to be procrastinators, and even with considerable number of pre-registrations through Eventbrite and the mail, we would have never expected so many last-minute registrants and walk-ins. Our best hope was for 130 total attendees. We were delighted to find that we ended up with nearly 190 attendees!! It did make for tight meeting spaces in both the business assembly and the main speaker room. But having eager fellows standing or sitting on the floor because we ran out of chairs at a recovery convention seems like a good problem to have.

Here is a final breakdown of the fund collected via registration, which includes convention registration, meal package purchases, and 7th tradition donations:

| | |
|-------------------------------|------------|
| Online Advanced Registration: | \$4,930.76 |
| Mailed in Registrations: | \$9,836.80 |
| Walk-In Registration – Cash: | \$1,422.00 |
| Walk-In Registration – Check: | \$1,132.00 |

Once we had the venue sorted out, we had to form committees to organize everything from decorations to programming to the Boutique. We saw fellows blossom into leaders and step up as committee chairs. Our intergroup put in countless hours, taking time from friends and family, all for the service of carrying this message of life-changing, life-saving recovery. We were blessed to have grown closer to many key fellows all in the time we've spent together. It changed our Intergroup for the better as many of these “convention leaders” stepped up to new roles within our Intergroup after the fact. This brought in new ideas and a much-needed rotation of service positions.

We had many hands at work to help organize the ways and means and fund-raising portions of the Convention. We used all the “standard” tools: Drawing Baskets, 50/50, and Literatures sales, but by far the biggest success was the Boutique. That success was rooted in its “pay what you think is fair” policy. It kept things simple (what a great program slogan) for those running the Boutique since they didn’t have to price any of the items. We are still in awe at the generosity of our members. The only challenge was arranging for a charitable organization to come and collect the remaining clothes and home goods after the weekend closed. But we had many fellows give service to set up, run, and break down the Boutique and the many hands made for light work!

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On the whole, the Region 8 Business Assembly and Gold Coast Intergroup Recovery Convention was a good monetary success for our Region. When all expenses, receipts, and reimbursements were sorted out (final report available upon request), we netted revenue of \$5,877.97, of which half was donated to Region 8. That's a whopping \$2,938.99 for the Region to use to continue to carry the message of recovery found here in OA.

Region 8 leads the digital wave and so rather than collecting paper feedback forms, the Gold Coast Intergroup created an online SurveyMonkey Feedback sheet after the Spring 2019 Business Assembly/Recovery Convention! We got nearly 70 responses from the post-convention survey, and best of all, no one had to collect and sort through papers or interpret chicken scratch. We were even able to easily pass this feedback to the Memphis and Baton Rouge Intergroups so they could utilize it in planning their upcoming Region events.

We got such great feedback: about how smoothly everything ran, the special considerations that were given for people's recovery needs, and about how every last little detail was covered which made for an easy inviting experience for all. Some of the highlights include:

- Experienced AMAZING Fellowship and I loved meeting new people
- The glow of recovery in everyone's eyes, hugs, smiles, touch, and laughter
- I really enjoyed the closing ceremony with the singing in the round as it promoted connection
- Being with other compulsive overeaters.
- Seeing so many young people doing service
- The theme Sunlight of the Spirit and thought the bags, t-shirts, and decorations coordinated very well together
- I felt like I belonged. I felt welcomed. I was able to feel comfortable in my recovery.
- Camaraderie. Vision board. Prayer Works. Opening speakers.
- And such a great idea to have a DJ for the Saturday banquet – We danced the night away!

We are received so many texts and phone calls from attendees of the Business Assembly and Convention expressing how grateful they are that they were able to come share and really see how program can be an active working part of their lives.

It has been an honor and privilege to be a part of this undertaking with Region 8 on behalf of the Gold Coast Intergroup. Our program has truly grown by leaps and bounds because of the service we have done together.

As always, our blessings for you of light.

Andi S and Maureen H.

Co-Chairs of the Sunlight of the Spirit:

Region 8 Business Assembly and Gold Coast Intergroup Recovery Convention

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IX. WSBC 2019 Delegate Report

WSBC 2019 Region 8 Delegate Report - Neill McCormick

I was grateful and humbled to be one of Region 8's delegates to the 2019 World Service Business Conference in Albuquerque, NM this past May. There were 18 countries represented and I was lucky enough to participate in a 12th Step Within(henceforth referred to as TSW) committee that included 4 other delegates from 3 European countries. I was also extremely curious to understand the concept of virtual non-realtime meetings. I got an up-close-and-personal chance to experience these meetings as my TSW subcommittee stays in touch with each other through non-realtime meetings.

I was able to attend at least one or part of one OA meeting each day, and it really grounded me for the intensity of the committee and business sessions during the week.

I attended the Health Fair workshop which simulated a health fair setup with participants and attendees. Topics addressed included:

- some confusion in the medical community about our "food plans" and lack of endorsement of them.
- some medical professionals do not acknowledge food addiction as anything other than a psychological issue.
- some non-acceptance of OAs who have had bariatric surgery-are we honoring our tradition of no opinion on outside issues?
- What is a good standard of a healthy weight? The best answer I heard was " ask your doctor".

A few of the significant happenings at WSBC 2019:

- A short-term spike in literature sales due to the availability of the 2nd edition of the Overeaters Anonymous 12 Steps and 12 Traditions.
- The announcement that Lifeline will cease to exist as a printed publication in Dec. 2020.
- Work and funds are allocated to make the OA.org website more user-friendly.
- Possibility that the 12th Step Within and Unity With Diversity committees may be combined.
- New Board Proposal A defeated-Are idioms and slang a barrier to or an opportunity for better communication? The assembly especially some delegates from non-English-speaking countries, voiced their opposition to this proposal.
- A presentation on restructuring the Board of Trustees and reducing the BOT from 20 members to 12.

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-Adoption of a new definition of abstinence as well as a definition of recovery for the compulsive eater who still suffers: Abstinence-The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. RECOVERY-Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

-New literature approved-Body Image, Relationships, and Sexuality. New literature approved-Welcome Back pamphlet.

-New Dignity of Choice pamphlet not approved.

-Motion F adopted with much debate regarding possible/probable Tradition 7 violation due to Google listing OA as a non-profit donation recipient.

-Motion D adopted with debate on whether hybrid virtual/face-to-face meetings can be registered as on or two separate meetings.

-Proposal B adopted with debate on whether a small group of the BOT should be able to make decisions on possible tradition violations in Conference-approved literature.

-There were 8 newly elected trustees, including 1 from Region 8.

Personal observations:

-I learned a great new acronym-BINGE, which stands for Believing I'm Not Good Enough

-I heard people sharing that "they no longer hurt themselves with food". This motivated me to formulate questions for people in relapse or people working with those in relapse.

1) Can I be honest with myself AND someone else in OA today about what I am or am not eating JUST FOR TODAY?

2)Am I willing to admit honestly to myself AND someone else in OA today that I am choosing to eat foods and/or amounts of foods that are not healthy for my body, mind, and spirit?

3)Am I willing to pray for a bottom in my relapse or for the "gift of desperation"?

There was a good discussion related to growing OA using virtual meetings. Yes, face-to-face meetings are great, but:

-illness or mobility issues make phone, chat, or non-real-time meetings viable choices for some people.

-Chat rooms work for people with auditory challenges.

-Virtual meetings can be a blessing for newcomers or someone who is ashamed of walking in to a face-to-face meeting.

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-Closed Facebook groups do protect anonymity!

-Young people find virtual meetings attractive.

Related to young people and OA, young peoples' meetings were said to contain a lot of laughter, humor, and fellowship. Many young people tend to stay in contact even if they leave OA. Young people also tend to meet as groups before and after the OA meetings.

Because of contacts made at WSBC, I was invited to participate in the virtual region convention held in late July. My part in the convention necessitated several days of preparation, including my initial downloading and use of the Zoom application. My horizons in recovery continue to broaden and my comfort level is expanded. I have participated in a few phone meetings and our region TSW committee meets monthly on the phone. However, on July 27, 2019, I was visually and aurally online with people throughout the US and one South American country. I was not just a passive participant but had to take on a leader role for part of the program. Talk about getting out of my comfort zone! This is a service opportunity that I might not have had without attending WSBC as a representative from Region 8.

The non-realtime meeting concept used in the virtual region relates to continued communication in my WSBC TSW subcommittee. Our committee is identifying resources for IG TSW committee work and now have created a survey that is awaiting approval by the BOT. We have utilized the non-realtime WhatsApp application to meet and to share ideas. In creating the survey, our committee conducted a 24-hour non-realtime meeting session so that people from the US and Europe could share and discuss ideas for the survey. A phone meeting would have been impractical, but we were able to create and finalize the survey over a day of discussion, with people on both sides of the Atlantic weighing in when they could participate. Our committee continues to stay in touch as we await the approval of the survey so that we can move to the next stage of information-gathering.

Again, I give heartfelt thank-yous to the assembly for allowing me to represent you as a delegate to the WSBC 2019!

Submitted by Neill McCormick

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X. WSBC Delegate Applications

See addendum

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XI. Standing Rules

These rules take precedence over Robert's Rules of Order. They may be suspended by a 2/3 vote using a Motion to Suspend the Rules, Participation in Assembly

1. Voting member must wear appropriate identification badge/ribbon denoting Rep, Funded Committee Chair, or Board Member.
2. The Secretary shall make a credentials check at the beginning of each session, and prior to any important vote, as deemed necessary by the Chair.
3. Any registered member of the Assembly may participate in Assembly procedures, e.g. vote, make a motion, speak to a motion, etc. Non-voting members may have a voice at the discretion of the Chair.
4. There will be a consent agenda consisting of routine non-controversial matters. The chair will determine the matters that will be placed on the consent agenda. Any voting members may go to the center microphone to request that an item from the consent agenda be considered separately. The consent agenda shall require a 3/4 vote for adoption.

Voting Procedures

1. Vote may be taken by voice, show of hands, standing, or ballot, at the discretion of the Chair.
2. A voting member may request a more accurate vote count by simply calling out "Division." The Chair may then use a voting method which assures an exact count.
3. The Chair may also call for division by stating, "The Chair is in doubt."
4. Ballot vote will be used for elections. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chair. After announcement of results, motion is in order to destroy ballots.

Recognition

1. Voting members who wish to speak shall, from the center microphone, give their name and Intergroup, and wait for recognition from the Chair. If necessary, to get the Chair's attention, the voting member may say "Madam/Mr. Chair," but may not speak further unless recognized by the Chair.
2. For certain procedures, the voting member, from the center microphone, may display a sign to gain recognition from the Chair (e.g., Point of Order, Point of Information, Parliamentary Inquiry, etc.).

Motions and Debate

1. Process for New Business Motions
 - a. Secretary will distribute minutes of the Business Assembly to the Board and Committee Chairs electronically no later than fifteen (15) days after close of the Business Assembly. New motions will be contained in the Committee Reports of the minutes.
 - b. New motions arising out of committees during an Assembly shall be communicated to the Secretary within fifteen (15) days after the close of the Assembly at which they emerge. After Board notification the Secretary shall forward these motions to the Bylaws/Electronic Documents Chair within twenty-one (21) days of the close of the Assembly at which they emerge.
 - c. New motions arising outside the Business Assembly shall be submitted to the Secretary at least sixty-five (65) days prior to the Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion.
 - d. Motions must be formatted to contain the intent, the proposed motion, any possible effects (costs, time, other committees affected, etc.), date of implementation and a list of necessary changes to be made to the Policy & Procedure Manual for consistency or congruity.
 - e. The Bylaws/Electronic Documents Committee may suggest changes in the motion to the maker to facilitate arriving at a more suitable version for submission to the next Business Assembly if the passing of the motion, as initially proposed, would:
2. create incongruity within either the Policy & Procedure Manual or the Bylaws,

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3. be in contradiction to or with either the Policy & Procedure Manual or the Bylaws, or
4. result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).
5. The Bylaws/Electronic Documents Chair will submit the reviewed motions to the Secretary electronically, no later than (sixty) 60 days after the close of the Assembly for inclusion in the mailing packet for the following Assembly.
6. No motions other than emergency motions will be taken from the floor at the Assembly. Emergency motions shall be submitted to the Bylaws/Electronic Documents Chair before the lunch break on Saturday of the Assembly.
7. There will be a maximum of three pro and three con speakers to each motion. There will be a maximum of two pro and two con speakers to each amendment. Each speaker may speak for a maximum of three minutes.
8. Pro and con speakers shall use the appropriate pro/con microphone. While waiting to speak, pro/con speakers may queue at the microphones.
9. A voting member may not speak on two consecutive motions or amendments unless the maximum number of speakers has not been reached.
10. The first speaker is always pro, and is usually the maker of the motion (unless he/she wishes to have another voting member speak).
11. If more than the maximum number of speakers' wishes to speak to a motion, they are encouraged to select among themselves those speakers who can best represent their views.
12. There shall be at least one pro and one con speaker before any discussion on the motion is taken from the center microphone. Voting members who wish to speak shall follow the recognition procedure outlined above.
13. A motion to close debate (Previous Question) or limit debate is in order for motions or amendments, and requires a 2/3 vote.
14. To save time on a simple amendment to a motion, the Chair may ask the maker of the motion if he/she would be willing to accept a "friendly amendment." If the maker of the motion agrees and there is no objection from the Assembly, the motion is changed to include the amendment.

Miscellaneous Rules

1. No smoking is allowed in any Assembly room.
2. No animals are allowed in any Assembly room, except guide dogs and service animals.
3. All cell phones, beepers and 2-way pagers are to be set on vibrate or turned off.
4. Voting members are not to leave or enter the Assembly room while votes are being taken.
5. No eating food allowed during the business session.

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XII. Decorum in Debate

Robert's Rules of Order Newly Revised, 11th Edition pages 391-394

“The following practices and customs observed by speakers and other members in an assembly assist the carrying on of debate in a smooth and orderly manner.” (RONR p. 391)

1. Confining remarks to the merits of the pending question.

Remarks must be germane to the question being addressed – must have a bearing on whether the motion should be adopted.

2. Refraining from attacking a member's motives.

Can speak against the consequences of the action being proposed, but avoid personalities or attack motives of the member who has spoken or who has proposed the issue.

3. Addressing all remarks through the chair.

Speaker should not address comments to another member. If a member wishes to question comments made by the previous speaker, he/she must seek recognition from the chair and address the assembly. The speaker can then ask the chair to request an answer from the previous speaker.

4. Avoiding the use of members' names. (used in large assemblies)

It is better to say “the member who spoke last” or “the delegate from _____”. Officers should be referred to by their office. The speaker may use first person in relating their views.

5. Refraining from speaking adversely on a prior action not pending.

Speaking on an action previously taken is allowed only when the issue is being reconsidered, rescinded, or amended.

6. Refraining from speaking against one's own motion.

A person can vote against their own motion but cannot speak against it. If the maker decides that the action should not be taken, he/she can ask permission to withdraw the motion.

7. Reading from reports, quotations, etconly with permission.**

A member may ask permission to read a report or quotation, etc. while speaking in debate.

8. Being seated during an interruption by the chair. (used in large assemblies)

If the chair is asked to make a ruling, the speaker should be seated....and may resume speaking after the chair is finished.

9. Refraining from disturbing the assembly.

During debate or during voting, members should not talk to others or move about the assembly. (side conversations!!)

Jan Strand, PRP

March 1, 2014

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XIII. Links to Online Forms

Voucher and Advance Request Form

<https://oaregion8.org/documents/SOAR8-Voucher-and-Advance-Request-Form.pdf>

Committee Selection Form

<https://oaregion8.org/documents/PDFs/Region8-Committee-Selection-Form.pdf>

Committee Progress Report

<https://oaregion8.org/documents/PDFs/Fillable-SOAR8-Committee-Progress-Report.pdf>

Region 8 Delegate to WSBC Application

<https://oaregion8.org/documents/PDFs/Fillable-SOAR8-Delegate-to-WSBC-Application.pdf>

Request for Budget Override

<https://oaregion8.org/documents/PDFs/Request-for-Budget-Override>

Certificate of Eligibility – English

<https://oaregion8.org/e-docs/online-forms/coe>

Certificado de Elegibilidad - Espanol

<https://oaregion8.org/e-docs/online-forms/coe-espanol>

Request for Steps, Traditions, Concepts Workshops

<https://oaregion8.org/e-docs/online-forms/stc>

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

XIV. Future Assembly Flyers

Baton Rouge- March 20-22, 2020

**THE SUCCESS OF THIS EVENT
RELIES ON SERVICE!**

Join us and share your experience, strength, and hope with other OA members while strengthening your own commitment to recovery.

I am willing to serve as:

- Hugger/Greeter
- Boutique
- Hospitality
- Page
- Where Needed
- Willing to Mentor
- Workshop Speaker:

I have 90 days of continuous abstinence

_____ Initial here

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

Committee Chair
Aleta Pickholtz
225.937.0566
ahp42@aif.net

Committee Vice-Chair
Becky Fincher
225.937.8895
finche_b@bellsouth.net

**Need a Roommate? Have
Registration Questions?**
Contact Aleta

HOW TO REGISTER

Register Online

oabatonrouge.org/soar8
oaregion8.org

Or mail check and form to:
BRIG
P.O. Box 14815
Baton Rouge, LA 70898

Make checks payable to
Baton Rouge Intergroup
or BRIG

Please make copies of this flyer
and post it in a visible place at
your OA meeting place.



**Traveling
the Bayou
to Recovery**

Uncover, Discover, Recover
on the Bayou

SOAR 8
RECOVERY CONVENTION
AND BUSINESS ASSEMBLY

**March 20-22,
2020**



2019-Growing Our Membership Worldwide

Memphis, Tennessee USA October 11th – 13th 2019

HOTEL INFORMATION

Crowne Plaza Baton Rouge

4728 Constitution Avenue
 Baton Rouge, LA 70808
 225.925.2244

Use Code: **SOA**
 Check in 4 PM
 Check out Noon
 Airport Shuttle \$10 per trip

Hotel Rates:

Standard Double Room \$125
 Sleeps 4, includes breakfast
 Rooms have fridge & microwave

REGISTRATION FEES

Early Registration: \$45 (Before 2/20/20)
 Late Registration: \$55 (After 2/21/20)
 Saturday Only Registration: \$35
 Virtual Registration: \$35

MEAL FEES

Saturday Lunch: \$35
 Saturday Banquet: \$40
 All meal orders due by 3/14/20



If you remove your body
 from the truth,
 when you are ready
 the truth is nowhere to be
 found.

But if you continue to
 bring your body to the truth,
 then when you are ready
 the truth is waiting there for
 you.

And that truth-
 our promise of recovery-
 is in every OA meeting
 when we join hands,
 pray together
 and joyously,
 lovingly,
 encourage one another:
 Keep coming back!

Reprinted from Overeaters Anonymous

REGISTRATION FORM

Name _____
 Name for badge _____
 Address _____
 City _____
 State _____ Zip _____
 Phone _____
 Email _____

PLEASE CHECK ALL THAT APPLY

- Region 8 Rep
- Board Member
- 1st Time Representative (Green Dot)
- Recovery Convention Attendee
- Business Assembly Attendee
- Virtual Assembly Attendee
- Trustee
- Funded Chair
- Willing to Mentor

FEES ENCLOSED

| | |
|---|--|
| Registration: \$45 (Before 2/20/20) | \$_____ |
| Late Registration: \$55 (After 2/21/20) | \$_____ |
| Saturday Only Registration: \$35 | \$_____ |
| Virtual Assembly Registration: \$35 | \$_____ |
| Sat. Lunch: \$35 | |
| <input type="checkbox"/> Rosemary Chicken | <input type="checkbox"/> Red Fish |
| <input type="checkbox"/> Vegetarian | \$_____ |
| Sat. Dinner Banquet: \$40 | |
| <input type="checkbox"/> Baked Salmon | <input type="checkbox"/> Herb Chicken Breast |
| <input type="checkbox"/> Vegetarian | \$_____ |
| Scholarship donation | \$_____ |
| Total | \$_____ |

All meal orders due by 3/14/20

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

XV. Flyers for Future bids