

**Minutes of the
Overeaters Anonymous Region III Fall 2013 Assembly
Tucson, AZ
August 17, 2013**

The *Assembly was called to order* at approximately 8 AM by the Chair, Andrea M. There was a moment of silence followed by the *Serenity Prayer*.

The Twelve Steps were read by Dexter W.

The Twelve Traditions were read by Margie Van C.

The Twelve Concepts were read by Gina C.

The *For Today selection* was read by Widgett C.

The *Voices of Recovery selection* was read by Marcia F.

The Chair introduced *the Steering Committee*: Vice Chair – Roni Byrne; Recording Secretary – Neva Schuelke; Communications Secretary – Barbara Rollins; Treasurer – Barbara Vervenne; Trustee – Vicki Wilcox; Parliamentarian – Judy Kouri

The *Convention Chair*, Janis R., welcomed the Assembly.

The Chair appointed Jill S. to take *informal notes* for the Assembly.

The Chair appointed Mary S. as *timekeeper*.

Assembly role was called and the *Credentials Report* was read. There was a total of 24 representatives and 5 Steering Committee members for a total of 29 votes. The report was soon amended when another representative arrived to bring the total to 30 votes. It was moved and seconded that the Credentials Report be accepted. The Credentials Report was accepted as presented/amended.

The *minutes from the Spring 2013 Region III Assembly* were approved as presented.

The Recording Secretary read the *Proposed Standing Rules*. It was proposed the rule for the use of the microphone by speakers be suspended as there were no microphones present. That proposal was accepted. The Standing Rules were adopted as amended.

The *agenda was adopted* as presented with adjustments to be made as necessary.

Judy K. recommended a book on *the principles of “parliamentary procedures”*. These are the rules we follow to help us keep to our primary purpose in our Assembly business.

The Assembly was led in *a meditation* with “slideshow” by Barb R.

Representatives introduced themselves by coming to the front of the Assembly and giving their name, the Intergroup they represent, and their hopes for the Assembly experience.

Steering Committee Reports:

Chair’s Report – Andrea M. thanked the representatives and the Steering Committee for the hard work they are doing to keep Region 3 strong and to carry the message. The 2013 World Service Convention in Cleveland OH is coming right up on August 29-September 1. Several representatives and SC members indicated that they plan to attend. The next WSO convention will be held in Boston MA in 2016.

Our next Region III cruise will set sail on March 22, 2015 out of Galveston (Spring Assembly to be held nearby on Saturday, March 21). Planning and committee work will begin at this Assembly.

Region III will be developing our own display board for use at professional exhibits and health fairs we participate in. We have found it difficult to ensure availability of the WSO display board, and shipping costs have been high. The PIPO committee will be discussing the timeframe for availability of the display board today.

We are at the end of a 5 year cycle of OA's Strategic Operating Plan. Remaining goals that Service Bodies are asked to increase focus on include: actions required for abstinence, the necessity of working the 12 Steps, and the individual's responsibility to carry the message.

Answers to questions from Reps: Speaker funding is available every 2 years. No promotional plan is yet in place for the "Abstinence Workshop."

Vice Chair's Report – Roni B. shared the upcoming Assembly schedule: Spring 2014 – Dallas, TX Feb 28-Mar 2; Fall 2014 – Phoenix, AZ Aug 8-10; Spring 2015 – TX, Mar 21 (Cruise out of Galveston next day); Fall 2015 – up for grabs! She has conducted four STC workshops since last Assembly: Austin, TX May 2013; OK City, OK June 2013; Santa Fe, NM June 2013; Albuquerque, NM July 2013. She advised Reps to see the Treasurer's Report for RIII Event Funding requests since last Assembly. There were no First Time Assembly/Long Time Absentee funding requests.

Roni requested that reps complete the assembly evaluation today. Evals help us improve how we conduct business during an assembly.

Wrap Up Reports of past conventions are available via email upon request. The electronic version of the RIII Convention Planning Manual is available as a download at our Region III website.

Roni expressed gratitude for the opportunity to serve.

Treasurer's Report – Barbara V.

Statement of Financial Position as of July 31, 2013: Our total asset are down from this time last year by \$96. We continue to have a healthy balance sheet.

Statement of Financial Income and Expense (March-July, 2013): Since last Assembly, expenses have exceeded income by \$2,265. Convention & Assembly Expenses include Steering Committee travel, hotels, and meals.

Actual Spending vs Budget FY 2013 (Nov 1, 2012 – Oct 31, 2013): With 66% of the year behind us, income is running at 55% of budget and expenses are at 46% of budget. Income from the Houston C/A in Spring 2013 was \$3,426.

Summary of Group Donations (Sept, 2012 – Feb, 2013): Barbara encouraged reps to check individual group donations and see her is anything is not right. Sometimes the group # is left off – please be sure to include that with any group donations.

Proposed Budget for FY 2014: A preliminary discussion adjusted group donations down slightly to \$15,000, increased W&M income to \$1200. Barbara shared that she has found and signed up for a free conference calling system for us to use. No new software needs to be purchased in the next year. WMF committee expenses will be increased to \$750 with a possible new fundraiser. We need to get the word out to Intergroups that there is money from Region III to fund reps, SC led workshops, and speakers for IG events. The Budget will be voted on after committee meetings to allow for adjustments to committee expenses.

The Treasurer's report was filed for audit.

Recording Secretary – Neva S. The folder was passed so that Reps could update their representative contact information and the contact information for Intergroup Chairs. Reps were reminded to please contact the Recording Secretary is there is an new IG chair or Region Rep in their Intergroup. The committee report forms were explains to the assembly.

Explanation of motions procedures – that Bylaws motions would be addressed at the Spring Assembly and that motions proposed from the floor should be emergency motions only. Reps will receive a copy of the informal minutes attached to an email as soon after the close of Assembly as possible.

Neva thanked the assembly for the privilege of serving.

Communications Secretary – Barb R. shared the joy of serving the region and that this assembly marked the completion of a term. She thanked the Comm/Tech committee for their great assistance in doing her job. The region website was moved to a new server at the Spring Assembly, and now has a new blog/dynamic home page. Barb invited input from the Steering Committee, Region committees, and reps. She also asked for ideas for improvements and additions. She also invited committee chairs to look at the interactive form on the website to determine if this is a tool you wish to use to prepare multiple copies of reports. This technology will be used in the future for such things as producing multiple copies of motions at future assemblies. Final decisions will be made by the Comm/Tech committee and the Steering Committee for what will be included in the permanent digital archives for the Region. Input as to needs and solutions is welcomed and greatly appreciated.

Barb thanked the assembly for placing their trust in her and allowing her to serve.

Trustee Report – Vicki W. opened her report with the numbers; Region III is comprised of 418 affiliated groups, 25 intergroups, and 49 unaffiliated groups. She shared her excitement in presenting STC workshops in Boulder, CO, and Austin, TX, last May, as well as those upcoming in Grand Junction and Corpus Christi in September and Glen Rose TX in November. She shared that STC workshops may also include coverage of the Strategic Operating Plan for OA, Abstinent Members, Strong Meetings, Financial Health and Public/Professional Awareness. The Region III Vice Chair, Roni B. is the one to contact for scheduling an STC in your Intergroup. There is funding available to cover some or all of the Trustee expenses to come lead the workshop depending on the financial status of the intergroup.

The next Convention/Assembly will be hosted by Dallas Metro for Spring 2014. Please encourage members in your area to attend conventions. It's an opportunity to meet other members of Region III and receive a recovery "shot in the arm."

The Region III Unity with Diversity committee requested that Region III present a motion at WSBC 2013 to amend the statement about inclusivity in the policy statement. The motion was adopted with minor revisions. The statement, which is now the first statement in OA's "Unity with Diversity" Policy is as follows:

"The Fellowship encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation or any other trait that may create the perception of a minority."

A motion will be presented at the August meeting of the Board of Trustees to amend the Suggested Meeting Format to reflect the new diversity statement.

There's still time to register for the World Service Convention 2013 – Recovery to Rock our World. Registration information and details can be found online at <http://www.oa.org/world-service-events/world-service-convention/>.

The **WSBC 2013 Final Report is now available** online at <http://www.oa.org/pdfs/>. Also, PSA prices have been reduced. You may download the flyer (same as previous link). The Third Quarter issue of A Step Ahead is also accessible on the OA website. OA has launched a French website: francais.oa.org, which features similar content to the English version.

Two OA books are now available in Spanish in e-book formats: Solo Por Hoy (For Today), and Los Doce Pasos y Las Doce Tradiciones de Overeaters Anonymous (The Twelve Steps and The Twelve Traditions of Overeaters Anonymous). Search online at your e-reader store.

Delegates at WSBC 2013 voted to approve the following changes to the Anonymity Statement (orig. adoption 1980 Conference):

WSBC Policy 1980b (Amended 2013) An anonymity statement was adopted:

Anonymity is the spiritual foundation of our program, always ensuring principles before personalities. This means that OA itself is not anonymous, but its members are. There are no exceptions. While OA may be publicized, we do not break our individual anonymity at the level of press, radio, films, and television and all public media of communication, and the recognizable facial exposure of persons identifying as OA members at the level of press, films, and television, and all public media of communication is a violation of our tradition of anonymity, even though the first name only is given or the entire name is withheld.

A new packet of literature entitled the Young People's Packet is available from OA for \$2.25.

WSBC 2013 Delegates also approved a change of working for the OA Preamble. The new wording will be applied as literature is reprinted and may be read by individuals and in meetings as needed in the interim. The Preamble now reads as follows:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for member; we are self supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Vicki recommended that Intergroups check their Bylaws to see if they had incorporated the OA Preamble, in which case the Bylaws would need to be updated and approved. She thanked the reps for their service to the fellowship.

The **Lifeline Drawing** envelope was circulated.

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Election of Steering Committee members: Roni B. was elected to a second term as Vice Chair, Barbara V. was elected to a second term as Treasurer, Barbara R. was elected to a second term as Communications Secretary.

The envelope for the 7th Tradition was passed.

Committee meetings: The Chair gave instructions. The Recording Secretary passed out folders.

Committee chairs:

Bylaws: Stan S.

Twelfth Step Within: Marla D.

PIPO: Brenda Q

Comm/Tech: Gina C.

WMD: Irine F.

UWD: Kay S.

The Chair asked committee chairs to return 15 minutes before the Assembly reconvened at 2 PM. The assembly was adjourned for lunch and committee meetings until then.

Committee Reports:

Twelfth Step Within – Mary S. reported that Marla D. is the new committee chair. Efforts continue to contact unaffiliated groups. “Twelfth of the Month” reminders are forwarded to the Recording Secretary on the 10th of each month to be sent out on the 11th. The Speakers List has been updated, and application forms are available at Assembly. Development of a “Stuck in Recovery” workshop is ongoing in Tucson with hope of a prototype workshop being put on there in the near future. Contact with non-attending IGs is also ongoing. Solicitation of articles for Lifeline from someone in each state in the Region is being coordinated for the Fall.

PI/PO – Brenda Q. Small health fairs in Las Vegas and Houston were attended. Investigation is ongoing for an offer to donate a trade show/PIPO display board to our region. Tradition issues are being explored. Plan is to have display board to show in Dallas, Feb. 28. Work is being done to create a Region III bookmark for distribution to doctors’ offices. Also plan distribution of sticky notes already available.

Comm/Tech – Tom G. (for Gina C.) Improvements to the website include a dynamic homepage, change of wording on the donate button so people can track the group #. The committee encourages people to contribute content for the website. They plan to make committee reports available to people on the website. We can be a resource for groups who don’t have their own website. Get small group events up on our website. And, removed references to Horizon newsletter from the website content.

Bylaws – Stan S. Bylaws motions including one on the Trustee Nominee Selection Process will be presented in the Spring. The committee plans to attempt to use Skype for communication between assemblies in addition to email.

Ways, Means, Finance – Irine F. One fundraiser chosen is a “Cruise Ticket Drawing” with pricing and details to be determined. The committee wants input from members on other ideas. There are 24 magnets left to sell. The magnet sale final report will be presented in the Spring. The Assembly gave feedback on four fundraising ideas with the keychain/flashlight w/saying, and the Region III pin getting the most support – they will be further researched.

Audit Report – Mike K. Everything is in good order. The use of remote access deposits is problematic, more difficult to deal with so we won’t do it.

Unity With Diversity – Kay S. They are planning to contribute content to the website. The chair will be following up on unfinished goals from the Spring. They will create a draft email to encourage groups to incorporate UWD content from the OA literature. Encouraging articles for the website, Lifeline, and local newsletters. Will bring ideas and information to Dallas in the Spring. The focus will be on similarities – feeling a part of/recovery over differences/principles before personalities.

The Region Chair announced that a Conference Call including the Steering Committee and all Region committee chairs will occur on Saturday, November 16 at Noon (MST – Colorado time). More information will be forthcoming.

Adoption of Proposed Budget for 2014: Barbara V., the Region III Treasurer presented and discussed the proposed budget. A motion was made and passed to adopt the Budget as amended.

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Lifeline Drawing: Trustee Vicki W. announced the awarding of two Lifeline subscriptions (one hard copy and one e copy) from the collection taken at assembly.

7th Tradition: \$175 was collected, which goes into the Region III general fund.

Report on the Friday Workshop: Roni B. shared that information from STCs indicated that people needed more information on service and long term commitment. Ideas were shared to help Intergroups get more people into service. The topic for the Friday workshop in Dallas will be Abstinence or The Handbook for Members, Groups, and Service Bodies (#120).

The Chair asked those assembled to write for 5 minutes on their experience of the Assembly work today.

Announcements:

Flyers for the Spring Assembly in Dallas, Feb. 28-Mar. 2.

Colorado Retreat – “Hills are alive with the sound of recovery.”

Phoenix winter Retreat, Jan. 24-26, brochure in registration packet.

ASDI will host the Fall 2014 Assembly in Phoenix, Aug. 8-10, “Happy, Joyous, and Free”

Retreat 1st week of October in Santa Fe.

LVOA retreat near Bryce Canyon/Cedar City end of October.

St. David Retreat hosted by SEAZ weekend of Nov. 1

See the Region III website for more information.

The Spring 2013 Region III Assembly was adjourned sine die @ 3:50 PM.