

SOAR 8

Policy and Procedure Manual



July 2010

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To order a copy of this Manual, contact Bylaws/Electronic Documents Chairman (Appendix D)

1. Introduction

This Policy and Procedure Manual guides the business practices of

SOAR 8

Southeast Overeaters Anonymous Region 8
and is to be used only within this Fellowship

Abbreviated terms used in this manual

Expense Voucher and Advance Request Form	Voucher
Hospitals, Institutions, Professionals, Military	PIPO
Intergroup	IG
Intergroup Outreach	IGOR
Policy and Procedure Manual	P&P
Public Information	PI
Region 8 Business Assembly	Assembly
Representative	Rep
World Service Business Conference	WSBC
World Service Office	WSO

Preamble

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 members; 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 this message of recovery to those who still suffer.

--WSBC, May, 1984

The Policies and Procedures in this Manual may be revised at any regular or special Assembly by a majority vote of the members present at the time of the vote

Welcome to Region 8

The 1976 WSBC adopted the concept of Regionalization. Region 8 includes Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, and Virgin Islands.

Each Intergroup is entitled to one Rep for every ten affiliated Groups or fraction thereof. Each unaffiliated Group is entitled to one Rep. Expenses related to attendance at Assemblies are the responsibility of the Intergroup or Group represented. Each Intergroup or Group, being autonomous, selects its Representatives in any manner it chooses, as long as it stays within the framework of the Twelve Steps and Twelve Traditions.

The Service Structure on page 1-6 illustrates the networking of Region 8. Questions about Region 8 may be directed to our Region Trustee or any officer listed in the Service Directory (Appendix D).

At each Assembly, bids are presented and a Hosting Intergroup is selected for the following year's Assembly. The business of the Assembly includes: committee work, election of officers, selection of Trustee nominees, amendment of bylaws, and creation and maintenance of all Region publications.

All members of OA are welcome at Assemblies. Only registered Reps can vote, but all members may participate in discussions.

Purpose of Regionalization

- establish Region Office address
- encourage unity within the Region
- communicate with Groups all over the world
- offer assistance to Groups and Intergroups as they form and function
- select nominees for World Service Trustee

The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Make a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

(Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.)
(Reprinted with permission of Overeaters Anonymous, Inc.)

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

(Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.)

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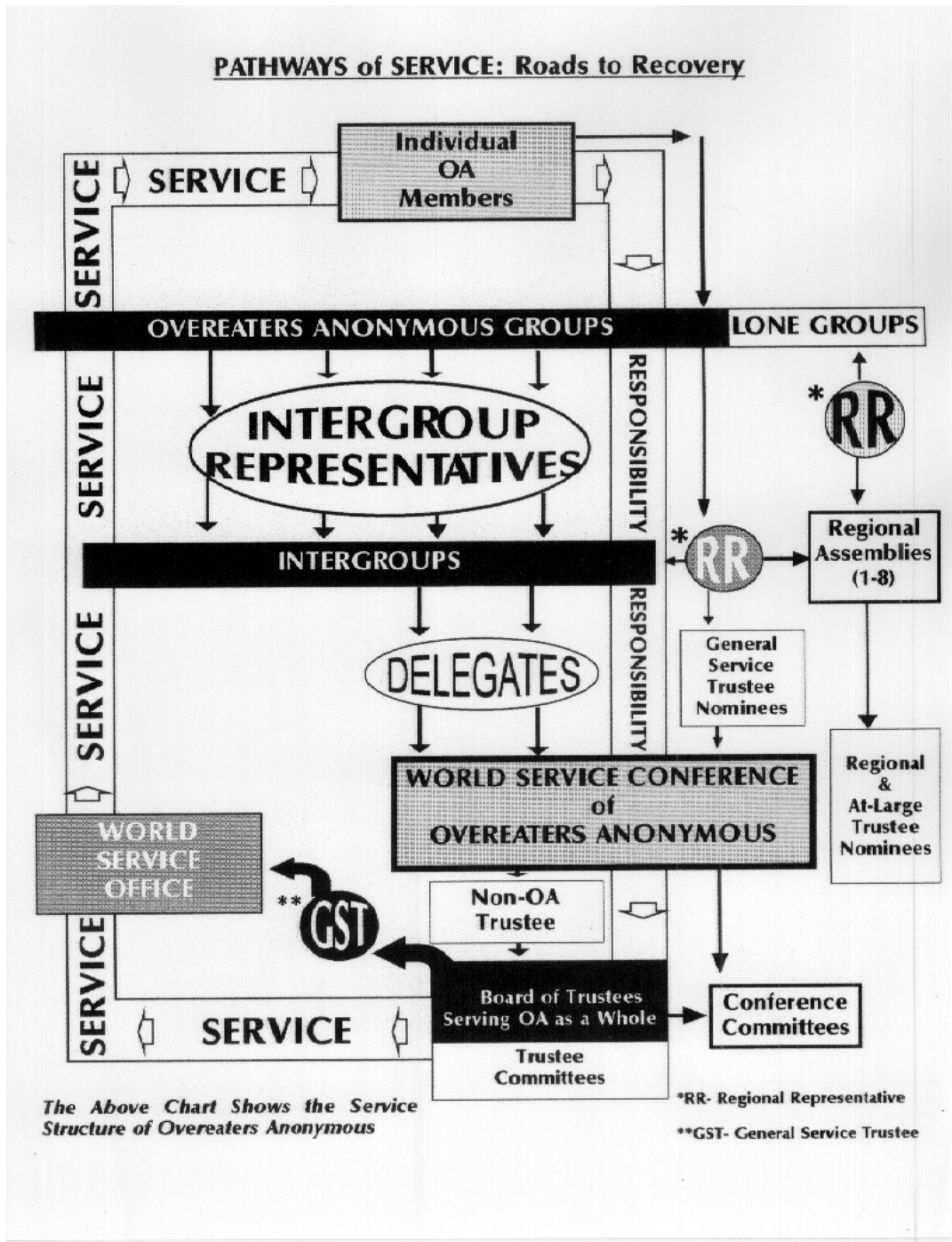
The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA Groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The Right of Decision, based on trust, makes effective leadership possible.
4. The Right of Participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executive staffs, and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. no OA committee or service body shall ever become the seat of perilous wealth or power;
 - b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - c. no OA member shall ever be placed in a position of unqualified authority;
 - d. all important decisions shall be reached by discussion, vote, and whenever possible, by substantial unanimity;
 - e. no service action shall ever be personally punitive or an incitement to public controversy; and
 - f. no OA service committee or service board shall ever perform any acts of government and each shall always remain democratic in thought and action.

(Bylaws of Overeaters Anonymous, Subpart B)
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Service Structure

OVEREATERS ANONYMOUS



2. Financial Policies

1. The fiscal year is November 1 through October 31.
2. Annually, at November Assembly, the Ways and Means Committee shall present a proposed, balanced budget for the current fiscal year. Proposed budget is subject to the approval of the Assembly.
3. Requests for budget increases shall be presented to the Treasurer and the Ways and Means Committee by the July Assembly prior to the fiscal year for which increase is requested.
4. A balance of no less than 40% and no more than 60% of annual budget shall be maintained in the treasury.
5. The following positions are funded within the guidelines hereinafter stated: Chairman, Vice-Chairman, Secretary, Treasurer, Parliamentarian, and the chairmen of the following committees: Ways and Means, IGOR, Bylaws/Electronic Documents, Public Information/Professional Outreach Committee, Twelfth-Step-Within, Technology/Web Site, and the Unity in Diversity Committee.
6. Expenses incurred in the performance of Assembly-sanctioned work are reimbursable.
7. All funded persons shall stay within budgeted allocations, except as stated in #9 below.
8. Request for budget override, including reason(s) for same, must be submitted in writing to the Chairman of the Ways and Means Committee or the Region Treasurer prior to the Saturday morning session of Assembly at which approval is sought. Request for override will be presented to the Assembly by the Ways and Means Committee, and is subject to the approval of the Assembly.
9. Reimbursement to funded persons for expenses incurred attending Assemblies shall be limited to transportation, lodging, meals, and registration, within the following guidelines:
 - a. Transportation
When possible, the least expensive form of transportation shall be used.
 - 1) Private vehicle -- Expenses including tolls and parking fees are reimbursed pro-rata at the IRS current business rate, less amount received from car-poolers. The Accountability Sub-committee Chair will notify the newsletter editor to publish the change.
 - 2) Public vehicle -- Fare is reimbursable for lowest rate available for tickets purchased at least two weeks in advance. Transportation fees to and from terminal are also reimbursable.

2. Financial Policies

- b. Lodging
Reimbursement for lodging expense incurred at Assembly shall be one-half the double-occupancy rate plus tips, or actual expenses, whichever is less. Lodging is reimbursed for three nights per Assembly for Board members and a maximum of three nights for funded committee chairmen should the committee chairmen be requested to attend the Board Meeting on Friday.
 - c. Meals
Reimbursement for meal expense (including tips) incurred at or traveling to and from Assembly shall be a maximum of \$60 per Assembly for funded committee chairmen, and \$90 per Assembly for Board members, plus the cost of Saturday lunch and banquet. Should the funded committee chairmen be requested to attend the Friday Board Meeting an additional \$25 will be available for meal reimbursement. No alternate meal expense shall be reimbursed for Saturday lunch and banquet.
 - d. Registration
Assembly Registration Fee is reimbursable. Additional fee for late registration is not reimbursable.
10. Region Chairman shall be reimbursed for expenses incurred to attend WSBC and Region Chairmen's Meetings by the guidelines stated in #9, with the following exceptions:
- a. Lodging -- Number of nights will vary according to schedule of meetings.
 - b. Meals -- Meals will vary according to schedule of meetings.
11. A **Voucher** (Appendix F-3) must be properly completed, authorized, and submitted to the Treasurer prior to reimbursement or advance of any funds:
- a. Request for reimbursement shall follow these guidelines:
 - 1) Each person shall complete and verify his own Voucher, claiming only those expenses personally incurred. Third-party reimbursements are not allowed.
 - 2) Appropriate documentation (including receipts and explanation for all items) must accompany each Voucher, and must be submitted to Region Treasurer or Committee Chairman within six weeks of acquired expense.
 - 3) A Voucher presented for reimbursement of committee work must have the approval of the Chairman of the Committee to which work is attributed.
 - 4) Treasurer shall reimburse each Voucher, or request additional information, within ten days of receipt of request.
 - b. Request for advance shall follow these guidelines:
 - 1) Request must be submitted on a Voucher, with appropriate documentation, such as invoice, estimate, or quote. Treasurer shall determine suitability of documentation.
 - 2) Advance shall be reconciled using a Voucher, with proper documentation, within thirty days after funds are expended. If funds are not expended by the next Assembly, reconciliation must be made at that time. No further reimbursement or advance will be issued to that person until reconciliation has been completed.
 - 3) Items which may be considered for an advance include expenses not covered by a previously-issued advance.

2. Financial Policies

12. Request for exception to these financial policies must be submitted in writing to Region Treasurer, the Ways and Means Chairman, and the Board Chairman, within six weeks of acquired expense, and must be accompanied by a written explanation for the request. There is no exception to this rule.
13. An advance of no more than \$500 shall be issued to each Board member (and others subject to the approval of the Treasurer and Ways and Means Chairman) according to the following guidelines, with no exceptions:
 - a. Advance shall be given at the beginning of the term of office.
 - b. Advance is to be used for expenses other than Assembly registration, travel, lodging, and meals.
 - c. To receive reimbursement for expenditure of advance, a properly completed Voucher must be submitted to Treasurer.
 - d. Every item on the Voucher other than expenses relating to attendance at an Assembly, will be attributed to, and reimbursable to, the advance.
 - e. At the expiration of each individual's term in office, the full amount of the advance shall be returned to Treasurer (either by cash/check, or a combination of cash/check and Voucher).
14. Funded persons who vacate office shall receive their final reimbursement only after they have fulfilled all responsibilities and submitted all pertinent committee documents to the appropriate person within thirty days of vacating office. Such person must also submit properly completed and documented Voucher to Treasurer within thirty days of vacating office.
15. Defunding of Committees, if necessary, will be in this order:
 - a. Unity in Diversity
 - b. Technology/Web Site
 - c. Public Information/Professional Outreach
 - d. Twelfth-Step-Within
 - e. IGOR
 - f. Bylaws/Electronic Documents
 - g. Ways and Means
16. A copy of any motion requiring expenditure of \$500 or more in any 12-month period shall be submitted to Ways and Means Committee prior to consideration by Assembly. This allows sufficient time for analysis of the impact of the motion on Region budget and finances. The Ways and Means Committee will report its findings to the Assembly at the time the motion is considered.
17. Region 8 accepts designated monies, provided a special fund has been established by the Assembly.
18. The Treasurer and the Chairman are authorized to withdraw funds from all Region financial accounts. The Chairman shall be informed of account locations and numbers, and shall possess at least one blank check or withdrawal slip per account.

2. Financial Policies

Funding for Additional Committees

1. The Ways and Means Committee shall make known in its regular report to the Assembly if it would be financially feasible to increase the number of funded Committees, and if so, the maximum number which would be appropriate. This recommendation would not imply that the Assembly should fund additional committees, only that it could do so responsibly.
2. A committee requesting funding must submit a Committee Funding Request Form (Appendix F-13) to the Ways and Means Committee Chairman prior to the Saturday morning session of the Assembly at which funding is to be requested. A copy of this completed form must be submitted to Region Secretary at least three weeks prior to the beginning of said Assembly, so that the request may be included in the reports packet distributed to the Assembly.
3. At a time following the completion of oral committee reports and prior to Board recommendations, requests for funding additional committees shall be considered by the Assembly.
 - a. The Ways and Means Committee shall inform Assembly of the number of additional committees which can be funded, and which committees have requested funding.
 - b. A representative from each committee requesting funding will be allowed three minutes to present its request to the Assembly.
 - c. After committee presentations, ten minutes of questions or comments will be allowed from the floor.
 - d. A ballot will be taken for a number of committees equal to/less than the number of committees to be added, or the number of committees making application, whichever is less.
 - e. To receive funding, a committee must receive a majority vote.
 - 1) If the number of committees requesting funding does not exceed the maximum number of committees to be added, one ballot will be taken.
 - 2) If the number of committees requesting funding exceeds the number of committees to be added, and the maximum number is not filled on the first ballot, committees receiving funding on the first ballot will be removed from the ballot and a second ballot will be taken.
 - 3) If no committee receives a majority on the second ballot, the committee having less than one-fifth the total vote will be deleted from the subsequent ballot, except that a number of committees equal to the number of remaining positions must remain. If no committee has less than one-fifth the votes, the committee with the lowest number of votes shall be deleted from the ballot. Balloting will continue until the number of positions remaining is equal to the number of requesting committees, at which time only one more vote will be taken.
4. Funding for committees receiving approval shall begin after adjournment of the Assembly at which funding is approved.

3. Assembly Procedures

1. The **Group Conscience** prevails over all motions.
2. Assembly shall be held three times a year: **March, July, and November**.
3. Parliamentary procedure according to **Roberts Rules of Order** will be followed.
4. Those Reps present at an Assembly constitute a **quorum**, provided two states, in addition to the hosting state, are represented. (See Bylaws, Article V)
5. Anyone who wishes to **address the Assembly** must first be recognized by the Chairman. After being recognized, person shall state his name, Intergroup, and business.
6. **Debate on motions and amendments** shall be limited to three minutes for each pro and con. Following the debate, discussion is limited to seven minutes. (see page 3-5, for further guidelines on motions and debate)
7. Request for **inclusions in agenda** must be submitted to Secretary at least 45 days prior to Assembly.
8. A motion to **amend bylaws** must be submitted to Secretary at least 60 days prior to Assembly at which motion is to be presented.
9. Each Intergroup registers its elected Reps by forwarding **Certificate of Eligibility** to Region Secretary annually in January and periodically as changes occur. (see Appendix F-4)
10. Registered Reps (or alternates), Chairmen of standing committees, and Board Members are **entitled to a vote**; all others may have a voice but not a vote. Chairman votes only to break a tie.
11. The only **taping** allowed at Assembly will be by the Secretary for the sole purpose of assistance with accuracy of minutes. Tapes shall be retained until minutes are approved, then erased or destroyed.
12. **Video** recording devices are not allowed in the Assembly at any time.
13. **New Rep Orientation** will be held at a time agreed upon by the Board. Parliamentary Procedure information will be provided to new Reps, and to other Reps upon request.
14. A **Goal setting/Region inventory** session will be held at each March Assembly (see page 4-1).
15. Oral reading of **minutes** is not required.
16. For further procedures see **Standing Rules**, page 3-4.

3. Assembly Procedures

Assembly Format

Removed: Motion July 2001 Assembly

3. Assembly Procedures

New Rep Orientation

1. SERENITY PRAYER

2. WELCOME

Introductions

Stress our purpose--to carry the message.

3. LOGISTICS OF ASSEMBLY

- a. Registration procedure
- b. Blue book sign-in, badge with green dot, banquet ticket, etc.
- c. Get-acquainted luncheon
- d. Distribute Minutes from last Assembly and Agenda for current Assembly
- e. Hospitality Room
- f. Taping for purpose of minutes
- g. Roll Call – important to be on time; can't vote unless present for roll call
- h. Information Packets (review before Business sessions)
- i. P&P (how to get one; study it!)

4. PARLIAMENTARY PROCEDURE

- a. Distribute and explain procedure for motions and standing rules
- b. Pro/Con procedure, microphones, time limits, number of speakers to motions
- c. Terms: point of information, question of privilege, etc.

5. COMMITTEES

Describe work of each committee and ask Reps to attend committee of their choice.

6. MISCELLANEOUS

- a. Buddy system
- b. Discuss importance of Group Registration Forms staying updated (show examples)
- c. Follow your regular routine at Assembly: i.e., prayer, meditation, sleep, exercise
- d. Re-entry to the real world after Assembly
- e. Express Region's gratitude for Reps' willingness to serve

7. CLOSING

Closing as suggested by WSBC

3. Assembly Procedures

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, to force standard parliamentary procedure.

Participation in Assembly

1. Voting member must wear **appropriate identification** badge/ribbon denoting Rep, funded committee chairman, or Board Member.
2. The Secretary shall **call the roll** at the beginning of each session, and prior to any important vote, as deemed necessary by the Chairman. A roll call is performed by counting Board members, Committee Chairmen, and each state's registered Rep(s).
3. A person must have been **counted in the preceding roll call** to participate in any Assembly procedure, e.g., voting, making a motion, speaking pro or con, etc.
4. **Visitors and guests** are permitted in the Assembly, but should not participate in any procedure except speaking informally when recognized by the Chairman.

Voting Procedures

1. **Vote may be taken** by voice, show of hands, standing, or ballot, at the discretion of the Chairman.
2. A voting member may request a more accurate vote count by simply calling out "**Division.**" The Chairman may then use a voting method which assures an exact count.
3. The Chairman may also call for division by stating, "**The Chairman is in doubt.**"
4. **Ballot vote will be used for elections** unless there is only one nominee, and the Assembly passes a motion to accept by acclamation. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chairman. 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 Chairman. If necessary to get the Chairman's attention, the voting member may say "Madam/Mr. Chairman," but may not speak unless recognized by the Chairman. **For certain procedures**, the voting member from the center microphone, may display a sign to gain recognition from the Chairman (e.g. Point of Order, Point of Information, Parliamentary Inquiry, etc).
2. **For certain procedures**, the voting member, from the center microphone, may display a sign to gain recognition from the Chairman (e.g., Point of Order, Point of Information, Parliamentary Inquiry, etc.).

3. Assembly Procedures

Standing Rules (continued)

Motions and Debate

1. Process for New Business Motions
 - a. No motions other than emergency motions will be taken from the floor at assembly. Emergency motions shall be submitted to the Region 8 Secretary by the lunch break on Saturday of the assembly.
 - b. Preliminary versions of motions from the SOAR 8 Board or arising out of committee(s) shall be submitted to Region 8 Secretary within 21 days of the close of the Business Assembly at which they emerge. Preliminary versions of new motions arising outside the Business Assembly shall be submitted to Region 8 Secretary at least (65) prior to the Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion.
 - c. The Bylaws and Policy & Procedure Manual 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:
 1. create incongruity within either the Policy & Procedure Manual or the Bylaws,
 2. create incongruity between the Policy & Procedure Manual and the Bylaws,
 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).
 - 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. New motions shall be submitted to the Secretary at least 35 days prior to the commencement of the Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion.
2. 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.
3. Pro and con speakers shall use the appropriate **pro/con microphone**. While waiting to speak, pro/con speakers may queue at the microphones.
4. A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
5. The **first speaker is always pro**, and is usually the maker of the motion (unless he/she wishes to have another voting member speak).
6. If **more than the maximum number** of speakers wishes to speak to a motion, they are encouraged to select among themselves those who can best represent their views.
7. There shall be **at least one pro and one con speaker** before any discussion on the motion is

3. Assembly Procedures

Standing Rules (continued)

taken from the center microphone.

8. A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments, and requires a 2/3 vote. To save time on a simple amendment to a motion, the Chairman 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

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 beepers**, cell-phones and 2-way pagers should be set to vibrate or turned off.
4. **Voting members should not leave or enter** the Assembly room while votes are being taken.
5. **No eating** of food during the business session.

4. Board Members

Chairman

1. Responsible for unity and group conscience of Region 8.
2. Establish and maintain agenda for all Board Meetings and Business Sessions.
3. Preside at all Board Meetings and Business Sessions.
4. Is ex officio member of all committees.
5. Appoint Parliamentarian for Assembly.
6. Responsible for the Forum, to be presented at the Friday night opening of the Business Assembly.
7. Attend World Service Business Conference.
 - a. Convene Region 8 Delegate Meeting as scheduled on the WSBC agenda.
 - b. Serve as support/resource person for all Region 8 Delegates in attendance.
 - c. Provide Delegates with roommate information if possible.
 - d. Attend Region Chairmen's meetings.
8. Respond to all correspondence, phone calls, and questions in timely manner.
9. Maintain periodic contact with Board, Trustee, and Committee Chairmen.
10. Maintain periodic contact with other Region Chairmen, and provide them with Assembly minutes, mailing lists, and a copy of our P&P, as requested.
11. Upon completion of service term, provide the succeeding Chairman with any information from their service period via either written or electronic media.
12. Is authorized signer on all accounts.
13. Will be bonded.
14. Will be liaison to funded committee(s).

4. Board Members

Vice-Chairman

1. Assume all duties of Chairman in his/her absence.
2. Keep history of Region 8 up-to-date by providing Bylaws/Electronic Documents Chair with a brief summary within 6 weeks from conclusion of each Assembly.
3. Coordinate Business Assembly:
 - a. Assist Intergroups in preparing bids for Assembly.
 - b. Give Hosting Intergroup a **Hosting Manual** and assist with every phase of Assembly planning.
 - c. Coordinate with Bylaws/Electronic Documents Chairman to keep **Hosting Manual** up-to-date.
 - d. Liaison between Hosting Intergroup and Board.
 - e. Send Assembly Date/Place/etc. to **Lifeline** for publication.
 - f. Maintain Reports of past Assemblies to guide future Hosting Intergroups.
 - g. Appoint leader for New Rep Orientation; provide leader with **Green Dot Handbooks**.
4. Will be bonded.
5. Will be liaison to funded committee(s).
6. Flyers/registration forms for Business Assembly must be approved by the Vice-Chairman before being submitted to the Technology/Web Site Chairman for posting on the Region 8 Website.
7. Changes to the Region 8 Hosting Manual shall be made by the Vice-Chairman with Board approval not to conflict with the SOAR 8 Policy and Procedure.

4. Board Members

Secretary

Before Assembly

1. At least six weeks prior to each Assembly, send packet of information to: Trustee, Board, Reps, Intergroups, other service bodies, Funded Committee Chairmen and (for one year) outgoing Board members. Place a file copy in the Archives Repository. Send via US Mail or electronic media and include the following:
 - Cover Page
 - Service Directory
 - Table of Contents
 - Agenda
 - Standing Rules (Check for updating in current P&P)
 - Unapproved minutes from prior Assembly
 - Attendance from prior Assembly
 - Board/Committee Reports
 - Current Financial Reports
 - Any necessary forms
 - Notice of motions to amend bylaws, if any
2. Bring a few copies to Assembly.

During Assembly

1. Take minutes of all Assembly meetings and Board meetings. Taping is permissible. A hard copy of the approved minutes shall be placed in the Archives Repository. Tapes shall be retained until minutes are approved, then erased or destroyed. (P&P, p.3-1 #11)
2. Assembly minutes shall include name/address/telephone/email of each Trustee, Board Member, Rep and Funded Committee Chairman.

Following Assembly

1. Send resumes of Trustee nominees to WSO within one week of selection.
2. Following each election, place resumes of elected persons in Archives Repository.
3. After November assembly, send copies of year-end committee reports to un-represented service bodies.

Miscellaneous

Secretary shall:

1. Serve as Archivist for all Region 8 documents.
2. Maintain a list of name/address/phone/email of all Reps. list is for use in OA only.
3. Give names and addresses of new Intergroups to Bylaws/Electronic Documents Chairman and IGOR Chairman.
4. Be bonded.
5. Be liaison to funded committee(s).

4. Board Members

Treasurer

1. Manage all Region 8 funds according to Financial Policies herein stated, and maintain records in a manner acceptable to the Ways and Means Committee.
2. Maintain Interest-bearing Savings Account for bulk of Region Funds.
 - a. Maintain Checking Account for operational funds.
3. Maintain minimum balance at which there is interest, and no service charge.
4. Pay bills and reimburse expenses in a timely manner.
5. Following November Assembly, submit budgeted amount to WSO by December 31.
6. Report Region 8 financial status as follows:
 - a. Send monthly financial statement to Board members, showing balance on hand, and budgeted amounts compared to year-to-date expenditures.
 - b. Send monthly financial statement and contributions report to Technology/Web Site Chairman so that it can be posted on the website.
 - c. Provide each Assembly with report of financial activity since last Assembly.
 - d. Take check book, last four bank statements, and most recent savings account statement to each Assembly for audit.
7. Will be bonded.
8. Will be liaison to funded committee(s).
9. Will set up hotel master account prior to each Assembly to pay for lodging for Board members and Funded Chairs.

4. Board Members

(Qualifications for Board members are listed in bylaws, Article VII)

Election of Board Members

1. Elections will be held annually in November.
2. Each Board member is elected for a two-year term.
3. Chairman and Treasurer in odd years; Vice-Chairman and Secretary in even years.
4. Nominations from the floor will be accepted at July Assembly. Nominees shall be responsible for submitting their resumes according to Bylaws, Article VII.
5. When Board elections coincide with the nomination of a Region Trustee, the Trustee selection shall be completed first.

Duties of Board Members

1. Attend at least two Assemblies each year.
2. Become familiar with and assume responsibility for adherence to: P&P, Bylaws, and Articles of Incorporation.
3. Examine newly-elected committee chairmen for ratification.
4. Reports:
 - a. Submit written report to Region Secretary at least 8 weeks prior to March and July Assemblies.
 - b. Submit written annual report to Region Secretary at least 8 weeks prior to November Assembly.
 - c. Present oral report at Assembly:
 - report shall be a maximum of 5 minutes
 - followed by Q&A for a maximum of 5 minutes
 - total time for report and Q&A - 10 minutes
 - d. Board member may select someone to give report in his/her absence, at no expense to Region.

5. Trustee

1. To be eligible for nomination as a Region 8 Trustee, member must meet qualifications stated in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article IX, Section 4, a):

“Qualifications for Region Trustee shall be set by each Region, but in no case shall the nominee have less than seven (7) years in the Fellowship and five (5) years of service above the meeting level; five (5) years of continuous abstinence, two (2) years of which shall be at maintenance, prior to the date of submitting such qualifications. Such Trustee nominees must also have given away a Fourth Step Inventory, declared themselves as practicing the Twelve Steps to the best of their ability, and as committed to the Twelve Traditions of Overeaters Anonymous, to be affirmed on their Trustee Application forms. Upon election, the Region Trustee shall make a commitment of adherence to the Twelve Steps and Twelve Traditions and continual maintenance of abstinence throughout the entire term(s) of office. Each person shall be the judge of his or her own abstinence and maintenance, and that he or she agrees to comply with and be bound by all the terms and provisions of the prevailing Overeaters Anonymous, Inc. Bylaws.”

2. Trustee Application Form (Appendix F-6) is available from Region Secretary or World Service Office. Completed form shall be submitted to Region Secretary at least six weeks prior to November Assembly.
3. Region 8 selects its nominees at its November Assembly.
4. Each Region may send up to three nominees to the WSBC. Delegates elect one Trustee from each Region.
5. Each Region Trustee serves a three-year term on the World Service Board of Trustees. Although each Region Trustee represents a specific Region, s(he) serves Overeaters Anonymous as a whole. Trustees meet four times a year to conduct OA business.
6. Funding for Region 8 Trustee and nominee shall be as follows:

Trustee: At least \$100 toward expenses at each Assembly when funds available.

Nominee: Fully funded to attend WSBC when funds available.
7. Reports:
 - a. Written -- Must be submitted to Region Secretary at least three weeks prior to each Assembly.
 - b. Oral -- At Assembly in March/November -- 10 minutes (plus 5 minutes for questions).
At Assembly in July -- 15 minutes (plus 5 minutes for questions).

6. Rep

(Qualifications for Rep are listed in the bylaws, Article III)

1. **Certificate of Eligibility** (Appendix F-4) shall be submitted to Region Secretary annually in January, and throughout the year as changes occur. Rep is eligible to vote in Assembly only if duly registered with Region Secretary.
2. Attend and take an active part in each Business session.
 - a. Rep should voice and vote the group conscience of his/her Intergroup when possible, but is not bound by Intergroup's opinion when a situation calls for a contrary vote.
 - b. Rep may lead a Recovery workshop, but to do so may mean missing a vote at Assembly.
3. Inform Region of happenings in your Intergroup.
4. Inform Intergroup of happenings in Region 8 and OA as a whole.
5. Inform WSO of any Group changes in your Intergroup (Appendix F-11).
6. Study and practice the Twelve Traditions. If violations occur in your Intergroup, discuss these with Trustee and/or Board.
7. Study and practice the Twelve Concepts of OA Service.
8. Assist others in becoming familiar with the Traditions and Concepts.

6.1 Region Delegate to WSBC

1. If the region is represented by less than forty percent of its intergroup up to 5 delegates to WSBC could be selected. (OA Inc, Bylaws, Subpart B, Article X, Section 2, a, 5, p. 15)
2. Preference shall be given to delegates from intergroups and service bodies that otherwise will not be represented.
3. The selection of candidates will be done in the SOAR 8 November Business Assembly.
4. All candidates shall comply with the qualifications for delegates in the OA Inc, Bylaws, Subpart B, Article X, Section 3, c, 1-5.
5. Nominations from the floor will be accepted at July Assembly. Nominees shall be responsible for submitting their applications according to Bylaws, Article VII. These candidates, and Intergroups that submit candidates, shall file an application with the secretary at least 60 days prior to the November Assembly.
6. . The funding of the Region Delegate to WSBC will depend on the availability of funds. If funds are available, the Region Delegate to WSBC will be funded according to the guidelines for Region Rep Funding in SOAR 8 Policy and Procedure Manual, p. 11-8.
7. Prior to the selection of the delegates, the Ways and Means Committee and the Treasurer will inform the assembly the funds available for these purposes.
8. Individuals that are already funded to attend WSBC as ratified Region 8 Trustee Nominees may be appointed by the board to fill any vacant positions. If the number of Trustee nominees exceeds the number of vacant Region Delegate positions, the Trustee Nominees shall be chosen according to the highest number of Trustee Nominee ratification votes received
9. The number of delegates to be selected will depend on the funds available, but in any case shall not be more than five.

7. Hosting Procedures

Bid Guidelines

An Intergroup interested in hosting an Assembly should contact Vice Chairman (Appendix D) who will provide *Hosting Manual*. It is suggested that an Intergroup bid an Assembly no more often than every two years. Primary consideration will be given to Intergroups which have never hosted an Assembly.

Upon being chosen to host an Assembly, Hosting Intergroup must follow all guidelines in *Hosting Manual*.

Written Bids are submitted to Vice-Chairman prior to Assembly at which bid is to be presented. If no bids are presented at any given Assembly, the Board will accept bids by mail for 45 days following Assembly. The Board will decide which Intergroup will be awarded the Assembly. If no bids are received within the time limit, bids will be accepted at next Assembly.

In the event no bids are received at two consecutive Assemblies, the Vice-Chairman will submit to the Board the names of Intergroups which have not hosted an Assembly in the prior two years. The Board will select one of those Intergroups by lottery. The chosen Intergroup will be announced prior to the closing of the Assembly on Saturday. The Board may hold an Assembly and Convention (or an Assembly) in a location near the selected Intergroup. The Board and Committee Chairmen will give assistance to the selected Intergroup to hold a Convention, but the Intergroup will not be compelled to do so.

1. Assembly is bid one year in advance.
2. Choose date for Assembly, avoiding dates near holiday to allow more affordable travel. Contact Vice-Chairman for date of Board of Trustees meeting, to avoid a conflict in dates.
3. Choose hotel which can accommodate Assembly in the same building as guest rooms. Accommodations must include a room to seat 75 people, classroom-style.
4. Choose theme and prepare a 10-15 minute presentation, focusing on recovery rather than locale.
5. Prepare 75 copies of proposed flyer with following information about Assembly:
 - a. Hosting Intergroup, City, State
 - b. Date
 - c. Theme
 - d. Name of Hotel, with room rates for single, double, triple, and quadruple occupancy (\$2 per room may be added as fund-raiser if hotel approves and price is reasonable)
 - e. Airport information, including accessibility to hotel and rates for taxi/limo/shuttle service
 - f. Price of Banquet (\$1 per meal may be added as fund-raiser if hotel approves and price is reasonable)
 - g. Prices of registration and late registration (see 7-2, #2)

7. Hosting Procedures

Miscellaneous Guidelines

This page highlights a few of the Hosting Guidelines; please see Hosting Manual for complete information.

1. Region Treasurer will forward \$500.00 seed money to Hosting IG, six months in advance of Assembly. An increase in seed money of up to an additional \$500.00 may be allotted if needed and approved by the Board.
2. Registration fees shall be determined by the Hosting Intergroup up to a maximum of \$50.00 with the approval of the Vice-Chairman. The fee will be determined by the local facilities available and the anticipated expenses to be incurred. An additional \$15.00 for late fee may be added.
3. The Region Vice-Chairman is the liaison between Hosting IG and the Board. The Vice-Chairman is responsible for seeing that Hosting IG is aware of the complete guidelines and duties in the Hosting Manual.
4. Banquet speaker shall be an OA member with a minimum of two (2) years of back-to-back current abstinence, practicing the Twelve Steps and Twelve Traditions, and be familiar with the Twelve Concepts of OA Service.
5. The only literature to be sold at an Assembly is OA- and AA-Conference approved.
6. No items advertising any outside enterprise shall be included as giveaways in the packets or as door prizes.
7. The split of the proceeds, excluding Hospitality Room (except proceeds from sales of Ways and Means Merchandise), will be 50% for hosting IG and 50% for Region 8.
8. SALE OF MERCHANDISE:

In accordance with our Traditions, each Group, IG, Region, World Service and other OA service bodies may choose to sell or not sell merchandise as they determine. Overeaters Anonymous must be ever mindful of our Traditions which warn against endorsement of any outside enterprise.

The following guidelines are suggested for the sale of merchandise:

- a. all sales shall be made by and for OA service bodies.
- b. each sale item shall be approved by a group conscience; and
- c. sales at OA events and functions should be conducted in such a manner so as not to divert or distract from our primary purpose to carry the message to the compulsive overeater who still suffers.

Effort should be made to separate the sale of merchandise from the areas used for functioning of the Assembly to help insure that such sales will not be interpreted as Region-sponsored events

8. Parliamentarian

Assist Chairman and Board in parliamentary procedures.

9. Committee Guidelines

(Qualifications for Committee Chairmen are listed in Bylaws, Article X)

Meetings

Committee meetings are held during each Assembly.

Committee Chairman's Duties

1. Choose place for meeting and chair the meeting, using format on page 9-2.
2. Immediately following committee meeting, give meeting roster and minutes to Vice-Chairman.
3. Give brief report of committee meeting to Assembly.
4. Print a committee letterhead with committee name and return address on approved Region Letterhead (Appendix F-2), and maintain a sufficient supply of these forms.
5. Maintain comprehensive committee files detailing committee activities and functions. Upon completion of term of office or resignation, notebook shall be given to Region Chairman.
6. Submit articles about committee's work to SOAR 8 Newsletter.
7. Submit reimbursement requests to Treasurer on **Voucher** (Appendix F-3) with proper documentation.
8. Submit a proposed annual budget to Region Treasurer before adjournment of July Assembly.
9. Oversee work of Sub-committees, and appoint chairmen or program heads as needed.
10. Reports:
 - a. Submit written report to Region Secretary at least 8 weeks prior to each Assembly.
 - b. Present oral report at Assembly: report shall be a maximum of 5 minutes, followed by Q&A for a maximum of 10 minutes, total time for report and Q&A - 15 minutes.
 - c. Submit interim report to Board Chairman by the 15th of each non-Assembly month.

Miscellaneous

1. Proposed revisions to Committee structure or duties are subject to approval of the Board.
2. Each Committee shall have a Board liaison.

9. Committee Guidelines

Committee Meeting Format

1. Serenity Prayer
2. Introductions:
 - a. Name and Intergroup
 - b. Use Committee Sign-up Roster
3. Appoint someone to take minutes.
4. Discuss work done since last Assembly.
5. Plan work for next four months and secure volunteers for tasks.
6. Review task assignments, deadlines, etc.
7. Close with a prayer approved by WSBC.

10. Ways and Means Committee

Purpose

To communicate with WSO and Region 8 in all financial matters.

To make appropriate recommendations regarding the finances of Region 8.

Duties

1. Select a CPA to perform an annual audit.
2. Review Treasurer's accounting procedures and make recommendations for needed changes.
3. Ensure that all Federal and State documents are filed in a timely manner.
4. Examine financial records at each Assembly and present a report of such review.
5. Ensure that annual IRS report is satisfactorily completed in a timely manner.
6. Prepare proposed annual budget which shall be presented at November Assembly.
7. Review financial issues presented to the Ways and Means Committee and make appropriate recommendations to Assembly.
8. Inform Intergroups about availability of financial literature.
9. Stress importance of the Seventh Tradition, and the need to contribute financially to all levels of OA Service Bodies.
10. Submit articles to SOAR 8 Newsletter relative to good financial policies and record-keeping.
11. Solicit ideas for ways to improve the financial status of Region 8 and WSO.
12. As a collateral duty the Ways & Means chairman will perform the functions of the Region 8 treasurer, without voting privileges, providing support as necessary.

Sub-Committees

1. Accountability
2. Fund-Raising

10. Ways and Means Committee

Accountability Sub-Committee

Purpose

To coordinate financial record-keeping and policies of Region 8, and to assist individual groups with financial information.

Duties

1. Form an active committee.
2. Provide agenda for Sub-committee meeting.
3. Make groups aware of literature available on the subject of finances for OA.
4. Encourage awareness of the need to support OA Service Bodies at all levels.
5. Review financial issues brought to Ways & Means Committee, and make appropriate recommendations to be presented to Assembly.
6. Prepare proposed annual budget.
7. Supervise audit of financial records at each Assembly.

10. Ways and Means Committee

Fund-Raising Sub-Committee

Purpose

To successfully raise funds for Region 8, while adhering to OA's Twelve Traditions.

Duties

1. Form an active committee.
2. Provide agenda for Sub-committee meeting.
3. Research and review ideas and subsequently develop and order items for sale.
4. Promote Sub-committee's projects throughout Region 8.
 - a. Advertise fund-raising items in **SOAR 8 Newsletter**, and include order forms.
 - b. Submit articles to **SOAR 8 Newsletter**, stating the purpose of the Ways and Means Committee. Describe the services it provides to Intergroups: guidelines for raising funds, suggestions for organizing an Intergroup Ways and Means Committee, hosting special events such as Serenity Days, Speaker Days, Marathons, etc.
 - c. Inform all Region 8 Intergroups of the services of the Ways and Means Committee, with contact information and order forms for fund-raising items.
5. Correspond with other Region Ways and Means Committees to share fund-raising ideas.
6. Serve as a network of fund-raising information for Region 8 Intergroups.
7. Display fund-raising items at each Assembly.
8. The subcommittee chair will provide an accounting of the expenses and income generated by fund raising activities to the Ways & Means Committee Chair.

11. Intergroup Outreach Committee (IGOR)

Purpose

To create cohesion, promote contact and foster unity within Region 8.

To serve as a link between Region 8 and unaffiliated Groups.

Duties

1. Act as liaison between Region 8 and unaffiliated Groups.
2. Help Groups who wish to affiliate with an Intergroup, or form their own Intergroup.
3. Help large Intergroups divide into smaller Intergroups, if they desire.
4. Encourage Intergroups to send a Representative to Assembly, and a Delegate to WSBC.
5. Encourage use of Twelve Traditions to promote and protect the growth of members, groups, and Intergroups.
6. Encourage communication, sharing of ideas, and support between Intergroups.
7. Distribute WSO printouts to unaffiliated groups.
8. Communicate Region and WSO information (as received) to Intergroup chairs and IGOR Committee.
9. Oversee IG Sponsor, Rep funding and Intergroup Chairs Programs as described below.
10. Act as a liaison to maintain relationships with Latin America Groups.

11. IGOR Committee

Referral Sub-Committee

Removed: Motion July 2009 Assembly

11. IGOR Committee

Referral Sub-committee

Referral Letter Program

Removed: Motion July 2009 Assembly

11. IGOR Committee

Referral Sub-committee

Unaffiliated Groups Program

Removed: Motion July 2009 Assembly

11. IGOR Committee

Referral Sub-committee

Intergroup Map / Welcome New Groups Program

Removed: Motion July 2009 Assembly

11. IGOR Committee

Assistance Sub-committee

Removed: Motion July 2009 Assembly

Intergroup Sponsors Program

Purpose

To help organize new Intergroups and strengthen existing Intergroups.

Duties Of Program Head

1. Enlist Intergroup Sponsors to give service to Intergroups.
2. Maintain an up-to-date Intergroup Sponsors directory, and send to requesting intergroup.
3. Assign Intergroup Sponsors to Region 8 Intergroups upon request.
4. Keep IG Sponsor guidelines updated.
5. Furnish IG sponsors and requesting intergroup with IG Sponsor guidelines.
6. Inform sponsored Intergroups that they may request (and fund) a visit from their sponsor.

Duties/Qualifications of IG Sponsor

Qualifications

1. 2 years Intergroup experience
2. 1 year Region experience
3. Willingness to stay in touch with sponsored IG's
4. 1 year abstinence

Duties

1. Contact your sponsored Intergroup's chair and introduce yourself.
2. Ask to be on sponsored intergroup's mailing list to receive their IG newsletter and any flyers for functions they may sponsor.
3. If possible, attend an IG meeting.
4. Be there for them, ask if they have any questions, and listen to them.
5. Make suggestions, if sponsored intergroup asks.
6. Attend, if possible, one of sponsored intergroup's sponsored OA functions.
7. Suggest that sponsored intergroup send a Representative to Region assemblies, if they don't already.
8. Help them obtain funding, if necessary.

Travel

1. When necessary, travel to sponsored intergroups may be funded by Rep Funding.

Rep Funding Program

Purpose

To provide funding to Intergroups that need assistance in sending Representatives to Assembly.

Duties Of Program Head

1. Promote availability of this fund through SOAR 8 Newsletter and IGOR Committee.
2. Determine what funds are available and how they shall be allocated. Priority will be given to Intergroups that have never attended an Assembly.
3. Application for Rep Funding and funding guidelines are on pages F-8 and F-9.
4. Approval of Rep funding shall be determined by the agreement of the IGOR Chairman and a Region 8 Board Member.
5. Make arrangements to meet funded Representative at Assembly.

Funded Representative Expenses

Funded Representatives must follow guidelines for reimbursable expenses in Section 2. Rep Funding is limited to the following:

1. Transportation
2. Lodging
3. Registration
4. Saturday Luncheon and Dinner Banquet

11. IGOR Committee

Assistance Sub-Committee

Speakers Bureau Program

Removed: Motion July 2009 Assembly

11. IGOR Committee

Intergroup Chairs Program

Purpose

To strengthen local Intergroups by serving as a support group for past and present Intergroup chairs.

Duties of Program Head

1. To announce the time and facilitate an Intergroup Chairs' Meeting for Intergroup Chairs during each Business Assembly.
2. To encourage Intergroup Chairs to sign up for the Intergroup Chairs' e-mail loop.
3. To encourage dialogue between Intergroups via e-mail loop and conference call between Assemblies.
4. To use the e-mail loop to communicate Region 8 and World Service news and ideas to Intergroups.

12. Bylaws/Electronic Documents Committee

Purpose

To carry the message of recovery and Region 8 business through all Region 8 publications and Lifeline.

Duties

1. Follow the Twelve Traditions and the Twelve Concepts in all Committee work.
2. Produce, update, and revise Region 8 publications as directed by the Assembly.
3. Supply P&P and revision sheets free of charge to Trustee and Board members.
4. Chairman will perform the functions of the Region 8 secretary, without voting privileges, and provide secretarial support as needed.

Sub-Committees

1. Newsletter
2. Editing
3. Production/Distribution
4. Lifeline/Designated Downloaders
5. Bylaws

12. Bylaws/Electronic Documents Committee

Newsletter Sub-committee

Duties

Prepare a SOAR 8 Newsletter at least 4 weeks prior to the next assembly.

Guidelines For Newsletter

1. Deadline for submissions shall be 2 weeks prior to the deadline for newsletter distribution.
2. WSO Newsletter guidelines shall be observed.
3. Only flyers promoting activities within Region 8 shall be considered for publication. There shall be no charge to include flyers for SOAR 8 Business Assembly and Convention. Flyers are subject to approval of Vice Chairman.
4. Newsletter is not to be a vehicle for the editor's personal opinion.

Contents

The primary purpose of the newsletter is to spread the message of Overeaters Anonymous to the compulsive overeater who still suffers, communicate with the Region 8 membership what is going on with SOAR 8, and encourage the membership to participate in SOAR 8 events and committees. The intended audience is the general membership of Region 8. Within these purposes the content of the newsletter may contain any of the following:

1. Reports and articles from the Soar 8 Board and Committees.
2. Calendar of events of Region 8 and WSO functions.
3. Reprints from any OA-approved literature.
4. Addresses and phone numbers of Region Officers and Committee Chairmen published with individual person's permission.
5. Articles, stories and other creative works that communicate the OA message.

12. Bylaws/Electronic Documents Committee

Editing Sub-committee

Duties

1. Edit all Region 8 publications.
2. Make revisions to P&P as directed by Bylaws/Electronic Documents Chairman, and mail photo-ready copies/files on computer disk to Production and Distribution Chairman four weeks prior to distribution date.
3. As directed by Bylaws/Electronic Documents Chairman, within 4 weeks after each Assembly, obtain from the Bylaws/P and P Committee text revisions to the P and P manual that were voted on at that Assembly. Forward print-ready copy to Production and Distribution Chairman (who will print these changes on blue pages and distribute to the Board and Parliamentarian at least 4 weeks prior to the next Assembly).
4. Annually prepare P&P Revision sheets as directed by the Bylaws/Electronic Documents Chairman and forward print-ready copy to Production and Distribution Chairman four weeks prior to July Assembly.
5. Assist Committee Chairmen with creation and revision of Committee Manuals, Handbooks, and other publications, and forward print-ready copy to Production and Distribution Chairman four weeks prior to distribution date.

12. Bylaws/Electronic Documents Committee

Production/Distribution Sub-committee

Removed March 2008

12. Bylaws/Electronic Documents Committee

Lifeline/Designated Downloaders Sub-committee

Duties

1. Help carry the message of recovery through the promotion of ***Lifeline*** magazine.
2. Promote sale of ***Lifeline*** subscriptions.
3. Encourage members to submit articles and shares to ***Lifeline***.
4. Two ***Lifeline*** displays will be provided for each SOAR 8 Recovery and Business Assembly.

12. Bylaws/Electronic Documents Committee

Bylaws Sub-Committee

Left Blank on Purpose

13. Public Information/Professional Outreach Committee

Purpose

Coordinate 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).

Encourage and assist groups and Intergroups to make the public aware of Overeaters Anonymous through print and broadcast media, participation in community health fairs, and any other public means.

Duties

1. Inform groups and Intergroups in Region 8 about work being done through Public Information/Professional Outreach Committee.
2. Provide a support group within Region 8 to network with all hospitals, institutions, professionals and military.
3. Establish contact with other Regions and World Service Office regarding Public Information/Professional Outreach activities, and share information received with Region 8 Groups and Intergroups.
4. Encourage Intergroups to establish OA meeting in institutions.
5. Encourage Intergroups to attend area health fairs and self-help fairs.
6. Help Intergroups locate and make contact with their local military installations.

7. Recommend to the Board a plan for participation in professional conference/exhibits.
8. Provide instructions on making the Public Information Display Board.
9. Make the Public Information Display Board available to Intergroups or individuals representing Region 8 at Board-approved conferences/exhibits.
10. Provide a Display Board for each Assembly and give to hosting Intergroup after the Assembly.
11. Plan workshops and/or other activities at Assembly to help motivate groups, Intergroups, and members to become more involved in effective ways of communicating with the media and the public at large.
12. Have video and audio tapes available for sale at each Assembly.
13. Send a copy of the committee monthly report to WSO Public Information/Professional Outreach Committee.
14. To encourage dialogue and exchange of ideas among Intergroups, Public Information/Professional Outreach Committees and OA groups with Region 8.

14. Twelfth-Step-Within Committee

Purpose

To generate membership retention and recovery within the Fellowship by carrying the OA message to members, Groups, and Intergroups who are still suffering.

Duties

1. Gather and share information and literature on relapse and recovery.
2. Promote meetings where **Save-A-Member** and **Welcome Back** techniques are used.
3. Encourage the use of our **Twelfth-Step-Within Handbook**.
4. Promote **Carefrontation**, a loving way to reach out to those who still suffer.
5. Help members break through the isolation which is a part of our disease.
6. Encourage Telephone and Letter-writing strategies.
7. Help others develop the attitude of **Progress--Not Perfection**.
8. Submit articles on **Twelfth-Step-Within** to the Soar 8 Newsletter.
9. Start and maintain a list of people who would be willing to sponsor by email in Region 8.
10. Maintain and Promote a Speakers List.

15. Technology/Web Site Committee

Left Blank on Purpose

15. Technology/Web Site Committee

Information Technology Sub-committee

Purpose

1. To promote the use of the Region 8 and OA World Service web sites for OA members and for all people seeking information about OA.
2. To facilitate the continued development of the Region 8 web site.
3. To provide information technology and support for Region 8.

Duties

15. Keep the Region 8 web site vibrant and up to date.

16. Keep the following up to date:

- a. web domain registration and payments.
- b. web pages
- c. email subscription list.
- d. Event calendar.

17. Webmaster will also:

- a. create graphic "ads" for upcoming events.
- b. create PDF files for upcoming event registration brochures and the Region 8 newsletter.
- c. electronically publish Region 8 newsletter as submitted from Region 8 newsletter editor.
- d. send email notice to newsletter "subscribers".
- e. upload modified Region 8 publications as provided.

provide printer for Region 8 meetings.

16. Unity in Diversity Committee

Purpose

To create a communication network within each Intergroup in Region 8 which will help reach young people who come to OA.

To work with groups, Intergroups, and members to share the message of recovery to young people in OA.

Duties

1. Share information from other Regions and WSO regarding Young People's work.
2. Encourage groups to welcome young people who come to OA, reach out to them with the message of recovery, and help them find a sponsor.
3. Encourage participation in the World Service Pen-Pal program.
4. Assist groups and Intergroups with 12th-Step Young People's work.

17. Appendices

Appendix A. Articles of Incorporation

REAL 2480 PAGE 10

AMENDMENT TO THE ARTICLES OF INCORPORATION

OF

SOAR-8, INC.

Known all men by these present, that I, Doyle Sidney Smith, as Registered Agent of SOAR-8, Inc. held in Charleston, S. C., of January 20, 1994 pursuant to a call made by the Board of Directors of SOAR-8, Inc. at which meeting a quorum of the members were present in person to amend the Articles of Incorporation of the SOAR-8, Inc. as recorded at Real #2151, Pages 334 - 338, in the Probate Court of Jefferson County were amended by vote of the membership and the Articles and Sections amended are as follows:

As it now reads:

ARTICLE III

Purposes and Powers

The specific and primary purpose of this Corporation is to aid those with the problem of Compulsive Overeating, overcome that problem, in the general, the purpose and power to promote public health and work with and furnish charitable and cultural assistance to those with the problems of obesity.

Said Corporation is organized exclusively and is dedicated to religious, charitable, scientific or hospital purposes, the making of distributions to organizations that qualify as exempt organizations under Section 501 (C)(3) of the Internal Revenue Code, 1954 or the corresponding provisions of future

Articles of Incorporation

WR 4400 REV 11

Internal Revenue Service laws.

Section 2. Powers. As a means of accomplishing the foregoing purposes, the corporation shall have and exercise all powers now conferred on or which may hereafter be conferred on nonprofit corporations under the laws of the State of Alabama, including, but not limited to, those powers enumerated in Sec. 10-3-120, Code of Alabama 1975.

As Amended:

ARTICLE III

PURPOSE & POWERS

The specific and primary purpose of the Corporation is to aid those with the problem of compulsive overeating, overcome that problem, in the general. The purpose and power to promote public health and work with and furnish charitable and cultural assistance to those with the problems of compulsive eating.

Notwithstanding any other provision of these articles, the purposes for which the Corporation is formed are exclusively, educational, religious and charitable with the meaning of Section 501 (C(3)) of the Internal Revenue Code.

SECTION 2. POWERS

As a means of accomplishing the foregoing purposes, the Corporation shall have and exercise all powers now conferred on or which may hereafter be conferred on nonprofit corporations under the laws of the State of Alabama, including, but not limited to, those powers enumerated in Section 10-3-120,

Articles of Incorporation

WAL 248U PAGE 12

Code of Alabama 1975.

Notwithstanding any other provision of these Articles, this Corporation shall not carry on any other activities not permitted to be carried on by (a) A Corporation exempt from Federal Income Tax under Section 501(C(3)) and 170 (C(2)) of the Internal Revenue Code of 1954 or the corresponding provision of any future United States Internal Revenue Law or (b) A Corporation contributions to which are deductible under Section 170 (C(2)) of the Internal Revenue Code of 1954 or any other corresponding provision of any future United States Internal Revenue Law.

As it now reads:

ARTICLE V

Directors

Section 1. Number. The control and management of the corporation and its property and affairs shall be vested in its Board of Directors. The initial Board of Directors of the corporation shall be composed of three directors. The number of directors may be increased or decreased by the By-Laws of the corporation, the term of office of directors shall be one year, or until death, resignation or inability to serve.

Articles of Incorporation

WAL 2480 PAGE 13

As Amended:

ARTICLE V

Directors

Section 1. Numbers. The control and management of the Corporation and its property and affairs shall be vested in its Board of Directors. The initial Board of Directors of the Corporation shall be composed of three Directors. The number of Directors shall be as designated in the By-Laws of this Corporation.

As it now reads:

ARTICLE VI

Officers

The officers of the corporation shall consist of Directors as defined in Article V of the Articles of Incorporation subject to the By-Laws of the Corporation, each of whom shall be elected or appointed at such times and in such manner and for terms not exceeding (1) year or as may be prescribed in the by-laws. If the by-laws so provide, any two or more offices may be held by the same person, except the offices of the president and secretary.

As Amended:

ARTICLE VI

Officers

The Officers of the Corporation shall consist of Directors as defined in Article V of the Articles of Incorporation subject to the By-Laws of the

Articles of Incorporation

WA 2480 PAGE 14

Corporation, each of whom shall be elected or appointed at such times and in such manner and for terms as may be prescribed in the By-Laws. If the By-Laws so provide, any two or more offices may be held by the same person, except the offices of the Chairman and Secretary.

As it now reads:

ARTICLE X

Dissolution and Liquidation

Upon complete dissolution and liquidation of the corporation, any assets remaining after the payment of debts and other obligations set forth in Section 10-3-161, Code of Alabama 1975, shall be conveyed to an organization or organizations organized for charitable and educational purposes as defined under the applicable sections of the Internal Revenue Code of 1954, as amended, to be selected by the directors.

As Amended:

ARTICLE X

Dissolution and Liquidation

Upon the dissolution of the corporation, the Board of Directors shall, after paying or making provision for the payment of all of the liabilities of the corporation, dispose of all of the assets of the corporation exclusively for the purposes of the corporation in such manner, or to such organization or organizations organized and operated exclusively for charitable,

Articles of Incorporation

NO. 2480 PAGE 15

educational, religious, or scientific purposes as shall at the time qualify as an exempt organization or organizations under Section 501 (C(3)) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law), as the Board of Directors shall determine. Any such assets not so disposed of shall be disposed of by the Court of Common Pleas of the county in which the principal office of the corporation is then located, exclusively for such purposes or to such organization or organizations, as said Court shall determine, which are organized and operated exclusively for such purposes.

Given under my hand and Corporate Seal of said Corporation this 23 day of March, 1984.

590
1600
15.00

STATE OF ALABAMA
NO. 2480 PAGE 10
MAR 23 7 56 AM '84

SOAR-8, Inc.

By Doyle Sidney Smith
Doyle Sidney Smith, Registered Agent

(STATE OF ALABAMA)

JEFFERSON COUNTY)

I, Betty J. Washburn a Notary Public in and for said State and County, do hereby certify that Doyle Sidney Smith, whose name as Registered Agent of SOAR-8, Inc. is signed to the foregoing certificate and who is known to me, acknowledge before me on this day that being informed of the contents of this certificate, executed the same voluntarily for and as an act of said Corporation.

Witness my hand and seal this 23 day of March, 1984.

Betty J. Washburn
Notary Public

Articles of Incorporation

REAL 2151 PAGE 334

ARTICLES OF INCORPORATION
OF
SOAR-8

Original

TO THE PROBATE JUDGE OF JEFFERSON COUNTY, ALABAMA:

The undersigned, Doyle S. Smith, Jeanette Cobb, Patricia Harrison, Martha Di Angelo each of whom is over the age of nineteen years, desiring to organize a nonprofit corporation under the provisions of the Alabama Non-profit Corporation Act, Section 10-3-1, et seq., Code of Alabama 1975, hereby sign, verify and file these Articles of Incorporation and certify as follows:

ARTICLE I

Name

The name of the corporation shall be:
SOUTHEASTERN OVEREATERS ANONYMOUS REGION-8
(SOAR-8)

ARTICLE II

PERIOD OF DURATION

The period of duration of the corporation shall be perpetual.

ARTICLE III

Purposes and Powers

The specific and primary purpose of this Corporation is to aid those with the problem of Compulsive Overeating, overcome that problem, in the general, the purpose and power to promote public health and work with and furnish charitable and cultural assistance to those with the problems of obesity.

Said Corporation is organized exclusively and is dedicated to religious, charitable, scientific or hospital purposes, the making of distributions to organizations

Articles of Incorporation

REAL 2151 PAGE 335

that qualify as exempt organizations under Section 501(C)(3) of the Internal Revenue Code, 1954 or the corresponding provisions of future Internal Revenue Service laws.

Section 2. Powers. As a means of accomplishing the foregoing purposes, the corporation shall have and exercise all powers now conferred on or which may hereafter be conferred on nonprofit corporations under the laws of the State of Alabama, including, but not limited to, those powers enumerated in Sec. 10-3-120, Code of Alabama 1975.

ARTICLE IV

Members

The corporation shall have one class of members and all members shall have the same rights with regard to voting and participating in the affairs of the corporation. The qualification and rights of the members of the association shall be set forth in the by-laws of the corporation.

ARTICLE V

Directors

Section 1. Number. The control and management of the corporation and its property and affairs shall be vested in its board of directors. The initial board of directors of the corporation shall be composed of three directors. The number of directors may be increased or decreased by the by-laws of the corporation. The term of office of directors shall be one year, or until death, resignation or inability to serve.

Section 2. Election of Directors. Once each year, on a day certain to be provided in the by-laws, the directors shall meet and, by the affirmative vote

Articles of Incorporation

REAL 2151 PAGE 336

of a majority of their number elect the directors to serve for the following year. In the event of the death, resignation or inability to serve of any director, the remaining directors shall meet and elect a successor director to serve until the next annual meeting for the election of directors. Failure of the directors to meet annually shall not cause a forfeiture or dissolution of the corporation and directors shall serve until their successors are elected and qualified.

Section 3. Quorum. The presence of one-half of the number of directors then in office shall be necessary to constitute a quorum for the transaction of business by the board of directors.

ARTICLE VI

Officers

The officers of the corporation shall consist of Directors as defined in Article V of the Articles of Incorporation subject to the By-laws of the Corp., each of whom shall be elected or appointed at such times and in such manner and for terms not exceeding (3) year or as may be prescribed in the by-laws. If the by-laws so provide, any two or ~~more of the officers shall be the same person~~, except the offices of the president and secretary.

Articles of Incorporation

FORM 2151 PAGE 337

ARTICLE VII

REGISTERED OFFICE AND REGISTERED AGENT

The address of the corporation's initial registered office and the name of its initial registered agent at such office shall be:

<u>Name</u>	<u>Address</u>
Doyle Sidney Smith	Rt. One Box #1 B Bessemer, AL 35023

ARTICLE VIII

By-Laws

The power to adopt, alter, amend, or repeal by-laws for the corporation shall be vested in the members of the Corporation.

ARTICLE IX

Initial Directors

The names and addresses of the persons who shall serve as the initial directors of the association for the first year and until their successors are elected and duly qualified are as follows:

<u>Name</u>	<u>Address</u>
JEANETTE COBB	PO BOX 36 KEO, ARKANSAS 72083
PATRICIA HARRISON	RT 6 BOX 473 SANFORD, N.C. 27330
MARTHA DIANGELO	2198 64th AVE SOUTH ST PETERSBURG, FLA 33712

ARTICLE X

Incorporators

The names and addresses of the incorporators of the corporation are as follows:

<u>Name</u>	<u>Address</u>
Doyle S Smith	Rt One Box #1 B Bessemer, AL 35023

Articles of Incorporation

REAL 2151 PAGE 338

Jeanette Cobb

PO Box 36
Keo, Arkansas 72083

Patricia Harrison

Rt 6 Box 473
Sanford, N.C. 27330

Martha DiAngelo

2198 64th Ave South
St. Petersburg, Fla 33712

Dissolution and Liquidation

Upon complete dissolution and liquidation of the corporation, any assets remaining after the payment of debts and other obligations set forth in Section 10-3-161, Code of Alabama 1975, shall be conveyed to an organization or organizations organized for charitable and educational purposes as defined under the applicable sections of the Internal Revenue Code of 1954, as amended, to be selected by the directors.

IN WITNESS WHEREOF, we have hereunto set our hands and seals this 7th day of December, 1981.

Doyle S. Smith
Doyle S. Smith

Jeanette Cobb
Jeanette Cobb

Patricia Harrison
Patricia Harrison

Martha DiAngelo
Martha DiAngelo

STATE OF ALABAMA)

JEFFERSON COUNTY)

Before me, the undersigned Notary Public in and for said County in said State, personally appeared Doyle S. Smith, whose name is signed to the foregoing SOAR-8, and being duly sworn, deposed and said the matters and things stated in said Articles of Incorporation are true and correct to the best of his knowledge, information and belief.

Doyle S. Smith
Doyle S. Smith

Sworn and subscribed before me this 7 day of December, 1981.

Doyle S. Smith
Notary Public
My Commission Expires 1982

Appendix B. Bylaws (removed)

Bylaws removed March, 2005

Appendix C. Carry the Message

Our primary purpose is to carry the message of OA recovery to those who still suffer. The AA Big Book, page 58, states, "**Rarely have we seen a person fail who has thoroughly followed our path.**" How do those who suffer know the path to follow? By hearing recovered and recovering OA members tell what they were like, what happened, and what they are like now.

Region 8 encourages:

1. Study and practice of the Twelve Traditions, Twelve Steps, and Twelve Concepts of OA Service.
2. Subscriptions and article contributions to Lifeline, SOAR 8 Newsletter, and IG newsletters.
3. Publication of newsletter by each Intergroup.
4. Group and personal use of recovery tapes and videos.
5. Greater 7th-Step contributions.
6. Each Intergroup to have 12th-Step-Within and Public Information/Professional Outreach Committees.
7. Establishment of new Groups, OAnon and Young People Groups.
8. Groups not now in an Intergroup to join one, or establish a new Intergroup.
9. More Conventions, Marathons, and Retreats.
10. Intergroups to publish a Speaker/Sponsor List.
11. Adoption of bylaws by each Intergroup.
12. Each Intergroup to start new groups both inside and outside Intergroup area.
13. Each Group to have Intergroup Rep (and alternate) who will attend every Intergroup meeting.
14. Each Intergroup to have Rep(s)/Delegate(s) who will attend every Assembly and WSBC.
15. Recognition of sponsors at every Group meeting.
16. Greater study and use of all official OA- and AA-approved literature.
17. Use of Region Rep Funding.
18. Groups and Intergroups to become familiar with the Region 8 P&P.
19. Each Intergroup to establish a working relationship with its Intergroup sponsor.

Appendix D has names and addresses of those who can help you carry the message.

**For further help in areas such as programs, literature, Intergroup meetings, and committee work, contact
WSO, P. O. Box 44020, Rio Rancho, NM 87174-4020, 505/891-2664**

Appendix D. Directory

Region 8 Trustee

Trustee@OARregion8.org

Board

Chairman

Chairman@OARregion8.org

Vice-Chairman

ViceChairman@OARregion8.org

Secretary

Secretary@OARregion8.org

Treasurer

Treasurer@OARregion8.org

Committees

Ways and Means

WaysandMeans@OARregion8.org

Intergroup Outreach (IGOR)

IGOR@OARregion8.org

Bylaws/Electronic Documents

PublicationsChairman@OARregion8.org

Public Information/Professional Outreach

PIPO@OARregion8.org

12th Step Within

12th_StepWithin@OARregion8.org

Technology/Web Site

Bylaws_PandP@OARregion8.org

Unity in Diversity

YoungPeople@OARregion8.org

Appendix E. Regions of the World

Overeaters Anonymous

Region 1

Alberta, Alaska, British Columbia, Idaho, Montana, Northwest Territories, Oregon, Saskatchewan, Washington, Wyoming, Yukon Territory

Region 2

California, Hawaii, Mexico

Region 3

Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, Utah

Region 4

Illinois (except greater Chicago area), Iowa, Kansas, Manitoba, Minnesota, Missouri, Nebraska, North Dakota, Northwestern Ontario, South Dakota

Region 5

Greater Chicago Area, Indiana, Michigan, Ohio, Southwestern Ontario, Wisconsin

Region 6

Connecticut, Maine, Massachusetts, New Brunswick, Newfoundland, New Hampshire, New York, Nova Scotia, Ontario, Quebec, Prince Edward Island, Bermuda, Rhode Island, Vermont

Region 7

Delaware, District of Columbia, Kentucky, Maryland, New Jersey, Pennsylvania, West Virginia, Virginia

Region 8

Alabama, Arkansas, Caribbean, Central America, Florida, Georgia, Louisiana, Mississippi, North Carolina, South America, South Carolina, Tennessee

Region 9

All OA Groups outside Regions 1 through 8, except those listed in Region 10

Region 10

Australia, the Far East, New Zealand, Southeast Asia, and the Western Pacific Basin

Appendix F. Forms

SOAR 8



Southeast Overeaters Anonymous Region 8

Alabama * Arkansas * Caribbean * Central America * Florida * Georgia * Louisiana * Mississippi * North Carolina * South America * South Carolina * Tennessee

VOUCHER and Advance Request Form

Date _____ (If voucher, must be within six weeks of acquired expense)

Expense Voucher
Advance Request

Reconciliation of Advance dated
Seed Money for Assembly (date & location)

Name _____ Telephone _____

Address _____

Region Position _____ Email _____

Event _____ Date(s) _____

COMMITTEE CHAIR APPROVAL/SIGNATURE (note 1)

TRANSPORTATION

Public vehicle at lowest rate \$

Private vehicle actual expense..... \$ _____ (note 2)

Private vehicle mileage @ IRS Rate..... \$ _____ (note 2)

Taxi/shuttle/bus/tips..... \$ _____

Parking/tolls..... \$ _____

TOTAL TRANSPORTATION - - - - - \$ _____

ASSEMBLY

Thursday lodging/tips (Board only)..... \$ _____ (note 5)

Friday lodging/tips..... \$ _____ (note 5)

Saturday lodging/tips..... \$ _____ (note 5)

Thursday meals/tips (Board only)..... \$ _____ (note 3)

Friday meals/tips..... \$ _____ (note 3)

Saturday meals/tips..... \$ _____ (note 3)

Sunday meals/tips..... \$ _____

Registration..... \$ _____

TOTAL ASSEMBLY - - - - - \$ _____

MISCELLANEOUS

Telephone \$ _____

Postage/shipping \$ _____

Printing/copying \$ _____

Stationery/supplies \$ _____

Other \$ _____

TOTAL MISCELLANEOUS - - - - - \$ _____

SUB-TOTAL EXPENSES (note 4) \$ _____

LESS ADVANCE RECEIVED \$ _____

TOTAL REIMBURSEMENT \$ _____

SIGNATURE _____

- NOTES**
- Voucher must be submitted to Committee Chair for approval/signature.
 - The IRS allows actual expenses (gas/oil/tolls) or a mileage of the current rate. Please choose only one.
 - Maximum meal reimbursement per Assembly is \$60 per funded committee chair, and \$90 per Board member, plus banquet and luncheon price.
 - Please attach specific receipts or copies of bills and explanations (as needed) for all items.
 - Lodging - maximum allowable per night is one-half the double-occupancy rate.

Certificate of Eligibility - SOAR 8 Business Assembly

SOAR 8 P&P, section 6.1: *Certificate of Eligibility* shall be submitted to Region Secretary annually in January and throughout the year as changes occur. Rep is eligible to vote in Assembly only if duly registered with Region Secretary.

Bylaws, Article III, section 2.b: Each member Intergroup and/or National/Language Service Board shall be entitled to one (1) vote in the Region-8 Business Assembly for each ten (10) groups or parts thereof.

Section 3.b: Region-8 Representatives should be selected for sound judgment, experience, stability, willingness to serve and faithful adherence to the program of the Twelve Steps of Overeaters Anonymous and the Twelve Traditions. A Region-8 Representative should have a minimum of six (6) consecutive month's current abstinence.

State _____

IG # _____

IG Name _____

Representative 1

Name: _____

Address: _____

Phone: () _____

Email _____

Representative 4

Name: _____

Address: _____

Phone: () _____

Email _____

Representative 2

Name: _____

Address: _____

Phone: () _____

Email _____

Alternate 1

Name: _____

Address: _____

Phone: () _____

Email _____

Alternate 2

Name: _____

Address: _____

Phone: () _____

Email _____

Representative 3

Name: _____

Address: _____

Phone: () _____

Email _____

Please delete the following names from SOAR 8's list of registered Reps:

Required Intergroup information on p.2

Certificate of Eligibility - SOAR 8 Business Assembly

I certify that the reps and alternates listed on page 1 of this certificate were elected by our Intergroup to serve during the year _____

Intergroup Number _____ Intergroup Name _____

Signature of Intergroup Chairman _____

Date _____

Intergroup Information (please print)

Chairman _____

Address _____

Phone () _____

Email _____

Term of office dates _____

Intergroup address, if different from above (ex: PO Box). Intergroups outside U.S. please print address as it should appear on address label.

Hotline _____

Intergroup email _____

Intergroup web address _____

Please update your information with the Region 8 Secretary as changes occur.

Trustee Application

This page is a facsimile of the first page of the official Trustee Application.

The original form must be used for submission to World Service Office. Copies are not acceptable. Form is available from:

World Service Office, P. O. Box 44020, Rio Rancho, NM, 87174 – email- info@oa.org



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in _____ month _____ year

I am applying for a position on the Board of Trustees of Overeaters Anonymous, Inc. as:

Trustee for Region _____ General Service Trustee

Full Name _____

Address _____ Phone () _____

City _____ State/Prov _____ Country _____ Zip _____

Years in OA _____ Number of years of service above the group level _____

Date continuous abstinence began _____ Date maintenance began _____

I have read the qualifications for Region/General Service Trustee which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications.

Signature of Candidate

Date

REQUIRED FOR REGION TRUSTEE NOMINEES:

Signature of Region Officer
(Chairman, Secretary, etc.)

Title

Date

REQUIRED FOR GENERAL SERVICE TRUSTEE NOMINEES ONLY: Per Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 5 - Nomination of Trustees, c. (1) All applicants for open position(s) of general service trustee must submit their resume to the Board of Trustees ninety (90) days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the nominee's intergroup or the region in which the nominee has recently served, or a majority vote of the Board of Trustees if the nominee is an incumbent. Copies of the applicants' resumes for the open position(s) must be sent to all Conference delegates at least forty-five (45) days prior to the annual Conference.

Signature of Nominee's Region or Intergroup
Officer or Chair of the BOT

Title

Date

(Verifies that candidate's enclosed resume was affirmed by majority vote as explained in Section reproduced above.)

IMPORTANT

This *original* form must be sent to the World Service Office. Copies are not acceptable.

Send by certified mail, return receipt requested, to: Overeaters Anonymous WSO, 6075 Zenith Court, Rio Rancho, New Mexico 87124.

Type or print in black ink only. Do not write beyond the margins. Enter all information on this form. Attachments *will not be reproduced* for circulation to the delegates.

Additional copies of this form may be requested from the World Service Office.

Region 8 Board Application

(Type or print in black ink only)

**Form must be submitted to Region Secretary
at least six weeks prior to Assembly at which election will be held**

Office applied for:

Chairman

Vice-Chairman

Secretary

Treasurer

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____ Email _____

Years in OA _____ Current Intergroup _____

Are you a past Rep? _____ If so, which 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

Use separate sheet for additional space, if needed)

Region 8 Board Application

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

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

Why do you want to be a Region Board Member?

Date _____ Signature _____

Rep Funding Application

(Please see page F-9 for complete guidelines governing Rep Funding)

This form must be accompanied by copies of the most recent financial reports of your Intergroup

Date: _____

Intergroup: _____ Intergroup # _____ State: _____

Representative _____

Intergroup Contact Person _____

Name _____

Address _____

Phone _____

Email _____

For which Assembly is funding being requested? _____

Has your Intergroup ever sent a Rep to an Assembly? _____

If yes, where and when? _____

Has a Rep from your Intergroup ever been approved for funding by this committee? _____

If yes, where and when? _____

Has your Intergroup applied for funding in the last two years? _____

If yes, where and when? _____

What service work has your Intergroup/Rep done for Region 8 in the last 2 years? _____

To help the committee determine amount of funding needed, please complete the following: _____

Lodging: **1/2 double-occupancy rate for two nights, including tax and tips** _____

Transportation: **Public transport at lowest rate, or private vehicle (\$.20 per mile)** _____

Less amount your Intergroup can contribute toward expenses _____

TOTAL AMOUNT REQUESTED _____

Signatures:

Intergroup Officer _____ Office _____

Intergroup Officer _____ Office _____

Send completed form to Intergroup Outreach Chairman (see Appendix D)
Include financial reports (see above)

Rep Funding Guidelines

1. Priority will be given to Intergroups which have never been represented at an Assembly, and to Intergroups which have not been funded in two years.
2. Intergroups which request funding more frequently than every two years will be considered on a case-by-case basis, at the discretion of the Rep Funding Program.
3. Funding shall be limited to expense of transportation and one-half the double occupancy rate for a maximum of two nights. Transportation should be by automobile if possible, or air/bus/train at the lowest rate.
4. Funding shall be limited to one Rep per Intergroup. However, other members may share transportation.
5. Advance funding may be requested, or funds will be given to the Rep upon arrival at the Assembly. **Voucher** (Appendix F-2) will be required for either transaction. Unused funds and reconciliation of Advance must be returned to the Region Treasurer within six weeks after Assembly.
6. Application for Rep Funding is requested sixty days prior to the Assembly; however, application received at a later date will be considered.
7. Application requires the signatures of two Intergroup officers.
8. Application requires copies of the most recent financial reports of your Intergroup.

Group Registration Form

This page is a facsimile of the first page of the Group Registration/Change Form.
 This form may be obtained from your Intergroup Secretary or
 World Service Office, P. O. Box 44020, Rio Rancho, NM, 87174 - email: info@oa.org

OA GROUP REGISTRATION/CHANGE FORM - U.S.



INSTRUCTIONS

New Group: For any group that has never been registered with OA-WSO; complete sections A, C, D, E, F and H.
Change: To change current group information; complete sections A, B and any other applicable section.
Cancellation: To remove group from WSO registration; complete sections A, B, C (city and state only), H and I.

Please print clearly with dark ink. Keep one copy for your records; make additional copy for your intergroup if required. **Groups outside the U.S., please use the international version of this form.**

Return to: World Service Office,
 P.O. Box 44020, Rio Rancho,
 NM 87174-4020 USA

For information: 1-505-891-2664
 Fax: 1-505-891-4320
 E-mail: overeatr@technet.nm.org

A New Group Change Information Cancel group

Effective Date _____

Submitted by: _____

B **GROUP NUMBER**

Note: Always enter your group number unless yours is a new group. Enter last five digits only.

C **Meeting Location**

Meeting Place _____

Location Address _____

City _____

State _____

D **Meeting Day & Time**

Meeting Day _____ Meeting Time _____ : _____ AM PM (Circle One)

E **Meeting Contact**

First Name Only _____ Area Code _____ Telephone No. _____ - _____

F **Secretary/Permanent Mailing Address**

Area Code _____ Telephone No. _____ - _____ *Note: Full names and addresses are published within the Fellowship only. WSO needs this information so that vital OA correspondence can be mailed to registered groups.*

Street Address or Post Office Box _____ State _____ Zip Code + 4 _____ - _____

G **Former Secretary**

Name _____ *Note: Fill this block only if a new secretary is reported above.*

Telephone (_____) _____

H **Intergroup Information**

Do you belong to an intergroup? Yes No

Intergroup name _____ No. _____ Region _____

Do you wish to change intergroup affiliation? If so give new IG name: _____ No. _____ *Note: Intergroup changes should be submitted on an Intergroup Registration Form, which is available from the WSO.*

I **Cancel Group**

If you are cancelling your group, reason for cancellation: _____

By submitting this form to the WSO, your group is agreeing to comply with Tradition Three and Bylaws: Subpart B, Article IV. Please see reverse side of this form.

Intergroup Registration Form

This page is a facsimile of the Intergroup Registration Form

This form may be obtained from your Region Secretary or

World Service Office, P. O. Box 44020, Rio Rancho, NM, 87174 - email-info@oa.org

OA INTERGROUP REGISTRATION FORM



Effective Date: _____

INTERGROUP
NUMBER:

0	9			
---	---	--	--	--

Check here if registering a NEW intergroup

Region:

Please Print Clearly

INTERGROUP NAME	Name of Intergroup: _____
------------------------	---------------------------

CHANGE

MAILING ADDRESS	C/O or P.O. Box: _____
------------------------	------------------------

CHANGE

Street Address: _____	
City: _____	State: _____
Zip: _____	Country: _____

PHONE NUMBERS	Answering Service: () _____
----------------------	----------------------------------

CHANGE

Alternate: () _____	
--------------------------	--

GENERAL AREA SERVED	General area served by Intergroup: _____
----------------------------	--

CHANGE

SERVICE POSITIONS	CHAIRPERSON'S NAME: _____
--------------------------	---------------------------

CHANGE

Street Address: _____	
City: _____	State: _____
Zip: _____	Country: _____

SECRETARY'S NAME: _____

Street Address: _____	
City: _____	State: _____
Zip: _____	Country: _____

CONTACT PEOPLE for business between WSO and Intergroup:	
Name: _____	Phone: () _____
Name: _____	Phone: () _____

By the year 2010, Overeaters Anonymous will be the #1 recognized program for help with the problem of overeating.

RETURN THIS FORM TO: World Service Office, P.O. Box 44020, Rio Rancho, New Mexico 87174-4020 USA
Tel: (505) 891-2664 • Fax: (505) 891-4320 • E-mail: overeatr@technet.nm.org
Web site: www.overeatersanonymous.org

12/99

Committee Funding Request Form

Date: _____ Committee Requesting Funding: _____

1. List this committee's current projects and activities _____

2. List projects and activities which have been completed by this committee during the past year

3. Describe this committee's typical activities between Region Assemblies, commenting on both the specific nature and the general intensity of the activities

4. Describe the importance of this committee to Region 8 and to the Assembly

5. Why is it important for the chairman of this committee to attend every Assembly?

Signature and title of person completing form _____

Region 8 Committee Selection Form

Please indicate by marking the committees on which you would like to serve:

1 for your first choice, 2 for your second, and 3 for your third.

Each of the committees will be listed with a short summary of what each does.

Public Information/Professional Outreach Committee. This committee is concerned with getting the message about OA out to the community including Hospitals, Institutions, Professionals, and the Military.

Intergroup Outreach (IGOR). This committee is concerned with the welfare of Intergroups within Region 8. One of the ways that contact is maintained is through Intergroup Sponsors~ IGOR also maintains a Region 8 speakers' list.

Technology/Web Site. This committee updates and maintains the Region 8 Bylaws and Policy and Procedure Manual.

12th -Step Within. This Committee is concerned with keeping in contact with all people suffering from this disease of food addiction both within the rooms of OA and those who have come and left OA.

Ways and Means. This committee proposes projects that would make additional income for Region 8. The SOAR 8 pins are an example of such a project. The committee also annually produces a budget for the next year and audits the treasurer's report. (maximum of 8 people)

Bylaws/Electronic Documents. This committee publishes the SOAR 8 newsletter. They are also in charge of updating the P&P Manual as well as the Bylaws. The web site and web master are also managed by this Committee.

Unity in Diversity. This is a new committee. The focus is on young people in OA, getting them, keeping them, and how to help them.

Your contact information:

Name _____

Intergroup _____

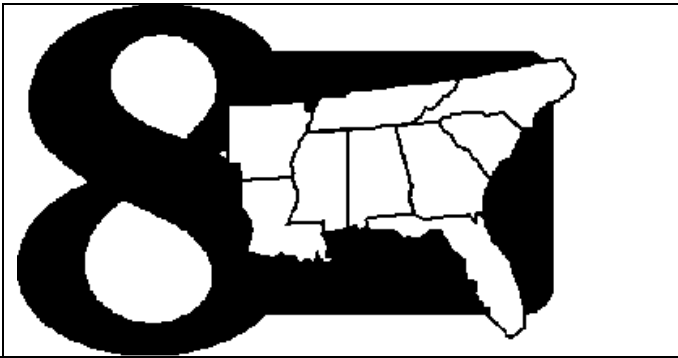
First time attending Business Assembly? _____

Phone _____

Email address for early notification of committee assignment:

Please print legibly.

Appendix G. Groups and Intergroups



GROUPS and INTERGROUPS in REGION 8

STATE	GROUPS		INTERGROUPS	
	1977	1999	1977	1999
ALABAMA	5	27	0	3
ARKANSAS	5	19	0	3
FLORIDA	76	280	4	17
GEORGIA	23	98	1	5
LOUISIANA	22	62	2	5
MISSISSIPPI	5	25	0	4
NORTH CAROLINA	6	62	0	4
SOUTH CAROLINA	12	35	0	3
TENNESSEE	12	62	0	4
PUERTO RICO	0	7	0	1
VIRGIN ISLANDS	0	2	0	1
TOTALS	166	679	7	50

In addition, as of April, 1999, there were 41 unaffiliated Groups in Region 8 registered with WSO.

SOAR 8 INTERGROUPS

Alabama

09119 Ig Central Alabama
Midstate Alabama, Greater Birmingham
205-823-7226

09198 Southwest Alabama
Mobile, Atmore And Daphne
251-431-5111, 251-344-9388

09283 Tennessee Valley
Southeast Tennessee And North Alabama
931-433-4215, 256-534-0055

Arkansas

09138 Central Arkansas Ig
State Of Arkansas
501-835-3054

09188 Ozark Of Nw Arkansas Ig
South To Alma And North To Missouri Line
479-521-0808, 479-443-4812

09577 River Valley Ig
East Central Oklahoma And West Central Arkansas
479-474-1714

Florida

09016 Central Florida
Orlando Metro Area, Orange, Seminole And North Osceola
Counties
888-294-4216, 407-284-1482

09065 Suncoast
Tampa Bay And Pinellas And Hillsborough Counties
813-254-4190

09089 Northeast Florida
Northeast Florida And Southeast Georgia
904-641-4042 Jcksnvl 352-491-5069 Gansvle

09095 Gold Coast
South Florida, Fort Lauderdale, Boca Raton, And
Hollywood
954-938-9586

09104 Space Coast
Brevard And Indian River Counties
800-338-5838

09179 Florida Ridge
Ridge, Polk, Hardie, Highland And Desoto Counties
863-297-1990

09231 Southwest Florida
Lee And Collier Counties Area
239-936-3351

09233 Palm Beach County
Palm Beach County
561-820-9242, 800-273-1696

Florida (Cont.)

09240 Manasota
Sarasota And Manatee Counties
941-957-1488, 941-323-4830

09364 Freedom
Pasco And Hernando Counties
800-544-6353, 727-937-1964

09386 Miami-Dade
Miami, Dade And Part Of Monroe Counties
305-274-8800

09412 Pinellas Tradition
Pinellas County Including Saint Petersburg, Clearwater
And Largo

09493 Sea-Renity Pensacola
Extreme Northwest Florida Including Escambia And Santa
Rosa Counties
850-341-6861

09495 Emerald Coast
Fort Walton Beach, Destin, Crestview, Niceville And
Navarre Areas
850-916-0808, 850-916-0808

09606 East Coast
Flagler, E Volusia
386-445-9643

09611 Treasure Coast
Orlando Metro Area, Orange, Seminole And North Osceola
Counties

Georgia

09114 Central Atlanta
Atlanta Metro Area
404-634-3314

09220 Csra Oa
Central Savannah River Area
866-748-8638

09300 Yana (You Are Never Alone)
Southwest Georgia, Northwest Florida And Southeast
Alabama
229-386-2104

Louisiana

09023 Central Office Of Louisiana
New Orleans La And Surrounding Area
504-366-3230, 985-879-1341

09064 Baton Rouge
Baton Rouge, Donaldsonville, Hammond, New Roads,
Plaquemine, And Natchez, Mississippi
225-751-0259

09213 North Louisiana
North Louisiana Including Shreveport, Westmonroe,
Ruston, Mansfield, And Monroe
318-677-4002

Louisiana (Cont.)

09225 Inter Acadiana
Acadia, Avoyelles, Evangeline, Iberia, Lafayette, St Mary,
St Martin, And Vermillion Louisiana
337-232-Help

09281 Southwest Louisiana
Allen, Beauregard, Cameron, Parishes And Caleasiew
Areas
337-475-4466, 337-477-7007

Mississippi

09304 Central Mississippi
Central Mississippi
601-957-0321

North Carolina

09185 Piedmont
50 Mile Radius Of Charlotte
704-319-1625, 704-542-4849

09230 Western Carolina
Asheville North Carolina, Greenville/Spartanburg South
Carolina
864-282-0105 Sc, 828-258-4821 Nc

09314 Triangle
Orange, Durham, Wake, Chatam, Moore, Scotland And
Cumberland Counties
919-406-9300

09445 Triad
Triad Area Including Winston-Salem, Greensboro And
Highpoint
336-545-8008

09533 Coastal Carolina
Southeastern North Carolina
800-308-2940

South Carolina

09080 Central Midlands
Central Area Of South Carolina
803-736-9878

09210 Lowcountry
Charleston, Summerville, And Beaufort Counties
843-577-9499

Tennessee

09126 Smoky Mountain
Knoxville And East Tennessee, Smoky Mountains,
Maryville, La Follette, Morristown, Greenville, And
Sevierville
865-671-8871

09165 Greater Memphis Area
Memphis And Surrounding Areas
901-458-5261

09228 Middle Tennessee
Middle Tennessee, Nashville And Surrounding Counties
615-833-5402

09260 Unity
Chattanooga Tennessee And Northern Georgia
423-517-3101, 706-866-9181

Puerto Rico

09293 Puerto Rico
All Of Puerto Rico
787-783-6745

Brazil

09389 Rio De Janeiro
The State Of Rio De Janeiro
55-21-2262-8468 55-21-2524-6137

09452 Intergupo Sul De Comedores
Estados De Rio Grande Do Sul
55-51-32863748

09505 Intergupo Ceara
Fortaleza-Ceara
55-85-3220-7239

09506 Interior De Sao Paulo
Cities In Inner Sao Paulo

09507 Integrupe De Mg (Minas Gerais)
Minas Gerais
55-31-3213-2052 55-31-3464-4791

09560 Iscca-Abc Service
Maua, Sao Bernardo Do Campo, Santo Andre, Sao
Caetano Do Sul, Rebeirao Pines

09605 Intergupo Do Distrito Federal
Brazil
55-61-3447-7787, 55-61-8168-8560

Brazil National Service Board

09962 Junccab Nsb
Mg Brazil
55-21-25325174

Costa Rica

09604 Costa Rica
Costa Rica
506-2033439

Cuba

09576 Love Cuba
All Of Cuba
53-5-830-0041, 53-5-873-9324

Colombia

09566 *Intergrupos Medellin
Bucaramanga, Cali, Popayan And Cucuta
094-2509850, 094-3417487

Colombia National Service Board

09966 Centro Nacional De Servicio Colombia Bogota,
Barranquilla, Bucaramanga, Cali, Palmira, Armenia And
Medellin

Guatemala

09551 Guatemala-Vale La Pena
Guatemala
502-3337584 502-3635781

Appendix H. History of SOAR 8

JANUARY 1977 ATLANTA, GA

The first Conference for the southeastern states was held at the Peachtree Plaza in Atlanta, GA, on January 15, 1977. The states in Region 8 are: AL, AR, FL, GA, LA, MS, NC, SC, TN, Virgin Islands and Puerto Rico. There are seven IG's and 166 groups in Region 8. "Southeast Overeaters Anonymous Region 8" (SOAR 8) was selected as the name of our region. Bylaws were adopted at this meeting. SOAR 8 voted to hold meetings twice a year.

MAY 1977 LOS ANGELES, CA

During the 1977 WSO Conference, Region 8 met and elected the following officers to serve until January, 1979: Chairman, Rosemary Durr, FL; Co-Chairman, Abe Roy, LA; Secretary, Yvonne, SC; Treasurer, Myra Klein, FL; PI, Janet Jowers, FL (PI held a Board position).

JULY 1977 ATLANTA, GA

To support the Region, we will have a convention in January each year. It was decided to bid Miami, FL, for WSO Convention in 1980. Myra Klein was appointed to work with WSO as Convention Chairman.

FEBRUARY 1978 ORLANDO, FL

3 states – FL, LA, SC - The first SOAR 8 Convention was held at the Carlton Resort in Orlando, FL. Fred S., GST, attended as a guest from New York. Our Trustee was Rhoda Skavaronich, FL. We voted to meet four times a year. During the early part of 1978, Rhoda Skavaronich resigned. The next meeting will be in Los Angeles in May, before the Conference, as most Reps are also Delegates.

MAY 1978 LOS ANGELES, CA

The Board has many vacancies. The Chairman position was open with the election of Rosemary Durr, FL, as our Region Trustee. Abe Roy, Co-Chairman, was elected Chairman. Cathy Anderson, FL, was elected Co-Chairman. The Secretary position was filled with the election of Karen Anziano, FL. PI Chairman, Janet Jowers, FL, was elected as a GST. There is no record of who took over as PI Chairman.

AUGUST 1978 LITTLE ROCK, AR

15 Reps, 4 states - FL, LA, SC, AR – Files were not kept during the first two years, so we cannot record our growth until August, 1978. The Board's responsibilities were drafted. SOAR 8 Newsletter was born at this Assembly to be mailed free to all groups and IG's.

NOVEMBER 1978 COLUMBIA, SC

12 Reps, 3 states - FL, LA, SC - This was a very productive meeting, with guidelines being adopted. Among them were: Elections to be held at each January meeting, with a Region 8-sponsored Convention after the meeting. The Convention proceeds will be split: Region will receive 75%, and the Hosting IG will receive 15%. Region Assemblies are to be held in January, April, July, and October. We also adopted procedures for creating an agenda, and bid guidelines for conventions, marathons, and meetings. The Region accepted the responsibility of Board members' airfare, established at the lowest rate.

JANUARY 1979 NEW ORLEANS, LA

23 Reps, 8 states - AL, AR, FL, LA, MS, NC, SC, TN - Election of Officers: Chairman, Abe Roy, LA; Co-Chairman, Cathy Anderson, FL; Secretary, Karen Anziano, FL; and Treasurer, Myra Klein, FL. We nominated three people for Trustee-at-Large: Demetry Holcomb, FL; Abe Roy, LA; and Myra Klein, FL.

APRIL 1979 MEMPHIS, TN

15 Reps, 5 states - AR, FL, LA, MS, TN - There was a marathon after the meeting.

MAY 1979 LOS ANGELES, CA

At WSO Conference, Myra Klein was elected Trustee-at-Large. Phyllis Wright, FL, was appointed temporary treasurer.

JULY 1979 RALEIGH, NC

14 Reps, 4 states – FL, LA, NC, TN - Phyllis Wright, FL, was elected Treasurer, to serve unexpired term. Region Rep Fund was established for Reps who need financial assistance to attend Assemblies. A marathon was held after the meeting.

OCTOBER 1979 ORLANDO, FL

14 Reps, 3 states – FL, LA, NC - This was also the first Florida State Convention. The main discussion was Region 8 being responsible for the 1980 World Service Convention in Miami Beach, FL.

JANUARY 1980 JACKSONVILLE BEACH, FL

28 Reps – Board elected: Chairman, Margaret Storti, FL; Co-Chairman, Jeanette Cobb, AR; Secretary, Martha DiAngelo, FL; Treasurer, Tricia Harrison, NC. Trustee nominees: Rosemary Durr, FL; Beverly Alsdorf, FL; Phyllis Wright, FL.

APRIL 1980 BIRMINGHAM, AL

26 Reps, 7 states - The SOAR Newsletter has been granted a bulk mailing permit, and the Region is working toward tax-exempt status. Phyllis Wright was elected in May as our Region 8 Trustee.

JULY 1980 NEW ORLEANS, LA

23 Reps, 8 states - Assembly was held preceding Louisiana State Convention. The Region Rep Fund was able to help Reps from two IG's attend. The first major change in the Bylaws was approved. It is evident by the length of the meeting that much business is now conducted at Region level.

OCTOBER 1980 PENSACOLA BEACH, FL

29 Reps, 7 states - Held in conjunction with FL State Convention. We are now printing 500 newsletters a month, and offer subscriptions for personal copies. The Chairman has been working to obtain tax-exempt status.

JANUARY 1981 GREENSBORO, NC

27 Reps, 7 states - Board elections: Chairman, Cathy Anderson, FL; Co-Chairman, Jeanette Cobb, AR; Secretary, Martha DiAngelo, FL; Treasurer, Tricia Harrison, NC. Margaret Storti, our outgoing Chairman, was able to obtain our tax-exempt status—it took a full year.

APRIL 1981 ATLANTA, GA

26 Reps, 7 states - Our Treasurer presented our first proposed budget. Atticus Cobb, AR, developed a literature binder for sale.

JULY 1981 BIRMINGHAM, AL

27 Reps, 7 states - The Newsletter circulation totals 600. Region 8 now has 34 IG's. Region 8 has more subscribers to Lifeline than any other region. Region 8 has always paid expenses for its Chairman to attend the World Service Conference each year; however, Chairmen were not entitled to a vote. This led Region 8 to propose an amendment to OA, Inc., Bylaws which would change this. At the 1982 Conference, this amendment was adopted giving each region one vote through its Chairman. We also submitted a nominee for a non-OA member Trustee, Commander Stevenson, Jacksonville, FL.

OCTOBER 1981 ST. PETERSBURG, FL

30 Reps, 7 states - Region Assembly held in conjunction with Florida State Convention. Region Rep Fund provided assistance to two IG's. Due to the change in residence of the Chairman, our Co-Chairman presided. As elections were to be held at the next meeting, it was decided not to elect a chairman at this time. New guidelines were drafted for Region 8 Conventions. This meeting was the longest ever, with the most Reps ever. We discussed a need to incorporate.

JANUARY 1982 MYRTLE BEACH, SC

34 Reps, 8 states - More Reps attended than ever before. The Treasurer reported a donation from every state in the Region. SOAR 8 was incorporated in the state of Alabama. Region 8 purchased the PI Film from WSO for use within our region. New Board elected: Chairman, Jeanette Cobb, AR; Co-Chairman, JoAnn Rexford, LA; Secretary, Martha DiAngelo, FL; Treasurer, Isabell Marschner, FL. It was voted that the Treasurer will be bonded.

APRIL 1982 LITTLE ROCK, AR

28 Reps, 8 states - Two IG's received assistance to attend. The Newsletter has grown to 1,000 per month. Region 8 has 35 IG's with 399 groups and 93 unaffiliated groups. Due to financial strain on IG budgets, we voted to convene three Assemblies in 1983 (January, May, and October). We have received inquiries from the Virgin Islands and Puerto Rico. Hopefully they will attend soon. The Region is growing.

JULY 1982 NASHVILLE, TN

30 Reps, 8 states - Assembly held on the campus of Vanderbilt University. Accomplishments recorded were the establishment of two new committees: Military and Ways and Means. Two IG's received Rep Funding. The newsletter is printing 1,200 copies per month. Region 8 now has 36 IG's and 550 groups. Bylaws were amended for the third time.

OCTOBER 1982 ATLANTA, GA

8 states - We have 36 IG's and 580 groups. The literature binders presented by our 12th-Step-Within Chairman have been well received and WSO wants to add them to their order form. One IG received Rep Funding. We approved a SOAR 8 letterhead. Our Secretary, Martha DiAngelo, presented a Policy and Procedure Manual for use in Region 8. It is our wish to have this manual printed for all SOAR 8 Reps and affiliated groups.

JANUARY 1983 COCOA BEACH, FL

50 Reps, 9 states - Policy and Procedure Manual was given to each Rep and mailed to all IG's. Board elected: Chairman, Jeanette Cobb, AR; Vice-Chairman, JoAnn Rexford, LA; Treasurer, Isabell Marschner, FL; Secretary, Patti Bain, FL.

MAY 1983 AUGUSTA, GA

40 Reps, 8 states - The foliage and climate were a beautiful accent to our Assembly. Region 8 now has 39 IG's. The Audit Committee approved 1982 year-end financial report, and recommended all financial records be brought to each Assembly. Additional funding was made available for a Rep from Puerto Rico to attend the next Assembly in Mississippi.

OCTOBER 1983 LONG BEACH, MS

42 Reps, 9 states, 1 territory - Assembly met on the University of Mississippi campus. Puerto Rico Rep led the Serenity Prayer in Spanish. A one-hour committee meeting was held before committee reports were given. Non-OA Appreciation Awards will be given to the SOAR Newsletter. We will purchase the PI film One Day at a Time, One Pound at a Time to replace our damaged one. During the past seven years we have grown from three states represented to our present all nine states and one territory.

JANUARY 1984 CHARLESTON, SC

45 Reps - We voted on many changes which helped us to be more organized and to accomplish more 12th-Step work. Elections will now be held each November. Each Assembly/Convention will share the profits 50/50 with the region; this will help end confusion over "our annual convention." The Newsletter changed editors for the first time in many years. We made major changes to our corporate papers. The Ways and Means Committee became the Finance Committee. The Region will assemble three times a year – March, July, and November. New Board elected: Chairman, Isabelle Marschner, FL; Vice-Chairman, Linda Eules, NC; Secretary, Brenda Cox, NC; Treasurer, Nahum Simon, FL.

APRIL 1984 MONTGOMERY, AL

30 Reps - The South is at its most beautiful in springtime. One of the highlights of this Assembly was a workshop on bulimia. Since WSO has begun producing an OA-approved binder, they requested that we cease production of ours. This saddened us. The Region 8 Guide for Assemblies (revised) was presented.

OCTOBER 1984 MEMPHIS, TN

42 Reps - We watched the ducks waddle across the lobby of Peabody Hotel. The ducks got TV coverage and so did we. A local news channel gave us several minutes of time and did some "back of the head" interviews with our Reps. New officers were elected: Chairman, Patti Stephens Bain, FL; Co-Chairman, Shirley Averett, GA; Secretary, Marci Arthur, FL; Treasurer, Nahum Simon, FL. We began a "test system" for handling WSO referral letters and an ad hoc Committee was created for this purpose. We accepted WSO Conference Guidelines concerning the sale of merchandise at OA events as our regional guidelines. A new committee was created: Lifeline--to encourage subscriptions and articles to Lifeline.

MARCH 1985 MOBILE, AL

41 Reps - We have more IG's and groups than ever before, but we are having a severe financial crunch. Much of the business addressed the need for more income and/or tightening our budget. There were many new guidelines drawn up for the newsletter to help us save dollars. We had our first goal-setting workshop which was very productive.

JULY 1985 AUGUSTA, GA

35 Reps, 7 states - We enjoyed the festive atmosphere of a birthday party celebrating OA's 25th year. We were given the newly revised Policy and Procedure Manual. It was decided to make the Goals Workshop an annual event. We saw the new OA film Overeaters Anonymous—It Works, and voted to purchase it in cassette form for PI use. A motion was passed to create an Assembly Coordinating Committee, to be the responsibility of the Co-Chairman. The Lifeline and Literature Committees were combined. Funding to Assemblies for the Newsletter Editor was approved. A Rep Orientation for future Assemblies was established. Plans were announced for the first Region 8 Convention without business to be held Labor Day weekend of 1986, bids to be submitted by mail to the Board.

NOVEMBER 1985 CHATTANOOGA, TN

40 Reps, 8 states - Autumn foliage and nearby Lookout Mountain added to the charm of our "Chattanooga Choo-Choo" weekend. It was announced that the Region 8 Convention would be Labor Day Weekend, 1986, in Atlanta, GA, with the theme, "Labor of Love." The ad hoc Referral Letters Committee was made a standing committee. An ad hoc Ways and Means Committee was appointed to develop fund-raising ideas. Jeanette Cobb, AR, was our only nominee for Region 8 Trustee (she was elected at the WSO Conference in May, 1986). New Board elected: Chairman, Shirley Averett, GA; Co-Chairman, Pat Fox, FL; Secretary, Phyllis Buford, GA; Treasurer, Carolyne Clymer, TN.

MARCH 1986 CHARLOTTE, NC

34 Reps, 7 states - We were "Up, Up, in OA" as we sampled the southern hospitality of Piedmont IG. Many new ideas came out of our second annual Goal-Setting session, including rotation of the Assemblies around the Region. It was decided to extend the year-long moratorium on Rep Funding through November, 1986. There was a very informative presentation on carrying the message to the professional. It was reported that Region 8 had participated in a booth at the Southeastern Conference on Alcohol and Drugs (SECAD) in Atlanta, December, 1985. We made a contribution to assist with expenses. There was discussion on the subject of future contributions to SECAD. A motion was passed expressing an interest in this, subject to the input of the Board of Trustees on how to implement it.

JULY 1986 WEST PALM BEACH, FL

40 Reps, 8 states - We welcomed our new Trustee, Jeanette Cobb, and we said a fond good-bye to Phyllis Wright, who had served six years as our Trustee. The 12th-Step Committee was given a new name (Intergroup Outreach), with Referral Letter as a subcommittee. A 12th-Step-Within Committee was established, with Sponsor-By-Mail as a subcommittee. We changed the election procedures: Board members will serve two-year terms with election of Vice-Chairman and Secretary in even years, Chairman and Treasurer in odd years. There was a very moving 12th-Step-Within presentation. We decided to put all our presentations on cassette and sell them as part of our Ways and Means.

SEPTEMBER 1986 ATLANTA, GA

About 200 members spent a cold rainy Labor Day weekend in Atlanta at our first Region 8 Convention with no business. But our hearts were warm as we shared recovery. Some lasting memories: centerpieces with blossom-covered branches and "flutterbys," and a moving "tree" ceremony at the closing.

NOVEMBER 1986 ORLANDO, FL

44 Reps, 8 states - The "Magic World" of Orlando drew us back to Florida again. The Rep Funding Committee was made a subcommittee of Intergroup Outreach, and its guidelines given a major overhaul. We decided to begin funding our parliamentarian to Assemblies. We made Ways and Means a standing committee. Elections were held under the new procedure: Vice-Chairman, Pat Fox; Secretary, Phyllis Buford. P&D was "Intergrouping: Why and How To."

MARCH 1987 LAFAYETTE, LA

42 Reps, 8 states - We learned a little French in this "capital of Cajun Country"—"Ca Va Passe" (This too shall pass). Some of us joined in Cajun dancing. Our third annual Goal-Setting session produced short-term goals to be worked on by ad hoc committees, such as shortening the Business Assembly and developing a format and possible manual for use in the Orientation sessions. P&D was "Abstinence: More Important Than a Tool?" We left LA with one more French phrase: "aissez Le Bon Temps Rouler" (Let the Good Times Roll).

JULY 1987 GREENVILLE, SC

51 Reps, 8 states - Good News! An IG has been formed in the Virgin Islands. A format was adopted to use at the Orientation Meeting for new Reps. We also adopted a new format for Assemblies, involving major changes, such as a later starting time, using the P&D as the opening for the entire weekend, and allowing more time for committee work. We decided to discontinue no-business conventions. The P&D was "Principles Before Personalities."

NOVEMBER 1987 TAMPA, FL

56 Reps, 9 states - We decided to develop a Newcomer Encounter Meeting Packet for use by the Region's IG's. Elections were held: Treasurer, Gail Wilson, TN; Chairman, Shirley Averett, GA, re-elected by acclamation. The P&D was, "There Ain't No Such Thing As a Free Lunch."

MARCH 1988 HUNTSVILLE, AL

58 Reps, 9 states - We blasted off to "Camp Recovery" with our new Assembly format. The annual Goal-Setting session emphasized a desire to network among IG's. A meeting for IG Chairs was scheduled, which will be a part of each Assembly in the future. We took our first Region Inventory and fared well. We decided to make the ad hoc Intergroup Sponsors Committee a permanent part of IGOR. The P&D on Friday night was "OA Is Not A Diet Club."

JULY 1988 RALEIGH, NC

48 Reps, 9 states - Our theme was "Change: A Capital Idea." Three new IG's, from FL and GA, were welcomed to the Region. The P&D was "Attraction-vs-Promotion" in keeping with Tradition 11. As decided at the 1987 Greenville Assembly, the second Rep luncheon was held to encourage networking among the Reps. Intergroup Chairmen met again and it was announced that Committee Chairmen would also have a meeting to share ideas. A new amendment to the Bylaws was passed to address the revised definition of abstinence adopted by WSO, and the issue of three-fold recovery for Board Nominees. A similar motion to recommend changing the WSO Bylaws reflecting three-fold recovery for the Trustee qualifications was carried. Committee Chairmen are now responsible for compiling a notebook describing the work of their committee which could be passed on to succeeding Chairmen in order to facilitate the transition process each year.

NOVEMBER 1988 NEW ORLEANS, LA

65 Reps, 9 states, 1 territory - Mardi Gras Country! New IG's were welcomed. The P&D was "Who Said That?...Anonymity." Elections were held: Vice-Chairman - Charle League, NC; Secretary - Jan Smith, AR. At the May, 1989, WSO Conference, Shirley Averett, our nominee for Trustee, was elected by acclamation. It was decided that the Region would attend two Professional Conferences in the coming year at the discretion of the Board and PCIC. Another item to be added to the P&P Manual would be that the annual budget adopted by the Assembly would be a balanced budget.

MARCH 1989 LITTLE ROCK, AR

50 Reps, 9 states, Puerto Rico - We met at the beautiful Excelsior Hotel. The weekend ended with a beautiful snow which made return travel difficult. New IG's were welcomed. The Board recommended that Reps be encouraged to speak at workshops during the business session when more than one Rep was present from their IG. The annual Goal-Setting session was informative, addressing the areas of Assembly business, outreach, and IG support. Planning began for the 1990 WSO Convention to be sponsored by Region 8 and held in New Orleans. The ad hoc WSO Convention Committee will continue to meet at each Assembly to facilitate and support plans and activities. The Committee recommended that anticipated over-expenditures of an approved committee budget should be reported in writing to the Treasurer and Finance Committee and approved at each Assembly provided the funds are available. The Region also voted to encourage IG's to sponsor an annual OA OctoberFest which would emphasize gratitude—splitting proceeds between the IG and Region. The P&D was "Are We Recovered...or Recovering?"

JULY 1989 AUGUSTA, GA

Our Region continues to show a steady growth in attendance—67% of the IG's sent Reps to this Assembly. The P&D was "Came to Believe." The Reps approved the recommendation of the Finance Committee to not accept ear-marked funds, and that any motions requiring expenditures of \$500 or more per year be presented to the Finance Committee prior to presentation to the Assembly. The principle of rotation of service roles was demonstrated as Shirley Averett stepped down as Chairman to become Region Trustee; Charle League was elected Chairman to fill Shirley's unexpired term. Phyllis Wright, a former Trustee, was elected Vice-Chairman.

NOVEMBER 1989 FT. LAUDERDALE, FL

Chilled bones were treated to the warmth of south Florida and many Reps enjoyed a few extra days playing tourist (some even took a cruise). Board members and Committee Chairmen shared their experience, strength, and hope during the P&D, answering questions from an ask-it-basket. 78% of Region 8 IG's were represented at this Assembly. The Assembly approved an outstanding new display board for use at professional events by Region and IG's. After considerable debate, the Reps voted to incorporate the summer, 1990, Assembly with the World Service Convention in New Orleans. Many enjoyed the late-night "Jacuzzi" meetings, and following dinner we proved again how we love to dance!

MARCH 1990 JACKSONVILLE, FL

Northeast Florida IG hosted the Assembly (it had been ten years since the Region had met in Jacksonville). It was quite a reunion for some OA old-timers who formed friendships in those early Region 8 years. The Assembly consisted of 79 in total attendance. The Reps approved the P&P Manual "face-lift." Two new IG's were formed: South Appalachia IG (Fletcher, NC) and Myrtle Beach IG (Myrtle Beach, SC). A new booklet was presented by the Assembly Coordinating Committee which will be given to those IG's who will host future Assemblies. An ad hoc committee was formed to study guidelines for funding Committee Chairmen. The P&P Committee became a new standing committee.

AUGUST 1990 NEW ORLEANS, LA

In an effort to cooperate, Region combined its Business Assembly meeting the same weekend as the WSO Convention which was hosted by our Region. We condensed our business agenda. The Assembly Coordinating Committee was abolished and made a function of the Vice-Chairman's duties. An ad hoc Nominating Committee was formed for the November elections. The Ways and Means Committee was directed to develop a Region 8 logo pin.

NOVEMBER 1990 MEMPHIS, TN

Memphis welcomed us with open arms. The P&D was on the topic of Sponsorship—Getting People to be Sponsors. Chairman said attempts to create a Nominating Committee failed. Elections were held with Phyllis Wright, FL, being re-elected as Vice-Chairman; Peggy Bueche, LA, as Secretary. Region prepared a motion to be presented to the 1991 WSBC dealing with the WSO Delegate qualifications. We also approved a \$500 donation to WSBC. To become better organized, it was approved that committee reports would be sent to the Literature Committee Chairman two weeks prior to the Assembly so that they could be prepared before the Assembly. Region was given a set of tapes from the WSO Convention in New Orleans. It was decided that Ways and Means would develop a raffle.

MARCH 1991 ATLANTA, GA

After concern with low registration, the recession, and the Persian Gulf war, attendance surprised us with nearly 300 people. The P&D, "Getting Involved—How Can We Survive Without It" dealt with giving service. The Goal-Setting session "Our Ten-Year Vision" was conducted by our Trustee, Shirley Averett. Three logo pin designs were presented by the Ways and Means Committee, but no decision

was made. This committee also presented a phone directory and meeting room door hanger which were approved to be sold as fund-raisers. The SOAR Newsletter will attempt a "face-lift" by accepting new designs for its masthead.

JULY 1991 JOHNSON CITY, TN

Assembly was hosted by TN-VA IG, which has six groups. They may be small in numbers, but certainly not in heart or talent as evidenced by the smoothly run Assembly and Convention. The Finance Committee thoroughly revised its guidelines to reflect current practices as well as give clearer definition to financial policies. Recognizing Region's goal to eventually fund all committee chairmen, the Finance Committee developed a procedure to implement the approval process while remaining financially objective. The Assembly adopted both of these actions which now appear in the P&P Manual. The Assembly also declared November as SOAR Newsletter month. The convention had a number of terrific workshops and the disc jockey will go down in our history as "one of the best."

NOVEMBER 1991 BATON ROUGE, LA

Cajun people know how to have fun! 202 people registered for this convention, with 130 at the Saturday night banquet. An unusual "Miss OA" beauty contest was held which was enjoyed by many. At the Assembly, we bid good-bye to Gail Wilson - Treasurer. With rotation of service we will probably see her again in other positions. Charlie League was re-elected Chairman. Isabel Torres, PR, was elected Treasurer. We nominated for Region 8 Trustee: Heather Larson, Orlando, FL, and Janice Sullivan, Houma, LA. They will be presented to the WSO Business Conference in May.

MARCH 1992 TALLAHASSEE, FL

Reps said a fond and sad good-bye to our Trustee, Shirley Averett, as this would be her last Assembly for a while. As usual, Shirley brought a lot of information. The new WSO-approved recovery medallions were displayed. Anne Ligda, GST from CA, and Winnie Earnest from FL, co-led a workshop on the Twelve Concepts. The Assembly adopted Standing Rules. Note: At the WSO Business Conference in May, Janice Sullivan was elected as our Trustee. Region 8 continues to be a strong service base for World Service! Thank you, God.

JULY 1992 COLUMBIA, SC

72 Reps - Magic was in the air as we experienced the theme "Magic in Recovery." All could identify with the P&D message of "Relapse Is Not A Dirty Word." The July '93 Assembly will be hosted by Triangle IG, Raleigh, NC, as we "Step Into the Recovery Triangle."

NOVEMBER 1992 FORT MYERS, FL

"Catch the Wave of Recovery" was the theme, and catch it we did. What a wonderful place to be in the winter time. Our P&D topic was "Geographic Cohesiveness in Intergroup." We bid farewell to our Vice-Chairman, Phyllis Wright as she left to pursue college courses. Peggy Bueche, LA, our former Region Secretary, was elected Vice-Chairman, and Meredith Tompkins, LA, was elected Secretary.

MARCH 1993 AUGUSTA, GA

"Reflections on Recovery" was the theme of our Assembly hosted by CSRA IG, and held at the beautiful Radisson Hotel. Our P&D topic "How Do We Keep Abstinence" was very lively and informative. We had one of the worst snow storms of the century and most of us were stranded in Augusta. Airports were closed, roads were blocked and most people were delayed getting home. The March, 1994, Assembly will be hosted by Palm Beach IG.

JULY 1993 RALEIGH, NC

72 Reps - We were welcomed with open arms and loving hearts by the Raleigh and Triangle area of NC. The theme for the weekend, "The Recovery Triangle," focused on the steps, traditions, and service. "Stepping into the Recovery Triangle" was the P&D in which we used the experience, strength, and hope of the GST's. We received nominations for the November elections for Chairman and Treasurer. Smoky Mountain IG will host the July, 1994 Assembly in Knoxville, TN.

NOVEMBER 1993 NASHVILLE, TN

72 Reps - The theme, "Recovery...Music to my Ears," brought us to the heartland of Music City, U.S.A., Nashville, TN, where Middle TN IG was our host. There was a major airline strike--some of us are truly willing to go to any lengths for recovery. We bid farewell to Charles League, NC, Chairman and Isabel Torres, PR, Treasurer, and we welcome Sheldon (Shelly) Levine, FL, as our Chairman, and Wanda Sanderson, TN, as our Treasurer. TN Valley IG, Huntsville, AL, will host our November, 1994 Convention and Assembly with the theme "Rocket into Recovery."

MARCH 1994 WEST PALM BEACH, FL

75 Reps - "Serenity in the Sun" was the theme of our weekend. Our P&D was "Footprints in the Sand." In keeping with the tradition of placing principles before personalities, we voted to discontinue using people's names on tapes sold at Assembly. In order for Region 8 to become fiscally responsible, we voted to discontinue paying for the Rep Luncheon on Saturday. March, 1995, Assembly is in Atlanta, GA. Rescinded July, 2004, Orlando, FL Assembly

JULY 1994 KNOXVILLE, TN

74 Reps - Smoky Mountain IG hosted our Assembly with the theme, "Smoky Mountain Serenity." Our P&D topic was "What Are The Three Legacies...Steps, Traditions, Service." We are heading to Little Rock, AR, in July, 1995.

NOVEMBER 1994 HUNTSVILLE, AL

75 Reps - TN Valley IG hosted Assembly with the theme "Rocket into Recovery." Our P&D was well received with the topic, "How Do We Keep the Traditions Without Causing Hurt Feelings?" We bid a fond farewell to two of our Board members: Meredith Tompkins, LA, Secretary, and Peggy Bueche, LA, Vice-Chairman. We elected Twila Saitow, NC, Secretary; and Marilyn Collins, AL, Vice-Chairman. We also nominated Janice Sullivan, LA, and Charle League, NC, for the position of Trustee at the next WSO Conference. Manasota IG won the bid to host the November, 1995 Assembly.

MARCH 1995 ATLANTA, GA

63 Reps - Central Atlanta IG hosted our Assembly. P&D topic was "What do the 12 Concepts Mean?" The Assembly voted to include the 12 Concepts in our P&P Manual. No bids were presented at the Assembly. A vote was taken that bids be accepted in the next 45 days by mail and the Board will decide based on all standing criteria.

JULY 1995 LITTLE ROCK, AR

51 Reps - "Recovering on the River" was the theme of our weekend. The topic of our P&D was "The Importance of Carrying the Message for Personal Recovery." The motion passed that our Treasurer will handle all money transactions for the newsletter and the printing costs. It was also decided to have all Board members bonded.

NOVEMBER 1995 BRADENTON, FL

62 Reps - The theme selected by Manasota IG was "Bounty of Recovery." The P&D: "What Is The Cause of the Decline in Membership, and What Might Help." Shelly Levine, FL, was re-elected Chairman, and Judy Pitman, FL, was elected Treasurer. A bid was awarded to Central Florida IG for November 1996 Assembly.

MARCH 1996 BIRMINGHAM, AL

53 Reps - Central Alabama IG selected the theme, "The Miracle is in the Magic of Recovery." A call for help for WSO went out and we were able to send over \$600 to our home office. The P&D was "Letting Go of Self-Will to Establish a Common Bond." Three bids were made for the March, 1997 Assembly and Freedom IG, Tampa, FL, won the bid.

JULY 1996 JACKSONVILLE, FL

64 Reps - NE FL IG hosted with the theme, "SOAR Beyond Your Wildest Dreams." P&D was "Seventh Tradition: How Do We Convey to Members That We Are Self-supporting and not Free?" Nominated for Vice-Chair: Marilyn Collins, Maxine Marcus, and Karen Pecquet; and for Secretary: Twila Saitow. All accepted the nominations. Our Trustee, Janice Sullivan, emphasized the importance of keeping WSO informed of group and IG changes. She also reported as of July 8th, the Southern California OA/HOW Intergroup had violated Traditions and they were removed from the WSO roster. There was only one bid for the July, 1997 Assembly—and it was awarded to Central Midlands IG, Columbia, SC.

NOVEMBER 1996 ORLANDO, FL

59 Reps - Central Florida IG hosted "It's In The Book." P&D was "Changed by the 12 Steps." Trustee, Janice Sullivan, announced that WSO is now making a Newcomer's Packet available. She also emphasized the importance of updating group and IG information to WSO. The Continuing Effects Motions can be ordered from WSO. Karen Pecquet was elected Vice-Chairman, and Twila Saitow was re-elected Secretary by acclamation. We bid a fond farewell to Marilyn Collins. Gold Coast and Baton Rouge IG's bid for the November, 1997 Assembly. Baton Rouge won the bid.

MARCH 1997 TAMPA, FL

55 Reps - Freedom IG hosted "Soaring into Recovery Leads to Freedom from Bondage." The P&D was "Service is Not Just Putting Away Chairs." Trustee, Janice Sullivan, conducted a workshop on the Traditions which covered several points, among them how to use the Traditions: 1) to apply to our lives within the Fellowship and our relationships with other people; 2) to show us how to deal with groups which do not adhere to the traditions; and 3) to look at where group autonomy stops and begins to affect OA as a whole when the OA Bylaws and Continuing Effects Motions are violated. WSO now has a Web-site, and the WSBC will revisit issues of The Lord's Prayer and Food Plans. It was also pointed out that Region 8 was the second highest contributor to WSO in 1996. Gold Coast IG was the single bidder for the March, 1998 Assembly. They were awarded the bid so we will be going to Fort Lauderdale, FL, March 27-29, 1998.

JULY 1997 COLUMBIA, SC

47 Reps - Hosted by Central Midlands IG, the theme was "Once Upon a Time." P&D was "Principles Before Personalities." There was a discussion about restructuring resulting in a motion to the WSBC to establish a restructuring committee, requesting recommendations from each Region. There were two bids for the July, 1998 Assembly: Central Atlanta IG and Greater Memphis IG. Memphis won the bid. The Assembly is scheduled for July 24-26, 1998.

NOVEMBER 1997 BATON ROUGE, LA

49 Reps - Hosted by the combined LA IG's, the theme was "Trudge the Road to Happy Destiny." SOAR 8 hosted the annual Region Chairman Meeting; six Region chairmen and two GST's were in attendance. P&D was "Helping Others: the Foundation Stone of Your Recovery; page 97 in the Big Book." Elections were held for Chairman and Treasurer. Roz Newman ran unopposed and was elected Chairman; Judy Pitman ran unopposed and was re-elected Treasurer. Two motions to be presented at the next WSBC regarding restructuring were passed. There were no bids for the November, 1998 Assembly.

MARCH 1998 FT. LAUDERDALE, FL

52 Reps - Gold Coast IG hosted "And So It Begins." P&D was "Who are We? What is the Message?" The Board option was "Membership Retention in the Nineties: Who are We?" Several Reps discussed their early experiences in OA. The 1997 P&P Manual has been recalled due to inaccuracies. An ad hoc committee was formed to make recommendations for the future overseeing of the manual. There were no bids for the March, 1999 Assembly.

JULY 1998 MEMPHIS, TN

49 Reps/Committee Chairmen/Board – Greater Memphis IG hosted "12-Steppin' in Blue Suede Shoes." P&D was "Long-Term Recovery: It Really Does Come." There were no bids for the July, 1999 Assembly.

NOVEMBER 1998 SATTELITE BEACH, FL

57 Reps/Committee Chairmen/Board – Spacecoast IG hosted "Serenity by the Sea." The P&D was on group autonomy, "What Injures Other Groups or OA as a Whole – Tradition 4." Shirley Sibert ran unopposed for Vice-Chairman and was elected. Mayra Rivera ran unopposed for secretary and was elected. Miami-Dade IG was awarded the bid for the fall 1999 Assembly which will convene in Miami Beach.

MARCH 1999 CHARLOTTE, NC

52 Reps/Committee Chairmen/Board - Hosted by Triangle and Piedmont IG's, the theme was "The Garden of Recovery." The position of Region 8 Trustee is vacant due to the resignation of Shelly Levine. Mary Langston and Diane Schorr were nominated to run for the position of Region 8 Trustee at the WSBC in May, 1999. There were no bids for March 2000.

JULY 1999 PENSACOLA, FL

48 Reps/Committee Chairs/Board Members - Hosted by Emerald Coast and Sea-Renity Intergroups. The theme was "Soar into Recovery". The P&D was "12 Stepping for Personal Recovery". There were no bids submitted to Host the July 2000 Assembly. The location of the March 2000 Assembly as determined by lot will be in western Arkansas.

OCTOBER 1999 MIAMI, FL

43 Reps/Committee Chairs/Board Members - Hosted by the Miami-Dade Intergroup. The Theme was "Oceans of Recovery". The P&D was "Our Primary Purpose....What is the Message and How Do We Keep That Our Focus?" It was announced that the March 2000 Assembly will be held in Ft. Smith, Arkansas. Central Florida Intergroup volunteered to host the July 2000 Assembly. Two bids were submitted to host the fall 2000 Assembly. Pinellas Traditions Intergroup was awarded the bid to host the Assembly in November of 2000.

MARCH 2000 FT. SMITH, AR

33 Reps/Committee Chairmen/Board Members - Hosted by Region 8 with the guidance of HP, support from local volunteers and standing committees. Everyone was encouraged to keep it simple and to let go and let God. The theme was "Soaring to a New Way of Life". The P&D was "Daily Help for a New Way of Living". Persons from the area expressed thanks that SOAR 8 lovingly carried the message of recovery to Western Arkansas. Each standing committee completed an inventory and listed Tasks to accomplish/work on over the next four months. There were no bids to host the March 2001 Assembly.

JULY 2000 ORLANDO, FL

45 Reps/Committee Chairmen/Board Members - Hosted by Central Florida Intergroup. Theme was "Soaring In The Millennium". The P&D was "OA 12 Steps and Physical Recovery".

NOVEMBER 2000 ST. PETERSBURG, FL

45 Reps/Committee Chairmen/Board Members - Hosted by Pinellas Traditions Intergroup. Theme was "Freedom From Bondage". Elections were held for Vice Chair and Secretary. The P&D was "Traditions and Service Workshop". The location of SOAR 8 November 2001 Assembly will be Savannah Georgia, hosted by Northeast Florida Intergroup.

MARCH 2001 NEW ORLEANS, LA

45 Reps/Committee Chairmen/Board Members - Hosted by Central Office of Louisiana Gulf Coast Intergroups. Theme was "Keeping It Simple". The P&D was "Keeping It Simple". The SOAR 8 Board will host an assembly once in 2002.

JULY 2001

NASHVILLE, TN

57 Reps/Committee Chairmen/Board Members - Hosted by Middle Tennessee Intergroup. Theme was "Our Primary Purpose". The P&D was "Desire Requirement for Membership, Abstinence Requirement for Recovery".

NOVEMBER 2001

SAVANNAH, GA

47 Reps/Committee Chairmen/Board Members - Hosted by Northeast Florida Intergroup. Theme was "Soaring Over Savannah".

MARCH 2002

MOBILE, AL

44 Reps/Committee Chairmen/Board Members - Hosted by Region 8 Board. Theme was "Let's Mobilize in Mobile to Pass It On".

JULY 12-14, 2002

BATON ROUGE, LA

45 voting: Hosted by the Baton Rouge Intergroup. Theme was: CELEBRATE LIFE. Total registrants for the event were 135. The profit after expenses was \$1,764.00 to be divided between Baton Rouge Intergroup and Region 8, however, the Intergroup voted to send region \$1,000.00.

NOVEMBER 8-10, 2002

WEST PALM BEACH, FL

41 voting: 43 present in the assembly, Hosted by Palm Beach County Intergroup. Theme: SOAR ON THE WINGS OF SERENITY. This was Mayra Rivera's last assembly as Secretary after having served region for four wonderful years. Shirley Sibert served as interim Vice-Chairman due to Catherine Gallagher resigning. Kathy Curtis was elected Vice-Chairman. Gerri Helms was elected Secretary. Soar 8 Recovery Cruise "Voyage of Recovery 2" left immediately after the closing ceremony on Sunday.

MARCH, 2003

LITTLE ROCK, AR

Host was Central Arkansas Intergroup. Theme: "Soaring in a New Direction." P & D was "THE WAY THAT SERVICE HELPS MY RECOVERY." 84 Total registrations

JULY 18-23, 2003

COLUMBIA, SC

38 voting, 12 guests, 51 present in the assembly. Hosted by Central Midland's Intergroup where we all helped them celebrate 30 years of Overeaters Anonymous recovery in Columbia, SC. Theme: "Promises Do Come True; Together We Can Do What We Could Not Do Alone". P&D was "The Way That Service Helps My Recovery." 2002, Voyage of Recovery 2 Cruise donated to SOAR 8 \$2,350.00.

NOVEMBER 7-9, 2003

BIRMINGHAM, AL

42 voting reps, 48 in the assembly, Theme: "Soaring into Action in Alabama". P&D was "Recovery in Action –Spiritual, Physical and Emotional". Harriet Hacker ran unopposed for treasurer and did receive a majority vote. Ray Frye, Sarah Glover, and Shirley Siebert ran for SOAR 8 Chair. After three ballots were taken Sarah Glover was elected Chair by majority. This was Charles Aloisio's last assembly, after having served two years; as SOAR 8 Chair. Charles was also ratified to go to the WSBC to run for Region 8 Trustee. Kayla Weingarten's served in the position as Treasurer for four dedicated years.

MARCH 26-28, 2004

ATLANTA, GA

43 voting reps and 2 guests. Theme: "Recovery on My Mind". P&D WAS RECOVERY/SERVICE CONNECTION. The assembly bid Mary Langston a fond farewell as this was her last assembly after having served as Region 8 Trustee for five faithful years. As well, the assembly welcomed Sarah Glover as Chair. Harriet Hacker could not continue as Treasurer due to health problems. Kayla Weingarten agreed to stay on for the interim. Ray Frye was elected Treasurer.

JULY 9-11, 2004

ORLANDO, FL

38 voting, 3 non-voting for a total of 39 in the assembly. Hosted by Central Florida Intergroup. Theme: "Soaring into the Sunlight (of the SPIRIT)". P&D was 'The Twelve Concepts of OA Service'. Charles Aloisio took up the position of service as Region 8 Trustee since he was elected at the 2004 WSBC. Janice Sullivan served as Interim Vice-Chairman. The motion to rescind or nullify the Region 8 Boards decision to dismiss the assembly elected Vice-Chairman passed. The attendance was 146 pre-registered, 42 walk-ins, a profit of \$5,175.36 were split between Region 8 and Central Florida Intergroup.

NOVEMBER 5-7, 2004

ORLANDO, FL

43 Voting, 3 non-voting for a total of 46 in the assembly. There were 7 first time reps. Hosted by Space Coast Intergroup. Plans were to have it in Cocoa Beach, Florida, because of major hurricanes it was moved to Orlando. With all the obstacles placed in the path the event was very successful. Even with all the many unexpected expenses with the hotel because of having to move; the profit was still \$2,950.71 to be split between Region 8 and Space Coast Intergroup. Theme: "Soaring into Serenity". P & D was "SERENITY IS RECOVERY through the 12 Steps and 12 Traditions." Judy Kouri was elected Secretary and Janice Sullivan was elected Vice-Chairman. There were 94 pre-registered, with 26 walk-ins for a total of 120.

MARCH 11-13, 2005 CHARLOTTE, NC

40 voting, 3 non-voting for a total of 43 in the assembly. Hosted by two Intergroups/ Triangle and Piedmont Intergroups. Theme: "SOARING HAPPY, JOYOUS and FREE". P & D was "Freedom from Obsession of Compulsive Overeating: A New Joy in Living". Total registered attendees for the weekend were 147. The total monies collected were \$4,722.51. Region received \$2,361.25, and the two Intergroups each received \$1,180.62.

JULY 22-24, 2005 JACKSON, MS

Hosted by Central Mississippi Intergroup. This is the first time in SOAR 8 History that Central Mississippi Intergroup has hosted a Recovery Convention and Business Assembly. Theme: "WELCOME TO OA, WELCOME HOME." P & D was "TOOL'S Use 'em or Lose 'em." There were 77 pre-registered and 12 walk-ins. After the \$500.00 seed money was returned to SOAR 8. Region 8 received \$491.51.

NOVEMBER 4-6, 2005 MIAMI, FL

38 voting reps, 4 non-voting for a total of 42 in the assembly. Hosted by Miami Dade Intergroup. Theme: "SOARING INTO ACTION". The P & D was "ABSTINENCE, PHYSICAL, RECOVERY AND BODY SIZE (THE "F" WORD)." The newly revised Hosting Manual was introduced and available. Gerri Helms was elected Chairman and Scott Crawford was elected Treasurer. We bid farewell to Sarah Glover for her two years of service as Chairman and Ray Frye for his two years as Treasurer. Total registration: 167 (101 by mail, 73 walk-ins). After the \$900.00 seed money was returned to SOAR 8 there was a profit of \$3,771.66. Region 8 received \$1,885.83 and Miami Dade Intergroup made the same amount.

MARCH 31-APRIL 2, 2006 JACKSONVILLE, FL

42 reps, 4 non-voting for a total of 46 in the assembly. Theme: LIVE WELL, LAUGH OFTEN, LOVE MUCH. The P & D topic was "Even Though I Have a Disease, I can still Live well, (the Steps), Laugh Often (the Fellowship). Love Much (Spiritually)". After seed money Region 8 received \$2,582.34.

July 21-23, 2006 NASHVILLE, TN

39 Voting Reps, 8 non-voting for a total of 47 in the assembly. There were 12 first time reps. Hosted by Middle Tennessee Intergroup. Theme: "Tune into Recovery". The P & D topic was "Tuning up your Traditions". On Saturday night there was fantastic local entertainment in place of a dance. After the \$500.00 seed money Region 8 received \$2,527.03.

NOVEMBER 3-5, 2006 ORLANDO, FL

38 Reps, 6 non-voting for a total of 44 in the assembly. There were 10 first time reps. Hosted by Central Florida Intergroup. We also helped Central Florida celebrate their 30th anniversary as an Intergroup. Theme: "I CAN SEE CLEARLY NOW". The P & D was "Getting Us in and Keeping Us In" (Membership Retention—Twelve-Step Within). Janice Sullivan was reelected for a two year term as Vice Chairman and Maureen Schwarzer was elected for a two year term as Secretary. After the \$500.00 dollar seed money was repaid SOAR 8 received \$2,337.62.

MARCH 16-18, 2007 MEMPHIS, TN

29 voting, 4 non-voting for a total of 33 in the room. There were 7 first time Reps. Hosted by Greater Memphis Intergroup. Theme: "TAKESTOCK in Memphis." The P&D title was "Being abstinent". The 50/50 split including the silent auction was \$1,350.77. Greater Memphis Intergroup cleared \$1,147.00. The topic of the Friday night Forum was SERVICE. The Saturday night entertain was marvelous.

JULY 13-15, 2007 ST, PETE BEACH, FL

43 voting, 8 non-voting for a total of 51 in the room. Twelve first time reps. Hosted by Pinellas Traditions Intergroup. Theme: "SOARING INTO WAVES OF SERVICE". The P&D topic "How Service Helps with Recovery." The 50/50 split \$2,706.73. intergroup raised \$1,889.42 from there boutiques. Scott C., the Treasurer had to resign because of a family crisis. Judy P. stepped in as treasurer. Sid B. came forward to serve as secretary with assistance from Joel. Charles Aloisio will continue be our Trustee for the next three years. He was re-elected at the 2007 WSBC.

NOVEMBER 2-4, 2007 COLUMBIA, SC

37 voting, 3 non-voting for a total of 40 in the room. Five first time reps. Hosted by Central Midlands Intergroup. Theme: "SERENITY IN SERVICE". The P&D topic "What does the Serenity Prayer mean to you: Physically, Emotionally and Spiritually?" Gerri Helms was re-elected to serve as Chairman for two more years. Sid Bass was elected as Secretary for one year. Karen Cornacchia will serve as Treasurer for the next two years. There were 90 members registered, three were walk-in. SOAR 8's part of the profit was \$1,412.30. Brenda W. and Stephanie D. were elected as 2008 WSBC Region 8 Delegates.

MARCH 7-9, 2008 JACKSON, MS

34 voting, 4 non-voting for a total of 38 in the room. Hosted by Central Mississippi Intergroup. Theme: SOAR into '08 with Region 8. The P&D topic was "Abstinence and the Dignity of Choice." The Twelve Step-Within Committee developed a "March Mission to Mississippi." There was over \$4,387.76 that came in. Many were able to receive scholarships to attend that may not have been able to attend otherwise. SOAR 8's part of the split was \$1,800.03. There were 101 members registered for the whole weekend. Motion to change SOAR 8 to twice a year instead of three times, failed.

JULY 18-20, 2008 FORT LAUDERDALE, FL

41 voting, 7 non-voting for a total of 48 in the room, seventeen first time reps, with twenty-six Intergroups in attendance. Co-hosted by Gold Coast and Palm Beach Intergroups. Theme: "The Promises are Your Fate in 2008". The P&D topic: "WILL THE PROMISES WORK FOR ME". There were 226 pre-registered, forty-one walk-in's; for a total of 267. Soar 8's part of the profit was \$5,420.42. Along with the boutique income the two Intergroups split \$6,873.97; earning them each \$3,436.99.

NOVEMBER 7-9, 2008 COCOA BEACH, FL

Friday there were 37 eligible to vote, 11 not eligible to vote, for a total of 48 in the room. Saturday in the morning there were 46 eligible to vote, 6 not eligible to vote, for a total of 52 in the room. Saturday in the early afternoon there were 45 eligible to vote, 4 not eligible to vote, for a total of 49 in the room. Later Saturday afternoon, after the second roll call there were 46 eligible to vote, 6 not eligible to vote, for a total of 52 in the room. There were eleven (11) first time reps ("green dots"). The Assembly was hosted by Space Coast Intergroup, with a theme of: "Soaring into Serenity by the Sea". The P&D topic was: "There is no Them—only Us". Joel Isenstaad was reelected to serve as Secretary for 2 years. Gloria Lockridge was elected Vice Chair to serve for two years. There were 45 Members pre registered for the Assembly. Space Coast Intergroup did not request any seed money. SOAR 8 received \$2369.83. Stephanie Duran, Sonia Echezuria and Angie Ballard were elected WSBC delegates. \$500 was donated to Region 3 to use as it sees fit for the rebuilding of Overeaters Anonymous to those affected by Hurricane Ike. A budget for fiscal year 2008-2009 was adopted. Tampa Florida bid Suncoast Intergroup's (Tampa, FL) bid for Assembly in November 2009 ("Rockin' and Rollin' in Recovery") was accepted.

MARCH 27-29, 2009 LITTLE ROCK, AK

Friday there were 37 eligible to vote, 5 not eligible to vote, for a total of 42 in the room. Saturday in the morning and in the afternoon there were 39 eligible to vote, 5 not eligible to vote, for a total of 44 in the room. At the final Saturday roll call there were 38 eligible to vote, 5 not eligible to vote, for a total of 43 in the room. No reps participated remotely. There were seven (7) first time reps ("green dots"). The Assembly was hosted by Central Arkansas Overeaters Anonymous Intergroup, with a theme of: "Diamonds in the Rough". The P&D topic was: "The Four Facets of a Diamond: Clarity, Cut, Color and Carat". The forum topic concerned team work and committee service and structuring in a pep rally format. Region 8's WSBC delegates gave a report. Central Arkansas Intergroup sent Region 8 a check for \$1161.53. Greater Memphis Area Intergroup's bid for Assembly in March 19-21, 2010 ("Walkin in Memphis Twelve Stepping Away from the Blues") was accepted.

JULY 17-19, 2009 ATLANTA, GA

Friday there were 42 eligible to vote, 7 not eligible to vote, for a total of 49 in the room. There were no remote participants. Saturday in the morning there were 48 eligible to vote, 12 not eligible to vote, with 3 of those 12 being remote participants, for a total of 57 in the room and a total of 60 participating. Saturday afternoon for the first roll call there were 47 eligible to vote, 9 not eligible to vote, with 2 of those 9 being remote participants, for a total of 54 in the room and a total of 56 participating. At the final Saturday roll call there were 47 eligible to vote, 8 not eligible to vote, with 2 of those 8 being remote participants, for a total of 53 in the room and 55 participating. There were approximately fifteen (15) first time reps ("green dots"). The Assembly was hosted by Central Atlanta Overeaters Anonymous Intergroup, with a theme of: "It Works. It Really Does". The P&D topic was: "Fear of Economic Insecurity Will Leave Us". The forum topic concerned the many languages of recovery-with power point presentation and much humor and cheering. Region 8's WSBC delegate gave a report. Central Atlanta Intergroup sent Region 8 a check for approximately \$3,120.97. Central Office of Louisiana Intergroup's bid for Assembly in New Orleans July 9-11, 2010 ("12 Steppin' in the Big Easy") was accepted.

November 6-8, 2009 TAMPA, FL

Friday there were 41 eligible to vote, 8 not eligible to vote, for a total of 49 in the room. There were no remote participants. Saturday in the morning there were 47 eligible to vote, 4 not eligible to vote, for a total of 51 in the room and no remote participants. Saturday afternoon there were 49 eligible to vote, 7 not eligible to vote, for a total of 56 in the room and no remote participants. There were approximately eleven (11) first time reps ("green dots"). The Assembly was hosted by Suncoast Intergroup in Tampa, Florida with a theme of: "Rockin' and Rollin' in Recovery". The P&D topic was: "Having Fun in Recovery or The Joy of Recovery". The forum topic concerned streamlining and reorganizing our Committees-with power point presentation and much humor and cheering. Suncoast Intergroup sent Region 8 a check for approximately \$2,539.27. Central Florida Intergroup's bid for Assembly in Orlando November 5-7, 2010 ("Action is the Magic Word") was accepted.

Continuing Effects

1/77 SOAR 8 name selected. Meet twice a year. Bylaws adopted.	10/82 Letterhead approved. P&P – first one	3/89 Reps - speak at workshops.
7/77 Convention in January each year.	1/83 P&P - given to Reps and IG's.	7/89 Designated funds - NO. Expenditures of \$500 or more.
2/78 Meet four times a year.	1/84 Elections - November. W&M Comm now Finance Comm. Meet - Mar, Jul, Nov.	3/90 P&P changes. Hosting Manual presented. Funding Comm chairs to be studied. P&P Committee became standing comm.
8/78 Newsletter was started.	10/84 Referral Letters Committee created. Lifeline Committee created.	8/90 Assembly Co-ord Committee abolished; became duty of Vice-Chairman. W&M Committee - develop logo pin.
11/78 Elections - in January. Meet - Jan, Apr, Jul, Oct. Agenda created. Bid Guidelines adopted. Fund Board Members' airfare.	3/85 Goal-setting workshop established.	11/90 Committee reports - 2 weeks before Assy.
7/79 Rep Fund established.	7/85 P&P revised. Goal-setting workshop-annual event. Assembly Co-ord Comm created. Lifeline & Lit Comm combined. Newsletter Editor funded.	3/91 Newsletter - designs for masthead
10/79 FL State Convention - first one.	11/85 Referral Letters - standing committee. W&M Committee for fund-raising.	7/91 Finance Comm revised guidelines. SOAR Newsletter month is November.
7/80 Bylaw amendments.	7/86 12th-S-W Committee now IGOR with Referral Letter a sub-committee. 12th-S-W Committee formed with S-B-M a sub-committee. Elect Vice-Ch and Sec in even years; Elect Chair and Treas in odd years.	3/92 Standing Rules adopted.
1/81 Tax-exempt status.	11/86 Rep Fund Comm-sub-comm of IGOR. Parliamentarian funded. W&M now a standing committee.	3/94 Rep Luncheon - stopped paying for.
4/81 Budget - First.	7/87 New Rep Orientation format approved. New Assembly Format approved	3/95 12 Concepts included in P&P.
1/82 Incorporated SOAR 8 in AL. Treasurer - bonded.	3/88 IG Chair meeting started. Region Inventory – first one. IG Sponsors part of IGOR	7/95 Treasurer-handle all funds for newsletter. Bond Board Members..
4/82 Meet in Jan, May, Oct in 1983.	7/88 Rep Luncheon – 2d one held. Comm Chairs - keep file of work.	3/98 P&P dated 1997 recalled. P&P Ad hoc committee formed
7/82 Military & W&M comm began. Bylaws amended.	11/88 Annual budget must be balanced.	3/00 PI Event and OA meeting at Region Assemblies.

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