



## Region 5 Trustee Report

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### WSO Service Bodies Report – Intergroups and Groups (Affiliated/Unaffiliated) Located in Region 5

Sept 5, 2018		Jan 4, 2019		Increase/Decrease	
<b>Total Intergroups</b>	<b>28</b>	<b>Total Intergroups</b>	<b>27</b>	<b>Total Intergroups</b>	<b>-1</b>
Affiliated Groups	481	Affiliated Groups	476	Affiliated Groups	-5
Unaffiliated Groups	27	Unaffiliated Groups	30	Unaffiliated Groups	+3
<b>Total Groups</b>	<b>508</b>	<b>Total Groups</b>	<b>506</b>	<b>Total Groups</b>	<b>-2</b>

### Intergroup and Group information

We have lost two groups since the last report. The numbers reflect the closure of the Upper Peninsula of Michigan Intergroup reported previously.

### New and Revised Literature

*Guidelines for Small Meetings: Help and Hope.* If your meeting is on a small town or if your group could use more influence from members with strong recovery, these guidelines can be especially helpful. Download the PDF for workable ideas and a giant list of resources available at [oa.org](http://oa.org).

*Where Do I Start? Everything a Newcomer Needs to Know (#705)*, replaces the \$3.50 Newcomer Packet and consolidates key information into one 32-page pamphlet. The pamphlet includes the Fifteen Questions, OA Tools, suggested plans of eating. A FAQ section covers common questions about compulsive eating, bulimia and anorexia.

Updated *OA-Approved Literature List* is an indispensable tool for any group or service body. Download the list from [oa.org/documents](http://oa.org/documents) under “Guidelines”.

Find revised *Guidelines for Treasurers* at [oa.org/documents](http://oa.org/documents).

Find revised *Guidelines for OA C.A.R.E.S.* at [oa.org/documents](http://oa.org/documents). This correspondence program, is a pen-pal service for incarcerated compulsive eaters.

*The Twelve Traditions of Overeaters Anonymous* pamphlet has recently joined other discontinued OA literature, which means it is still OA-approved but is no longer sold in the OA bookstore. Find it at [oa.org/documents](http://oa.org/documents) under “Discontinued Literature.”

There are many ways to buy and use our new *OA Twelve and Twelve, Second Edition* book and workbook, and some versions are only available through third-party vendors. Buy the [print book](#), [print workbook](#), and [e-workbook](#) from [bookstore.oa.org](#). The [large-print book](#) is available only from Amazon, and **e-books** are available for [Kindle](#), [Apple Books](#), and [Nook](#). OA receives a royalty share when members purchase these specific new books from these third party vendors.

### **“Weigh In” on the Future of Lifeline Magazine**

*Lifeline* magazine was first published in 1965, five years after OA was founded. During its fifty-four-year history, it has created service opportunities for writers and *Life-line* reps, anchored the *Lifeline* Meeting Format, helped expand OA literature, and touched the hearts of OA members worldwide through member-contributed stories of recovery.

In November 2018, the Board of Trustees recognized a pressing need to rebalance *Life-line*'s finances. The causes, they found, were a slow but steady decline in subscriptions and monetary inflation. The price of *Lifeline* had not been raised since 2009 (when the magazine first went to a full-color format), so the board's Executive Committee approved a price increase for subscriptions. Beginning in 2019, one-year print subscriptions (ten issues) are available for \$30 in the US, US\$36 in Canada, and US\$45 outside the US and Canada. One-year online subscriptions are available world-wide for US\$30. The price for printed back issues, available at [bookstore.oa.org](#), is now US\$4 per issue.

A committee of board members has also been formed to determine a future direction for *Lifeline*: whether *Lifeline* should continue as a print and digital magazine of recovery or evolve over time to a different format or mission.

The committee is inviting comments about *Lifeline* from OA members, and the deadline to submit your comment is February 28, 2019. What is your perspective on *Lifeline*, and what shape would you like to see *Lifeline* take in our Fellowship? Email comments and ideas to [LLadhoc@oa.org](mailto:LLadhoc@oa.org).

### **New Conference Literature Proposals Suspended:**

OA has released or revised more than twenty pieces of literature in the past three years, including three new books: [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#); [The Twelve Step Workbook of Overeaters Anonymous, Second Edition](#); and [Twelve Step Workshop and Study Guide](#). It's been an incredibly productive period, yet there is still more work to do, for example, making large print versions available and updating existing literature with the new language that reflects our current group conscience. Plus, there's more literature already in the development pipeline! As a result, the Executive Committee of the OA Board of Trustees has decided to temporarily suspend the consideration and development of new proposals for Conference-approved literature from WSBC 2019 through WSBC 2021 or until the Board and WSO determine it is feasible to begin work on new literature.

The suspension does not affect Conference literature projects already in development, such as the body image, relationships, and sexuality publication that many members have contributed to and are eagerly awaiting. That publication is scheduled to be presented at World Service Business Conference 2019.

### **New Workshop: “Recovery Roadmap”**

OA's new workshop explores roadblocks and landmarks found on the road we trudge together. In “Recovery Roadmap,” meet Recovery Road Travelers who share about perilous places like Diet Desert, Isolation Island, and Self-Pity Falls and serene sites such as Footwork Trails, Higher Power Service Station, and Acceptance Airfield. Bring a recovery roadmap to your next event: download a ZIP file of the workshop [atoa.org/documents](http://atoa.org/documents) under “Workshops and Skits.”

## **Professional Outreach**

A new issue of the *Courier* is now on the OA website at [oa.org/documents](http://oa.org/documents) under “Courier.” [Download the PDF](#) and use it when you carry the message to your doctor, dentist, or other health provider.

### **Carry the Message to Professionals with Funding from OA**

If your service body would like to host an exhibit at a professional tradeshow in your area, consider applying for funding assistance through the Professional Exhibits Fund from the World Service Office. Submit this application to the WSO as far in advance of the event as possible.

## **Call for Stories**

We need your Recovery Story. It’s for a Fresh Pamphlet

Give service and hope to OA members your age! Share your story of recovery as an 18-to-30-year-old. Start with these questions but include anything that’s been important for your recovery:

- How did OA reach someone young like you and inspire you to recover?
- How do you work your program? (You can’t be too specific here.)
- How do you use paper and face-to-face resources like books, pamphlets, and meetings?
- How do you use virtual resources like podcasts and online meetings?
- Why is it harder to be young in OA? How do you use other technology in your recovery?
- Why is it easier?
- What rewards has OA recovery brought you?
- Hmm... Oh yah HOW OLD ARE YOU?

Make it a goal to give inspiration to other young people in OA by sending your story. Together we can make young people’s stories part of the fabric of OA! Sign this release form (and share the flyer) and then email your story and the form to [info@oa.org](mailto:info@oa.org) with subject “YP Story.” The deadline to send your story is April Fools’ Day—no foolin’!

## **Call for Podcasts**

If you’re 18 to 30 and interested in giving service as a podcast speaker, sharing your experience, strength, and hope through recovery in OA, fill out this [online questionnaire](#). Responses will be reviewed by the OA Young Persons’ Committee, and committee members will contact you to follow up. The questionnaire will remain open until January 31, 2021.

## **WSBC will be May 6-11, 2019 in Albuquerque, NM**

The Theme will be: “Growing Our Membership Worldwide”.

### **WSBC 2019: Important Deadlines**

Delegates should [register](#) for WSBC by the February 25 deadline, and it is very important for the strength of OA worldwide that all service bodies return the [Agenda Questionnaire](#) to the World Service Office by March 7. Decisions affecting OA for years to come are made at WSBC, so input is needed from all intergroups and service boards so that these decisions truly represent OA as a whole.

The Second Conference e-Documents are now available on the [WSBC web page](#), including a [letter](#) from the Conference Planning Committee Chair; the [Agenda Questionnaire and instructions](#); [questionnaire summary](#); [New Business Motions](#) and [Bylaws Amendments](#) that were submitted by the December 10, 2018, deadline; the [Delegate Registration form](#); and [general information](#) about Conference.

March 22 Third Conference e-Documents posted to [WSBC web page](#).

### *Meetings for Delegates*

WSBC will offer the workshop “All about Conference,” which will include parliamentary procedure. The Mentor Program will offer an opportunity during the week for Green Dots (first-time delegates) and Mentors to meet and discuss parliamentary procedure and other processes for Conference.

Again this year, WSBC will host “Meet the Maker” on Wednesday, May 8, where delegates can discuss and ask questions about Conference motions with the makers of those motions.

### *Conference Documents*

The second Conference e-Documents are now available on the WSBC web page. Newly posted documents include the Agenda Questionnaire; the New Business Motions and Bylaws Amendments that were submitted by the December 10, 2018 deadline; the Delegate Registration form; and general information about Conference.

### *New Business Motions and Bylaws Amendments*

Below is a summary of New Business Motions and Bylaws Amendments to be considered at WSBC 2019:

- Create a policy statement about ease of translation.
  
- Amend the policy on how literature is discontinued, removed, or changed in format.
- Amend OA’s Statement on Abstinence and Recovery to include a definition of recovery.
- Create a policy statement on hybrid meetings and how those may be registered with the WSO.
- Utilize OA’s nonprofit status to qualify for ad-free Google Custom Search functionality.
- Combine all event policies into a single policy.
  
- Direct the Board of Trustees to host all full BOT meetings and BOT-committee meetings virtually, except for meetings held during WSBC.
- Move to disband the Virtual Service Conference Committee (responsibilities will be transferred to the new Virtual Region).
- Disband the Web/Technology Committee.
  
- Amend OA’s Statement on Public Media to include virtual meetings and how they may be registered with the WSO.
  
- Add a tenth Tool: pausing.
- Create a statement on anonymity in an OA meeting.
- Amend the policy on closing prayers to include the Step Twelve Affirmation.
  
- Amend regions’ composition to require language service boards to affiliate with a region.
- Amend intergroups’ composition to remove the allowance that land-based groups can affiliate with a virtual intergroup and vice versa.
  
- Amend BOT qualifications to require a trustee applicant with only one year of WSBC service to serve their second year as a delegate to the WSBC for which they are standing for election.
  
- Amend regions’ composition to allow virtual intergroups to participate in a land-based region’s activities with permission from that region.

- Amend the Region Chairs Committee statement of purpose.
- Amend Conference committees to allow the BOT to disband committees that have not functioned for a period of one year.
- Amend Concepts of OA Service numbers Two, Six, Seven, Eight, and Eleven to include all levels of service.

### Board of Trustees November Meeting

Numerous literature motions and other motions for WSBC were adopted at the November Board of Trustees meeting:

### Virtual Board of Trustees February Meeting

The full Board will meet virtually for the first time, Feb 28 and March 1 by Zoom videoconference. We had a practice run on Feb 12.

### A Message from Our Treasurer

— *Bonnie L., Treasurer, General Service Trustee*

In October 2018, your Executive Committee (the General Service Trustees) met with World Service Office managers to prepare OA's annual budget. In November, the full Board of Trustees met to review and approve the budget, and as

a result, we will implement a 2019 budget of US\$1.788 million. That's the amount it costs to effectively carry the message; print, translate, and distribute OA literature; and staff the WSO. Every contribution you send helps pay those costs, and they are very much appreciated.

We ended 2018 in great shape, exceeding the year's income target. Two things specifically contributed to budget success in 2018. The first was your response to the new OA *Twelve Steps and Twelve Traditions, Second Edition*. We initially projected sales of US\$211,000 for this book, but as of November 30, we reached \$305,227.94. Your response to this new book has been tremendous! The other contributing factor to success was this year's introduction of the Annual Appeal letter. While this initiative got off to a rocky start, your contributions also had a positive impact on the overall budget. The letter will go out to all groups each spring, so you will soon be seeing a letter for the 2019 Annual Appeal. .

We sincerely appreciate your continued support! Together we can do what we could never do alone.

## Why Start an Automatic Recurring Contribution? For Twelve Really Great Reasons.

1. Your contributions support OA's primary purpose: to carry the message of recovery to the still-suffering compulsive overeater.
2. Your contributions help produce OA-approved literature, such as *Overeaters Anonymous, Third Edition* and *Taste of Lifeline*.
3. Your contributions support OA's website, oa.org, where many newcomers first learn about OA and the promise of recovery.
4. Your contributions support freely available, downloadable resources on oa.org, such as podcasts and meeting formats.
5. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
6. Your automatic, recurring contributions for virtual meetings means you never have to ask, "Did I remember my Seventh Tradition this week?"

7. Your contributions support carrying the message around the world through translations of OA-approved literature.
8. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.
9. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.
10. Your contributions are tax deductible in the USA.
11. Your contributions are a meaningful way to honor your abstinence anniversary, acknowledge a sponsor or sponsee, or remember the costs of your last binge.
12. Your contributions make a difference, and no contribution is too small to help carry the message of recovery.

Help OA grow. Go to [oa.org/contribute](http://oa.org/contribute) and check "Make this a recurring gift" to start your Automatic Recurring Contribution.

**On a personal note**

I am now in my last year as your Trustee. My term ends May 11. It has truly been a marvelous journey of recovery and it is truly an honor and privilege to serve as your Region 5 Trustee.

Yours in Service

**Linda J**

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