

# SOAR 8

Southeast Overeaters Anonymous Region 8



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

## Table of Contents

I.	Region 8 Service Directory .....	2
II.	Treasurers Report.....	3
III.	Consent Agenda .....	4
IV.	Motions .....	6
V.	Memphis TN, Fall Assembly 2019 .....	12
VI.	Baton Rouge LA, Bid Spring 2020 .....	14
VII.	Intergroup Renewal.....	15

# 2019-Growing Our Membership Worldwide

## Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

### I. Region 8 Service Directory

#### Board Members

<b>Chair</b> Katrina S. Baton Rouge, LA (225) 715-4988 <a href="mailto:chair@oaregion8.org">chair@oaregion8.org</a>	<b>Vice Chair</b> Pam G. Sarasota, FL (941) 343-7181 <a href="mailto:vicechair@oaregion8.org">vicechair@oaregion8.org</a>	<b>Treasurer</b> Michelle D./SOAR8 Treasurer P.O. Box 242522 Little Rock, AR 72223 (501) 580-6120 <a href="mailto:treasurer@oaregion8.org">treasurer@oaregion8.org</a>
<b>Secretary</b> Janet T. Winter Park, FL (407) 310-2284 <a href="mailto:secretary@oaregion8.org">secretary@oaregion8.org</a>	<b>Region Trustee</b> Linda H. Madeira Beach, FL (727) 647 8280 <a href="mailto:trustee@oaregion8.org">trustee@oaregion8.org</a>	<b>Parliamentarian</b> Gloria L. Winter Springs, FL (407) 340-2008 <a href="mailto:parliamentarian@oaregion8.org">parliamentarian@oaregion8.org</a>

#### Committee Chairs

<b>12th Step Within (TSW)</b> JC D Palm Harbor, FL (813) 240-8572 <a href="mailto:tswchair@oaregion8.org">tswchair@oaregion8.org</a>	<b>Technology/Website</b> Barbara C. Newberry, FL (352) 472-9924 <a href="mailto:techwebchair@oaregion8.org">techwebchair@oaregion8.org</a>	<b>Bylaws/Electronic Documents</b> Susan D. Huntsville, NC (415) 987-3194 <a href="mailto:Bylawschair@oaregion8.org">Bylawschair@oaregion8.org</a>
<b>Intergroup Outreach (IGOR)</b> Aleta P. Baton Rouge, LA (225) 937-0566 <a href="mailto:igorchair@oaregion8.org">igorchair@oaregion8.org</a>	<b>Ways &amp; Means</b> Andi S Boca Raton, FL (954) 295-1123 <a href="mailto:waysandmeanschair@oaregion8.org">waysandmeanschair@oaregion8.org</a>	<b>Unity With Diversity</b>      <a href="mailto:Unitychair@oaregion8.org">Unitychair@oaregion8.org</a>
<b>Public Info/Prof. Outreach (PI/PO)</b> Bonnie V. Boynton Beach, FL (561)-733-9302 <a href="mailto:pipochair@oaregion8.org">pipochair@oaregion8.org</a>		

#### Other Service Positions

<b>TSW Mentor List</b> Neill M. Triangle, North Carolina (919) 789-9402 <a href="mailto:mentors@oaregion8.org">mentors@oaregion8.org</a>	<b>TSW Email/Sponsor List</b> Julia S. Louisiana (985)-646-2593 <a href="mailto:sponsors@oaregion8.org">sponsors@oaregion8.org</a>	<b>TSW Speaker List</b> Tammi Middle TN IG (337)-734-4564 (Home) (337) 370-1252 (Mobile) <a href="mailto:speakers@oaregion8.org">speakers@oaregion8.org</a>
<b>TSW-Workshop Resources</b> Tara L. Tampa, FL (412)260-8859 <a href="mailto:workshops@oaregion8.org">workshops@oaregion8.org</a>	<b>Region 8 Webmaster</b> Mary Jane W. St Petersburg, Florida (727)-954-7544 <a href="mailto:webmaster@oaregion8.org">webmaster@oaregion8.org</a>	

2019-Growing Our Membership Worldwide  
Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

II. Treasurers Report

TREASURER'S BI-ANNUAL REPORT

OCTOBER 2018 - MARCH 2019

MONTH/YEAR	INCOME	EXPENSES
October 2018	3847.06	9381.36
November 2018	1141.10	1229.95
December 2018	5284.42	1077.08
January 2019	2923.46	2954.81
February 2019	1812.03	1243.28
March 2019	1403.13	465.00
<b>TOTAL:</b>	<b>16,411.20</b>	<b>16,351.48</b>

Current Bank Balance: 33,550.23 (as of March 29, 2019)

Prudent Reserve: 56% (OA suggestion of 40-60%)

(Prudent Reserve: Actual Bank Balance divided by Annual Amount Budgeted to Fund Region 8: \$33,550.23 divided by \$59,850.00 equals 0.56 or 56%)

### III. Consent Agenda

## Agenda Item: 20

### **The Region 8 Policy and Procedure Manual states:**

There will be a consent agenda consisting of routine non-controversial matters. The Chair will determine the matters that will be placed on the consent agenda. Any voting members may go to the center microphone to request that an item from the consent agenda be considered as a separate motion. Once the consent agenda is established, it shall require a 3/4 vote for adoption.

The 3 motions under consideration for the Consent Agenda are:

- 1.P&P Motion IV – Page 38 of your Packet
- 2.P&P Motion V - Page 39 of your Packet
- 3.P&P Motion VI - Page 40 of your Packet

### **RATIONALE:**

The intent for all three motions is to keep wording consistent with what is in the Bylaws. All 3 motions relate to the permission to use the Twelve Steps, the Twelve Traditions and the Twelve Concepts as

granted by AA World Service and / or Overeaters Anonymous. Using the same wording to state the permissions is an obvious and needed correction in all 3 cases. For us, these are housekeeping items, “go dos.”

By placing all 3 on the Consent Agenda we can use Assembly time more efficiently by voting once versus voting 3 times.

However, any voting member may go to the center microphone to request that an item from the consent agenda be considered as a separate motion.

If an item is removed from the Consent Agenda it will be voted on with the other motions.

2019-Growing Our Membership Worldwide  
Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

**IV. Motions**

The follow motions were sent out via email 45 days prior to the Assembly, but were omitted from the packet. This will be voted on at this assembly.

(Bylaws Motion to amend the Bylaws Article III, Section 2A

**BYLAWS MOTION (Proposed for Spring 2019)**

	<b>Adopted</b>
	<b>Amended</b>
	<b>Lost</b>

**SOAR-8**

**Motion X: Amend Bylaws Article III, Section 2A**

**Motion:** Move to amend Bylaws Article III, Section 2A, by adding the following new wording:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
Article III – Members Section 2 – Representative Qualifications A: Representative to Region 8 Assemblies must: 1. Be a member of an Intergroup or National/Language Service Board within the geographic definition of Region 8; 2. Be a member of an Intergroup which is registered with the World Service Office of OA; and 3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.	Article III – Members Section 2 – Representative Qualifications A: Representative to Region 8 Assemblies must: 1. Be a member of an Intergroup or National/Language Service Board within the geographic definition of Region 8; 2. Be a member of an Intergroup which is registered with the World Service Office of OA; and 3. Have a current Certificate of Eligibility on file with the Region 8 Secretary. 4. <u>Representatives must be full time residents within the geographic boundary of Region 8.</u>

**SUBMITTED BY:**  
Bylaws Committee

**INTENT:**

# 2019-Growing Our Membership Worldwide

## Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

To establish residency requirements for service positions in Region 8.

**IMPLEMENTATION:**

Update Bylaws

**COST:**

None

**RATIONALE:**

There is some question about whether or not Region 8 will allow funds to be expended by a person who is not physically residing in the region.

In keeping with this policy, Region 8 would like to allocate funds to persons who reside in and report back to their intergroups in region 8. This will apply to all persons who may be funded: Board members, the committee chairs and anyone requesting funds to attend the business assembly as a representative.

This designation does not apply to Region 8 WSBC delegates because they must qualify as representatives to hold this position. Additionally, trustee applicants have their own qualifications based on OA Bylaws Subpart B.

**2019-Growing Our Membership Worldwide**  
**Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019**

Bylaws Motion to amend the Bylaws Article V, Section 2A

**BYLAWS MOTION (Proposed for Spring 2019)**

	<b>Adopted</b>
	<b>Amended</b>
	<b>Lost</b>

**SOAR-8**

**Motion XX: Amend Bylaws Article V, Section 2A**

**Motion:** Move to amend Bylaws Article V, Section 2A by adding the following new wording:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>Article V – The Region Board            Section 2 - Qualification for the Region 8 Board            A: Qualification for Region 8 Board are:            1. Two years in the Fellowship;            2. Two years of service beyond the meeting level;            3: Have attended at least two (2) prior Region 8 Assemblies as a voting member; and            4. One year of continuous recovery in Overeaters Anonymous as evidenced by:              a. one year of current continuous abstinence;              b. maintenance of a healthy body weight for at least one year; and              c. emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.</p>	<p>Article V – The Region Board            Section 2 – Qualification for the Region 8 Board            A: Qualification for Region 8 Board are:            1. Two years in the Fellowship;            2. Two years of service beyond the meeting level;            3: Have attended at least two (2) prior Region 8 Assemblies as a voting member; and            4. One year of continuous recovery in Overeaters Anonymous as evidenced by:              a. one year of current continuous abstinence;              b. maintenance of a healthy body weight for at least one year; and              c. emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.  <u>5. Region Board members must be full time residents within the geographic boundary of Region 8.</u></p>

**SUBMITTED BY:**  
 Bylaws Committee

**INTENT:**  
 To establish residency requirements for service positions in Region 8.

**IMPLEMENTATION:**  
 Update bylaws.



2019-Growing Our Membership Worldwide  
Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

**COST:**

None

**RATIONALE:**

There is some question about whether or not Region 8 will allow funds to be expended by a person who is not physically residing in the region.

In keeping with this policy, Region 8 would like to allocate funds to persons who reside in and report back to their intergroups in region 8. This will apply to all persons who may be funded: Board members, the committee chairs and anyone requesting funds to attend the business assembly as a representative.

This designation does not apply to Region 8 WSBC delegates because they must qualify as representatives to hold this position. Additionally, trustee applicants have their own qualifications based on OA Bylaws Subpart B.

# 2019-Growing Our Membership Worldwide

## Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

(Bylaws Motion to amend the Bylaws Article VIII, Section 1B)

### **BYLAWS MOTION (Proposed for Spring 2019)**

	<b>Adopted</b>
	<b>Amended</b>
	<b>Lost</b>

### **SOAR-8**

#### **Motion XXX: Amend Bylaws Article VIII, Section 1B**

**Motion:** Move to amend Bylaws Article VIII, Section 1B, by adding the following new wording:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>Article VIII – Committees Section 1 The Region 8 Business Assembly shall form Committees, subcommittee and Ad Hoc committees as are deemed necessary for the welfare and operation of Region 8 Inc.</p> <p>A. No change B. To be eligible for appointment, a person must:</p> <ol style="list-style-type: none"> <li>1. Be a past or present Region 8 representative</li> <li>2. Have served on the committee for which he or she is being appointed chairman.</li> <li>3. Have attended two or more Region 8 Business Assemblies held during their term of office as Region 8 representative.</li> <li>4. Have arrested his/her compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.</li> </ol>	<p>Article VIII – Committees Section 1 The Region 8 Business Assembly shall form Committees, subcommittee and Ad Hoc committees as are deemed necessary for the welfare and operation of Region 8 Inc.</p> <p>A. No change B. To be eligible for appointment, a person must:</p> <ol style="list-style-type: none"> <li>1. Be a past or present Region 8 representative</li> <li>2. Have served on the committee for which he or she is being appointed chairman.</li> <li>3. Have attended two or more Region 8 Business Assemblies held during their term of office as Region 8 representative.</li> <li>4. Have arrested his/her compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.</li> <li>4. <u>Committee chairs must be full time residents within the geographic boundary of Region 8.</u></li> </ol>

**SUBMITTED BY:**

Bylaws Committee

**INTENT:**

To establish residency requirements for service positions in Region 8.

**IMPLEMENTATION:**

## 2019-Growing Our Membership Worldwide Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

Update Bylaws

**COST:**

None

**RATIONALE:**

There is some question about whether or not Region 8 will allow funds to be expended by a person who is not physically residing in the region.

In keeping with this policy, Region 8 would like to allocate funds to persons who reside in and report back to their intergroups in region 8. This will apply to all persons who may be funded: Board members, the committee chairs and anyone requesting funds to attend the business assembly as a representative.

This designation does not apply to Region 8 WSBC delegates because they must qualify as representatives to hold this position. Additionally, trustee applicants have their own qualifications based on OA Bylaws Subpart B.

# 2019-Growing Our Membership Worldwide Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

## V. Memphis TN, Fall Assembly 2019

Here is a link to information on the Fall Assembly- please check here for updates:

[Fall Assembly 2019 - Memphis, TN](#)

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

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

#### I am willing to serve as:

- Hugger/Greeter
- Boutique
- Hospitality
- Page
- Meeting Room Timer
- Literature Table
- Registration
- Driver - Need DL & Insurance
- Where Needed
- Workshop Speaker:

I have 90 days of continuous abstinence

\_\_\_\_\_ Initial here

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

**Committee Chairperson**  
Susan B @ 901.496.0825  
susangbell3@aol.com

**Committee Vice Chair**  
Carol T @ 901.652.4890  
carolynngena@aol.com

**Need a Roommate? Have  
Registration Questions?**  
Rebecca J. @ 708.369.4627  
johnson60304@gmail.com

**For more information**  
[www.oaregion8.org](http://www.oaregion8.org) or  
[www.oamemphis.org/soar8](http://www.oamemphis.org/soar8)

### HOW TO REGISTER

**Register Online**  
[www.oamemphis.org/soar8](http://www.oamemphis.org/soar8)

#### Mail check and form to

Rebecca Johnson  
8318 Shady Creek Dr.  
Germantown, TN 38138

Make checks payable to  
Leigh Ann Frazier

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



OCTOBER  
11-13, 2019

**SOAR 8**  
RECOVERY CONVENTION  
AND BUSINESS ASSEMBLY

# 2019-Growing Our Membership Worldwide

## Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

### HOTEL INFORMATION

Holiday Inn Memphis Airport  
2240 Democrat Road  
Memphis, TN 38132  
901.332.1130

Check in 3 pm  
Check out 11am  
FREE AIRPORT SHUTTLE

**Hotel Rates**  
Standard Room \$93 + tax per night  
(sleeps up to 4)

Use group code **SOR**  
Tell Hotel you are with  
*Southeastern Over Eaters Region 8*

Discounted rate valid until Sept 27.  
Discount valid 3 days prior/3 days after event.  
Refrigerator/Microwaves. *Complimentary refrigerator or microwave. Please make request when reserving and again at check-in. Limited quantities available. First come, first serve.*

### REGISTRATION & MEAL FEES

Early Registration \$40 (9/11 & before)  
Late Registration \$50 (after 9/11)  
Saturday Only \$35  
Saturday Buffet \$33  
Saturday Dinner \$40

#### Additional Hotel Buffets

Hotel Breakfast Bar (\$8 + tax/tip)  
Hotel Dinner Buffet TH/F (\$11 + tax/tip)

**IMPORTANT:** *These additional buffets are paid directly to the hotel and are open to the public. No special requests or accommodations.*

**ALL MEAL ORDERS DUE BY 9/27**  
No Refunds after 9/27

### PROGRAM INFO

**The Big Book Comes Alive for OA**  
A long term recovered compulsive eater from Canada will be presenting this multiple session program

**Alternate Programming Includes:**  
Newcomers, Relapse & Recovery, and Higher Power

#### FRIDAY, OCTOBER 11

12-7 pm Registration in Hotel Lobby  
4:00 pm Recovery convention begins  
7:00 pm Business Assembly convenes  
8:00 pm Welcome and Presentation and Discussion

#### SATURDAY, OCTOBER 12

7 am-noon Registration in Hotel Lobby  
8:30 am Business Assembly reconvenes  
9:00 am Recovery Convention continues  
12:00 pm Luncheon and speaker  
2:00 pm Business Assembly reconvenes  
2:00 pm Recovery Convention continues  
6:00 pm Banquet and speaker  
7:30 pm Entertainment -  
Recovery Repertory Theatre

#### SUNDAY, OCTOBER 13

9:00 am Recovery Convention continues  
10:00 am Closing speaker

**No one will be turned away for lack of funds. If you cannot afford registration, please consider a donation or giving service for two hours.**

### REGISTRATION FORM

Name \_\_\_\_\_  
Name for Badge \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

#### Please check all that apply

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

#### Fees Enclosed

Registration: 9/11 & before (\$40)      \$ \_\_\_\_\_  
Registration: after 9/11 (\$50)      \$ \_\_\_\_\_  
Registration: Sat. only (\$35)      \$ \_\_\_\_\_  
Sat. Lunch Buffet (\$33)      \$ \_\_\_\_\_  
Sat. Dinner Banquet (\$40)      \$ \_\_\_\_\_  
 Chicken Cordon Bleu  
 Fish     Vegetarian  
Scholarship Donation      \$ \_\_\_\_\_  
River City Recovery T-shirt (\$20)      \$ \_\_\_\_\_  
T-shirts are Pre-order Only  
 S     M     L     XL  
 2X     3X     4X  
**Total**      \$ \_\_\_\_\_

#### Additional Hotel Buffets

PLEASE CHECK BELOW THE DAYS YOU WANT THE ADDITIONAL HOTEL BUFFETS

#### Breakfast Bar (\$8 plus tax and tip)

- Friday       Saturday       Sunday

#### Dinner Buffet (\$11 plus tax and tip)

- Thursday       Friday

**ALL MEAL ORDERS DUE BY 9/27**

2019-Growing Our Membership Worldwide  
Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

VI. **Baton Rouge LA, Bid Spring 2020**



**Sponsored by Baton Rouge Intergroup**

**Traveling the Bayou from Relapse to Recovery**

**SOAR 8 Recovery Convention & Business Assembly**

**Date:** March 19-21, 2020

**Hotel:** Crowne Plaza

4728 Constitution Ave.

Baton Rouge, LA 70808

**Contact:** Aleta P. [ahp42@att.net](mailto:ahp42@att.net) 225-937-0566 or

Katrina S. [kssoar8@gmail.com](mailto:kssoar8@gmail.com) 225-715-4988



# 2019-Growing Our Membership Worldwide Ft Lauderdale, Florida USA April 5<sup>th</sup> – 7<sup>th</sup> 2019

## VII. Intergroup Renewal

This will be covered in the Friday night forum.

Please review and have available at the Assembly, either printed or on your device. It can also be found on the IGOR page at [OARegion8.org](http://OARegion8.org).



Intergroup Renewal.V2.pdf