

# News from the R9 Trustee

Dear OA R9 Member,

I am writing to you between assemblies and to let you know something of my actions as your trustee. These are just a few aspects. They do not cover everything.



➤ Attended the recent BOT meeting May 1<sup>st</sup> – 3<sup>rd</sup> in Albuquerque (just before the WSBC): -

- Voted on and agreed that from February 2018 the Board of Trustees (BOT) Meetings would be shortened from three to two days. The committee meetings that were held on that third day will be held electronically. The meeting held during the WSBC is already a 2 day meeting. The board will continue to try to do things electronically where they can. Many meetings throughout the year are already being carried out this way. I will be making arrangements to attend a BOT meeting remotely from the UK and at that stage consider the pros and cons and report back.

Pros so far

Cheaper (save on airfare & hotel)  
No jet lag and adjustment to local time zone.  
Yet to be determined:-

Cons so far

May be equipment needed  
Some meetings may go on until 4.00AM (Local)

How the experience of sitting at a computer, attending remotely for several hours and into the night will be in terms of efficiency and how that will impact on the body in terms of tiredness. Team building will be more difficult.

This may not be the answer for all of the meetings, but I think it would be useful for some. I will report back how things go.

- Voted on the Professional Outreach Committee to cease to solicit articles for the Courier.
- Voted on a comprehensive statement for a capital and prudent reserve for OA, Inc.
- Voted on and approved a revised 'Public Information Service manual'.
- Voted on some house keeping motions.
- Trustees discussed on an informal basis (without any voting or decisions)
  - Parliamentary procedures & arriving at substantial unanimity procedures – for languages other than English.
  - Archiving of staff responses about recurring issues.
  - Members feedback and questions to trustees regarding OA meetings that use formats and materials and do not look like an OA meetings. For newcomers to OA this is not in keeping with tradition 5.
  - Members feedback and questions regarding groups that encourage a style of sponsorship which encourages their sponsees not to take prescribed medicine. We talked about the impact on individual members, OA as a whole and the traditions – 1, 2, 3, 4, 5, 8, 10, & 12.

This topic was also raised with other members at region board level.

- Trustees & Region Chairs discussed on an informal basis (without any voting or decisions) Translations Process and specifically with regard to documents available for download from OA.org. I had asked the BOT to look at this topic at our meeting in February. Since then our publications manager had been investigating various matters including whether a 'blanket' authority for each service Body (SB) would be more appropriate so that any and all information available to the fellowship on the OA.org website (to download and use) could be available to the entire fellowship equally regardless of language and it not be subject to licensing and royalty agreements. I had also copied the 'Copyright' page from our OA.org website and sent it to the BOT together with notes from the R9 Board before this meeting (May).

The Region Chairs committee brought this topic as a joint one to discuss with the BOT.

The R9 board & delegates explained during WSBC that there was a bias (my word not anyone elses) between the documents freely available to English speaking members (downloadable documents) and the procedure of licencing for translation of those documents for members who speak another language.

The BOT & WSO staff continued behind the scenes to consider what had been said and discuss the aspects brought up.

A suggestion has now been made, that the Executive Committee (the 6 general service trustees) will work on appropriate wording for inclusion on OA.org so that downloadable documents will be available to all. Where translation is needed, this will be without the need for licences but each SB will be asked to put the OA & SB logo and copyright notice at the end of each document. It is hoped that this notice will be finalised and placed on OA.org within a 2 week time frame. Well done to all those that questioned the previous system. Concept 1, 2, 4, 5, 6, 7, 8, 9, 11, & 12d were all at play I feel.

➤ *Attended the 56<sup>th</sup> World Service Business Conference (WSBC) 'Growing OA Unity Worldwide' May 1<sup>st</sup> – 6<sup>th</sup> in Albuquerque.*

Many things were discussed, voted upon and agreed. Your delegates will be reporting back to you in this newsletter and therefore to avoid duplication I will touch on a few aspects that particularly interest me.

- I summarised the Financial Statements for OA, Inc into a PPT presentation and these were sent out ahead of time in PDF format. The presentation is now on the OA R9 website. If you have any difficulty downloading it, please contact me on [trustee@oaregion9.org](mailto:trustee@oaregion9.org). Here is the link to the presentation <http://www.oaregion9.org/wp-content/uploads/2017/04/201600OAR9Accounts.pptx>
- Adopted motions to grant conference seal of approval to
  - the revised pamphlet 'Maintaining a Healthy Body Weight' and
  - the revised book 'The Twelve Steps & Twelve Traditions of Overeaters Anonymous'. There will be some editorials to the draft manuscript that went out ahead of conference.

The new pocket guide 'Twelve Concepts of OA Service' did not pass and will go back to the conference literature committee.

- OA will establish a special fund to assist in translating OA literature, forms, correspondence, website and other material. This will allow service bodies and members to contribute directly towards translation. It has yet to be set up on the OA website as an option for contributions.
- An adhoc committee to consider registration of a Spanish Language Service Board was agreed.
- A Sponsorship Day will be held annually on the third Saturday in August.
- I will be the trustee co - chair for the WSBC Conference Committee – 'Unity With Diversity'. I didn't attend the full meeting during conference as I wasn't the trustee for this past year but I do know there will be 3 sub committees – Unity within, Unity outside & Translations. I will report back to you about this as the year progresses.
- Some snippets I heard from the week: - Attend OA Meetings, Work the 12 Steps, Give Service. Value our unity. Give encouragement. Recognizing the efforts of others is more rewarding than criticizing & judging. Working the steps, following the traditions & the concepts are part of the solution to my disease. I plan – God laughs. Its not a weight problem, it's a food problem. No matter how we work the steps – there are certain basic common principles – we first got abstinent by developing a food plan and then while abstinent we worked the steps and continue to work them. I am committed to the OA way of life. 'Just do it' – i.e. the 4<sup>th</sup> step. Explain to all members – 'we are all guardians of the 12 steps, traditions & concepts'. If you are in my head – I am out of my head. Assume positive intent (on behalf of the person approaching you). Don't be defensive or try to convince another person to believe how you believe, they are entitled to believe how they believe. In order to be authentic, a person needs to be able to allowed to do things in the way that fits with their personality. Disunity will destroy OA, Unity will save OA.

➤ *Strategic Operations Plan – Growing OA Unity Worldwide – Traditions Presentations.*

I continue to be a part of a committee that is preparing 2 minute presentations for each tradition. We have worked on and almost finished Traditions 1 – 6 and will proceed through the others as the year progresses. Please watch for these as they are uploaded to OA.org.

➤ *Trustee visit to the Italian National Assembly with the theme: - Tradition 4 "Being in balance between autonomy and respect for others"*

I assisted as: -

- Parliamentarian. I was concerned before I attended that as a parliamentarian that did not speak the local language I may be less effective. Please see below regarding use of translation software.

- We looked at a mock motion for the Italian NSB Chair & Treasurer to take a trip to Hawaii to show how motions can be handled, amended, divided and voted upon. This proved very entertaining & informative at the same time.
- We met for an early morning OA meeting and did some meditation.
- Attended a speaker meeting and told my OA story.
- We conducted a workshop on Tradition 4 "Being in balance between autonomy and respect for others" and looked at aspects of Autonomy (Independence, Free from external control, Self – governing, freedom, home rule, sovereignty, release, practice the program in a personal own way, methodology to working the steps, choose a sponsor, etc.) and Respect for OA (Regard, appreciation, recognition, awe, reverence, consideration, courtesy, no affiliations other than OA, respect for all traditions, group conscience decisions, etc.) and the balance between these two aspects. The members looked at how autonomy extends only to matters which do not affect other OA groups or OA as a whole and how we balance the responsibilities between Ourselves (our own group) and Each Other (OA as a whole).

Members looked at how: -

- The Twelve Steps keep 'me' whole & well.
- The Twelve Traditions keep the OA groups whole and well &
- The Twelve Concepts keep our OA service structure whole & well.

Considered other ways to grow in understanding and application of the Twelve Traditions: -

- Read and review the tradition of the month.
- Within a group, if a member or several members feel uncomfortable about something – take a walk down the traditions and see which tradition is being disregarded. Consider ways to resolve the problem using the groups knowledge and principles of the OA Traditions.
- Attend workshops on the traditions.
- Have regularly scheduled group conscience meetings.

Members divided into groups & worked on some questions.

Use of the translation software.

I was able to use the translation software program (purchased as part of the BOT budget last year for several regions and some WSO staff members) to translate the necessary documentation for the national assembly. I was able to translate the OA Italian Bylaws, the OA Italian Agenda for the weekend, including reports from the officers, proposed new motions, financials, Rules of Order and the legal Statute of OA Italy, all within a couple of minutes. That meant that I could attend as parliamentarian and follow the assembly from my English text while it was being conducted in Italian. The translation produced by the program does not produce a comprehensive final product in the form a pamphlet might take but for these sorts of missions it saved a lot of time in translation and is very useful. It was also reasonably successful in translating the material and questions for the workshop on tradition 4. I had sent a meditation in English ahead of time and produced a draft translation from the software. This was not so good.

The feedback on the translation software seems to have an overall picture that its useful as a tool for the translation of reports, workshop outlines, communication (websites etc.), bullet point & formatted information but where we try to use it to translate documents such as meditation where we use 'OA language', it proves not so good. I reported previously about how translation and input of a glossary may help with this. I understand that the Unity With Diversity (UWD) Committee (a World Service Business Conference (WSBC) Committee) discussed this and will now go forward with it.

### ➤ Trustee visit to the Spanish National Assembly with the theme: - "OA Comes with Me"

I attended the National Assembly

- As a visitor and answered questions as required, during the assembly itself and while at meals and break times.
- Attended a meeting and answered questions from members from the Spanish Language Service Board.
- Facilitated a workshop on "Practicing the traditions in one's life". We discussed traditions in general and then went on to meditate and consider a specific relationship and some questions

Thank you for allowing me to serve.

In fellowship, Stella Cooke, OA Region 9 Trustee.

