

Region 9 Newsletter

Volume 8, Issue 1 • May 2018

 **OVEREATERS
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Region 9

Africa • Europe • Middle East • Western Asia

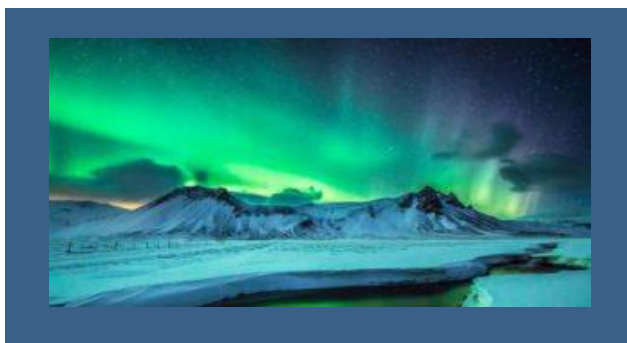


R9 Assembly 2017

Hosted by *Iceland Service Board*

2017 Reykjavík, Iceland

1/11/2017 - 5/11/2017



INSIDE:

Reflections on 2017 R9
Assembly

Glossary:

A&C: Assembly and
Convention

R9: Region 9

WSBC: World Service
Business Conference

IG: Intergroup

NSB: National Service Board

Published by

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This edition of the Region 9 newsletter looks back to the 2017 R9 Assembly and Convention hosted by Iceland National Service Board.

Your feedback is always welcome. So if you have any thoughts or articles for inclusion in future issues, please send an email to the R9 Newsletter Coordinator at newsletter@oaregion9.org.

The Feeling of Home is Multiplied at Region 9!

My first Region 9 Assembly was in Athens in 2014. I remember arriving at the hotel nervously on the Wednesday afternoon, knowing only two others there, as they were giving service in other capacities. But they were there, and they welcomed me with open arms, introducing me to other reps who had made the journey to Greece.

My eyes were opened that day, and the following days, to the tremendous amount of work and service that is carried out by the Region 9 representatives each year. The host country and the Region 9 Board spend a lot of time making sure the assembly and convention run as smoothly as possible - and it didn't take long for me to be infected with the R9 service bug.

Before OA, I was terminally unique in my disease, certain that only I was crazy enough to be doing what I was doing around food. The feeling of coming home at my first face-to-face meeting was such a warm, welcoming one, that I kept coming back. People who didn't know me at all, knew me so well.

These feelings of home were expanded when I went to other meetings in my country, and when I went to my first Intergroup meeting. They were expanded again at our national conventions - all these people, they don't know me, but they know about me and my disease.

The strength in knowing that we are together in this is an important factor in keeping me in service, to continue to help the fellowship grow.

That same feeling of home is multiplied at Region 9. Different languages and cultures, in addition to different backgrounds, all pale in the light that we all share the same compulsion, and we share the same goal of helping OA survive and thrive throughout the region. It is a great honour to serve Region 9, just like others have served before me, to continue the great work of strengthening the foundations of OA, and help OA meetings wherever they may be.

David S
Israel

Assembly and Convention 2017 in Reykjavik – Impressions from the Swiss Participant

The assembly was just beautiful, simple, warm hearted, serious, very "professional", respectful, creative, and with a sense of reality and results at the end! I met delegates from 11 countries, exchanged with them and felt secure very quickly. That's why, at the very beginning of the assembly, I felt free to tell them of my hearing problem.

All the delegates worked very hard to get through the impressive list of subjects. The election part showed me what recovery means: the candidates for the different services (Secretary, Treasurer, Committee Chair, etc.) presented themselves with assurance and freely, sharing their capabilities to take on the service. Then there was the voting, in accordance with the famous Robert's rules. Well, each time one person was chosen and the other one had to accept it. What a big recovery lesson for me! I learned that it is possible to tell everyone about myself and my qualities and maybe also to accept not being elected anyway. This means self-confidence and humility at the same time.

At the end of the assembly, there was group work about the various committees. This was so interesting that I decided to join the Public Information (PI) R9 committee. I am very happy about it now!

The convention that followed the assembly brought me in contact with more Icelandic members. Thanks so much to them for organising our coming to Reykjavik. You did a wonderful job and I will never forget the hot water swimming pool; 44 degrees is not too bad! We were a joyful band of OA-people, laughing, sweating and breathing all together, letting others see our bodies in swimming suits, that *IS* recovery!! It's the OA-program which makes such miracles possible.

The very personal and at the same time well-structured way the assembly and the convention were organised brought me to the commitment to get involved more deeply in service on the local and regional levels. The board members of R9 gave me such a good example. They are concerned about our reality in the local groups. It is also our job to tell them what we need and to stay in lively contact with them.

There would be so many other points to share with you. But I hope that these short lines give you an insight into how I got recovery during the A&C R9 2017 in Reykjavik.

Thank you and have a good 24 hours!
Regula, Lausanne, Switzerland

Impressions from Another Swiss Delegate

Dear OA Friends,

My name is Patricia, I am a compulsive overeater and a newcomer to the twelve-step program.

For the first time, I participated in the Region 9 OA Assembly & Convention, which was held in Reykjavik, Iceland.

My impression was immediately: "I am home!" And this deep feeling accompanied me throughout the days that followed.

Through this wonderful experience, I have discovered more self-esteem and self-confidence, I have received strength and I have earned more humility to walk on the way of recovery, step by step, with serenity.

I want to share my gratitude for my Higher Power, for our program, for my group in Lausanne, for my sponsor, for my sponsees and for each of you.

Thanks to all of this, I remain abstinent, one day at a time. I am already looking forward to seeing you in London in September 2018. 😊

With love in fellowship.

Patricia, Switzerland

Region 9 Assembly and Convention in Iceland

Early in November 2017, representatives from 17 countries of OA's Region 9 convened in beautiful Reykjavik, Iceland, for the 2017 OA Region 9 Assembly and Convention.

I have been a member of OA for over nine years and this was my first 'international' encounter with other OAers. I must admit that it was an amazing experience, beyond any expectation!

While providing service to OA is not foreign to me, I very often think whether what we do here in Israel is what groups in other countries are doing. Are there as many groups in other countries? Are groups shrinking or growing? Are virtual meetings in the region as popular as they are in the United States, for example? Attending the Region 9 convention provided me with the opportunity to answer many of these questions, and much more.

In addition to the business motions discussed during the assembly and elections, we divided into three committees that tackled very important issues: translations for the region, public information and outreach. The work of these committees is extremely important for carrying the message to all those who are still suffering, and I'm sure that our membership will be seeing some of the fruits of the assembly's work very soon.

I was thrilled to confirm that OA is bigger than every one of us in the fellowship. What we do matters and the service we provide is invaluable; at the same time, the support provided by the region and by the world service is as important, and the fuel that drives all our engines. It was amazing for me to see people that care for what is happening in each country and in the region. It felt very much like a family, and people's willingness to help and give service was heart-warming. On the flip side, I was sorry to see that not many countries were represented, but understand the difficulties involved. Maybe, with so many virtual tools at our disposal, this will change in the not very distant future. An excellent example are the region's WhatsApp meetings, which are extremely successful and superbly administered by the many volunteers. Thank you for your service!

Last but not least, the convention organized by our Icelandic fellows was excellent. Interesting topics, nice workshops and an easy accessible location made the entire experience unique. My thanks to our hosts as well.

In gratitude, Ester, Israel

Region 9 Assembly and Convention Reykjavik 2017

By Alexandra W, GSR Bangor and 2017 interim rep for NWIG UK to Region 9

It was an immense privilege to be sent to the region 9 assembly and convention by this intergroup and **I thank those who placed faith in me to represent at this international level of service.** Every time there was an important discussion I called to mind the cost and trust given me and I made sure I fully participated and gave my best. This resulted in me being nominated and me finding the willingness to accept the vote to become Treasurer of Region 9!

Imagine what an incredible boost to your recovery service at an international level might be.

The reason there are abstinence requirements for this service is that the intense workload and relentless schedule does not leave much room for a lack of emotional sobriety, it is very hard work at a fast pace; which is fascinating and thrilling (potentially overwhelming) and ultimately a joy and completely satisfying.

Why should we concern ourselves with the business of region 9?

I think it's a question of empathy. And perhaps taking a moment to grasp and understand that no matter how horrible it is to be a compulsive overeater in the UK we have meetings in most cities, all the literature is in our language and we have access to technology and resources in a safe and stable socioeconomic climate. **Imagine being a compulsive overeater in Botswana** or Croatia or Iran. Region 9 covers Europe, Africa, Middle East and parts of Asia.

There were 11 countries* represented at the assembly. By far the most reps per country come from UK. 19 people had a vote at the assembly. The two major areas of discussion were firstly a motion for an **extensive review and amendments to the region 9 policies and procedures and secondly a discussion about the setting of next year's budget.** I shall talk a bit about these below. Another major part of the assembly is the formation of committees and working groups that identify major growth edges for the region and develop action plans for investment of time and money going forwards.

**UK, Eire, Netherlands, Iceland, Sweden, Greece, Switzerland, South Africa, Israel, Denmark, Poland sent reps to vote and Italy also was present as guest. 17 voting reps in total, 2 board members able to vote, 19 votes in total.*

What we discussed...

You probably wouldn't be that interested to read here what the ins and outs of the discussions about policies and procedures was but I will tell you that it was not boring at all to be present for the conversation. Higher power was fully there in the room for me and I could see not only how important it was that the amendments were made to bring the governance of region 9 up to date but also how much work had been put in to painstakingly review each line and bring outdated policy to our attention. We didn't just vote it all through without questions, there was some really insightful discussion but largely, with the proviso that grammar errors and tone of language be revised, **the proposed changes were voted through.**

The discussion about the budget was very interesting to me. Region 9 receives donations mostly from intergroups and national service boards, occasionally from groups and individuals. The income each year is around 15,000 euros. Can you imagine how important it is that the spending of this is not left to a few compulsive Overeaters but that representatives of our regions intergroups and national bodies sit together once a year and decide how the money should be spent in a very powerful group conscience? **This is one of the major purposes of this region 9 assembly.** The main discussion regarding finances was what to do with surplus.

Now let me be clear, **region 9 does not have a surplus because the money is not needed.** Each year there is an underspend in areas such as projects and translations. And yet when asked where the surplus should go many people said it should be spent on projects and translations. So, the figures in black and white tell us a very interesting story. The issue is certainly not that we have no need for developmental projects or translations but that the funds are not being taken up. It felt important to better understand why that is.

As a loner myself, trying to get a meeting off the ground in Bangor, I know that having to make the approach for support and funding feels like a significant effort above and beyond the efforts already being made to sustain a new meeting. And this is with literature and support being in my own language. So, in empathy with those loners who are the only person in their country, and for whom the literature is in a foreign language, then I was vocal in a discussion about how much more proactive outreach is required by Region 9 to support and encourage loners to take up the projects and translations funding. It was suggested that we invest some of the accumulated surplus on a pilot project with lone fellows in Southern Africa to not just send them resources but to "survey", or rather, be in conversation with them to see what they need and how the region can help. The report from this pilot project may well give us a new perspective on supporting startup meetings in previously uncharted territory for OA, such as former Soviet Union states and the Middle East.

Decisions made and the future...

The decision was made by the assembly to send **6,000 Euro of the 14,300 Euro surplus to the World Service Board; the remainder was rolled over into next year's budget under the heading of 'Projects'.**

Following the business of the policies and budget, we split down into committees and working groups to explore which projects we would like to be part of progressing this year. The three groups are Translations, Public Information and General. I joined the general projects group because it was where the pilot project for Southern Africa best fitted.

The group discussion resulted in a committee called **"Supporting new groups for recovery worldwide,"** and part of that activity will include getting literature to new meetings and loners with a mentor fellow who will stay in touch with the group. A Skype list was formed to offer speakers and ongoing sponsor support for new meetings.

The third day of the assembly saw elections to the board. Francene was re-elected as Chair for another term. David was acting treasurer due to the appointed officer vacating the position, but David had been General Officer previously and it was a General Officer that he was willing to continue with, and this was ratified by vote. This left the treasurer position vacant. I had been approached by the parliamentarian and the chair to consider the position and initially I had said no. But on that morning, I felt my HP urge me to be willing to receive a nomination, which I did, and since I was nominated I was willing to accept the outcome of the vote. I gave my credentials and also was honest about where I would need support, but the vote was that I should be treasurer with Pat as banker. Ewa from Poland was voted in as new secretary.

On the final afternoon, we heard the proposals from Italy NSB to host the 2019 assembly and convention and the assembly voted to accept their proposal. So, 2019 will either see us in north east Italy or Sicily and the date will be confirmed soon. The most likely approach for 2020 assembly and convention seems to be South Africa.

Alexandra

From the Representative of the Heart of England

I was elected to represent the Heart of England Intergroup in Region 9. It has certainly been a privilege to do so. The first year as representative to Region 9 has taken me to Reykjavik, Iceland for the annual Region 9 Assembly and Convention.

How was the experience for me personally?

Assembly: I was very impressed with how smoothly the business was conducted in the meetings. There were two aspects of the assembly that made a deep impact on me.

We went into small groups to look at various aspects of work to be done by Region 9 throughout the year. One was to look at Public Information (PI), another was considering Translation, and the third group was a general, we can do anything, group later renamed 'Group support for recovery worldwide. Each of the groups came up with a project it wanted to achieve within the year, and I was very impressed with what goals were made and how committed the group members were to their goals, all of which seemed achievable.

The other piece of work the assembly did was electing new officers. There were several vacancies and I remember looking at the list and wondering how we would ever fill them all. And then, we did!! Seeing all that willingness to do service was quite humbling. There's a paragraph below which shows you the extent to which I was impressed and inspired.

The convention was well run and brought more inspiration as stories were shared, plans were made, ideas were put out there and friendships were made. I had a first moment in the convention, too. We spent one session looking at the tools of recovery, and people volunteered to speak to each tool. I, for the first time outside of my local group or intergroup, volunteered to share about the plan of eating, as I had recently begun using one from the Dignity of Choice leaflet and was finding it very helpful. That was a big step for me, sharing in front of 50 people or so. I am glad I did it, too.

The whole experience inspired some personal growth and continued recovery.

Preparing to go to Iceland put me in touch with my need/desire for control and my reluctance to trust that all will be well. I planned to stay on a couple of extra nights to see some sights in Iceland. I got very anxious worrying about all the arrangements and all the possibilities of things not going right. It was quite painful and I felt very vulnerable. All did work out very well and smoothly, but I found it so very difficult to trust that would be the case. Having everything work out all right in the end has bolstered my confidence and encouraged me to trust a bit more that I will be all right.

While I was there, I loved being part of this group of people from so many places in the world. People who understood me and my compulsion/addiction, and people who are recovering so well and want me to recover too. We had so many years of abstinence and lots of physical recovery, which people were maintaining well. I felt inspired, I felt comfortable, I felt appreciated and appreciative.

Before the Assembly/Convention, I had been asked a couple of times by Sandra, who was the Region 9 banker, if I would consider being nominated for banker. As all monies are dealt with through NatWest bank, the person who does the online transactions has to be resident in the UK. Although the new treasurer is British, she would rather not do the banking as well. I had more or less decided to say that I wouldn't do it as I felt I was doing enough.

But being in the midst of people doing a lot of service and being witness to how much it helps their recovery, I decided that I would agree to be nominated. Although I feel a bit nervous about it, I am willing to be pushed a bit out of my comfort zone and see what happens.

I was nervous before I went about all the new people I would be meeting and how I would fit in. That fear disappeared as I walked into the room and Margaret, my mentor, waved and pointed out the seat next to her for me. We belong to an amazing organisation and I am so, so thankful to have come home to OA.

Thanks again for electing me to be the Region 9 rep for our IG. It's been a joy to do service in this way. I look forward to next year's assembly/convention in Before the assembly/convention, I had been asked a couple of times by Sandra, who was the Region 9 banker, if I would consider being nominated for banker. As all monies are dealt with through NatWest bank, the person who does the online transactions has to be resident in the UK. London and hope some of you will come for the convention.

Pat

Assembly and Convention (A&C) 2018

2018 London, England

September 26-30, 2018



Please consider sending a representative from your service body to R9 assemblies.

If you have friends from any other country that did not send a representative to the last assembly and convention, make contact with them and forward this newsletter to them.

Who knows, your effort to make contact might be all they need to come next year!

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Sponsors:

Do you encourage your sponsees to sponsor and take on service positions?

Region 9 needs your help!

Ask us how you can be of service.

Write to info@oaregion9.org



Spotlight - From the Desk of the Region 9 Trustee

The following are some figures from the 2017 budget:

- Income (including Contributions & Literature) - \$1,718,000
- Expenditure - \$1,775,850
- Deficit to come from reserves - \$57,850.



OA, Inc. always budgets conservatively and responsibly. There are sufficient reserves to cover the deficit. We are always considering ways to be efficient with OA funds, and this will always continue. We are considering whether we can meet 'virtually' more often, meet in alternative venues and reconsidering the workload in different ways. Assessment to the WSO expenditure is always ongoing.

- Included in the WSO budget for 2017 was an amount of **\$7500 for translations.**
- **Responsibility Pledge** – please keep saying it/mentioning it in our OA and service board meetings. Please, do not let it 'die'.

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible"

- OA also has a **Professional Exhibits Designated Fund** which helps service bodies' exhibit at health-related professional conferences and conventions that might otherwise be too costly. Professionals such as doctors, nurses, family practitioners and nutritionists attend these events. The fund is supported by OA members' and service bodies' contributions directly into the dedicated fund. Watch for conferences, tradeshows and similar events in your area where OA could exhibit, and then discuss the opportunities with your intergroup, service board, or region. If your service body needs funds to help with exhibit expenses, download the Professional Exhibits Fund application from the Service Body Support page at oa.org at https://www.oa.org/pdfs/pe_fund_application.pdf

The fund needs your contributions to continue carrying the message. Please consider donating by selecting the Professional Exhibits Fund from the designation menu at <https://oa.org/contribute/>

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The fund needs your contributions to continue carrying the message. Please consider donating by selecting the Professional Exhibits Fund from the designation menu at <https://oa.org/contribute/>

Please feel free to forward this newsletter to other members of OA in your area, and maybe consider translating it into your language!

Translations

There is a direct correlation between the number of meetings (and thus recovery) and the amount of translated OA literature available in any specific language. In those countries where there is a 'good' supply of OA literature in the local language, there appears to be a direct link to members having a vision that ALL the OA literature would be translated and available locally. A big thankyou to our members with that vision. It's thanks to this sort of vision that we can support the translation of our OA literature and carry the message around the world. If your service body would like to apply for funds for translation of our literature next year, please apply to the WSO. https://oa.org/files/pdf/translation_fund_application.pdf .

Royalties Received

As a whole, the OA fellowship spends a lot of time, energy and funds to develop OA literature. Our overall service arrangements and concepts of service agreed by the fellowship have resulted in the OA literature belonging to OA, Inc. our incorporated body. In essence, OA Inc. owns the copyright of our OA literature. A royalty is a payment to an owner for the use of property, especially things like copyrighted works such as OA literature. A royalty payment is made to the legal owner of property or copyrighted work. Royalties are designed to compensate the owner for the asset's use, and they are legally binding. OA collects royalties so that they can recover costs incurred in development of OA literature and go on to develop new literature as the fellowship requires. Many thanks to those Service Bodies sending in their royalties.



Royalties due to OA, Inc.

Each time an OA service body signs license 2 (agreement to publish and distribute OA literature) for a specific piece of literature, **they agree to pay royalties (10% for translated literature and 25% for English literature)** from the sales of that literature.

The license states: **"Royalty:** For the rights granted by Licensor, Licensee agrees to pay to Licensor a royalty calculated as follows:10% (25% in the case of English literature) of Net Income from the sale of licensed OA publication. Royalties shall be due and payable thirty (30) days after the first and each successive anniversary of the Effective Date of this Agreement. Net Income is defined as the excess of the selling price of goods over their direct cost. The remaining Net Income the Licensee derives directly or indirectly from sale, distribution or other disposition of the Final Translation will be used exclusively for the not-for-profit purposes for which the Licensee was organized."

In OA royalties are sometimes associated only with translated literature. However, some service bodies outside the United States find it more efficient to apply for license 2 and thus arrange to print and publish the OA literature locally, in English, rather than physically import large quantities of literature from the WSO.

As an example: - if a service body sells Overeaters Anonymous 3rd Edition (all numbers are mere examples):

	Translated OA 3 rd Edition		English OA 3 rd Edition	
Sale (per book)		13.50		13.50
Cost of Translation (proportion per book)	2.00		2.00	
Cost of the book from the printer	2.00			
Other costs (e.g. proportion of storage etc.)	<u>1.40</u>	<u>5.40</u>	<u>1.40</u>	<u>3.40</u>
Net Income from the sale of each book		8.10		10.10
Royalty due to OA, Inc. (per book)		0.81 (10%)		2.53 (25%)
		<u>7.29</u>		<u>7.57</u>

This final figure is the balance which can be used for 'not for profit purposes for which the licensee (the OA Service Body) was organised. For example, such things as translation of further OA literature, OA PI support, 7th tradition to Region or WSO.

Let's work together to collect the royalties due to OA, Inc. and send the monies into OA WSO. We do this to compensate for monies already spent, but also to continue to carry the OA message of recovery.

In Service

The time since Assembly has been filled with activity by your board, with a new team, new tasks, and new enthusiasm to begin the year.

The following is your current Region 9 Board:

Chair – Francene chair@oaregion9.org

Treasurer - Alexandra treasurer@oaregion9.org

Secretary – Ewa secretary@oaregion9.org

General Officer - David info@oaregion9.org

Trustee – currently not filled

Committee Chairs

1. Public Information (PI) – Hilde, Netherlands
pichair@oaregion9.org
2. Group Support for Recovery Worldwide (GSRW) – Elaine, UK
generalchair@oaregion9.org
3. Translations –
translationschair@oaregion9.org

We also voted to send two **Region 9 delegates to WSBC in 2018**, Loa from Iceland and Ine from Sweden.

In addition to these tasks, we have volunteers carrying out the following important service work:

- Bylaws and Policy & Procedures Updates
- Language Lists Coordinators
- Sponsor List Coordinators
- Countries Outreach Coordinators
- Electronic Communications Coordinator
- Newsletter Coordinator
- Spanish Language Service Board Representative

If you would like to get involved in any of these activities, please write to secretary@oaregion9.org. We'd love to have more members helping.

Please feel free to forward this newsletter to other members of OA in your area, and maybe consider translating it into your language!



We need your help! Contribute articles to this newsletter!

This newsletter would not be possible without the contribution of each one of you! The topic of the next newsletter is **"Prioritising Abstinence"**.

This is 'your' newsletter. Please send us a short write up about the above topic. If you have events you want to advertise, other stories and/or comments, please email them to newsletter@oaregion9.org by 15th July 2018.

OA R9 Assembly – Statement of Purpose

The purpose of the Region 9 Assembly is the same as that of all OA service – to carry the OA message to the still suffering compulsive overeaters, wherever they live and whatever language they speak. In fulfilling our purpose, we should ever strive for worldwide OA unity and common policies among all countries. With love and tolerance as our code, together we can do what we could never do alone.



*Embrace the Similarities
Love the Differences
In all Our Affairs*

Sending contributions to Region 9 is now easier than ever with PayPal!

Donate



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