

Region 8 Fall Virtual Business Assembly October 23- 25, 2020

Thank you for the opportunity to do service and represent our Intergroup at the Region 8 Business Assembly which was originally set for March 20 -22, 2020 in Baton Rouge, Louisiana. It was postponed because of the Covid 19 pandemic.

The Zoom Assembly convened Friday evening October 23 at 6:00 p.m. After opening with the Serenity Prayer in English, Spanish, and Portuguese, Zoom procedures for the assembly were reviewed. The Chair welcomed New Intergroups, New Reps (referred to as Green Dots), and visitors, as well as recognizing the Region 8 Board, Funded Committee Chairs, Intergroup Chairs, former Region Board Members and Trustees. There were 47 voting and 7 non-voting attendees.

In place of the usual welcome skit and panel discussion, the Intergroup Outreach (IGOR) Committee Chair shared and then opened the floor for reps to share on what their Intergroups have been doing since the pandemic. There were very informative and impressive sharing from many Intergroups from our Region. Much creativity. How about trying 50 meetings, in 50 days, in 50 States, or getting a speaker from New Zealand, or playing Slogan Bingo on Zoom, or planning a virtual retreat? Most Intergroups began transitioning face - to - face meetings into Zoom meetings rather quickly, as well as organizing Intergroup meetings, workshops, and marathons virtually. Many shared about increased attendance at their Zoom meetings. Also, many groups are enjoying being able to have speakers and attendees at the meetings who might not otherwise have been able to attend them. This is especially true having speakers from out of state and around the world.

Saturday morning the business assembly was called to order at 9:00 EST. The Assembly began with a short parliamentary procedure lesson and the approving of the minutes from the last assembly. Then came the Board and Trustee reports. Afterwards we went into break-out rooms for our committee work.

Each representative is assigned to work on a Committee. I was assigned to the Ways and Means Committee which helps carry the message to the suffering

compulsive eater by having fundraising as its backbone. Aside from the sale of the tee shirts for the 2020 World Service Recovery Convention in Orlando that never happened, we continued with our latest project, a new writing journal. The journals cost \$20 and are now available for sale on the Region 8 website. Please support. They contain prayers, tenth step prompts, slogans, and a place for food diary and well as blank pages for additional writing. The committee will continue to meet via Zoom once a month. We elected a new chair, since our Chair was elected to the Board as Vice Chair. The new Ways and Means Chair is Ingrid from South America. All the committees are very actively working both at the assemblies and between assemblies to further the strength of OA and to reach the still suffering compulsive eater. You do not have to be a delegate to join a committee. Go to oaregion8.org to join one of the many committees.

The Nominee for Vice Chair, Melissa H. and nominee for Secretary, Dara, spoke and conducted a Q & A. Both were voted in. Committee meetings continued until lunch break. Yes, they did schedule us a lunch break!

After lunch we heard the final report from the Memphis Fall Assembly 2019 and voted on various motions. None of the motions were controversial and all of them passed. Most were clarifications to wording and were submitted by the By Laws Committee. If you have any questions or want further details, I will be happy to discuss with you, as I have all the motions in print. I inadvertently printed all 70 pages from the Assembly packet! We also heard from the Board Treasurer and the new proposed budget was passed.

New business included announcing that the Region Delegates assigned to the World Service Business Conference for 2020, who did not get to serve, will be the same Delegates if they are available in 2021.

Next, we heard Committee reports which included updates from the following:

- a. Ways and Means
- b. Bylaws/Electronic Documents
- c. Intergroup Outreach (IGOR)

d. Twelve Steps Within (TSW)/ Unity with Diversity (UWD)

e. Public Information/Professional Outreach (PI/PO)

f. Technology/Website (Tech/Web)

After the traditional Green Dot ceremony, the Assembly adjourned at 6:00 p.m.

Sunday was scheduled for Board Members and Committee Chairs only.

Having had previous experience with Region Business Assemblies, I found the assembly easier to understand than in the past. I had the honor of mentoring a woman from North Carolina. Each Green Dot gets assigned a mentor. We texted and I answered her questions as things came up during the Assembly. She was very tech savvy, which helped for our first Zoom Assembly.

By the way, I must say the planning and preparation for our first Zoom Assembly by our Board and Tech/ Web committee, moderator, parliamentarian, and others who did service was very commendable. They ran a smooth, organized, and serene assembly. Their weeks of prior preparation really paid off. We can be very proud to be members of OA Region 8.

The next Assembly will be in the Spring of 2021 in Nashville. (As an aside Palm Beach County has not hosted a Region 8 Assembly and Recovery Convention since July of 2013.)

Respectfully submitted,

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