



Region 5 Trustee Report

Submitted By: Linda J

July 10-11, 2015

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

Oct 2, 2014		Feb 3, 2015		Increase/Decrease	
Total Intergroups	30	Total Intergroups	30	Total Intergroups	0
Affiliated Groups	519	Affiliated Groups	517	Affiliated Groups	-2
Unaffiliated Groups	52	Unaffiliated Groups	49	Unaffiliated Groups	- 3
Total Groups	571	Total Groups	566	Total Groups	- 5

Intergroup and Group information

The above data is from 2-3-15. Unfortunately, the website data used to generate this report is unavailable until August. If you are aware of any major discrepancies please let me know and we can check the information by intergroup number. Sorry for the inconvenience.

New Literature

Three revised pamphlets were adopted at 2015 WSBC: *A Program of Recovery*, *A Guide for Sponsors*, and the *OA Handbook for Members, Groups, and Service Bodies*. The *Handbook* should be available in August and is considerable improved over the old one. I'd recommend getting a copy when it becomes available. The new Board approved *Twelve Stepping a Problem* writing exercise was introduced at the WSBC Region Chair's Forum and is now on available as a free download on oa.org. This writing tool will help you navigate life's challenges—without turning to food. It is comprised of twelve questions using the Twelve Steps.

Also coming this summer, *Taste of Lifeline*, a new Board approved book of collected stories from the pages of *Lifeline* magazine. With more than 100 personal stories, *Taste of Lifeline* is by OA members writing about their challenges and recovery and how they work the OA program.

WSBC 2015

“Miracle of Abstinence” was the theme for WSBC 2015, held April 27-May 2 in Albuquerque NM.

The final wrap-up report is available on oa.org at [2015 Wrap-Up Report](#) and the full Report will be available in early August.

There were 174 delegates total. We had 17 delegates total from Region 5, including 8 who were Green Dots.

Almost half of the delegates at WSBC were Green Dots.

Trustee Elections: Our own Bonnie L., General Service Trustee, and Stella C., Region Nine were elected as new Trustees. Karin H., Region Six and Tina C., General Service Trustee were elected for second terms. Our own Joe L, after Chairing the 2015 WSBC, completed his terms and rotated off the Board.

The following motions were adopted:

- Delegates are expected to serve on a committee for a year
- The Preamble was revised to read:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. (Go to the Suggested Meeting Format to print your copy)

- The Final Conference report will no longer be printed in hard copy, but will continue to be available electronically.
- All World Service banners, displays and other signage will include the Overeaters Anonymous name. This does not apply to badges.
- The bylaw amendment to reduce the response rate from groups from 55% to 30% to change the Twelve Steps and Twelve Traditions failed.

I hope that the 17 of you who attended WSBC had a productive week and that it was a boost to your recovery. I hope that you were all able to take back valuable information to your Intergroups. Forty percent of our intergroups were represented but we qualify to send up to 60 delegates. If you haven't been to WSBC please consider going next year.

I look forward to seeing you, both experienced delegates and "Green Dots", at WSBC May 2-7, 2016.

BOT Meetings

The BOT meetings were held April 27-28 and May 2, 2015. I served as Chair of the Board Approved Literature Committee (BAL) through May 1. The BAL committee revised the "Sponsorship Kit" and BOT approved this revision. Some different stories and materials will be added to the kit. On May 2, the new BOT took effect. The new officers for the 2015-2016 BOT are: Chair, Gerri H; First Vice Chair, Meg H; Second Vice Chair, Karen C; and Treasurer, Tina C. The Trustees also rotated their duties chairing various committees. I was selected to be the Trustee Co-Chair of the Conference Approved Literature Committee (CLC) and Bonnie is now the Trustee Co-Chair of the Twelve Step With-in Committee (TSW). I am greatly honored to be asked to be the Trustee Co-chair of the CLC. This is an extremely hard working and dedicated committee that works until the next WSBC and beyond.

Phone workshops on "Working all 12 Steps" presented once a month

The Board of Trustees, Virtual Services Committee, and Region Chairs are continuing the series of phone workshops on the Steps. They are held the second Sunday of the month at 2PM Central time. The phone number is: 424-203-8405 and the access code is: 925619#. The past workshops are available as podcasts on oa.org.

Simplicity Project

The Simplicity Project is a new resource to help you stay abstinent! Created by the Twelfth Step Within Committee, the project encourages you to design a meaningful, personal card to reaffirm your program—and take it wherever you go.

The emphasis is on keeping it simple! Be inspired to create your own Simplicity Project card to reinforce your abstinence: See sample cards on the OA website.

Ask It Basket Questions

I received and answered a total of five questions.

Contributions

We reached our goal of having 125 Automatic Recurring Contributors. Thank you. Consider this option if you haven't already. Participate by visiting oa.org and signing up on the [Contribute](#) page. Have you ever participated in an online or phone meeting? This system makes it especially easy to contribute. Although phone and online meetings have no expenses, we are all members of OA and we need to support our organization and the expenses of our website.

Trustee on the Road

I presented an all day workshop in Goshen, IN, on "Abstinence" and "The Difference between Abstinence and a Plan of Eating" to the Three Rivers Intergroup in April. I'm available to present talks on Abstinence, Strong Meetings, Service, Traditions, and Concepts. Just let me know.

Region 5 Trustee Elections

My first term as your Region 5 Trustee will end on May 7, 2016. I hope to be honored to serve a second term as your Region 5 Trustee. The instructions and application are already on oa.org at [Trustee Application Instructions](#) and [Trustee Application](#). Our Region may affirm up to three candidates at our November Assembly for the election at WSBC in May. This is a huge opportunity to do service. The rewards are even larger than the large time commitment required. I'm happy to answer any questions you have about the job. For all the details about the duties, qualifications, and elections of Trustees see OA Inc Bylaws, Subpart B, Article IX, Board of Trustees. See also "Day in the Life of a Trustee" Please consider this opportunity for service either at the upcoming election or in the near future.

I am honored to serve as your Trustee. Feel free to contact me if I can be of service.

Linda J

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