



Region 5 Trustee Report

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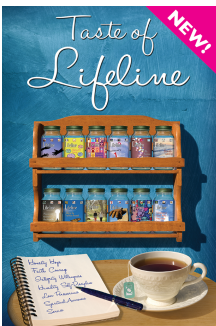
WSO Service Bodies Report – Intergroups and Groups (Affiliated/Unaffiliated) Located in Region 5

Feb 3, 2015		Oct 6, 2015		Increase/Decrease	
Total Intergroups	30	Total Intergroups	29	Total Intergroups	-1
Affiliated Groups	517	Affiliated Groups	501	Affiliated Groups	-16
Unaffiliated Groups	49	Unaffiliated Groups	36	Unaffiliated Groups	-13
Total Groups	566	Total Groups	537	Total Groups	-29

Intergroup and Group information

Unfortunately we have lost one intergroup, 16 affiliated groups, and 29 total groups since Feb of this year. If you are aware of any major discrepancies between your records and those on the website, please let me know and we can check the information by intergroup number.

New Literature



Taste of Lifeline is now available for purchase at our bookstore at <https://www.oa.org/> or call 505-891-2664. The e-book is also available. This is a new Board approved book of collected stories from the pages of *Lifeline* magazine. It has 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.

Body Image, Sexuality, Relationships, and Recovery

OA is developing a new publication and wants to hear your experience, strength, and hope on the topics of body image, sexuality, and relationships.

Help others by sharing how maintaining abstinence, using the Twelve Steps, and relying on a Higher Power has meant a life free from shame and isolation and one full of beauty, love, and self-acceptance. See Sept *Lifeline* for details. Stories due by January 31, 2016

Videos for our website

OA is redesigning its website and would like to include a few video testimonials from members. All members are encouraged to submit videos of five minutes or less about experiencing recovery from all aspects of the disease of compulsive eating. We are seeking diversity. All faces must be blurred or concealed to maintain anonymity. When making the video, use only your first name or, if you choose, a fictitious name. All videos will go through an approval process. To see complete guidelines, go to http://oa.org/pdfs/video_guidelines.pdf. The deadline for submissions is November 25, 2015. Help carry the message to others through this service opportunity.

Carrying the Message Guide

Use OA's newest guide—*Carrying the Message*—for suggestions about what to say and not to say when speaking to someone about OA for the first time. With more than two dozen tips, this free guide can help you find the words to tell others how the OA recovery program has made a difference in your life. Download *Carrying the Message* at http://www.oa.org/pdfs/guide_to_carrying_the_message.pdf and be inspired to follow the OA Preamble: "...to carry the message of recovery through the Twelve Steps of OA to those who still suffer." *Carrying the Message* will soon be available as a pocket card.

IDEA Day and Twelfth Step within Day

International Day of Experiencing Abstinence is November 21, 2015. This is a day to reaffirm your abstinence. On 12-12-15 focus on carrying the message by contacting a member you haven't seen in a while.

WSBC 2016

I look forward to seeing you, both experienced delegates and "Green Dots", at WSBC May 2-7, 2016. The first set of Conference e-documents is available on the Conference page at <https://www.oa.org/world-service-events/world-service-convention/>. Key documents include the delegate registration form and instructions, sample motion forms and instructions, tentative agenda, chair's letter and getting ready for Conference.

WSBC Delegate Support Fund

The deadline for applying for the delegate support fund from the WSO is Monday, November 2nd, 2015. All paperwork, including service body financials, must be received at the world service office by then. We will be having final allocations at the November BOT meetings (November 12-14).

For more information and to apply go to www.oa.org/pdfs/delegate_support_application.pdf and https://www.oa.org/pdfs/delegate_support_application.pdf. Please feel free to contact me if you have any questions.

Region 5 also has a delegate support fund. Members should apply for assistance with Region 5 before they apply for funds from WSO. That deadline has already past for this year.

BOT Meetings

The most recent BOT meeting was a joint meeting with the Region Chairs held Aug 20-22, 2015. Much was accomplished including work by joint committees on "Working all Twelve Steps" and "Carrying the Message".

Phone workshops continue 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 at <http://www.oa.org/oapodcasts/>

Ask It Basket Questions

Two issues have come up in our region recently. First only OA literature can be used or promoted at an OA meeting or an OA service Body. Tradition Six is clear that only OA-approved literature be displayed or used at an OA meeting. Use of unapproved literature implies endorsement of the philosophy of the author.

"Whenever an OA meeting displays or sells non-OA-approved literature it implies that OA endorses the philosophy of whoever wrote that piece. OA-approved literature reflects the experience of many members of the Fellowship whose recovery is strongly rooted in the twelve steps and twelve traditions." (Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 154)

The second issue is quoting, opening, or closing with prayers that are not suggested. The only OA-approved openings and closings are the Serenity Prayer (short version), Third Step Prayer, Seventh Step Prayer, and the OA Promise, (I Put My Hand in Yours). These are the suggested openings and closings recommended by the world wide group conscience of OA at WSBC (1993a). To quote other prayers that are clearly religious in nature implies endorsement of that religion, (Tradition Six). To quote anything other than these may inhibit someone from finding the Higher Power of their understanding. We are spiritual program not a religious program.

World Service Convention 2016



Boston, MA USA
September 1-4, 2016

Lodging is now open for the 2016 World Service Details can be found on the Convention page at <https://www.oa.org/world-service-events/world-service-convention/>. Interested in receiving the latest details on Convention? Email conventioninfo@oa.org to sign up for the e-mailing list. Please include your name, state or country and email address.

Region 5 Trustee Elections

My first term as your Region 5 Trustee will end on May 7, 2016. I hope to be affirmed at our Region 5 Assembly and then elected at the WSBC 2016, to serve a second term as your Region 5 Trustee. Thank you for your continued support.

Trustee on the Road

I'm available to present talks on Abstinence, Strong Meetings, Service, Traditions, and Concepts. My expenses are covered by WSO. Just let me know when you would like to have me come visit.

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

Yours in Service,

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