



## Region 5 Trustee Report

Submitted By: Linda J

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

Oct 4, 2017		Jan 8, 2018		Increase/Decrease	
<b>Total Intergroups</b>	<b>28</b>	<b>Total Intergroups</b>	<b>28</b>	<b>Total Intergroups</b>	<b>0</b>
Affiliated Groups	492	Affiliated Groups	494	Affiliated Groups	+ 2
Unaffiliated Groups	27	Unaffiliated Groups	24	Unaffiliated Groups	-3
<b>Total Groups</b>	<b>519</b>	<b>Total Groups</b>	<b>518</b>	<b>Total Groups</b>	<b>-1</b>

### Intergroup and Group information

Be sure your meeting information is up to date on the OA website. This is how many newcomers and visitors find us. If you are aware of any discrepancies between your group records and that on the OA website, please let me know and I can help you compare the information.

### New Literature

After 6 total years and more than 45 member years, the *Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd edition* is now available!! It has also been approved to sell in a large print version. Other literature that is now available include; the revised “Maintaining Healthy Body Weight”, the “2017 Membership Survey”, “Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous Meetings”, and “Guidelines for Local OA Literature”. The sales of Spanish literature through the bookstore has been discontinued due to low sales and will be available through the Spanish Language Service Board instead. While the supply lasts you can order Spanish language literature for only the cost of shipping. You must place your order by phone so correct shipping charges can be calculated. Call 1-505-891-2664.

### WSBC will be April 23-28, 2018 in Albuquerque, NM

WSBC is the annual group conscience of our worldwide Fellowship. About 200 delegates, representing service bodies from around the world, meet to discuss new OA business; cast votes for OA trusted servants, bylaws, and literature; and serve among many Conference committees.

“Growing Recovery Worldwide” is the theme of World Service Business Conference 2018. The second set of e-Documents including New Business Motions and Bylaw amendments is now available on the WSBC page. New this year is a Power Point presentation of “All about Conference” and the OA Business Glossary. We will also have a “meet the maker” session so that delegates can discuss and ask questions about the motions with the OA members who are the makers of the motions.

Some of the motions to be discussed may include the following:

- Create an ad hoc committee to research OA's website and data systems
- Create a policy statement on bariatric surgery as it relates to Tradition three
- Disband the WSBC Web/Technology Committee
- Create a virtual Region and virtual intergroups

The third set of e-documents will be available March 9, 2018. This will include the final agenda of motions to be discussed.

### **Professional Outreach:**

A new *Courier* is now available on oa.org

The Professional Exhibits Fund has more than US\$13,000 available to help your service body participate in a trade conference or convention for professionals who may refer patients and clients to OA. Applications are reviewed monthly, so talk to your service body about local opportunities and apply!

### **Public Information:**

If you're online you probably use social media, and you've probably seen those cute, animated GIF images that make us smile (and sometimes make us think).

Are you interested in creating and using animated GIF images to spread the word about OA? We'd like to know! Take our short survey and let us know what you think.

[Take the animated-GIF survey](#)

### **New Unity Podcast**

The new Unity podcast and its script are now available on oa.org. Check it out and try to guess where the narrator is from.

### **New Video Series on the Traditions**

"Take a Walk Down the Traditions" is a series of short video presentations aimed at making concise explanations of our Twelve Traditions accessible to the global Fellowship. Videos on an Introduction to the Traditions and Traditions One through Six, are now available online. The remaining Traditions will be posted shortly.

### **Other News from WSO**

The First Quarter 2018 issue of *A Step Ahead* is now ready for download from oa.org.

### **BOT News**

The BOT met Nov 16-18, 2017 and Feb 22-23, 2018. We discussed Strategic Plan for 2018 of "Growing Recovery Worldwide" and we developed a number of tasks towards this goal. These include a video on sponsoring through all 12 Steps and an initiative to determine what ideas and practices make successful meetings and share those ideas. In Feb the BOT met for one less day in an effort to save money for the fellowship. That means that all BOT committees are now meeting virtually instead of face to face. We approved a number of literature motions that will be voted upon by the delegates at WSBC.

Our Treasurer, Bonnie L., has requested that you please write the registration number of the group or service body on you checks that you send to WSO. We receive as many as 150 checks every week but half of these

don't have the registration number. This is used to properly assign the contribution to the correct group or service body.

### **Trustee on the Road**

I've scheduled two workshops and I'm planning two other workshops for this year. I'll be in Lexington, KY visiting meetings and presenting a Service, Traditions, and Concepts workshop May 18-20 and I'll be presenting the *Twelve Step Workshop and Study Guide* at a retreat near Louisville, KY June 8-10. I'm also planning an Intergroup Renewal in Marquette, MI (Upper Peninsula) in the summer. I'm also hoping to visit the Janesville, WI and Rockford, IL area in the fall. My expenses are covered by WSO. Just let me know when you would like to have me visit. My term will end May 2019 and I'm trying to schedule as many intergroup visits as I can. I would be happy to come visit your area. The Region 5 Board is also available to do this service.

### **On a personal note**

Since it gets dark so soon during the winter months, and I don't see well to drive at night, I have made a conscious effort to replace my evening face to face meetings with virtual meetings. I found two excellent meetings. One is a step study meeting by Skype based in Newfoundland. The other is a "non-real-time" WhatsApp meeting with moderators from Region 9. This meeting is a combination of text messages and voice messages. I hear people from all around the world, all with very different accents. This blew me away when I first heard it. It makes it real to me that we truly are a world-wide fellowship. It also seems to be a much younger group than I see at my face-to face meetings. I hear babies crying in the background sometimes. I also started as a facilitator for the "12 Step Workshop and Study Guide" for a group in my area. This has been extremely rewarding experience.

This April will begin my last year of my second term. Please consider running for Region 5 Trustee to be elected at WSBC 2019. Region 5 will be affirming a candidate(s) at the November Region 5 Assembly. Check out the "Day in the Life of the Region 5 Trustee" document in this packet. It has truly been a marvelous journey of recovery and it is truly an honor and privilege to serve as your Region 5 Trustee.

Yours in Service,

**Linda J**

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