

Virtual Region Assembly

May 31-June 1, 2025
Assembly 1 2025



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Section 1: Welcome and About Assembly

Letter from the Chair

Welcome to the Virtual Region Assembly One 2025

A warm welcome to all our visitors, service volunteers, representatives, committee members, committee chairs, service body officers, board members, parliamentarian, center mic, and trustee liaison. Your dedication and support have helped the Virtual Region grow immensely over the past year.

Through Step studies, workshops, the convention, and newcomer open houses, you've helped carry the message both within OA and to the world beyond. This work is only possible because of the tremendous effort of our committees—powered by hundreds of members, thousands of hours, and a diverse range of skill sets. You also continue to support us financially through your generous Seventh Tradition contributions. Thank you.

Our committees are the lifeblood of this region. They support our primary purpose of carrying the message—through outreach, recovery workshops, our annual convention, Step studies, and through relapse prevention workshops, across time zones and in multiple languages.

The Bylaws Committee is the foundation for how we operate. It ensures that the rules governing this very assembly—and the region at large are grounded in OA's Principles with clarity, functionality, and inclusivity.

The Convention Committee unites our intergroups in service and recovery through our largest, annual regional event. Our most recent convention offered over 80 sessions, made accessible in eleven languages, and welcomed participants from around the world—a truly powerful expression of our unity and service. It is our seventeen plus convention subcommittees, service bodies, and members that unite to make convention possible.

The Data Committee helps us maintain compliance with data protection and privacy standards, while preserving the integrity and safety of our members in alliance with our Traditions. The committee's work ensures trust, transparency, and accountability in how we handle communications and outreach.

The Digital Committee manages our online presence, including websites, social media, and other platforms, including digital tools. It maintains the region's digital assets and ensures that we can operate virtually, securely, and effectively — keeping our message of recovery accessible.

The Finance Committee provides essential oversight and support for the region's financial health. Their stewardship has been exemplary, ensuring that resources are allocated responsibly to support programming, outreach, and innovation. Their Annual Appeal, and support from members and service bodies, has allowed the region to meet its growing needs.

The Intergroup Outreach and Renewal Committee continues to strengthen connections with unaffiliated meetings and is now launching a full slate of intergroup renewal training workshops. These workshops will offer support in officer development, outreach strategies, meeting structure, and intergroup operations—providing vital tools for sustainable service.

The Language Services Committee plays a key role in helping us carry the message in many languages. Through translation and live interpretation, they make recovery accessible across our growing international community.

The Public Information/Professional Outreach and Unity with Diversity Committee leads creative and global outreach efforts. The region maintains six outreach Facebook pages in six different languages and currently has over 19,000 followers. Their work expands our reach to professionals, newcomers, and underserved communities. They've also developed impactful outreach assets ready for broad use throughout the region.

The Twelfth Step Within Workshop Committee focuses on nurturing recovery from within the membership. Through workshops and studies—including the popular Green Book series and the upcoming Big Book study—the committee helps members strengthen their abstinence, provides members with relapse prevention support, and helps members deepen their connection to the program.

These Virtual Region committees are guided by devoted chairs, co-chairs, vice-chairs, board liaisons, and many members. This is putting into practice our Traditions, Principles, and Concepts.

All of this is made possible thanks to the incredible support of our three service boards and twenty-three intergroups. Our collective twenty-six service bodies' commitment to giving service to our committees, coupled with their tremendous increase in financial support, have empowered our region to carry the message of recovery more effectively. Members support our 1,037 weekly meetings and, united, we have grown in recovery!

In the coming weeks, new business and bylaw motions will be posted, along with a more detailed agenda. Now is the time to reach out to your service bodies and confirm if your bylaws allow for additional representation at this assembly. Many groups are eligible to send more representatives than they have. Every voice and every vote matter.

All of this growth requires more hands united in service! Please consider bringing a guest or two to an assembly committee meeting, and encourage others to attend the business meeting. If you know someone with the skill set to support one of our committees—or someone whose recovery shines with light and hope—please invite them to join us. Their presence could be a gift to the region.

Be sure to review the committee and board reports when they become available, and return the information to your service body and meetings. Share what's happening and how others can get involved—it's essential for our continued growth and connection.

Once again, a warm welcome to the new service bodies, newly affiliated meetings, and the many newcomers and returnees who have joined us. We're delighted to have you here and look forward to working together to carry the message of recovery.

A heartfelt welcome to you all!! Thank you again for your service, your support, and your commitment to Overeaters Anonymous and to the Virtual Region. You are making a difference—and we deeply appreciate you and are forever grateful.

In loving service,
Virtual Region Chair

Schedule Saturday May 31 Committee Meetings

All times are in Eastern Standard Time (New York) (UTC -5)

Saturday May 31, 2025

Track 1 meetings are 45-minutes long. Track 2 meetings are one hour long, unless otherwise noted.

Track 1		Track 2	
8:00-9:00a.m.	xxxxxxx	8:00-9:00a.m.	Board
9:30-10:15a.m.	PIPO	9:15-10:00a.m.	Language Services
10:30-11:15a.m.	Data Protection	10:30-11:30a.m.	Finance
11:30a.m.-12:15p.m.	Technical Sub-Committee	11:45a.m.-12:45p.m.	Intergroup Outreach
12:30-1:15p.m.		1:00- 2:00p.m.	Convention Planning
1:30-2:15p.m.	Bylaws	2:15-3:15p.m.	Digital Resources
2:30-3:15p.m.	12th Step Within/Workshop	3:30-4:30p.m.	Board

Assembly Sunday, June 1, 2025

All times are in Eastern Standard Time (New York) (UTC -5)

Please plan to arrive 15–30 minutes early to allow time for all to get organized.

Please do not leave the Zoom room, if possible, during the breaks.

There will be a 5-minute break approximately every hour.

The chair will determine breaks.

Please do not text or call the Chair during assembly.

Proposed Agenda and Tentative Schedule

	Virtual Region Assembly 1 2025, June 1, 2025
10:00a.m.-12:00p.m	Welcome to Assembly
	Introductions: Board Members, Committee Chairs, Parliamentarian, Centre Mic
	Parliamentarian, Centre Mic - explanation
	Quorum Roll Call
	For Today Reading
	Meditation
	Standing Rules
	Minutes Approval Assembly 2 2024
	Adopt Agenda
	Consent Agenda New Business Motion 1 and Motion 3
	New Business Motion 1: Motion for Quorum on Board for voting (Consent Agenda)
	New Business Motion 3: Motion to Add language for P&P (Consent Agenda)
	Treasurer's Report
	New Business Motion 2: Motion to add a Jewish Ethnicity Specific Focus Category
	Bylaws Motion: A Motion to Create a third term for board members
	Bylaws Motion B: Motion Create a Member at large
	Bylaws Motion C: Motion to Establish When a member at large is elected (Consent Agenda will be withdrawn if Bylaws Motion b does not pass this motion will be withdraw)

	New Business Motion 4: Motion to Create job responsibilities for the member at large (IF NBM B is adopted)
12:00-1230p.m.	Break
12:30-2:30p.m.	Continues Motions as required including any motions removed from the consent agenda or emergency motions
2:30-240p.m.	Break
2:40-4:00p.m.	Green Dot Ceremony, Announcement on 7th tradition Chair and Treasurer, Committee Announcements
	Members please attend one of the two board meetings for questions on the board reports. Please attend the Saturday committee meeting for questions on the committee reports, to sign up for service or learn more!
	Service Bodies are encouraged to send a member to each committee and one board meeting.
	Representatives are encouraged to attend the committee meetings you want to give service on and one board meeting to bring reports back to your service body.
	Members are encouraged to attend the assembly as guests. To inquire about becoming a voting representative, see your intergroup or service board chair. All members are encouraged to sign up for committee service and attend the open committee meetings and board meetings.

Section 2: Standing Rules Virtual Region Assembly

1. Standing Rules

These rules take precedence over Robert's Rules of Order, Newly Revised with which they may conflict. They may be suspended by a two-thirds vote using a Motion to Suspend the Rules.

The Standing Rules will be published 45 days in advance of any business meeting and may be amended at any time during a meeting through a motion from the floor; it requires the motion to be seconded, debated, and the majority vote. Proposed amendments may be submitted in advance and then voted on at the assembly.

2. General Practice

1. The group conscience prevails over all motions.
2. Parliamentary procedure according to Robert's Rules of Order, Newly Revised, will be followed with these noted exceptions.
3. Members who require special consideration for extended time to speak in a timed debate or question situation may request the same from the chair, either from the floor or in advance of the meeting.
4. Anyone who wishes to address the assembly must contact the center mic, who will manage the queue and notify the chair. The chair will then recognize the member in the appropriate order.
5. After being recognized, a person shall state their name, service body, and business.
6. The only recording allowed at the assembly will be by the secretary for the sole purpose of assisting with the accuracy of minutes.
 - a. Any such recordings shall be retained until the minutes are approved, then erased or destroyed.

- b. Recording by any participant at the business assembly is not allowed.
- 7. No screenshots or photographs of the assembly members will be taken.
- 8. Etiquette
 - a. During the assembly, all participants will be muted until they are recognized by the chair. To be recognized, they will use the 'raise hand feature of the platform unless otherwise instructed.
 - b. Attendees are requested to sit quietly in front of their cameras.
 - c. Attendees are requested to turn off their video if they are moving around, eating, or chewing gum. Beverages are permitted.
 - d. No smoking or vaping on camera.
 - e. One person will speak aloud the words of a prayer or a similar reading while the rest of the participants remain muted.
 - f. Attendees are requested to use any indicated personal pronouns in reference to any individual indicating their personal pronoun preference.

3. Minutes Review Committee

- 1. A Minutes Review Committee will be appointed at the beginning of each Assembly.
- 2. The committee will consist of the Secretary and two service volunteers.
- 3. These service volunteers will record the results of all business, including the number of yes and no votes on each side.

4. Participation in a Virtual Region Assembly

1. Any voting member, as defined in the Bylaws of the Virtual Region Article III, Section 1, may participate in assembly procedures, e.g., vote, make a motion, speak to a motion, etc.
2. Visitors may have a voice at the discretion of the chair.
3. An unaffiliated meeting of OA Virtual Region or a meeting or an Intergroup or other Service Body of Overeaters Anonymous (OA) may request voting rights at the business assembly by taking the following actions:
 - a. The meeting, intergroup or service body will submit a written statement on why they wish to have full rights (voice and vote) at the business assembly.
 - b. The proposed representative must confirm that they:
 1. Are a member of a meeting, intergroup or service body of OA, as defined in OA Inc., Subpart B Article V Sections 1 and 2 as well as Article VI.
 2. Have a minimum of six months of current continuous abstinence as defined by Overeaters Anonymous, while practicing the Twelve Steps and Twelve Traditions of OA.
4. Should a voting member, service member or visitor become abusive or disruptive during the Assembly, the presiding officer will
 - a. Remind them that there is an expectation of courtesy towards all in attendance.
 - b. If they continue to be disruptive, the members will be placed in the waiting room or a breakout room until they have had time to collect themselves.
 - c. If they desire to speak with someone about what is upsetting them, the presiding officer will appoint a non-voting member, with first preference being the Trustee, to discuss the matter with them and to act as an advocate in resolving the issue.
 - d. The business of the Assembly will continue during this time.

5. Credentials

1. At an assembly, voting members must display their credentials by indicating their status using the on-screen naming convention established by the chair.
2. The secretary shall make a credentials check at the beginning of each session, and as requested through the chair.

6. Consent Agenda

1. The chair may propose a consent agenda of routine, non-controversial matters.
2. Any voting members may request that an item be removed from the consent agenda to be considered as a separate motion.
3. Once the consent agenda is established, it shall require a two-thirds vote for adoption.

7. Voting Procedures

1. Registered representatives (reps) or alternates, board members, and committee chairs are entitled to a vote.
2. Except when using polls, the chair votes only to break a tie.
3. Any discussions (including electronic chats) will be discontinued once the debate is closed.
4. During a vote, members will appear on camera unless an exception has been granted by the chair.
5. Should a member be unable to cast their vote in the primary manner due to limitations of the device they are using, they will be given directions on how to cast their vote during the meeting.
6. At the Chair's discretion, all visitors will be moved to a separate location during the voting process. After the vote, visitors will be returned to the main location and the results will be announced.

8. Elections

1. All elections will be held by poll.

2. Should a member be unable to cast their vote in the primary manner due to limitations of the device they are using, they will be given directions on how to cast their vote during the meeting.
3. The results of the election will include the number of votes cast and the number of yes or no votes.

9. Motion and Debate

1. No motions other than emergency motions will be taken from the floor at the assembly.
2. Emergency motions shall be submitted to the chair, who will determine if such a motion is considered an emergency.
3. During consideration of a motion, members who wish to speak will raise their hand and contact the center mic monitor to be recognized. The chair will recognize the first two hands raised. However, if a member raising a hand has spoken previously the chair may refer the member to the center microphone.
4. Any method or recognition other than at point 3 above will be announced by the chair.
5. There will be a maximum of three pro and three con speakers for each motion.
6. There will be a maximum of two pro and two con speakers to each amendment.
7. Debate on motions and amendments shall be limited to two minutes for each pro or con, or three minutes if granted an exception by the chair.
8. To save time on a simple amendment to an admissible motion, the chair may ask the business assembly if there is any objection.
9. If there is no objection, the motion is changed to include the amendment.
10. A voting member may not speak on two consecutive motions or amendments unless the maximum number of speakers has not been reached, or they are the maker of the motion.

11. The first speaker is always pro, and is usually the maker of the motion, unless they wish to have another voting member speak.
12. There shall be at least one pro speaker before any question on the motion is taken.

10. Questions on the Motions

1. Following the debate, the discussion, which consists of questions to the chair, is limited to seven minutes and may be extended by a majority vote.
2. A voting member is allowed one question per motion, with one follow-up question if they require clarification.
3. A motion to close debate (Previous Question) is in order only after five minutes have passed and requires a two-thirds vote.

Last Adopted June 22, 2024.

Section 3: Prior Assembly Minutes (Pending Approval)

Assembly 2 Minutes

Date: November 16, 2024

Time: 10:00 AM Eastern Time

Opening

The assembly opened with the Serenity Prayer, followed by the reading of opening materials and remarks by the Chair.

Roll Call

The Secretary and Data Officer conducted the roll call:

- **17 intergroups** represented,
- **28 representatives**,
- **4 board members**, and
- **8 committee chairs**,
for a total of **40 voting members**.

Meditation and Readings

The **Eleventh Step Prayer**, a **3-minute meditation**, and a passage from **For Today** were read.

Introduction of Parliamentarian and Center Microphone Monitor

The Chair introduced the Parliamentarian and Center Microphone Monitor.

Quorum

The Secretary and Data Officer confirmed the roll call results, and the Chair declared a quorum.

Approval of Assembly 1, 2024 Minutes

The minutes from Assembly 1, 2024, were adopted without objection.

Standing Rules

The **Standing Rules** were adopted without objection.

Adoption of Agenda

The proposed agenda was adopted without objection.

Appointment of Minutes Review Committee

Two **Footsteps representatives** and the Secretary were appointed to the **Minutes Review Committee**.

Consent Agenda

The **consent agenda** was presented, and **Policy Manual Amendment 3** (Secretary's duties) was removed for further discussion.

Questions were addressed from the floor. A motion to extend the question period by 7 minutes was adopted (20 in favor, 16 against). A subsequent motion for another 7-minute extension was defeated (16 in favor, 20 against).

The Treasurer also requested assistance for current duties and reminded members to prepare for the vacancy in 2026.

Budget Amendments

1. Amendment 1:

- Add XX for an e-commerce site for literature.
- Increase individual contributions from XX to XX
- Adopted (32 in favor, 5 against).

2. Amendment 2:

- Separate **Google Workspace** expenses from GDPR compliance, allocating half to each.
- Adopted without objection.

Adoption of Amended Budget

The amended budget was adopted (33 in favor, 3 against).

New Business

Motion 2: Add a Language Services Committee to the P&P

Move to amend the OA Virtual Region Policy Manual, Article VIII, Item 4, Committees of the Virtual Region to add a Languages Services committee by inserting the following:

PROPOSED WORDING

VIII. Committees

- A. The board will determine committees to serve the Virtual Region.
- B. These committees will be reviewed every 24 months.
- C. Each committee will establish internal guidelines, which will be reviewed by the board.
 - 1. Committee guidelines are documented separately and will be maintained by the committee.
 - 2. Each committee will comply with the document management system established by the Virtual Region Board.
 - 3. Each committee will comply with all other board-approved guidelines.
- D. The current committees of the Virtual Region consist of Bylaws, Convention, Data Protection, Digital Resources, Finance, Intergroup Outreach, Language Services, Public Information/Professional Outreach (including Unity with Diversity) and Twelve Step Within (including Workshop).

Submitted by the OA Virtual Region ad hoc naming committee and the committee itself.

The chair answered questions from the floor.

Adopted unanimously (35 in favor, 0 against).

Motion 3: Secretary's Duties

Move to amend the OA Virtual Region Policy Manual, Article V, Item 3, Secretary by striking and inserting the following

PROPOSED WORDING

- 3) Secretary
 - a) Takes minutes of all assembly and board meetings.
 - 1) The Secretary will provide within ~~40~~ 15 days after the Assembly

a draft of the Assembly minutes for the Minutes Review Committee to review.

- 2) Minutes Review Committee members will provide the Secretary with additions or corrections within ~~40~~ 15 days upon receipt of the minutes.
 - 3) If there is a discrepancy, the secretary will review the recording and advise the committee.
 - 4) After the committee has been advised as to the contents of the recording, the committee will vote on the inclusion or removal of any found discrepancies of any element of the minutes. This requires a two-thirds majority.
- b) Once the minutes are completed
1. Will submit a copy of the unapproved minutes to the Digital Communications Committee to be posted on the Virtual Region website.
 2. Send application forms of trustee nominees to the World Service Office within one week of affirmation of candidates.
- c) Additionally, the secretary shall:
1. Create a digital copy of all Virtual Region documents for storage on the appropriate platform.
 2. Have access through the Data Coordinator to contact listings of all representatives, intergroup chairs, committee chairs and board members including but not limited to their name, phone, email and time zone.
- ~~iii Be responsible for keeping and giving out passwords for all digital platforms to those authorized by their position, unless restricted or otherwise assigned.~~
- d. Assembly Duties
1. Be responsible for assembling a team to do the preparation of registration and Virtual Region business assembly-related materials, including updating credentials and roll call for assembly.
 2. ~~Create a digital copy of all Virtual Region documents for storage on the appropriate on the appropriate platform~~
 3. The Secretary shall maintain copies of all pertinent assembly materials in the appropriate Google Drive.
 4. Be responsible for updating credentials and roll call for and at the Virtual Region business assembly.
 5. Review updates resulting from motions at the Virtual Region business assemblies and then submits Bylaws and Policy and

- Procedures for posting within 25 days of the business assembly.
6. Works with the data coordinator as needed to accomplish the goals of the region.
 7. Other duties as assigned.

Submitted by: The virtual region board.

The chair answered several questions from the floor.

Adopted (34 in favor, 1 against).

Elections

The session started with the reading of Voices of Recovery

Vice-Chair

- Candidate: Elected (31 in favor, 3 against).

Digital Coordinator

- Candidate: Elected (31 in favor, 5 against).

Secretary

- Nominee: Elected (33 in favor, 1 against).

Green Dot Ceremony

A ceremony recognizing 3 green dots was conducted.

A fragment of the 12 Steps and 12 Traditions of OA and the Responsibility Pledge were read.

Other Business and Announcements

Strategic Planning

Communication: Representatives were encouraged to share the activities of the Region with their groups, intergroups and service bodies.

Convention: Scheduled for February 28 to March 2, 2025. Volunteers and speakers are needed.

- Registration is in January.
- Members, groups, Intergroups and service bodies can sign up and offer to host one of the 60 meetings or be speakers by the end of December 2024. Links to sign up will arrive in the reps emails.
- The theme of the Convention is **“There is a solution! Roadmap to Recovery”**
- Fill in the Convention Session Leader Sign-Up form to host a meeting at the Convention: <https://forms.gle/h8Wm6pU5CjuCt8Hx8> (signer of this form will remain as a contact). The list of meetings is:
- Schedule
<https://docs.google.com/spreadsheets/d/15kcPj5FYUxvETHK56zcsU50JZ2KS74R4/edit?usp=sharing&oid=102368618917032749804&rt=pof=true&sd=true> (the list of meetings is in red).

Public Information Professional Outreach /Unity With Diversity Committee

Attention was drawn to the Carry the Message portion of the website link and the public service announcements (PSA's):

<https://oavirtualregion.org/oa-psa-radio-spots/>

All representatives, committee chairs, and board members were asked to contact local radio and tv stations with requests to have them air our PSAs and to also bring these PSA's to their intergroups or service board meetings.

The chair announced we will be creating PSA's in other languages and for the UK this year. This news also needs to be taken back to respective service bodies.

The VR Chair announced she will be purchasing copies of the pamphlet, *When To Refer Someone to OA*, for US and Canadian representatives, committee chairs, and board members, so they can give them to professionals, clergy, and others when sharing in carrying the message of recovery. For service bodies outside of the US, we will apply to the World Service office to license these for translation and delivery via print-on-demand.

Open House

It will be during the Convention.

Groups who have already participated are given first dibs and need to sign up now. All other Virtual Region Service Bodies and meetings, affiliated with service boards or intergroups, will receive the sign-up link on 12/14/2024.

Unaffiliated Virtual Meetings

Efforts are underway to engage unaffiliated meetings and invite them to affiliate with an intergroup of the Virtual Region. Each representative, committee chair, and board member are asked to visit one unaffiliated meeting a week or a month. Please contact:

IGORCoChair@oavirtualregion.org or IGORAssistant@virtualregion.org.

First Annual Appeal

A fundraising appeal, including a QR code for donations, has been launched, and we ask everyone to share the appeal in all intergroup or service board meetings and within all Virtual Region affiliated and unaffiliated meetings: <https://oavirtualregion.org/annual-appeal/>

Young Persons

- This intergroup needs mentors. If you are interested, please contact the Virtual region chair at chair@oavirtualregion.org.
- After WSO decided OA would not endorse minors in meetings, the chair offered help to service bodies who want to bring a motion to WSBC (deadline December 1st). Contact the Chair or VR Trustee if you need help making a motion.

Intergroup Outreach Committee

New co-chairs were announced, with plans to develop intergroup renewal. All service bodies are encouraged to send a regular representative to this committee. The meeting times will be posted on the region calendar.

Twelfth Step Within

The committee is continuing their 17-week Green Book Workshops, based on the OA Workshop Study Guide. The committee is looking for leaders

and intergroups to co-sponsor future Step studies and workshops To serve contact: pipochair1@oavirtualregion.org

Call to Service for All Virtual Region Committees

<https://oavirtualregion.org/call-to-service/>

Closing

The assembly ended at 4:00 PM EST with the **Serenity Prayer** recited in French, Spanish, and English.

Section 4: Proposed Agenda

Virtual Region Assembly 1 2025, June 1, 2025
Welcome to Assembly
Introductions: Board Members, Committee Chairs, Parliamentarian, Centre Mic
Parliamentarian, Centre Mic - explanation
Quorum Roll Call
For Today Reading
Meditation
Standing Rules
Minutes Approval Assembly 2 2024
Adopt Agenda
Consent Agenda New Business Motion 1 and Motion 3
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New Business Motion 3: Motion to Add language for P&P (Consent Agenda)
Treasurer's Report
New Business Motion 2: Motion to add a Jewish Ethnicity Specific Focus Category
Bylaws Motion: A Motion to Create a third term for board members
Bylaws Motion B: Motion Create a Member at large
Bylaws Motion C: Motion to Establish When a member at large is elected (Consent Agenda will be withdrawn if Bylaws Motion b does not pass this motion will be withdraw)

New Business Motion 4: Motion to Create job responsibilities for the member at large (IF NBM B is adopted)
Continues Motions as required including any motions removed from the consent agenda or emergency motions
Green Dot Ceremony, Announcement on 7th tradition Chair and Treasurer, Committee Announcements

Section 5: Consent Agenda

There will be a Consent Agenda consisting of routine or non-controversial matters. The Chair will determine the matters that will be placed on the Consent Agenda. Any voting member may request that an item from the Consent Agenda be considered separately. The Consent Agenda shall require a two-thirds vote for adoption.

The Chair has determined that the following items are on the Consent Agenda for the Virtual Region Assembly 1 2025:

1 - Motion: Move to amend Article 5, Section 8 of the Bylaws to create a quorum for meetings of the Board of Directors for the purpose of voting (Consent Agenda)

3 - Motion: Move to add additional wording to the Policy & Procedures Manual, Article X (Consent Agenda)

Section 6: Board Reports

Chair

Introduction

It is with deep gratitude and humility that I write this Chair's Report for our first Assembly of 2025. In January, I shared a Welcome Letter that reflected on the growth, strength, and shared purpose of our Virtual Region. That letter, available at <https://oavirtualregion.org/welcome-letter-assembly-1-2025>, laid the groundwork for what follows here.

This report builds on that letter, offering a clear look at our progress and outlining the actions we are called to take next—guided by the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA service.

We Are the Message: Personal Recovery and Fellowship Connection

The principles of recovery, service, and unity are often described as a three-legged stool. If any leg is missing, we fall. These are not just helpful ideas—they are essential to sustaining our individual recovery and the Fellowship as a whole.

As we enter a new year of service, we are called to examine our own participation: Are we abstinent? Are we practicing the Steps, Traditions, and Concepts in our meetings and service work? Are we supporting one another—especially those who are struggling, missing, or in relapse?

Though we meet virtually, our lives are fully engaged. We are present in communities, families, and workplaces. That gives us a unique opportunity: to carry the message both within the fellowship and outward to those who may not yet know OA exists. Reaching out—whether online or in our day-to-day lives—connects recovery and service with our broader communities and furthers the primary purpose of every OA group: to carry the message to the compulsive eater who still suffers.

Outreach to Newcomers: Nurturing the Seeds We've Planted

Over the past three years, more than 19,000 individuals have followed one of our six outreach-focused Facebook pages. These are not passive

numbers. These are individuals who showed interest, asked questions, and sought connection with Overeaters Anonymous.

We have planted the seed. Now we must continue to nurture it.

We must build on this foundation by creating a sustained, organized outreach process that ensures those who reach out are met with a welcome, information, and a “pathway” to recovery. These thousands of followers still await the next step—access to information, engagement, and recovery tools that go beyond the initial spark.

Our Public Information and Professional Outreach Committee, which houses the Region’s Unity with Diversity subcommittee, is currently in need of a new team. The dedicated members of the prior committee have rotated out of service, including the past chair, who was elected Region Secretary at our last Assembly. This committee has developed vital outreach tools, including targeted radio public service announcements designed to reach specific focus communities and underrepresented members. We need trusted servants to carry this work forward, activate these tools, and expand our outreach across the fellowship.

Outreach must also include our many non-real-time meetings and bulletin board-style forums, which often go overlooked despite their large and engaged memberships. These spaces deserve access to the same support, service opportunities, and recovery content as any live meeting.

Twelfth Step Within: Strengthening Recovery and Outreach from Within

Our Region’s Twelfth Step Within Workshop Committee is devoted to the ongoing recovery of our members and stands ready to support the fellowship in collaboration with our service bodies. This year, we are placing special emphasis on building our own personal recovery resources. That includes increasing the availability of step studies, outreach to those who are isolated or disconnected, and providing relapse prevention tools.

We are also facing barriers, including delays at World Service in literature translation and digital availability. As chair I honestly have to say these delays are actively hurting our members and, we believe, harming OA as a whole. Our Language Service Committee stands ready to play a pivotal

global role in filling these gaps, but they must be empowered and supported.

We believe Overeaters Anonymous needs a digital literature table—a space where members can gather around literature, access resources during or after meetings, and find materials in a growing number of languages. Providing electronic and print-on-demand tools will not only expand access and increase literature sales, but more importantly, increase their impact on recovery. Help us communicate this message effectively to our fellowship.

Convention as a Global Recovery and Outreach Tool

Our most recent Virtual Region Convention featured more than 80 sessions in 11 languages. Many included simultaneous interpretation, with French and Spanish widely available. We also held newcomer meetings in six languages. The Convention serves as a turning point for many—a place to discover OA, recommit to abstinence, or begin service.

It is a launchpad, connecting members with our tools, service opportunities, and resources. Its success reflects the power of collaboration, the reach of virtual spaces, and the unity of purpose within our Region.

This work would not be possible without member participation, Seventh Tradition contributions, and the driving force of our service bodies. They demonstrate what can be achieved when we work in unity.

Seventh Tradition and Service: Strengthening Our Foundation

Our Seventh Tradition reminds us that we are self-supporting through our own contributions. Over the past year, our contributions have increased significantly. This growth must be sustained to support both the Virtual Region and OA as a whole.

We encourage all meetings, especially unaffiliated ones, to contribute and to understand the vital role 7th tradition plays in supporting our service bodies and Region's work. Service is equally important. Our Intergroup Outreach (IGOR) Committee and 12th Step Within Workshop Committee stands ready to train meetings, intergroups and service boards in: support outreach within, greeting newcomers, maintaining membership and supporting members who may be struggling.

But members and meetings play the primary role not only in carrying the message within but to those outside OA. We need to use all that the region and OA.org have to reach the sick and suffering and our membership – not just our social media needs to take the lead on this utilizing the many resources our region committees, Intergroup Outreach, Public Information and Professional Outreach/Unity With Diversity, Language Service Committee and Digital Committee stand ready in supporting members, meetings and service bodies in doing this.

Our Finance, Digital, and Data Committees also provide critical infrastructure—ensuring that members can give, serve, and connect in meaningful ways. They help us communicate clearly and build systems that support continued growth. Our bylaws committee supports this all while keeping our concepts in practice.

Intergroup Renewal and Participation: Building the Future of OA Service

The Intergroup Renewal Committee is launching a six-part workshop series to support and strengthen intergroups, service boards, and meeting structures. Our goal is not just to maintain—we aim to build, support, and renew.

We are mentoring new trusted servants, encouraging rotation of service, and helping emerging service structures establish solid foundations. Every meeting, board, and committee is part of our shared responsibility to carry the message. You need to participate in this process. If you think you have something to teach all of us, let us know. Come join the intergroup outreach committee, if you want to train or learn. Join us.

The Backbone of Our Region: Foundational Committees in Unity

Our Bylaws Committee completely rewrote our governing documents, all of which passed with 100% unanimity—an extraordinary achievement. These documents now serve as the legal and spiritual foundation for all our Region's work.

Our Finance, Digital, and Data Committees form the backbone of regional operations. They keep us informed, connected, and compliant with global privacy standards, including GDPR. These committees are essential to

everything we do. You have skills. We need you. You are willing to learn. We need you.

Strategic Goals for the Coming Year

As we look toward the future, the Virtual Region is guided by five core strategic priorities. These goals reflect our commitments to growth, recovery, service, and accessibility:

1. Build a coordinated outreach network that connects social media, non-real-time meetings, and regional newcomer and recovery resources.
2. Continue outreach to unaffiliated meetings and help them participate fully in the Region through affiliation or new service bodies.
3. Deepen commitment to recovery through Step studies, workshops, Convention, newcomer support, and addressing World Service literature delays.
4. Increase participation in Seventh Tradition contributions and build strong, supported service teams.
5. Improve communication, revitalize our website, and make training and resources more accessible to all members.

A Call to Action: Join Us in Carrying the Message

We ask every member to take time to review the Region's committee and board reports. You may have skills to offer, know someone with experience, or be willing to learn. You may be ready to share your recovery. Your contribution matters.

Please work with us: join our committees, attend workshops, support your meetings, intergroups, and service boards. Bring back step studies, reach out to newcomers, and contact those who are missing. Learn what OA.org has to offer and help us build best practices through the Intergroup Renewal process.

Support our shared vision for a digital literature table that will increase and strengthen—not replace—literature sales. Help us build multi-language access, train service fellows, and provide platforms for sharing our recovery, strength, hope and experience. Support the region committees,

your service bodies and your meetings.

We have grown, and that growth calls for increased participation. We can train you. We can support you. And we need you.

Together, guided by the Steps, Traditions, and Concepts, we will continue to carry the message—with urgency and fervor, with love and clarity—to the compulsive eater who still suffers.

I invite you to return to the spirit of our January Welcome Letter (<https://oavirtualregion.org/welcome-letter-assembly-1-2025>) as we carry this work forward—together. We invite you to join a region committee now and more importantly bring two or three others along with you.

Read the Board and Committee reports, review the budget. Look at a region that has measurable tangible results!!! We are growing, through your participation and support. Thank you!!!

Meeting Counts

Total number of affiliated virtual groups:	683
Total number of unaffiliated virtual groups:	340
Total number of affiliated virtual groups with land-based IGs:	1,756
Total number of affiliated virtual groups with unaffiliated LSBs:	0
	2,779
Total number of intergroups in Virtual Region:	24
Specific Focus service boards in Virtual Region:	3

Vice Chair

Accomplished since last assembly:

Compiled and edited three issues of the Virtual Region Newsletter

Co-chaired Convention Committee for our 2025 VR Convention

Liaison to PIPO/UWD and Digital Committees.

Recently became board liaison to Bylaws Committee

Greek Syndesis IG 2025 WSBC delegate and Board Liaison to Syndesis IG

Helping build The Bridge Intergroup

Writing and editing documents for VR Chair and others as needed

Assisting the VR Chair as needed

Goals to accomplish before our next assembly:

Continue as co-chair of the Convention Committee

Continue as Board Liaison to the Bylaws and PIPO/UWD Committees

Have a minimum of 75% of service positions filled for Convention 2026

Continue assisting in writing and editing VR documents

Helping support and build the Greek Syndesis Intergroup and The Bridge Intergroup

Continue assisting the VR Chair as needed

Data Coordinator/Data Protection Committee/Technical Committee

What we have accomplished since the last Assembly:

Data Coordinator

Ongoing auditing of the google drives which included auditing of website media files, and files from our former website.

Worked with committee chairs to update their committee listings and associated distribution lists. Putting into place a new process making it easier to add members to the committee distribution lists.

Did data protection onboarding for new board members, committee chairs, and service volunteers.

Oversight on Convention data protection plans.

Working again with the Assembly Support Team on the assembly.

Updated our 'call to service paragraph' for the assembly registration.

Working with one of our Intergroups on their Data Protection plans.

Data Committee:

Worked with the Tech Committee on the motion to the board regarding the Google Drive proposed change.

Still working on organising the files from Dropbox and Dropsign in our google drives. Notice any speakers who may have been affected by the hack to Dropsign.

Used Adobe Pro e-sign for the TSW marathon and the 2024 Convention to secure speaker signatures and maintain records.

Started collating the "how to" files the Data Committee has and will collaborate with the Tech Committee and Digital Committee to move these into a 'library' which is accessible to those who need the information.

Developed our policy on sharing of Virtual Region recordings.

Discussed and made recommendations for 7th Tradition funds that were above expected.

Continuing to update our internal Policies and Procedures manual.

Tech Sub-Committee

We have written up 'roles and responsibilities' for the Google/Cloud Administrator, the assistant administrator, Data Management, and the WhatsApp facilitator. We are currently looking for volunteers to fill these important positions. (See the website for details.)

We investigated our google drive service and made a motion to the Virtual Region Board to change our account to a free account (for charities) as we determined we didn't need the more extensive (and expensive) account we currently have.

We handled the data collection and processing aspects of Convention 2024 along with the Zoom Room management.

We are working on collating "how to" documents to share with the board members and committee chairs to provide info to help them.

We updated the back end of the "volunteer service agreement" and are also looking into ways to check so that volunteers can verify they already signed the agreement in the past and don't have to re-sign at each event.

What do you want to accomplish before the next Assembly?

For both Data Protection and Tech bring new members and leaders into our committees. To fill the roles in the Tech committee with willing and qualified service volunteers.

Tech and Data Committee to continue with Digital Committee to edit and update "how to" documents and start the digital library for access.

Data Committee to begin archives and deletion actions and policies.

Data Committee to continue to look at how to update Constant Contact and ensure it's data protected.

Tech Committee to automate data protection processes for ease and reliability by reviewing current data protection systems in preparation for

recommending a system that is more automated and affords easier protection.

Data Coordinator to continue with the Digital Committee to update the passwords list including verifying vendors.

Data Coordinator to continue 'data protection' training for officers, committee chairs, and service volunteers.

Data Coordinator to continue to liaise with the Tech Committee to provide policies and procedures for data protection to be implemented through the best technologies that work well.

Both committees (who are currently meeting jointly) will update our committee pages on the VR website.

Anything else you want to include in your report

We are still looking for an archivist who could develop and implement a system for archiving our historical documents whilst protecting those with data. This person would be part of the data committee and work in conjunction with us. Please consider if this service opportunity has your name on it!

The Tech Committee has several service openings. Please see the website for details. We really would appreciate people to step up and serve in these important roles.

Digital Coordinator/Digital Resources Committee

Activities over the last 6 months

Assembly

- Website support
- Zoom room set up & take down
- Organizing documents
- Setting up polls
- Spreadsheets

12 Step Marathon (for WSO)

- Zoom room set up & take down
- WhatsApp group
- Google forms
- Spreadsheets
- 16 sessions

Convention

- Website support
- Google forms
- Spreadsheets
- Whatsapp groups
- Registration system
- Zoom room set up & take down
- 80 sessions

Adobe Cloud

- Installed
- Some issues with transfer between users

Adobe E-sign for speaker releases

- have to sign once per recording
- System worked well at convention

Ongoing

Website Redesign

- Working on the about page
- Reviewing sample changes to home page
- Created a separate folder for redesign. Playing around with that.

Next assembly (2025-1)

- webpages implemented
- Registration form

Ongoing Maintenance

- NB people making changes on the website need to notify the Webmaster
- Backups
- Approx 20 events per month listed for other intergroups, service bodies and regions.

- Resolving reporting of changes between people maintaining & changing website
- Log of changes

Convention 2026

Password Manager project

Social Media Subcommittee

- Needs volunteers
- Goals: interact more with non-real time meetings – add more social media accounts

Service Requests

- Committee needs a secretary
- More committee members are always appreciated. Experience with the following would be especially helpful: WordPress, Elementor, Google Forms, Sheets, Adobe Creative Cloud, Adobe E-sign, inter alia – tho we also appreciate proofreaders and people with ideas about content, even if they don't have technical skills
- Social media committee needs volunteers – no tech required
- Suggestions for website improvements.

Training provided for all roles

Secretary

Following the last Assembly, we welcomed a new Secretary. I began my term in January and have received extensive onboarding support. I am actively learning the duties, which include detailed Board meeting minute-taking and assisting with Assembly planning.

Before the next Assembly, I plan to improve my grasp of the document organization process and ensure timely completion of all compilation deadlines. I am presently gathering Assembly reports from committee chairs and Board members.

I want to express my deep appreciation to everyone who has aided my training and to the Virtual Region for their confidence in me.

Treasurer

Cover Page

Cash on hand, as of 03/31/25	
Available for use (checking account at BOA)	\$46,892.52
Prudent Reserve (savings account at BOA)	28,578.53
Total	\$75,471.05

BY-LAWS, ARTICLE VIII – PRUDENT RESERVE The Virtual Region shall maintain a prudent reserve of not less than four (4) months' expenses. 2025 Annual Approved Budget is \$86,600. Therefore 4 months expenses = \$ 28,578.00

2024 year-end reports, attached:

Comparison of actual income and expenses to amended budget, 1/1/24 – 12/31/24

Contribution details, year to date, 1/1/24 – 12/31/24

Summary of contribution from Intergroups, year to date, 1/1/24 – 12/31/24

Expense details, 1/1/24 – 12/31/24

2025 reports attached

Comparison of actual income and expenses to budget, 1/1/25 – 3/31/25

2025 Convention Profit & Loss

Tasks completed, since last report on 1-05-25

World Service Business Conference Delegate Support Fund (WSBC DSF):

6 delegates from our service boards were awarded scholarships to pay for their WSBC registration and those registrations have been completed and paid for. Intergroups: Hay Una Solucion, Valor Para Cambiar, BIPOC, and

Greek Syndesis, and Service Boards: Anorexic/Bulimic and The Rainbow (LGBTQ+)

Met with the Region Treasurers in January and March, 2025

Served on the OA Foot Steps finance committee

Met with Treasurer of Ebony Intergroup to review their non-profit filings

Participated in the convention as one of the board liaisons and Zoom/Service trainer

Donated \$500 to WSO ON 04-04-25 – this is our 2025 Quarter 2 donation per our 2025 Annual budget

Next Action Steps

Prepare the 2026 proposed annual budget for adoption at the next assembly

File the 2024 IRS 990 tax return (due 5/15/225), and the annual charity filing for the New Mexico Attorney General's office (due 6/30/25)

Meet with the volunteer who offered to support the treasurer's activities and develop a task list for that position

Add QR codes to the website, etc., for contributions

Create a VR service board treasurer's forum

Research a new bank that supports online changes to account signers and offers high-yield interest accounts

Develop an internal audit procedure – from P&P: Serve as guardian of Virtual Region funds, participating in an annual financial audit

Seek candidate(s) for treasurer as my second term ends at next assembly

Build out a procedure manual for the next treasurer – due December 2025

Grateful to be of service,

Treasurer, Treasurer@oavirtualregion.org

Budget vs. Actuals: 2024 BUDGET, 2ND AMENDED, APPROVED
06-22-24 - FY24 P&L

January - December 2024				
	Total			
	Actual	Budget	over Budget	% of Budget
Revenue				
CASH CARRIED FROM PREVIOUS YEAR		0.00	0.00	
CONTRIBUTIONS			0.00	
ANNUAL APPEAL	717.18		717.18	
INDIVIDUALS	14,465.54	5,000.00	9,465.54	289.31%
INDIVIDUALS, RECURRING	2,544.52		2,544.52	
INTERGROUPS/SERVICE BODIES		20,000.00	-20,000.00	0.00%
INTERGROUPS/SERVICE BODIES - NON-VR	18.85		18.85	
	\$		\$	
INTERGROUPS/SERVICE BODIES - VR	26,196.91		26,196.91	
MEETINGS / GROUPS	11,613.76	8,000.00	3,613.76	145.17%
WORKSHOPS	1,214.47	1,000.00	214.47	121.45%
Total CONTRIBUTIONS	56,771.23	34,000.00	22,771.23	166.97%
CONVENTION REGISTRATIONS	19,549.93	20,000.00	-450.07	97.75%
FUNDRAISING/SPECIAL APPEAL		18,000.00	-18,000.00	0.00%
		\$		
HELP CARRY THE MESSAGE FUND	\$ 591.22	3,000.00	-\$ 2,408.78	19.71%
	\$	\$		
Total Revenue	76,912.38	75,000.00	\$ 1,912.38	102.55%
Gross Profit	76,912.38	75,000.00	1,912.38	102.55%
Expenditures				
OPERATIONS			0.00	
		\$		
ASSEMBLY EXPENSES	\$ 620.00	1,000.00	-\$ 380.00	62.00%
		\$		
CONTRIBUTION FEES		1,200.00	-\$ 1,200.00	0.00%
BANK FEES	18.21		18.21	
DONORBOX FEES	993.22		993.22	
FEES FROM CONVENTION	908.12		908.12	
PAYPAL FEES	540.53		540.53	

Total CONTRIBUTION FEES	2,460.08	1,200.00	1,260.08	205.01%
FILING FEES, QUICKBOOKS SUBS	821.95	1,250.00	-428.05	65.76%
GDPR COMPLIANCE SUBSCRIPTIONS	3,180.91	8,000.00	-4,819.09	39.76%
GOOGLE WORKSPACE	4,447.35		4,447.35	
	\$	\$		
INSURANCE	9,093.93	9,500.00	-\$ 406.07	95.73%
INTERNATIONAL TRANSACTIONS FEES		50.00	-50.00	0.00%
POSTAGE AND MAILBOX	236.89	200.00	36.89	118.45%
SERVICE WORKERS		1,000.00	-1,000.00	0.00%
TRUSTEES NOMINEES TO WSBC		0.00	0.00	
VR CHAIR TO WSO & OTHER REGIONS	558.61	6,000.00	-5,441.39	9.31%
VR CONTRIBUTIONS TO WSO	2,000.00	2,000.00	0.00	100.00%
VR TO WSBC REG FEES / TRAVEL	655.40	2,500.00	-1,844.60	26.22%
WEBSITE	5,655.08	2,500.00	3,155.08	226.20%
ZOOM	2,834.50	3,000.00	-165.50	94.48%
Total OPERATIONS	32,564.70	38,200.00	-5,635.30	85.25%
OUTREACH			0.00	
CONVENTION EXPENSES	6,696.31	5,000.00	1,696.31	133.93%
		\$		
DIGITAL CONTENT	\$ 95.64	1,000.00	-\$ 904.36	9.56%
IGOR		1,000.00	-1,000.00	0.00%
INTERPRETATION	4,062.39		4,062.39	
LANGUAGE TRANSLATION	1,406.10	5,750.00	-4,343.90	24.45%
LITERATURE		300.00	-300.00	0.00%
PIPO PUBLIC INFORMATION PROF OUTREACH	3,062.04	4,250.00	-1,187.96	72.05%
HELP CARRY THE MESSAGE - SOCIAL MEDIA	4,607.56	3,000.00	1,607.56	153.59%
Total PIPO PUBLIC INFORMATION PROF OUTREACH	7,669.60	7,250.00	419.60	105.79%
		\$		
SCHOLARSHIPS TO NEW INTERGROUPS		1,000.00	-\$ 1,000.00	0.00%
SPECIAL PROJECTS		2,000.00	-2,000.00	0.00%
TWELVE STEP WITHIN (TSW)		500.00	-500.00	0.00%
WORKSHOP COMMITTEE EXPENSES		0.00	0.00	
WSBC DSF SCHOLARSHIPS FOR IGS	11,907.51	13,000.00	-1,092.49	91.60%
Total OUTREACH	\$	\$	-\$ 4,962.45	86.52%

	31,837.55	36,800.00		
	\$	\$	-\$	
Total Expenditures	64,402.25	75,000.00	10,597.75	85.87%
	\$		\$	
Net Operating Revenue	12,510.13	\$ 0.00	12,510.13	
Other Revenue				
AMAZON KDP ROYALTIES	7.25		7.25	
INTEREST EARNED	1.87		1.87	
Total Other Revenue	\$ 9.12	\$ 0.00	\$ 9.12	
Net Other Revenue	\$ 9.12	\$ 0.00	\$ 9.12	
	\$		\$	
Net Revenue	12,519.25	\$ 0.00	12,519.25	
Monday, Apr 07, 2025 02:15:56 AM GMT-7 - Cash Basis				

2024 Contribution Details

January - December 2024					
	Date	Num	Name	Memo/Description	Amount
CONTRIBUTIONS					
INDIVIDUALS					
Total for INDIVIDUALS					\$14,465.54
Total for INDIVIDUALS, RECURRING					\$2,544.52
INTERGROUPS/SERVICE BODIES - NON-VR					
	01/30/2024		OA SPAIN	REFUNDED DONATION MADE TO VR BY MISTAKE PAYPAL DES:ECHECK ID:XXXXX99848987 INDN:VIRTUAL REGION OF OVER CO ID:PAYPALEC88 WEB	-654.22

	11/22/2024		JNSB of Spain, OA renacer and OA Zoom of Spain	SERVICE BODY-#09967# Anual contribution JNSB of Spain, OA renacer and OA Zoom of Spain. 2024	1,146.87
	09/16/2024		OA FRANCE	SERVICE BODY-7ème tradition OA FRANCE	159.4
	02/03/2024		Comedores Compulsivos Anónimos O.A., National Service Board of Spain	was 633.20 NEEDS CLEAN UP Comedores Compulsivos Anónimos O.A. from your email: By mistake, I made a transfer on 5th of December to the paypal account of the Virtual Region for the amount of 518,04£. According to the budget agreed at the OA Spain Annual Convention, it was to be sent to Region 9.	-633.2
Total for INTERGROUPS/SERVICE BODIES - NON-VR					\$18.85
INTERGROUPS/SERVICE BODIES - VR					
	01/18/2024		COES	09659 12 Steps 4 COE's Virtual Intergroup	30

	02/18/2024		COES	09659 12 Steps 4 COE's Virtual Intergroup	30
	03/18/2024		COES	09659 12 Steps 4 COE's Virtual Intergroup	30
	01/20/2024		VIG	09661 The Virtual Intergroup of OA Intergroup	26.27
	02/20/2024		VIG	09661 The Virtual Intergroup of OA Intergroup	26.27
	03/20/2024		VIG	09661 The Virtual Intergroup of OA Intergroup	26.27
	01/20/2024		EBONY	09662 Ebony Overeaters Anonymous Virtual Intergroup	20.02
	03/31/2024		EBONY	09662 Ebony Overeaters Anonymous Virtual Intergroup	18.8
	03/31/2024		EBONY	09662 Ebony Overeaters Anonymous Virtual Intergroup	18.83
	02/19/2024		09672 The Men's Intergroup of OA	09672 Men's Virtual Intergroup of OA (MIGOA)	126.29
	01/18/2024		90 DAY PHONE	From OA 90 Virtual Inter Group	468.08
	03/14/2024		VIG	From Virtual Inter Group	192
	03/21/2024		VIG	From Virtual Inter Group	205.86
	04/08/2024		COES	INTERGROUP 09659 12 Steps 4 COE's Virtual Intergroup	5,000.00

	05/25/2024		VIG	INTERGROUP 09661 The Virtual Intergroup of OA Intergroup	52.37
	05/31/2024		EBONY	INTERGROUP 09662 Ebony Overeaters Anonymous Virtual Intergroup	20.12
	06/16/2024		09682 Greek Virtual IG Syndesis GR-VIG-SYN	INTERGROUP 09682 Greek Virtual IG Connection (GR-VIG-SYN)	323.06
	06/25/2024		THE BRIDGE IG	INTERGROUP 09696 The Bridge Virtual IG	124
	04/18/2024		VIG	INTERGROUP From OA 90 Virtual Inter Group	188.83
	04/26/2024		R9 WHATS APP GC	INTERGROUP R9 GCC	1,086.00
	04/18/2024		COES	INTERGROUP RECURRING 09659 12 Steps 4 COE's Virtual Intergroup	30
	05/18/2024		COES	INTERGROUP RECURRING 09659 12 Steps 4 COE's Virtual Intergroup	30
	06/18/2024		COES	INTERGROUP RECURRING 09659 12 Steps 4 COE's Virtual Intergroup	30
	04/20/2024		VIG	INTERGROUP RECURRING 09661 The Virtual Intergroup of OA Intergroup	26.27

	05/20/2024		VIG	INTERGROUP RECURRING 09661 The Virtual Intergroup of OA Intergroup	26.27
	06/20/2024		VIG	INTERGROUP RECURRING 09661 The Virtual Intergroup of OA Intergroup	26.27
	07/18/2024		COES	SB-09659 12 Steps 4 COE's Virtual Intergroup-----	30
	08/18/2024		COES	SB-09659 12 Steps 4 COE's Virtual Intergroup-----	30
	09/18/2024		COES	SB-09659 12 Steps 4 COE's Virtual Intergroup-----	30
	10/18/2024		COES	SB-09659 12 Steps 4 COE's Virtual Intergroup-----	30
	11/18/2024		COES	SB-09659 12 Steps 4 COE's Virtual Intergroup-----	30
	12/18/2024		COES	SB-09659 12 Steps 4 COE's Virtual Intergroup-----	30
	07/20/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	26.27
	07/26/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	5.52
	08/20/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	26.27

	08/25/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	5.52
	08/26/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	5.52
	09/20/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	26.27
	09/26/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	5.52
	10/20/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	26.27
	10/26/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	5.52
	11/20/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	26.27
	11/26/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	5.52
	12/07/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	104.42
	12/20/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	26.27
	12/26/2024		VIG	SB-09661 The Virtual Intergroup of OA Intergroup-----	5.52

	07/31/2024		EBONY	SB-09662 Ebony Overeaters Anonymous Virtual Intergroup-----	20.92
	09/30/2024		EBONY	SB-09662 Ebony Overeaters Anonymous Virtual Intergroup-----	23.41
	12/14/2024		EBONY	SB-09662 Ebony Overeaters Anonymous Virtual Intergroup-----	25.22
	11/23/2024		FOOT STEPS	SB-09670 OA Foot Steps Virtual Intergroup-----	5.52
	12/23/2024		FOOT STEPS	SB-09670 OA Foot Steps Virtual Intergroup-----	5.52
	08/11/2024		09672 The Men's Intergroup of OA	SB-09672 Men's Virtual Intergroup of OA (MIGOA)-----	104.42
	08/15/2024		09672 The Men's Intergroup of OA	SB-09672 Men's Virtual Intergroup of OA (MIGOA)-----	52.37
	09/09/2024		09672 The Men's Intergroup of OA	SB-09672 Men's Virtual Intergroup of OA (MIGOA)-----	52.37
	12/09/2024		09672 The Men's Intergroup of OA	SB-09672 Men's Virtual Intergroup of OA (MIGOA)-----	172.1
	09/10/2024		THE BRIDGE IG	SB-09674 BIPOC Virtual IG-----	78.66
	08/25/2024		09687 Hay Una Solucion Virtual IG	SB-09687 Hay Una Solucion Virtual IG-----	104.42
	08/25/2024		THE BRIDGE IG	SB-09696 The Bridge Virtual IG-----	5

	08/28/2024		THE BRIDGE IG	SB-09696 The Bridge Virtual IG-----	1,000.00
	12/11/2024		THE BRIDGE IG	SB-09696 The Bridge Virtual IG-----	350
	09/09/2024		SECULAR SERVICE BOARD	SERVICE BODY- \$1000 payment is from the SSB of OA as partial repayment of the \$1807+ invested by the OA-VR. Thanks from all of us, Dee, SSB Treasurer. CC Jim	1,000.00
	09/24/2024		VIG	SERVICE BODY-Intergroup 09661The Vrtual IG of OA	2,800.00
	12/10/2024		FOOT STEPS	SERVICE BODY-OA Foot Steps VIG #09670	862.3
	09/05/2024		OAUKB	SERVICE BODY-OAUKB 7th Tradition	926.54
	11/08/2024		OAUKB	SERVICE BODY-OAUKB DONATION 09676	940.38
	07/04/2024		OAUKB	SERVICE BODY-On behalf of 09676 OA Virtual IG UK Europe & Beyond of OA (OAUKB). Thank you for continuing to carry the message.	4,217.19

	12/09/2024		HOW	TWO-HOUR OAHOW (HVG)VBKOFAMERICA MOBILE 12/09 XXXXX23641 DEPOSIT *MOBILE NM	2,400.00
	03/07/2024		OAUKEB	Treasurer OAUKEB 7th Tradition -Thank you for your continued service on behalf of OAUKEB Intergroup (09676)	341.03
	01/02/2024		HOW	UNITED CHARITABLE CK BKOFAMERICA MOBILE 12/31 XXXXX32473 DEPOSIT *MOBILE NM	1,800.00
	02/15/2024		VIG	from virtual inter group	246.98
Total for INTERGROUPS/SERV ICE BODIES - VR					\$26,196.91
MEETINGS / GROUPS					
	03/29/2024		MEETINGS GROUPS	#42499/Chelsea Mens OA	6
	02/25/2024		MEETINGS GROUPS	#45499/Chelsea Mens OA	12
	01/16/2024		MEETINGS GROUPS	#45499?Chelsea Mens OA	13

	03/28/2024		MEETINGS GROUPS	\$20 to Monday 10 am #55003 \$20 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244 \$60 TOTAL	60
	02/29/2024		MEETINGS GROUPS	7th Tradition for February 2024 \$20 to Monday 10 am #55003 \$20 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244 \$60 TOTAL	60
	01/01/2024		MEETINGS GROUPS	7th tradition for MENS HOLIDAY MEETING New Years Day MIGOA	5.52
	06/17/2024		MEETINGS GROUPS	General Payment Seventh Tradition Group #88974 OA Foot Steps Monday-Friday 12:30pm ET Lunch Break meeting	9.03
	01/30/2024		MEETINGS GROUPS	Group # 88974	9.46
	02/29/2024		MEETINGS GROUPS	Group #88974	22.88
	03/14/2024		MEETINGS GROUPS	Group #88974	22.88
	05/08/2024		RECOVERY FROM RELAPSE	INTERGROUP Recovery from Relapse and 100 Lbers 7th Traditions	30
	06/08/2024		RECOVERY FROM RELAPSE	INTERGROUP Recovery from Relapse and 100 Lbers 7th Traditions	30

	05/31/2024		MEETINGS GROUPS	MEETING #45499/Chelsea Mens OA	17
	06/29/2024		MEETINGS GROUPS	MEETING #45499/Chelsea Mens OA	15
	06/28/2024		MEETINGS GROUPS	MEETING \$20 to Monday 10 am #55003 \$20 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244	60
	04/29/2024		MEETINGS GROUPS	MEETING \$25 to Monday 10 am #55003 \$25 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244	70
	04/09/2024		MEETINGS GROUPS	MEETING - The name of the Group: OA UK Men's Focus Zoom Meeting - The day and time of the meeting: Tuesday 8PM UK Time - OA Registration number: # 88918	156.49
	08/31/2024		MEETINGS GROUPS	MEETING -#45499/Chelsea Mens OA	15
	10/26/2024		MEETINGS GROUPS	MEETING -#45499/Chelsea Mens OA	10
	12/30/2024		MEETINGS GROUPS	MEETING -#45499/Chelsea Mens OA	10
	08/02/2024		MEETINGS GROUPS	MEETING -#45499/ChelseaMensOA	6
	09/28/2024		MEETINGS GROUPS	MEETING -#45499/ChelseaMensOA	19

	11/26/2024		MEETINGS GROUPS	MEETING -#45499/ChelseaMensOA	10
	09/03/2024		MEETINGS GROUPS	MEETING -\$20 to Monday 10 am #55003 \$20 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244 \$60 TOTAL	60
	11/27/2024		MEETINGS GROUPS	MEETING -\$20 to Monday 10 am #55003 \$20 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244 \$80 TOTAL	80
	10/28/2024		MEETINGS GROUPS	MEETING -\$20 to Monday 10 am #55003 \$25 to Tuesday 9:30 am #55245 \$25 Wednesday 10 am #55244 \$70 TOTAL	70
	12/30/2024		MEETINGS GROUPS	MEETING -7th Tradition: \$25 to Monday 10 am #55003 \$25 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244 \$70 TOTAL	70
	10/04/2024		MEETINGS GROUPS	MEETING -7th tradition contribution from Weds Men's 100# ++ , #89282	56
	08/03/2024		MEETINGS GROUPS	MEETING -Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)	557.12

	09/30/2024		MEETINGS GROUPS	MEETING -Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)	261.35
	10/28/2024		MEETINGS GROUPS	MEETING -Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)	226.15
	11/28/2024		MEETINGS GROUPS	MEETING -Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)	319.25
	12/28/2024		MEETINGS GROUPS	MEETING -Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)	203.95
	08/27/2024		MEETINGS GROUPS	MEETING -Group # 88974	6.46
	10/29/2024		MEETINGS GROUPS	MEETING -Group # 88989 Women's Daily OA 7th Tradition Contribution	500
	09/30/2024		MEETINGS GROUPS	MEETING -Group #88974	6.37
	11/14/2024		MEETINGS GROUPS	MEETING -Group #88974 Seventh Tradition	20.13

	07/07/2024		MEETINGS GROUPS	MEETING -Meeting #: 88989 7th Tradition Contribution	500
	11/19/2024		MEETINGS GROUPS	MEETING -Meeting #: 89274	10
	11/19/2024		MEETINGS GROUPS	MEETING -OAfootsteps neurodiverse meeting	25
	11/23/2024		MEETINGS GROUPS	MEETING -Sat Two-Way Prayer meeting	5
	07/18/2024		MEETINGS GROUPS	MEETING -Seventh Tradition from Group #88974	17.48
	07/07/2024		MEETINGS GROUPS	MEETING -meeting 55146	5
	06/24/2024		MEETINGS GROUPS	MEETING Family	121.15
	05/26/2024		MEETINGS GROUPS	MEETING Family Afterward - Sat 8pm est - 89572	150
	05/18/2024		MEETINGS GROUPS	MEETING Group #88974	12.59
	04/08/2024		MEETINGS GROUPS	MEETING Recovery from Relapse and 100 Lbers 7th Traditions	30
	11/08/2024		MEETINGS GROUPS	Meeting-----	5.52
	07/23/2024		MEETINGS GROUPS	Meeting--Friday-10:00am-Mountain-8 9370-Specific focus: Atheist/Agnostic/Secular-Specific focus: Atheist/Agnostic/-89370	25

	08/23/2024		MEETINGS GROUPS	Meeting--Friday-10:00am-Mountain-8 9370-Specific focus: Atheist/Agnostic/Secular-Specific focus: Atheist/Agnostic/-89370	25
	09/23/2024		MEETINGS GROUPS	Meeting--Friday-10:00am-Mountain-8 9370-Specific focus: Atheist/Agnostic/Secular-Specific focus: Atheist/Agnostic/-89370	25
	10/23/2024		MEETINGS GROUPS	Meeting--Friday-10:00am-Mountain-8 9370-Specific focus: Atheist/Agnostic/Secular-Specific focus: Atheist/Agnostic/-89370	25
	11/23/2024		MEETINGS GROUPS	Meeting--Friday-10:00am-Mountain-8 9370-Specific focus: Atheist/Agnostic/Secular-Specific focus: Atheist/Agnostic/-89370	25
	12/23/2024		MEETINGS GROUPS	Meeting--Friday-10:00am-Mountain-8 9370-Specific focus: Atheist/Agnostic/Secular-Specific focus: Atheist/Agnostic/-89370	25
	07/27/2024		MEETINGS GROUPS	Meeting--Friday-1800-Central Daylight Time-89410-Bill S-None-9681	26.34
	08/27/2024		MEETINGS GROUPS	Meeting--Friday-1800-Central Daylight Time-89410-Bill S-None-9681	26.34

	09/27/2024		MEETINGS GROUPS	Meeting--Friday-1800-Central Daylight Time-89410-Bill S-None-9681	26.34
	10/27/2024		MEETINGS GROUPS	Meeting--Friday-1800-Central Daylight Time-89410-Bill S-None-9681	26.34
	11/27/2024		MEETINGS GROUPS	Meeting--Friday-1800-Central Daylight Time-89410-Bill S-None-9681	26.34
	12/27/2024		MEETINGS GROUPS	Meeting--Friday-1800-Central Daylight Time-89410-Bill S-None-9681	26.34
	12/03/2024		MEETINGS GROUPS	Meeting--Friday-5:30 PM-Central -88880-Gratitude-Virtual-88880	312.65
	11/08/2024		MEETINGS GROUPS	Meeting--Friday-7:00-CENTRAL-890 24-BETTER TOGETHER-ASDI-89024	5
	12/16/2024		MEETINGS GROUPS	Meeting--Monday-10:30AM-Pacific-8 9694-Aberdeen-Sea To Sky-89694	5.52
	10/18/2024		MEETINGS GROUPS	Meeting--Monday-6:30 AM-Eastern-800242 - 800248-Morning Meditation-Virtual Intergroup-800242 - 800248	96.47

	07/17/2024		MEETINGS GROUPS	Meeting--Monday-6:30 AM-eastern-800242-800248-Morning Meditation-Virtual Intergroup-800242-800248	243.68
	08/28/2024		MEETINGS GROUPS	Meeting--Monday-7:00-BST-Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)-Early Bird (daily meeting)-OAUKEB-Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)	209
	11/28/2024		MEETINGS GROUPS	Meeting--Monday-7:15am-EST-8892 6-OA 7:15am Greater NY Metro-VIG-88926	26.34
	12/28/2024		MEETINGS GROUPS	Meeting--Monday-7:15am-EST-8892 6-OA 7:15am Greater NY Metro-VIG-88926	26.34
	08/02/2024		MEETINGS GROUPS	Meeting--Monday-9pm-Eastern-5513 1-100 pounders-VIG of OA-55131	64.97

	09/13/2024		MEETINGS GROUPS	Meeting--Monday-9pm-Eastern-5513 1-100 pounders-VIG of OA-55131	47.46
	07/03/2024		MEETINGS GROUPS	Meeting--Saturday-10:30 AM-Eastern-89539-Saturday Solutions-Footsteps-89539	26.27
	08/03/2024		MEETINGS GROUPS	Meeting--Saturday-10:30 AM-Eastern-89539-Saturday Solutions-Footsteps-89539	26.27
	09/03/2024		MEETINGS GROUPS	Meeting--Saturday-10:30 AM-Eastern-89539-Saturday Solutions-Footsteps-89539	26.27
	10/03/2024		MEETINGS GROUPS	Meeting--Saturday-10:30 AM-Eastern-89539-Saturday Solutions-Footsteps-89539	26.27
	11/03/2024		MEETINGS GROUPS	Meeting--Saturday-10:30 AM-Eastern-89539-Saturday Solutions-Footsteps-89539	26.27
	12/03/2024		MEETINGS GROUPS	Meeting--Saturday-10:30 AM-Eastern-89539-Saturday Solutions-Footsteps-89539	26.27
	12/11/2024		MEETINGS GROUPS	Meeting--Saturday-8am-EST-55544- OA Rebuilding Relationships-Region 7-55544	31.55

	07/11/2024		MEETINGS GROUPS	Meeting--Saturday-9:30 a.m.-mt.-53392-O.A.Saturday-CNMI-53392	30
	10/31/2024		MEETINGS GROUPS	Meeting--Saturday-9:45-Eastern-55115-Pacific Sunrise OA-Virtual Intergroup of OA-55115	50
	08/11/2024		MEETINGS GROUPS	Meeting--Sunday-6:00 PM-Central-89648-Men's Virtual IG of Overeaters Anonymous-9672-89648	104.42
	09/29/2024		MEETINGS GROUPS	Meeting--Sunday-7:00 PM-UK-801570-Sunday Night Serenity-Virtual Region-801570	15
	10/27/2024		MEETINGS GROUPS	Meeting--Sunday-7:00 PM-UK-801570-Sunday Night Serenity-Virtual Region-801570	15
	07/28/2024		MEETINGS GROUPS	Meeting--Sunday-830 AM-US Eastern-89118-Sunday Men-90-Day Virtual-89118	110
	10/26/2024		MEETINGS GROUPS	Meeting--Sunday-9:00 AM-Eastern-800972-Global Men's Meditation Meeting-Men's Virtual Intergroup of OA-800972	105.33

	12/07/2024		MEETINGS GROUPS	Meeting--Thursday-4:00 AM-CST-88818-Daily Reprieve-Virtual Innergroup-88718	104.42
	07/27/2024		MEETINGS GROUPS	Meeting--Thursday-6:45 AM-Eastern-55036-Sunrise-Virtual -55036	25
	08/27/2024		MEETINGS GROUPS	Meeting--Thursday-6:45 AM-Eastern-55036-Sunrise-Virtual -55036	25
	09/27/2024		MEETINGS GROUPS	Meeting--Thursday-6:45 AM-Eastern-55036-Sunrise-Virtual -55036	25
	10/27/2024		MEETINGS GROUPS	Meeting--Thursday-6:45 AM-Eastern-55036-Sunrise-Virtual -55036	25
	11/27/2024		MEETINGS GROUPS	Meeting--Thursday-6:45 AM-Eastern-55036-Sunrise-Virtual -55036	25
	12/27/2024		MEETINGS GROUPS	Meeting--Thursday-6:45 AM-Eastern-55036-Sunrise-Virtual -55036	15
	10/29/2024		MEETINGS GROUPS	Meeting--Thursday-7:15 PM-PST-89139-Men's Thursday Night-MIGOA-Men's Thursday Night #89139	281.05

	12/31/2024		MEETINGS GROUPS	Meeting--Thursday-8:00-Eastern-800 467-Bridge-Virtual-800467	1,000.00
	10/08/2024		MEETINGS GROUPS	Meeting--Tuesday-13-CENTRAL TIME-9693-Valor para cambiar IG solo por hoy-Vpc ig-9693	26.34
	09/10/2024		MEETINGS GROUPS	Meeting--Tuesday-7:30pm-BST-8893 7-OA POC Tuesdays UK-BIPOC-88937	14.8
	12/16/2024		MEETINGS GROUPS	Meeting--Wednesday-7pm-EDT-8928 2-Men's 100 pounder++-MIGOA-89282	22.7
	05/28/2024		MEETINGS GROUPS	Meeting/Group Monday 07:00 - Every day BST 88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425) Early Birds OAUKEB	654.9
	04/29/2024		MEETINGS GROUPS	Meeting/Group Monday 6:30 AM Eastern 800242-248 OA Meditation Meeting Virtual IG	318.88
	06/21/2024		MEETINGS GROUPS	Meeting/Group Saturday 8:30-10:30AM CST 800387 OUR RECOVERY CIRCLE OA HOW PHONE MEETINGS	300

	05/21/2024		MEETINGS GROUPS	Meeting/Group Sunday 10:30am British Summer Time 52721 Sunday Soho Big Book study none	52.37
	06/30/2024		MEETINGS GROUPS	Meeting/Group Sunday 3:30 Pacific #89042 Sunday OA WLS Virtual Region	79.24
	04/18/2024		MEETINGS GROUPS	Meeting/Group Wednesday 7:00pm Central Meeting #: 800582 Multiracial Focus Meeting None	151
	06/26/2024		MEETINGS GROUPS	Meeting/Group Wednesday 7pm EDT 89282 Men's 100 pounder++ MIGO	22
	03/31/2024		MEETINGS GROUPS	Meeting/Group Monday 8:00 PM Pacific 89080 Pacific Newcomers 90-day Virtual Intergroup 89080	40
	04/23/2024		MEETINGS GROUPS	Meeting/Group RECURRING Friday 10:00am Mountain 89370 Specific focus: Atheist/Agnostic/Secular Specific focus: Atheist/Agnostic/	25
	05/23/2024		MEETINGS GROUPS	Meeting/Group RECURRING Friday 10:00am Mountain 89370 Specific focus: Atheist/Agnostic/Secular Specific focus: Atheist/Agnostic/	25

	06/23/2024		MEETINGS GROUPS	Meeting/Group RECURRING Friday 10:00am Mountain 89370 Specific focus: Atheist/Agnostic/Secular Specific focus: Atheist/Agnostic/	25
	04/26/2024		MEETINGS GROUPS	Meeting/Group RECURRING Friday 1800 Central Daylight Time 89410 Bill S None	26.34
	05/27/2024		MEETINGS GROUPS	Meeting/Group RECURRING Friday 1800 Central Daylight Time 89410 Bill S None	26.34
	06/27/2024		MEETINGS GROUPS	Meeting/Group RECURRING Friday 1800 Central Daylight Time 89410 Bill S None	26.34
	04/03/2024		MEETINGS GROUPS	Meeting/Group RECURRING Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps	26.27
	05/03/2024		MEETINGS GROUPS	Meeting/Group RECURRING Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps	26.27
	06/03/2024		MEETINGS GROUPS	Meeting/Group RECURRING Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps	26.27

	04/27/2024		MEETINGS GROUPS	Meeting/Group RECURRING Thursday 6:45 AM Eastern 55036 Sunrise Virtual	25
	05/27/2024		MEETINGS GROUPS	Meeting/Group RECURRING Thursday 6:45 AM Eastern 55036 Sunrise Virtual	25
	06/27/2024		MEETINGS GROUPS	Meeting/Group RECURRING Thursday 6:45 AM Eastern 55036 Sunrise Virtual	25
	01/20/2024		MEETINGS GROUPS	Meeting/Group Saturday 8:30-10:30 eastern 800387 Our Recovery Circle HVIC 800387	226
	03/15/2024		MEETINGS GROUPS	Meeting/Group Sunday 3:30 Pacific 89042 OA Sunday WLS Virtual Unk. #89042 OA Sunday WLS Virtual	46.7
	01/10/2024		MEETINGS GROUPS	Meeting/Group Sunday 7am est 800282 sunrise12 i dont know 800282	15.93
	03/06/2024		MEETINGS GROUPS	Meeting/Group Sunday 7am est 800282 sunrise12 i dont know 800282	21.13
	03/31/2024		MEETINGS GROUPS	Meeting/Group Sunday 830 AM Eastern 89118 Sunday OA Men	80

				90-day Virtual Intergroup WSO #89118	
	03/24/2024		MEETINGS GROUPS	Meeting/Group Sunday 830 EST 89652 Sunday OA Mens Zoom sorry don't know 89652	234.57
	01/02/2024		MEETINGS GROUPS	Meeting/Group Tuesday 8PM Eastern 88959 Tuesday night Gay Men's meeting MIGOA 88959	31.96
	01/10/2024		MEETINGS GROUPS	Meeting/Group Wednesday 4:00 PM PST 89282 Mens 100++ MIGOA 89282	38.6
	02/07/2024		MEETINGS GROUPS	Meeting/Group Wednesday 4pm Pacific 89282 100++ Virtual 89282	247.5
	02/23/2024		MEETINGS GROUPS	Meeting/Group recurring Friday 10:00am Mountain 89370 Specific focus: Atheist/Agnostic/Secular Specific focus: Atheist/Agnostic/ 89370	25
	03/23/2024		MEETINGS GROUPS	Meeting/Group recurring Friday 10:00am Mountain 89370 Specific focus: Atheist/Agnostic/Secular Specific focus: Atheist/Agnostic/ 89370	25

	01/03/2024		MEETINGS GROUPS	Meeting/Group recurring Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps 89539	26.27
	02/03/2024		MEETINGS GROUPS	Meeting/Group recurring Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps 89539	26.27
	03/03/2024		MEETINGS GROUPS	Meeting/Group recurring Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps 89539	26.27
	01/27/2024		MEETINGS GROUPS	Meeting/Group recurring Thursday 6:45 AM Eastern 55036 Sunrise Virtual 55036	25
	02/27/2024		MEETINGS GROUPS	Meeting/Group recurring Thursday 6:45 AM Eastern 55036 Sunrise Virtual 55036	25
	03/27/2024		MEETINGS GROUPS	Meeting/Group recurring Thursday 6:45 AM Eastern 55036 Sunrise Virtual 55036	25
	01/29/2024		MEETINGS GROUPS	OA MEDITATION MTGS # 800242-248 BKOFAMERICA MOBILE 01/29 XXXXX26484 DEPOSIT *MOBILE NM	334.86

	01/08/2024		MEETINGS GROUPS	Recovery from Relapse and 100 Lbers 7th Traditions	30
	02/08/2024		MEETINGS GROUPS	Recovery from Relapse and 100 Lbers 7th Traditions	30
	03/08/2024		MEETINGS GROUPS	Recovery from Relapse and 100 Lbers 7th Traditions	30
	12/21/2024		MEETINGS GROUPS	SB-09669 90 Day Phone Meeting Virtual Intergroup-----	575
Total for MEETINGS / GROUPS					\$11,613.76
WORKSHOPS					
	11/09/2024		INDIVIDUAL	Individual - workshop-Today's Workshop-----	5.52
	12/09/2024		INDIVIDUAL	Individual - workshop-Today's Workshop-----	5.52
	10/31/2024		INDIVIDUAL	Individual - workshop-Twelve Steps Within e-Workshops -----	5.52
	12/01/2024		INDIVIDUAL	Individual - workshop-Twelve Steps Within e-Workshops -----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	10
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52

	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	10.72
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	10.72
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5

	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	10.72
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	10
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5

	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/09/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/10/2024		INDIVIDUAL	Individual-Today's Workshop-----	5
	11/20/2024		INDIVIDUAL	Individual-Today's Workshop-----	5.52
	11/21/2024		INDIVIDUAL	Individual-Today's Workshop-----	10.72
	12/11/2024		INDIVIDUAL	Individual-Today's Workshop-----	75
	07/05/2024		INDIVIDUAL	Individual-Twelve Steps Within e-Workshops -----	5.52
	10/10/2024		INDIVIDUAL	Individual-Twelve Steps Within e-Workshops -----	5.52
	10/31/2024		INDIVIDUAL	Individual-Twelve Steps Within e-Workshops -----	25
	11/20/2024		INDIVIDUAL	Individual-Twelve Steps Within e-Workshops -----	100

	11/25/2024		INDIVIDUAL	Individual-Twelve Steps Within e-Workshops -----	10
	12/11/2024		INDIVIDUAL	Individual-Twelve Steps Within e-Workshops -----	37.79
	12/14/2024		INDIVIDUAL	Individual-Twelve Steps Within e-Workshops -----	52.37
	12/18/2024		INDIVIDUAL	Individual-Twelve Steps Within e-Workshops -----	26.34
	07/27/2024		INDIVIDUAL	Individual-VRW e-Workshop Series - 4th Saturday of the Month-----	5.52
	05/23/2024			WORKSHOP Sponsorship Workshop with Harlan G, May 19th	5.19
	10/11/2024		INDIVIDUAL	WORKSHOP-12 Step Workshop	85
	10/18/2024		INDIVIDUAL	WORKSHOP-Step Study Wednesday 2 am	51.95
	08/25/2024		INDIVIDUAL	WORKSHOP-for The Interview with The Bridge Intergroup	10
	10/10/2024		INDIVIDUAL	WORKSHOP-workshop	25
	05/19/2024		INDIVIDUAL	Workshop	21.13
	05/25/2024		INDIVIDUAL	Workshop	86.1
	06/02/2024		INDIVIDUAL	Workshop	47.16
	06/09/2024		INDIVIDUAL	Workshop	5.52

	04/07/2024		INDIVIDUAL	Workshop RECURRING	20
	04/13/2024		INDIVIDUAL	Workshop RECURRING	20
	04/13/2024		INDIVIDUAL	Workshop RECURRING	52.37
	04/19/2024		INDIVIDUAL	Workshop RECURRING	5.5
	04/30/2024		INDIVIDUAL	Workshop RECURRING	25
	04/30/2024		INDIVIDUAL	Workshop RECURRING	5
	05/07/2024		INDIVIDUAL	Workshop RECURRING	20
	05/13/2024		INDIVIDUAL	Workshop RECURRING	52.37
	05/13/2024		INDIVIDUAL	Workshop RECURRING	20
	05/19/2024		INDIVIDUAL	Workshop RECURRING	5.5
	05/30/2024		INDIVIDUAL	Workshop RECURRING	5
	05/31/2024		INDIVIDUAL	Workshop RECURRING	25
	06/07/2024		INDIVIDUAL	Workshop RECURRING	20
	06/13/2024		INDIVIDUAL	Workshop RECURRING	20
	06/19/2024		INDIVIDUAL	Workshop RECURRING	5.5
	06/30/2024		INDIVIDUAL	Workshop RECURRING	5
	06/30/2024		INDIVIDUAL	Workshop RECURRING	25

	12/31/2024		OCEAN AND BAY INTERGROUP	<p>for the two-way prayer workshop on November 9th, we agreed to split the net 7th tradition with ocean and bay Intergroup.</p> <p>Total collected: 249.64</p> <p>Interpretation expense 91.00</p> <p>Net seventh tradition: 158.64</p> <p>Pay out to Ocean and Bay Intergroup: 79.32</p> <p>The workshop was on 11/9. We had one charge from upwork on 11/12 for \$91. All the other interpretation expenses have different dates on them.</p>	-79.32
Total for WORKSHOPS					\$1,214.47
Total for CONTRIBUTIONS					\$56,054.05
Total for CONVENTION REGISTRATIONS					\$19,549.93

HELP CARRY THE MESSAGE FUND					
Total for HELP CARRY THE MESSAGE FUND					\$591.22
TOTAL					\$76,195.20
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Budget vs. Actuals VR Budget 2025 amended and approved 11-16-24

January - December 2025			
ACTUAL INCOME AND EXPENSES THRU 03-31-25			
	Total		
	Actual	Budget	over Budget
Revenue			
CASH CARRIED FROM PREVIOUS YEAR		0.00	0.00
CONTRIBUTIONS			0.00
ANNUAL APPEAL	151.59		151.59
INDIVIDUALS	2,952.50	12,000.00	-9,047.50
INDIVIDUALS, RECURRING	450.75		450.75
INTERGROUPS/SERVICE BODIES		21,800.00	-21,800.00
INTERGROUPS/SERVICE BODIES - VR	2,882.58		2,882.58
MEETINGS / GROUPS	\$ 2,367.79	\$ 8,000.00	-\$ 5,632.21
WORKSHOPS	201.84	1,000.00	-798.16
Total CONTRIBUTIONS	9,007.05	42,800.00	-33,792.95
CONVENTION REGISTRATIONS	\$ 15,841.72	\$ 22,800.00	-\$ 6,958.28
FUNDRAISING/SPECIAL APPEAL		18,000.00	-18,000.00
HELP CARRY THE MESSAGE FUND	112.87	3,000.00	-2,887.13
Total Revenue	24,961.64	86,600.00	-61,638.36
Gross Profit	\$ 24,961.64	\$ 86,600.00	61,638.36
Expenditures			
OPERATIONS			0.00
ASSEMBLY EXPENSES	500.00	1,000.00	-500.00
CONTRIBUTION FEES		3,000.00	-3,000.00

DONORBOX FEES	166.30		166.30
FEES FROM CONVENTION	726.09		726.09
Total CONTRIBUTION FEES	892.39	3,000.00	-2,107.61
E-COMMERCE SITE		5,000.00	-5,000.00
FILING FEES, QUICKBOOKS SUBS	153.26	1,000.00	-846.74
GDPR COMPLIANCE SUBSCRIPTIONS	\$ 1,982.94	\$ 4,000.00	-\$ 2,017.06
GOOGLE WORKSPACE	1,211.89	4,000.00	-2,788.11
INSURANCE	9,183.93	9,500.00	-316.07
INTERNATIONAL TRANSACTIONS FEES		50.00	-50.00
POSTAGE AND MAILBOX	65.16	250.00	-184.84
SERVICE WORKERS		3,500.00	-3,500.00
TRUSTEES NOMINEES TO WSBC		500.00	-500.00
VR CHAIR TO WSO & OTHER REGIONS		9,000.00	-9,000.00
VR CONTRIBUTIONS TO WSO	500.00	2,000.00	-1,500.00
VR TO WSBC REG FEES / TRAVEL	249.00	300.00	-51.00
WEBSITE	1,628.73	3,000.00	-1,371.27
ZOOM	2,235.24	3,000.00	-764.76
Total OPERATIONS	18,602.54	49,100.00	-30,497.46
OUTREACH			\$ 0.00
CONVENTION EXPENSES	2,872.16	8,000.00	-5,127.84
DIGITAL CONTENT	95.64	1,000.00	-904.36
IGOR		500.00	-500.00
INTERPRETATION	50.00	5,750.00	-5,700.00
LANGUAGE TRANSLATION	154.55	5,000.00	-4,845.45
LITERATURE		0.00	0.00
PIPO PUBLIC INFORMATION PROF			
OUTREACH	959.06	5,950.00	-4,990.94
HELP CARRY THE MESSAGE - SOCIAL	2,376.41	3,000.00	-623.59

MEDIA			
Total PIPO PUBLIC INFORMATION PROF OUTREACH	\$ 3,335.47	\$ 8,950.00	-\$ 5,614.53
SCHOLARSHIPS TO NEW INTERGROUPS		500.00	-500.00
SPECIAL PROJECTS		2,000.00	-2,000.00
TECH		1,000.00	-1,000.00
TWELVE STEP WITHIN (TSW)		500.00	-500.00
WORKSHOP COMMITTEE EXPENSES	210.00	0.00	210.00
WSBC DSF SCHOLARSHIPS FOR IGS	\$ 1,498.99	\$ 4,300.00	-\$ 2,801.01
Total OUTREACH	\$ 8,216.81	\$ 37,500.00	-\$ 29,283.19
Total Expenditures	\$ 26,819.35	\$ 86,600.00	-\$ 59,780.65
Net Operating Revenue	-1,857.71	0.00	-1,857.71
Other Revenue			
INTEREST EARNED	0.53		0.53
Total Other Revenue	\$ 0.53	\$ 0.00	\$ 0.53
Net Other Revenue	\$ 0.53	\$ 0.00	\$ 0.53
Net Revenue	-\$ 1,857.18	\$ 0.00	-\$ 1,857.18
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2025 Q1 Contribution Details

CONTRIBUTION DETAILS, YEAR TO DATE					
January - March, 2025					
	Date	Num	Name	Memo/Description	Amount
CONTRIBUTIONS					
Total for ANNUAL APPEAL					\$151.59
Total for INDIVIDUALS					\$2,952.50
INDIVIDUALS, RECURRING					
Total for INDIVIDUALS, RECURRING					\$450.75
INTERGROUPS/SERVICE BODIES - VR					
	01/18/2025		COES	09659 12 Steps 4 COE's Virtual Intergroup RECURRING	30
	02/18/2025		COES	09659 12 Steps 4 COE's Virtual Intergroup RECURRING	30
	03/18/2025		COES	09659 12 Steps 4 COE's Virtual Intergroup RECURRING	30
	01/19/2025		VIG	09661 The Virtual Intergroup of OA Intergroup	500
	03/01/2025		VIG	09661 The Virtual Intergroup of OA Intergroup	52.37
	01/20/2025		VIG	09661 The Virtual Intergroup of OA Intergroup RECURRING	26.27

	01/26/2025		VIG	09661 The Virtual Intergroup of OA Intergroup RECURRING	5.52
	02/20/2025		VIG	09661 The Virtual Intergroup of OA Intergroup RECURRING	26.27
	02/26/2025		VIG	09661 The Virtual Intergroup of OA Intergroup RECURRING	5.52
	03/20/2025		VIG	09661 The Virtual Intergroup of OA Intergroup RECURRING	26.27
	03/26/2025		VIG	09661 The Virtual Intergroup of OA Intergroup RECURRING	5.52
	02/04/2025		EBONY	09662 Ebony Overeaters Anonymous Virtual Intergroup	25.6
	03/31/2025		EBONY	09662 Ebony Overeaters Anonymous Virtual Intergroup	25.92
	01/12/2025		09672 The Men's Intergroup of OA	09672 Men's Virtual Intergroup of OA (MIGOA)	52.37
	01/13/2025		09672 The Men's Intergroup of OA	09672 Men's Virtual Intergroup of OA (MIGOA)	41.96
	02/15/2025		09672 The Men's Intergroup of OA	09672 Men's Virtual Intergroup of OA (MIGOA)	55.49
	01/02/2025		BIPOC	09674 BIPOC Virtual IG	43.5

	02/03/2025		09687 Hay Una Solucion Virtual IG	09687 Hay Una Solucion Virtual IG	150
	01/13/2025		HOW	OAHOW VIG BKOFAAMERICA MOBILE 01/12 XXXXX87041 DEPOSIT *MOBILE NM	1,750.00
Total for INTERGROUPS/SERVICE BODIES - VR MEETINGS / GROUPS					\$2,882.58
	01/28/2025		MEETINGS GROUPS	Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)	179.69
	02/28/2025		MEETINGS GROUPS	Early Bird zoom meeting #88895 (also includes contributions from 88896, 88897, 88898, 88899, 800099, 89425)	307.51
	01/27/2025		MEETINGS GROUPS	GROUP #45499/Chelsea Mens OA	12
	02/28/2025		MEETINGS GROUPS	GROUP #45499/Chelsea Mens OA	50
	03/29/2025		MEETINGS GROUPS	GROUP #45499/Chelsea MensOA	40
	03/04/2025		MEETINGS GROUPS	GROUP #55513	186

	01/28/2025		MEETINGS GROUPS	GROUP \$15 to Monday 10 am #55003 \$15 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244 \$50 TOTAL	50
	03/19/2025			GROUP 55607 CHECK WAS \$208.00, THIS IS 1/3 Bank AdjustmentS	108
	03/19/2025			GROUP 55607 CHECK WAS \$208.00, THIS IS 1/3 Bank AdjustmentS	95
	03/19/2025			GROUP 55607 CHECK WAS \$208.00, THIS IS 1/3 Bank AdjustmentS	5
	01/27/2025		MEETINGS GROUPS	GROUP 7th Tradition from meeting no 39196	89.45
	03/01/2025		MEETINGS GROUPS	GROUP 7th Tradition: \$20 to Monday 10 am #55003 \$20 to Tuesday 9:30 am #55245 \$20 Wednesday 10 am #55244 \$60 TOTAL Thank you! Eva	60
	01/23/2025		MEETINGS GROUPS	GROUP Friday 10:00am Mountain 89370 Specific focus: Atheist/Agnostic/Secular Specific focus: Atheist/Agnostic/ 89370 RECURRING	25

	02/23/2025		MEETINGS GROUPS	GROUP Friday 10:00am Mountain 89370 Specific focus: Atheist/Agnostic/Secular Specific focus: Atheist/Agnostic/ 89370 RECURRING	25
	03/23/2025		MEETINGS GROUPS	GROUP Friday 10:00am Mountain 89370 Specific focus: Atheist/Agnostic/Secular Specific focus: Atheist/Agnostic/ 89370 RECURRING	25
	01/27/2025		MEETINGS GROUPS	GROUP Friday 1800 Central Daylight Time 89410 Bill S None 9681 RECURRING	26.34
	02/27/2025		MEETINGS GROUPS	GROUP Friday 1800 Central Daylight Time 89410 Bill S None 9681 RECURRING	26.34
	03/27/2025		MEETINGS GROUPS	GROUP Friday 1800 Central Daylight Time 89410 Bill S None 9681 RECURRING	26.34
	01/20/2025		MEETINGS GROUPS	GROUP Monday 6:30 AM Eastern 800242 - 800248 Daily Meditation Meeting Virtual InterGroup 800242 - 800248	152.02
	01/28/2025		MEETINGS GROUPS	GROUP Monday 7:15am EST 88926 OA 7:15am Greater NY Metro VIG 88926 RECURRING	26.34

	02/03/2025		MEETINGS GROUPS	GROUP Monday 7am GMT 9676 Early Bird ? 9676 RECURRING	20
	03/03/2025		MEETINGS GROUPS	GROUP Monday 7am GMT 9676 Early Bird ? 9676 RECURRING	20
	01/03/2025		MEETINGS GROUPS	GROUP Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps 89539 RECURRING	26.27
	02/03/2025		MEETINGS GROUPS	GROUP Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps 89539 RECURRING	26.27
	03/03/2025		MEETINGS GROUPS	GROUP Saturday 10:30 AM Eastern 89539 Saturday Solutions Footsteps 89539 RECURRING	26.27
	03/29/2025		MEETINGS GROUPS	GROUP Saturday 8:00 Mountain Time 89357 n/a OA 90 89357	430
	01/12/2025		MEETINGS GROUPS	GROUP Sunday 6:00 PM Central 89648 Men's Virtual IG of Overeaters Anonymous (MIGOA) 9672 89648	52.37
	01/27/2025		MEETINGS GROUPS	GROUP Thursday 6:45 AM Eastern 55036 Sunrise Virtual 55036 RECURRING	15

	02/27/2025		MEETINGS GROUPS	GROUP Thursday 6:45 AM Eastern 55036 Sunrise Virtual 55036 RECURRING	15
	03/27/2025		MEETINGS GROUPS	GROUP Thursday 6:45 AM Eastern 55036 Sunrise Virtual 55036 RECURRING	15
	01/10/2025		MEETINGS GROUPS	GROUP closing Sat 9 AM meeting	99
	01/22/2025		MEETINGS GROUPS	Group # 88974	1.96
	01/22/2025		MEETINGS GROUPS	Group # 88974	15.62
	01/08/2025		MEETINGS GROUPS	Recovery from Relapse and 100 Lbers 7th Traditions	30
	02/08/2025		MEETINGS GROUPS	Recovery from Relapse and 100 Lbers 7th Traditions	30
	03/08/2025		MEETINGS GROUPS	Recovery from Relapse and 100 Lbers 7th Traditions	30
Total for MEETINGS / GROUPS					\$2,367.79
WORKSHOPS					
	01/28/2025		INDIVIDUAL	WORKSHOP	100
	01/29/2025		INDIVIDUAL	WORKSHOP	58
	02/04/2025		INDIVIDUAL	WORKSHOP	10.72
	01/01/2025		INDIVIDUAL	WORKSHOP RECURRING	5.52
	01/09/2025		INDIVIDUAL	WORKSHOP RECURRING	5.52
	02/01/2025		INDIVIDUAL	WORKSHOP RECURRING	5.52

	02/09/2025		INDIVIDUAL	WORKSHOP RECURRING	5.52
	03/01/2025		INDIVIDUAL	WORKSHOP RECURRING	5.52
	03/09/2025		INDIVIDUAL	WORKSHOP RECURRING	5.52
Total for WORKSHOPS					\$201.84
Total for CONTRIBUTIONS					\$9,007.05
Total for CONVENTION REGISTRATIONS					\$15,841.72
Total for HELP CARRY THE MESSAGE FUND					\$112.87
TOTAL					\$24,961.64
Monday, Apr 07, 2025 02:29:43 AM GMT-7 - Cash Basis					

2025 CONVENTION PROFIT AND LOSS	
All Dates	
	Total
Revenue	
CONVENTION REGISTRATIONS	15,841.72
Total Revenue	\$ 15,841.72
Gross Profit	\$ 15,841.72
Expenditures	
OPERATIONS	
CONTRIBUTION FEES	
FEES FROM CONVENTION	706.28
Total CONTRIBUTION FEES	\$ 706.28
WEBSITE	\$ 304.91
Total OPERATIONS	1,011.19
OUTREACH	
CONVENTION EXPENSES	\$ 3,408.25
PIPO PUBLIC INFORMATION PROF OUTREACH	
HELP CARRY THE MESSAGE - SOCIAL MEDIA	\$ 2,341.65
Total PIPO PUBLIC INFORMATION PROF OUTREACH	\$ 2,341.65
Total OUTREACH	5,749.90
Total Expenditures	\$6,761.09
Net Operating Revenue	\$9,080.63
Net Revenue	\$9,080.63

Trustee

It has been a very busy and productive year for the Virtual Region and the Board. One of the greatest accomplishments that grew out of the combined efforts of the VR and Region 9 is that the World Service Business Documents for this year's conference are now available in more than eighty languages.

I also chair the Unity with Diversity Committee and again much has been accomplished there. Last year the committee established new meetings in many underrepresented areas and reached out to the fellowship encouraging acceptance and reminding groups how to be more welcoming. Some of you might remember the "Tough Questions" workshop created last year. This year we took that experience on the road. We visited Intergroups and service bodies showing them how to replicate what we've done, and helping them to create their own Unity with Diversity Communities. Out of this we developed a new workshop, "Enhancing Diversity at Meetings and Service Bodies." This workshop, along with the "Tough Questions" workshop have since been scripted, and are now in the process of being placed online at OA.org so they can be replicated by any interested party.

Most important has been the board's ability to move forward with the first WORLD SERVICE CONVENTION IN NINE YEARS! As chair of the Convention 2025 Committee, this is where much of my attention has been.

We schedule a Convention every five years, but two had to be canceled because of COVID. So it's wonderful that we're finally able to get together. The last convention was in 2016. This year there will be over fifty face-to-face meetings, a separate meeting room for specific focus meetings, three general sessions, a banquet and dance and fellowship, fellowship and FELLOWSHIP! If you've never been to an OA World Service Convention, speak to some who have. They're a blast. They are not cheap, that's true, prices have gone up everywhere. But up to four can stay in a room, so it's like the sleep-overs some of us had as children. And for those of us in the VR, it's a chance to hug some of the dear friends we've only met online. Please read over the material on the next page, view the video, and plan on attending. And whether you can come or not, please share this material with others; help us get the word out.

Thank you all so much.

Enjoy your Virtual Region Assembly

Details for World Service Convention:

<https://oa.org/world-service-convention/>

Overeaters Anonymous®

CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*Welcome to Overeaters Anonymous.
Welcome home!*



Save the Date!
August 21-23,
2025



To be kept up to date with the latest convention news, email
CONVENTIONINFO@OA.ORG

Section 7: Committee Reports

Bylaws Committee

What we have accomplished since the last Assembly:

The Bylaws Committee met several times to prepare motions for the June Assembly.

Motions for changes to the VR Bylaws and Policies & Procedures were submitted to the Assembly for approval.

There was a recommendation on a change to the standing rules regarding amended motions being referred to the Committee for further disposition.

What do you want to accomplish before the next Assembly?

The Bylaws committee will continue to meet to address issues raised at the Assembly for further action.

In addition, we would like to see greater participation on the committee. A vice chair of the committee would be desirable.

Anything else you want to include in your report

The Data Coordinator notified the Chair of the Bylaws committee that there was an issue with the email distribution list, and committee members were not receiving communication via email. This has been rectified going forward.

Convention Planning Committee

Financial:

- TBA

Attendees:

- TBA

Languages:

- **Interpretation provided in French, Spanish, Greek, Polish, Japanese, Farsi, German, and American Sign Language**
- Workshops were given in English, French, and Spanish
- Keynotes were presented in English, Spanish and French
- Newcomers' meetings included English, French, Spanish, and Greek

Sessions:

- **Theme: There is a Solution! “Roadmap to Recovery”**
- **(5) simultaneous tracks with over 80 sessions – (1) Webinar for Keynotes, (2) Open Speaker Sessions, (3) Steps, (4) Workshops including entertainment and gratitude's, (5) Newcomer Center.**
- (6) Keynote Speakers 1-hour duration
- (12) Step meetings (each step covered 2x) 1-hour duration
- (12) Workshops 1 1/2 -hour duration
- (5) Entertainment / Fellowship sessions 1 hour
- Many Newcomer meetings 1-hour duration (**exact # TBA**)
- (2) Sessions set aside for an introduction and closing
- (3) Nightly sessions of gratitude's
- In addition to keynotes, steps, newcomer meetings and gratitude's, **these were some of the topics:**
 - o Pathways to Peace
 - o Hungry for Hope
 - o Powerless to Powerful
 - o Beyond the Bite
 - o Solution in the Steps
 - o Taste of Freedom
 - o Navigating Recovery
 - o Courage too Change
 - o Uniting in Recovery
 - o A Spiritual Awakening

- o The Way to Willingness
- o Mapping the Miracle
- o 2 Way Prayer
- o Finding Balance: Nourishing Body, Mind, and Spirit
- o Living the Promises; The Gifts of the 12-Step Program
- o Relapse Prevention
- o Conscious Contact (Writing)
- o Toolkit Tune-Up
- o Passport to Recovery
- o Pitstops and Layovers; Slips and Relapse
- o Trust in the Traditions
- o Healing the Distorted Image
- o The 12 Concepts of OA Service
- o Trauma and Recovery
- French Interpretation: 54 potential interpreter fellows contacted
- 14 (26%) eventually served interpreting 43 slots which gives an average 3 slots interpreted by serving fellow, with a minimum of 1 slot and a maximum of 6 slots per serving fellow.
- 23 no answers, 14 unread / unanswered messages, 3 answers received after event. 2/3 of the 14 interpreters attended at least one of the 3 trainings offered for interpreters. These were great and highly appreciated, especially, the last one on Thursday 12pm ET.

Committees (17):

- 7th Tradition & Finance
- Audio (post-convention)
- Data
- Digital/Website Content
- Editor
- Entertainment
- Graphics
- Registration
- Outreach Within (Twelfth Step Within)
- Program
- Service (other committees picked this up)
- Social Media & Public Information Professional Outreach
- Sponsorship (inactive)
- Training
- Translation & Interpretation
- Newcomer Center

- Workshop - handled Steps and Workshops

Suggestions for improvement:

- Discussed in recap meeting 3/22; written **summary TBA**

Ideas for next year:

- Has already begun; **summary in process; TBA**

For more details and a full understanding of suggestions and ideas for 2025, please read all the reports. And/or, email chair2VRC@oavirtualregion.org

Data Protection Committee

See joint “Data Coordinator/Data Protection Committee/Technical Committee report”

Digital Resources Committee

See joint “Digital Coordinator/Digital Resources Committee report”

Finance Committee

What we have accomplished since the last Assembly:

We have accomplished this year's annual appeal report for this year along with a QR code with vignettes. We will initiate creating a 30-second video as well as an updated annual appeal letter for 2026.

What do you want to accomplish before the next Assembly?

We would like to start working on an updated annual appeal letter as well as creating a 30-second video that supports our annual appeal letter giving compelling information on why it is so vital to give 7th tradition donations to the Virtual Region. We would also like to encourage members to join the virtual regional Finance Committee as well.

Intergroup Outreach Committee

The committee through members and intergroup participation has been contacting unaffiliated meetings since assembly 1-2 in 2024. We have also worked with some intergroups on updating meeting lists to remove cancelled meetings and meetings that are affiliated but not listed properly.

In November of 2024 around the time of Virtual Region Assembly Two the region had:

614 Affiliated Meetings

411 Unaffiliated Meeting

As of April 1 2025 the date of our Assembly 1 2025 Report the region has

683 Affiliated Meetings

340 Unaffiliated Meetings

We like to ask all intergroups and unaffiliated meetings to please notify both world service and the region when a meeting is cancelled. We are creating a form for meetings and intergroups to report cancellations to meetings which will be up by assembly. Please see your intergroup for cancellation notices. To report a cancelled unaffiliated meeting please notify the region on the region meeting cancellation form and world service on the find a meeting.

<https://oa.org/find-a-meeting/> Need to manage a meeting? [Add](#), [edit](#), or [cancel](#) an existing meeting.

Please also see our pages for unaffiliated meetings to learn more.

<https://oavirtualregion.org/affiliate/#>

<https://oavirtualregion.org/how-to-affiliate/>

The first intergroup renewal workshop was moved back in deference to the Worlds Service Business Conference Workshops which are focusing on Carry the Message. Additionally we have reordered the Workshops based on projected strategic planning of OA as a whole.

Dates for Service Body Renewal Workshop Series

<https://docs.google.com/document/d/18ktkYvfe0MaQZ1G4DMFLAZAW-bTe6lUbs7mTmAeZSZY/edit?usp=sharing>

Dates for Service Body Renewal Workshop Series

- 1) **Saturday May 17, 2025** - All about OA– the many documents, pamphlets and web links that can be used regularly to support meetings, 12 step with, workshops and outreach will be the focus of this renewal session. OA.org – website. Along with Best Practices in Communications.
- 2) **Sunday July 13, 2025** - The second workshop will focus on how service bodies and meetings can support; sponsorship, abstinence, membership retention and relapse prevention. Virtual Region 12 Step Within/Workshop Committee in Collaboration with Intergroup Outreach
- 3) **Saturday August 23, 2025** - Carry the Message – (Addition of copyright issues) Parts 1, 2, Part 3-technical how to live – requires VR Registration and service release – show working examples from VR Convention open house and professional outreach campaign.
- 4) **Sunday Sept 14, 2025** - Best Practices for Meeting and Service Body Inventory– how to renew your intergroup, outreach to unaffiliated meetings. increase service. member retention and abstinence and support 7th tradition will be the focus.
- 5) **Date TBD** - Existing Service/Steps Traditions Concepts Workshop audio and slide prerequisite consideration. Please listen and view slide show oavirtualregion.org Translated recordings or transcripts will be available in July Greek, French Spanish and Portuguese.

The workshops will be simultaneously translated in French, Greek, Portuguese and Spanish. All workshops will have zoom translated captions. Additional languages may be added.

Language Services Committee

Service Role: Vice Committee Chair (Interim chair) and Committee Chair

Name of committee: Languages Services Committee

What have you or your committee accomplished since your last report?

- 1) The committee has permanent trusted servants including chair, vice chair, secretary and also trusted servants responsible for Spanish interpretation and French interpretation.
- 2) Provided interpretation in many languages (French, Spanish, Portuguese, Greek, German and Polish) to four workshops of the Twelfth Step Within Workshop Committee from World Service Office (WSO).
- 3) Provided interpretation to the Virtual Region Convention 2025 in French, Spanish, Portuguese, Greek, German, Polish, Arabic, Farsi, Japanese, and American Sign Language.
- 4) Built the interpretation resources of the Virtual Region, listing and recruiting trusted servants.
- 5) Listing of trusted servants for interpretation included:
 - 13 English to Spanish interpreters
 - 14 English to French interpreters
- 6) Additionally, referring to French interpretation, 54 potential interpreters contacted and 14 (26%) served interpreting 43 slots, which gives an average of 3 slots per interpreter, with a minimum of 1 slot and a maximum of 6 slots per interpreter.
- 7) Professional interpreters for 9 different languages (French, Spanish, Portuguese, Greek, Polish, Arabic, Farsi, Japanese, American Sign Language) were hired.
- 8) Submitted a request for a translation license and a literature distribution license.
- 9) Narrowed digital literature distribution down to 3 possible platforms.

10) Continuing translation and interpretation support during various Virtual Region events.

What do you or your committee want to accomplish before the next assembly?

- Define subcommittees to work more efficiently.
- Update and expand lists of interpreters (trusted servants and hired).
- Encourage intergroups to set aside 7th tradition for professional interpretation and translation.
- Use DeepL Translate efficiently, for example to work on glossaries.
- Start translation into normative Spanish of OA literature addressing the needs of Spanish-speaking intergroups.
- Collaborate with interpretation needs of WSBC.
- Define objectives, goals, and priorities.
- Start working on priorities.

Anything else you would like to include in your report? No

Public Information Professional Outreach/Unity with Diversity Committee

Since the last Assembly, we have:

- Held the September 21-22, 2024, Newcomer Open House.
- Held the February 28, March 1-2, 2025, Newcomer Open House (as part of the VR Convention).
- Worked with the Chair on the Ebony/BIPOC Radio Public Service Announcements.

Before the next Assembly, we plan to install a new chair and organize the remaining 2025 Newcomer Open Houses.

We need to have the scripts for the Carry the Message Radio Spots posted to the web.

We may perhaps need help in standardizing our approach in 1) sharing the Carry the Message resources, and 2) reaching out to IGs that have not participated in Newcomer Open Houses.

Newcomer Open House statistics:

February 28, March 1-2 (2025-1)

292 total guests with 71 newcomers (24%) and 221 current

September 21-22 (2024-3)

330 total guests with 97 newcomers (29%) and 233 current

June 1-2 (2024-2)

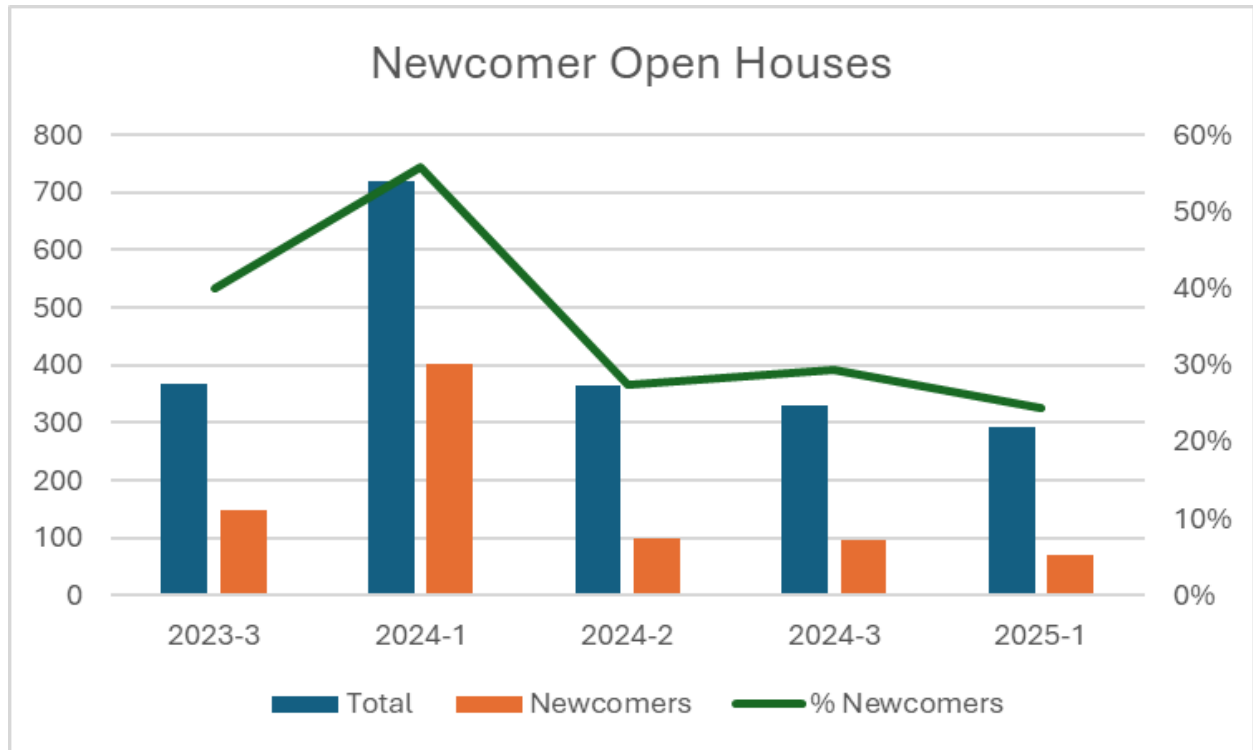
365 total guests with 100 newcomers (27%) and 265 current

January 27 (2024-1)

721 total guests with 403 as newcomers (56%) and 318 current

September (2023-3)

368 total guests, with approximately 147 newcomers (40%) and 221 current



Technical Sub-Committee

See joint “Data Coordinator/Data Protection Committee/Technical Committee report”

Twelfth Step Within Workshop Committee

Since the last Assembly, we have:

- Begun rebuilding the committee as we continue to reach out to persons who've indicated interest in serving on the committee. We've doubled the **active** membership since last year.
- We're offered and complete two concurrent 17-Week Step Study Workshops starting in October, 2024. One was held on Wednesdays at 2PM ET, the other on Thursday night from 8:30-10:30PM ET. The latter sought to offer an alternative to persons living in the Pacific and similar time zones.
- In November we collaborated with an intergroup to offer a Two-Way Prayer workshop.
- Our committee members were in service to the recent VR Convention, with four of us offering service on the convention planning team. We also led two sessions in alignment with our mission - a *relapse prevention* workshop, and a *Steps 10, 11, & 12* session.

Before the next Assembly, we plan to:

- Increase the TSW/Workshop committee by 3 new members and have 20-25 persons available for workshops;
- Offer a quarterly relapse prevention workshop;
- Create a workshop or mechanism to support members currently in relapse; and
- Partner with meetings and intergroups to offer at least six workshops per year.

Section 8: Virtual Region Contacts 2025

Chair	chair@oavirtualregion.org
Trustee	trustee@oavirtualregion.org
Vice Chair	vicechair@oavirtualregion.org
Treasurer	treasurer@oavirtualregion.org
Secretary	secretary@oavirtualregion.org
Data Coordinator	data@oavirtualregion.org techsupport@oavirtualregion.org
Digital Content Coordinator	Digital@oavirtualregion.org
Bylaws Committee Chair	bylawschair@oavirtualregion.org
Convention Committee Co-Chairs	chair2VRC@oavirtualregion.org
Data Committee Chair	(position vacant)
Digital Committee Chair	digitalchair@oavirtualregion.org
Finance Committee Chair	finance.chair@oavirtualregion.org
Intergroup Outreach (Renewal) Committee Chair	IGORCoChair@oavirtualregion.org IGORCoChair2@oavirtualregion.org
Language Services Committee Chair	LanguageServicesChair@oavirtualregion.org
Public Information Professional Outreach Committee Chair	(position vacant)
Twelfth Step Within/Workshop Committee Chair	12StepwithinChair@oavirtualregion.org

Section 9: Motions

Proposed OA New Business Motions

NBM1 - Motion: Move to amend Article 5, Section 8 of the Bylaws to create a quorum for meetings of the Board of Directors for the purpose of voting (Consent Agenda)

CURRENT WORDING Article 5, Section 8	PROPOSED WORDING Article 5, Section 8
<p>Section 8 – Board of Directors The officers of the Virtual Region shall be the directors of the corporation.</p> <ol style="list-style-type: none">1. The Virtual Region board of directors shall meet regularly, or when notified by the chair of the need for an additional meeting.2. The purpose of the Virtual Region board of directors shall be to provide for continuity between regular meetings of the Virtual Region and to address such issues as are appropriate. <ol style="list-style-type: none">1. The Virtual Region board of directors may approve, by two-thirds vote, reallocation of budgeted funds, or expenditures from the prudent reserve as deemed	<p>Section 8 – Board of Directors The officers of the Virtual Region shall be the directors of the corporation.</p> <ol style="list-style-type: none">1. The Virtual Region board of directors shall meet regularly, or when notified by the chair of the need for an additional meeting.2. The purpose of the Virtual Region board of directors shall be to provide for continuity between regular meetings of the Virtual Region and to address such issues as are appropriate. <ol style="list-style-type: none">1. The Virtual Region board of directors may approve, by two-thirds vote, reallocation of budgeted funds, or expenditures from the prudent reserve as deemed necessary throughout the year.2. The treasurer will report

<p>necessary throughout the year.</p> <p>2. The treasurer will report any such decisions to the Virtual Region at the next assembly.</p>	<p>any such decisions to the Virtual Region at the next assembly.</p> <p>3. At meetings of the Board of Directors, a quorum of at least 50% of board members must be present if votes are to be taken.</p>
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SUBMITTED BY:

Virtual Region Bylaws Committee

INTENT:

To establish a quorum for board meetings to ensure that a majority of board members are present when votes are taken.

IMPLEMENTATION:

The secretary will inform the chair if a majority of the Board of Directors is not present.

COST: None

PRIMARY PURPOSE:

Requiring a quorum for the Board of Directors to conduct business is aligned with the 3rd and 4th Concept: The right of decision, based on trust, makes effective leadership possible. The right of participation ensures equality of opportunity for all in the decision-making process.

RATIONALE: A majority of the Board of Directors should be present to conduct business, in keeping with the 4th Concept.

Note: Motions may be proposed by: any registered Virtual Region service body, the Virtual Region board, or a Virtual Region committee.

Contact: Secretary@oavirtualregion.org

NBM2 - Motion: Move to add Jewish Ethnicity Specific Focus Category

CURRENT WORDING	PROPOSED WORDING
	Move to bring a motion to the 2026 WSBC to add “Jewish Ethnicity” category to the specific focus drop-down menu on OA.org

SUBMITTED BY:

[OA Young People's Intergroup] [Intergroup/Service Board 09677] [VR Committee]

INTENT:

To create a Jewish Ethnicity specific focus category for meetings

IMPLEMENTATION:

Add to the specific focus drop down menu on OA.org and other official sites

COST: 0

PRIMARY PURPOSE:

To provide urgently-needed space to ethnically Jewish fellows, improving their recovery and rendering relevant fellows more resourced and available to support the OA fellowship as a whole.

Rationale

Due to shared DNA, intergenerational trauma, similar family systems and shared customs around eating, Jewish ethnicity fellows are uniquely positioned to share relevant experience, strength and hope with those of shared ethnicity. Due to the rise in antisemitism, many Jewish ethnicity fellows feel the need for space to let their guard down and not think about being politicized or otherwise judged for their ethnicity. Some no longer feel safe or invited to share honestly in ordinary meetings. Many are dealing with complex social and career issues as a result of ongoing antisemitism. These challenges can impact abstinence -- and are thus potentially life-threatening-- and require rooms of greater sensitivity to navigate though and recover.

The genetic testing companies like 23 and Me label Jewish as a distinct ethnic category. Given the ethnic nature of Jewishness, it is already covered by the Unity with Diversity Policy. Withholding permission would constitute a break in policy.

Jewish ethnicity fellows disagree on everything from politics to religion; what Jewish ethnicity fellows do indeed share is DNA, hence the ethnic status of this group.

The Young Person's Ethnically Jewish meeting has been thriving since August 2024, providing refuge to those fellows who need it. Members of this meeting hope to see more such meetings, so other Jewish ethnicity fellows can touch the depth of safety and connection they have been blessed with.

Greater health in Jewish ethnicity recovery allows these fellows to be of greater service to OA as a whole. When cups are overflowing, relevant fellows can better benefit the overall beloved OA fellowship. Young People's Intergroup can attest to the recovery benefits of having specific focus for all YPs, and are eager to see Jewish ethnicity fellows similarly benefit.

Note: Motions may be proposed by: any registered Virtual Region service body, the Virtual Region board, or a Virtual Region committee.

Contact: Secretary@oavirtualregion.org

NBM3 - Motion: Move to add additional wording to the Policy & Procedures Manual, Article X (Consent Agenda)

CURRENT WORDING	PROPOSED WORDING
10. Amendments 1. Amendments to this Policy and Procedure Manual may be proposed by any Virtual Region service body, the board, or committee.	10. Amendments 1. Amendments to this Policy and Procedure Manual may be proposed by any Virtual Region service body, the Virtual Region board, or Virtual Region committee.

SUBMITTED BY:

Virtual Region Bylaws Committee

INTENT:

To make the intention of the wording more clear; to mirror language already in the Bylaws regarding the same subject.

IMPLEMENTATION:

Policy & Procedures manual will be updated to reflect the change.

COST: None

PRIMARY PURPOSE:

1. This motion aligns with the 4th Concept: The right of participation ensures equality of opportunity for all in the decision-making process.

RATIONALE: To provide a clarification of intent of the procedure, to mirror what is already in the Bylaws.

Note: Motions may be proposed by: any registered Virtual Region service body, the Virtual Region board, or a Virtual Region committee.

Contact: Secretary@oavirtualregion.org

NBM4 - Motion: Move to amend Article 5 of the Policies & Procedures manual to create a list of duties for Member at Large of the Board of Directors of the Virtual Region

CURRENT WORDING	PROPOSED WORDING
	<p>ARTICLE 5 – Board Members Duties by Position Section 7 – Member at Large</p> <ol style="list-style-type: none">1. Meet the qualifications required of all other board members.2. Serve as a liaison to a committee within the region.3. Support the Chair, Vice-Chair, and Secretary in communications with service bodies and members, including answering questions.4. Act as a resource for members, service bodies, and representatives by providing information and monthly or quarterly updates about the region.

SUBMITTED BY:
Virtual Region Bylaws Committee

INTENT:
To create job duties for the new position of Member at Large on the Virtual Region Board of Directors.

IMPLEMENTATION:
Upon election, the Member at Large shall assume the job duties as approved by the Assembly.

COST: Unknown

PRIMARY PURPOSE:

1. This motion is reflective of the 3rd and 4th Concept of Service: “The right of decision, based on trust, makes effective leadership possible. The right of participation ensures equality of opportunity for all in the decision-making process.”

RATIONALE:

As outlined in our Policy and Procedures manual, each board officer has a list of duties which they are to fulfil.

With the creation of a Member at Large of the Virtual Region Board of Directors, a similar list of job duties is hereby submitted for approval for the Member at Large.

Note: Motions may be proposed by: any registered Virtual Region service body, the Virtual Region board, or a Virtual Region committee.

Contact: Secretary@oavirtualregion.org

Proposed Bylaws Motions

A - Motion: Move to create a third term for board members

CURRENT WORDING	PROPOSED WORDING
Section 6 – Term of Office <ol style="list-style-type: none">1. Newly elected officers will begin service immediately following the close of the business meeting in which they were elected.2. Board members shall serve no more than two complete consecutive terms in the same position.3. After an interval of two years, they may again be eligible for election to a prior position.4. Upon election to Virtual Region board, members shall cease to be a representative of their virtual service body or committee and that service body or committee may elect another Virtual Region representative.	Section 6 – Term of Office <ol style="list-style-type: none">1. Newly elected officers will begin service immediately following the close of the business meeting in which they were elected.2. Board members shall serve no more than two three complete consecutive terms in the same position.3. After an interval of two years, they may again be eligible for election to a prior position.4. Upon election to Virtual Region board, members shall cease to be a representative of their virtual service body or committee and that service body or committee may elect another Virtual Region representative.

SUBMITTED BY:

Convention Committee of the Virtual Region, service body # 09658

INTENT:

To allow Virtual Region Board members the option to run for a third, two-year term.

IMPLEMENTATION:

Bylaws Policies and Procedures would be updated to include changes. Board members will have the option of running for a third, two-year term of service.

COST: N/A

PRIMARY PURPOSE:

Our region has been growing exponentially and rapidly. There have been past and current board members steadily making ever greater contributions to the region, and OA to as a whole, when it is time to step down from their second term of office. Allowing a possibility of a third term of service may pave the way for even greater growth for the Virtual Region and for OA at large and allow time for board members to train and mentor service members, especially needed to aid the growth of the region.

RATIONALE: [List any other policies and/or bylaws impacted by this proposal]

The Virtual Region is often pioneering new and innovative recovery channels that the Virtual Region and other OA regions and service bodies have greatly benefited from in increasing our reach and effectiveness in helping to carry the message. Note that the WSO Board of Trustees may serve up to eight consecutive years.

Contact: Secretary@oavirtualregion.org

B - Motion: Move to amend Article 5 of the Bylaws to create a new member of the Board of Directors: Member at Large

<p>CURRENT WORDING</p> <p>ARTICLE 5 – THE VIRTUAL REGION BOARD</p> <p>Section 1 – Composition</p> <p>1. The Virtual Region board shall consist of the following officers:</p> <ol style="list-style-type: none">1. Chair,2. Vice-Chair3. Secretary4. Treasurer5. Data Coordinator6. Digital Coordinator7. The assigned trustee serves as liaison to the Virtual Region board and has a voice. <p>2. In the event the chair of the board should be unable to attend any meeting of the board or a business meeting, the succession to serve as chair for that meeting shall be as follows:</p> <ol style="list-style-type: none">1. Vice-Chair2. Treasurer3. Data Coordinator4. Digital Coordinator5. Secretary	<p>PROPOSED WORDING</p> <p>ARTICLE 5 – THE VIRTUAL REGION BOARD</p> <p>Section 1 – Composition</p> <p>3. The Virtual Region board shall consist of the following officers:</p> <ol style="list-style-type: none">1. Chair,2. Vice-Chair3. Secretary4. Treasurer5. Data Coordinator6. Digital Coordinator7. Member at Large8. The assigned trustee serves as liaison to the Virtual Region board and has a voice. <p>4. In the event the chair of the board should be unable to attend any meeting of the board or a business meeting, the succession to serve as chair for that meeting shall be as follows:</p> <ol style="list-style-type: none">1. Vice-Chair2. Treasurer3. Data Coordinator4. Digital Coordinator5. Secretary6. Member at Large
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SUBMITTED BY:

Virtual Region Bylaws Committee

INTENT:

To create a new position on the Virtual Region Board of Directors.

IMPLEMENTATION:

Following passage of this motion, The Virtual Region Assembly will additionally elect a Member at Large to the Board of Directors when electing other officers.

COST: Unknown

PRIMARY PURPOSE:

1. This motion is reflective of the 3rd and 4th Concept of Service: “The right of decision, based on trust, makes effective leadership possible. The right of participation ensures equality of opportunity for all in the decision-making process.”

RATIONALE:

There are multiple reasons why an additional member of the board of directors is desirable:

1. It is in the interest of Virtual Region to retain the knowledge and experience of board members who are unable to run again for office because of term limits.
2. It is in the interest of the Virtual Region to have additional board members to serve as board liaisons to various Virtual Region committees.
3. It is in the interest of the Virtual Region to have additional members involved in the decision-making process.

Note: Motions may be proposed by: any registered Virtual Region service body, the Virtual Region board, or a Virtual Region committee.

Contact: Secretary@oavirtualregion.org

C - Motion: Move to amend Bylaws Article 5, Section 5 to establish when the Member at Large is elected to the Virtual Region Board of Directors

CURRENT WORDING	PROPOSED WORDING
<p>Section 5 – Election of the Virtual Region Board Members</p> <ol style="list-style-type: none">1. Nominees must be present for election.2. Elections will be held at the last assembly of the calendar year unless otherwise required by these bylaws.3. Each board member is elected for a two-year term.4. Chair, treasurer, and data coordinator are elected in odd years.5. Vice-Chair, secretary and digital coordinator are elected in even years.6. Nominees will have five minutes to address the assembly and five minutes for questions.7. When board elections coincide with that of the Virtual Region trustee, the trustee ballot shall be completed first.8. For election, the candidate must receive a majority of the ballots cast.9. If there are more than two nominees and no nominee receives a majority, the candidate receiving the lowest number of votes will	<p>Section 5 – Election of the Virtual Region Board Members</p> <ol style="list-style-type: none">1. Nominees must be present for election.2. Elections will be held at the last assembly of the calendar year unless otherwise required by these bylaws.3. Each board member is elected for a two-year term.4. Chair, treasurer, data coordinator and Member at Large are elected in odd years.5. Vice-Chair, secretary and digital coordinator are elected in even years.6. Nominees will have five minutes to address the assembly and five minutes for questions.7. When board elections coincide with that of the Virtual Region trustee, the trustee ballot shall be completed first.8. For election, the candidate must receive a majority of the ballots cast.9. If there are more than two nominees and no nominee receives a majority, the candidate receiving the lowest number of votes will be dropped from consideration

<p>be dropped from consideration and another vote will be taken.</p> <p>10. If there are two candidates and neither receives a majority, a second ballot will be taken.</p>	<p>and another vote will be taken.</p> <p>10. If there are two candidates and neither receives a majority, a second ballot will be taken.</p>
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SUBMITTED BY:

Virtual Region Bylaws Committee

INTENT:

To establish the timing of the election of the Member at Large to the Virtual Region Board.

IMPLEMENTATION:

When voting for other officers for the Virtual Region Board, the Assembly will now also vote for the newly created board officer, Member at Large.

COST: \$ Amount (if known).

PRIMARY PURPOSE:

This motion aligns with the 9th Concept of Service: “Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.”

RATIONALE:

The Virtual Region Board of Directors is elected to two year terms. Three officers are elected each year, alternately. With the addition of a new office, we must determine when that officer shall be elected. As this board member will be elected for the first time in an odd year, the newly-created board officer shall be elected for two-year terms coinciding with other officers elected in the odd years.

Note: Motions may be proposed by: any registered Virtual Region service body, the Virtual Region board, or a Virtual Region committee.

Contact: Secretary@oavirtualregion.org

Section 10: Virtual Region Bylaws

Adopted 6/22/24 Note no there were not BL changes at 2024 Assembly 2

ARTICLE 1 – NAME

The name of this organization shall be the Virtual Region of Overeaters Anonymous, Inc. herein referred to as the Virtual Region or Virtual Region. The Virtual Region is nongeographic and is primarily composed of virtual groups and virtual service bodies.

ARTICLE 2 – PURPOSE

The Virtual Region is organized and incorporated under the laws of the State of New Mexico to operate as an exempt organization within the meaning of Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (or similar provision of any future revenue law) (the “Code”) without profit to any officer or director. The specific and primary purpose of the Corporation is to aid those with the problem of compulsive eating to overcome that problem through a Twelve Step program of recovery. This is accomplished through the practice of the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service; and to serve and represent member groups and service bodies. The general purpose and power is to promote public health, and to work with and furnish charitable and cultural assistance to those with problems of compulsive eating and to conduct such other activities as are appropriate to these objectives.

Section 1 -The Twelve Steps

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all of our affairs.

Section 2 – The Twelve Traditions

The Twelve Traditions of Overeaters Anonymous are:

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose, there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.

5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues, hence the OA name ought never be brought into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

Section 3 – The Twelve Concepts of OA Service

The Twelve Concepts of OA Service are:

1. The ultimate responsibility and authority for OA World Services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.

5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.
9. Able trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority. Therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executive staffs and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. no OA committee or service body shall ever become the seat of perilous wealth or power.
 - b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle.
 - c. no OA member shall ever be placed in a position of unqualified authority.
 - d. all important decisions shall be reached by discussion, vote, and whenever possible, by substantial unanimity.

- e. no service action shall ever be personally punitive or an incitement to public controversy; and
- f. no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

ARTICLE 3 – MEMBERS

Section 1 – Membership

The membership of the Virtual Region business assembly shall consist of the following:

Virtual Region representatives or alternates from each affiliated service body

- a. Each virtual intergroup shall be entitled to one representative in the business assembly for each ten groups or part thereof.
- b. Other Virtual Region affiliated service bodies (such as but not limited to special focus service boards) will be entitled to one representative in the business assembly regardless of the number of meetings they represent.
- c. Each service body being autonomous, selects its representatives in any manner it chooses, as long as it stays within the framework of the Twelve Steps and Twelve Traditions and meets the qualifications.
- d. No service body shall also be registered with or be a member of any geographic region.

Virtual Region board members,

Virtual Region committee chairs.

- a. Each Virtual Region committee will be entitled to one voting member.
- b. This member should be a committee chair in the first instance or a designated appointee.
- c. No committee chair will be permitted to stand as a service body representative.

Section 2 – Representative Qualifications

1. Representatives to the Virtual Region assemblies must:

- a. Be a member of a service body or committee of the Virtual Region of Overeaters Anonymous (OA), as defined in OA Inc., Subpart B Article V Sections 1 and 2 as well as Article VI. and
 - b. Have registered with the Virtual Region secretary as a voting representative on behalf of your service body or committee.
2. A Virtual Region representative shall have a minimum of six months current continuous abstinence as defined by Overeaters Anonymous while practicing the Twelve Steps and Twelve Traditions of OA.
3. Each person shall be the sole judge of their abstinence from compulsive eating and compulsive food behaviors.

Section 3 – Group Definition

The Virtual Region endorses the definition of an Overeaters Anonymous group in OA Inc., Bylaws, Subpart B, Article V, p4, and as it may be amended by a future World Service Business Conference.

Section 4 – Service Body Definition

The Virtual Region endorses the definitions of an Overeaters Anonymous service body in OA, Inc., Bylaws, Subpart B, Article VI and as it may be amended by a future World Service Business Conference.

Section 5 – Affiliation/Participation

1. A group may affiliate with only one intergroup or national service board through the registration process. Any group or service body may participate in the activities (including voting) of another service body with their permission. (OA Inc., Bylaws Subpart B Article V Section 2).
2. Any non Virtual Region service body that is composed of not less than 55% of virtual meetings will be entitled to full rights on request at any regular or special meeting.
 - a. A request for participation rights must be submitted at least 14 days prior to a scheduled meeting to the Virtual Region Secretary.

- b. The secretary will confirm their participation rights (in consultation with the Virtual Region Board) at least 72 hours prior to the start of the business meeting.

Section 6—Virtual Region Representative Responsibilities

1. To represent their service body or a Virtual Region committee at all meetings of the Virtual Region business assembly.
2. To act as liaison between the Virtual Region Business Assembly and their respective service body or a Virtual Region committee.
3. To ensure that all communications pertaining to the Virtual Region are made available to their service body or committee.
4. Service on a committee is strongly encouraged and the commitment is maintained until the following assembly.
5. To review all documents pertaining to any regular or special business assembly prior to the meeting.

ARTICLE 4 – THE VIRTUAL REGION WORLD SERVICE BUSINESS CONFERENCE (WSBC) DELEGATES

1. If the Virtual Region is represented by less than 40 percent of its virtual intergroups and service bodies at the prior year's World Service Business Conference, it may send up to five additional delegates to WSBC. (OA Inc, Bylaws, Subpart B, Article VIII, Section 3, a, 5, p. 15)
2. Applications must be submitted no later than sixty (60) days before the assembly at which the election will be held.
3. Preference shall be given to nominees selected from virtual intergroups and service bodies which would not otherwise be represented.
4. The World Service Business Conference delegate(s) will have full responsibility of attending on the behalf of the Virtual Region. They will participate in all World Service Business Conference activities

and submit a report to the Virtual Region Assembly following the World Service Business Conference.

ARTICLE 5 – THE VIRTUAL REGION BOARD

Section 1 – Composition

1. The Virtual Region board shall consist of the following officers:
 - a. Chair,
 - b. Vice-Chair
 - c. Secretary
 - d. Treasurer
 - e. Data Coordinator
 - f. Digital Coordinator
 - g. The assigned trustee serves as liaison to the Virtual Region board and has a voice.
2. In the event the chair of the board should be unable to attend any meeting of the board or a business meeting, the succession to serve as chair for that meeting shall be as follows:
 - a. Vice-Chair
 - b. Treasurer
 - c. Data Coordinator
 - d. Digital Coordinator
 - e. Secretary

Section 2 – Qualification for the Virtual Region Board

Qualifications for the Virtual Region board are:

1. Two years of service beyond the group level,

2. Two years of continuous recovery in Overeaters Anonymous as evidenced by:
 - a. Two years of current abstinence
 - b. It shall be a requirement that the officer shall demonstrate continued recovery, including abstinence and working towards or maintaining a healthy body weight throughout the entire term(s) of office.
 - c. Each person shall be the judge of their recovery,
3. Having worked the Twelve Steps and having a working understanding of the Twelve Traditions and Twelve Concepts of OA Service.
4. Have attended at least one prior Virtual Region assembly within the past 36 months as a voting member or service volunteer.
5. When a board position cannot be filled in line with these qualifications the qualifications listed in paragraphs 1 through 3 above may be set aside by a two thirds majority of the Virtual Region Board or Assembly.

Section 3 – Nominations to the Virtual Region Board

1. Applications must be submitted no later than sixty (60) days before the Assembly at which the election will be held.
2. In the absence of applicants, nominations may be made from the floor, with the exception of the Virtual Region chair or trustee positions.
3. Candidates must meet all qualifications.
4. If a nomination is taken from the floor, the member will stand for election at that time.
5. If there is no nominee for Virtual Region chair, the vice-chair will fill the role of chair until the next assembly when a new selection for the position of chair will take place. The position of vice-chair will be declared vacant.

6. In the event that no one applies for or is elected to an open position, the Virtual Region board will follow the rules for vacancies in Section 10.

Section 4 – Trustee Nominees

1. Trustees are elected at the World Service Business Conference; however, Virtual Region nominees for the position of Trustee will be selected from members of Overeaters Anonymous within the Virtual Region who meet the requirements of the Virtual Region Assembly and the OA Inc., Bylaws Subpart B.
 - a. The Virtual Region requires:
 1. Being a regularly attending member of a Group within the Virtual Region.
 2. An awareness of the time and expenses involved in service as a trustee.
 3. People wishing to be nominated must submit a Trustee Application.
 4. Applications must be submitted no later than sixty (60) days before the Assembly at which the election will be held.
 5. Applicants must be present at the Assembly, prepared to respond regarding qualifications for trustee service.
2. In the event that there are no applicants for Trustee at an Assembly where applications are needed, or if a vacancy occurs where there is no Virtual Region Assembly prior to the date required for submission of applications or if the Board of Trustees calls for further Trustee applications for appointment, the following options will be taken:

- a. The Virtual Region board will solicit applications from the Virtual Region service bodies.
- b. A board meeting will be held for the purposes of affirmation of the candidate.
- c. A majority vote of the Virtual Region Board will constitute affirmation of the application.
- d. Notification of the results of the affirmation process shall be sent to the e. Virtual Region service bodies. unaffiliated meetings and will be posted on the Virtual Region website.

Section 5 – Election of the Virtual Region Board Members

1. Nominees must be present for election.
2. Elections will be held at the last assembly of the calendar year unless otherwise required by these bylaws.
3. Each board member is elected for a two-year term.
4. Chair, treasurer, and data coordinator are elected in odd years.
5. Vice-Chair, secretary and digital coordinator are elected in even years.
6. Nominees will have five minutes to address the assembly and five minutes for questions.
7. When board elections coincide with that of the Virtual Region trustee, the trustee ballot shall be completed first.
8. For election, the candidate must receive a majority of the ballots cast.
9. If there are more than two nominees and no nominee receives a majority, the candidate receiving the lowest number of votes will be dropped from consideration and another vote will be taken.
10. If there are two candidates and neither receives a majority, a second ballot will be taken.

Section 6 – Term of Office

1. Newly elected officers will begin service immediately following the close of the business meeting in which they were elected.

2. Board members shall serve no more than two complete consecutive terms in the same position.
3. After an interval of two years, they may again be eligible for election to a prior position.
4. Upon election to Virtual Region board, members shall cease to be a representative of their virtual service body or committee and that service body or committee may elect another Virtual Region representative.

Section 7 – Responsibilities of the Virtual Region Board Members

For details about the Virtual Region board member responsibilities, refer to Item V in the Virtual Region Policy and Procedure Manual.

Section 8 – Board of Directors

The officers of the Virtual Region shall be the directors of the corporation.

1. The Virtual Region board of directors shall meet regularly, or when notified by the chair of the need for an additional meeting.
2. The purpose of the Virtual Region board of directors shall be to provide for continuity between regular meetings of the Virtual Region and to address such issues as are appropriate.
 - a. The Virtual Region board of directors may approve, by two-thirds vote, reallocation of budgeted funds, or expenditures from the prudent reserve as deemed necessary throughout the year.
 - b. The treasurer will report any such decisions to the Virtual Region at the next assembly.

Section 9 – Resignation or Removal of Region Board Members

1. Where necessary, a board meeting may be called for the removal of an officer.

- a. Any board member of this region may be removed from office for due cause by a two-thirds vote of the ballots cast at a regular or special meeting announced for that purpose.
 - b. An absence is excused if a majority of the other board members vote to excuse the absence.
2. Any board member may resign at any time for any reason by giving the Virtual Region board written notice.
3. Any officer who advises the board that they have broken their abstinence will be deemed to have resigned as of the time of receipt of such notice by the board.

Section 10 – Filling Vacancies

1. A vacancy after the resignation or removal of any board member will be filled, as far as practicable, within 45 days of notification to the Virtual Region of the vacancy.
2. An announcement will be sent to the Virtual Region service bodies asking for nominations to be submitted within 20 days of the vacancy deadline.
3. The member chosen to fill any vacancy on the Virtual Region board shall meet the qualification as defined in Article V, Section 2.
4. The Virtual Region board will interview all candidates and appoint the position at the next meeting of the Virtual Region board.
5. The appointed board member will participate fully as a member of the Virtual Region board.
6. The appointed board member will be ratified at the beginning of the next assembly.
7. The position is filled for the remainder of the term.

ARTICLE 6 – TRUSTEE LIAISON

Section 1 - Trustee

The Board of Trustees is elected at the World Service Business Conference.

Nominees can be affirmed to stand for election to the Board of Trustees from members of Overeaters Anonymous within the Virtual Region who meet the requirements of the Virtual Region Assembly and the OA Inc., Bylaws Subpart B. Consult the OA Bylaws for current qualifications.

Section 2 – Qualifications for Trustee Affirmation

1. Be a regularly attending member of a Group within the Virtual Region or the assigned trustee liaison.
2. Have an awareness of the time and expenses involved in service as a trustee.
3. Demonstration of service to the Virtual Region beyond the group level.

Section 3 – Election to the Board of Trustees

1. People wishing to be nominated must submit a Trustee Application.
2. Applications must be submitted no later than sixty (60) days before the Assembly at which the election will be held.
3. Applicants must be present at the Assembly, prepared to respond regarding qualifications for trustee service.
4. If a vacancy occurs where there is no Virtual Region Assembly prior to the date required for submission of applications or if the Board of Trustees calls for further Trustee applications for appointment, the following actions will be taken:
 - a. The Virtual Region board will solicit applications from the Virtual Region service bodies.
 - b. A board meeting will be held for affirmation of the candidate.
 - c. A majority vote of the Virtual Region board will constitute affirmation of the application.

- d. Notification of the results of the affirmation process shall be sent to the Virtual Region service bodies and unaffiliated meetings and will also be posted on the Virtual Region website.

Section 4 – Participation in the Virtual Region

1. The Trustee Liaison will attend Virtual Region Board meetings where they have a voice and no vote.
2. Trustee Liaison will attend Virtual Region Assembly or special business meetings, where they have a voice but no vote.

ARTICLE 7 –BUSINESS MEETINGS

Section 1 – Meetings

1. The Virtual Region will meet at least annually at a time and place designated by the Virtual Region board.
2. An annual meeting shall be held for the election of officers.
3. The annual meeting may be held at the same time as the meeting of section 1 of this article or at any other time as decided by the Virtual Region board.
4. A special meeting may be called by a majority of the Virtual Region board or by a quorum of Virtual Region representatives provided sufficient notice is provided to the membership.

For more information about meetings, reference the Virtual Region Assembly Standing Rules.

Section 2 – Virtual Conference Meetings

1. Members of the Virtual Region may participate in a meeting through use of electronic means, so long as all members participating in such a meeting can hear one another and have a way to participate in any voting.
2. Materials presented during the meeting shall be made available to those participating virtually.

3. Participation by Virtual Region members in a meeting in the manner provided in this Section constitutes presence in person at such meeting.

For more information about meetings, see the Virtual Region Assembly Standing Rules.

Section 3- Method of Notification

Notification of regular or special Virtual Region business assemblies shall consist of electronic notice to each registered Virtual Region service body and representative, committee chair, board member, and the trustee at least 45 days prior to the assembly.

Section 4– Quorum

At the Virtual Region business assembly attendance of one-quarter of those who are entitled to participate and have registered to vote in the assembly with the Secretary (as listed in these Bylaws Article III, Section 1) will be necessary to hold an assembly.

ARTICLE 8 – PRUDENT RESERVE

The Virtual Region shall maintain a prudent reserve of not less than four (4) months expenses.

Refer to the Virtual Region Policy and Procedure Manual III, Financial Policies for additional information.

ARTICLE 9 – PARLIAMENTARY PROCEDURE

All meetings of the Virtual Region representatives shall be conducted in accordance with the latest edition of *Robert's Rules of Order, Newly Revised*, where not in conflict with the law, Articles of Incorporation, these bylaws or any standing rules that the Assembly may adopt.

ARTICLE 10 – AMENDMENTS

1. Amendments to these bylaws may be proposed by any registered Virtual Region service body, the Virtual Region board, or a Virtual Region committee.
2. Amendments shall be submitted to the chair and secretary at least 60 days prior to the Business Assembly.
 - a. Motions must be submitted using the region-approved form.
 - b. Motions will be reviewed by the bylaws committee for accuracy no later than 50 days prior to the assembly.

3. Except as otherwise specified by these bylaws, amendments to these bylaws may be adopted by a two-thirds majority of those persons voting at any regular or special business meeting of the Virtual Region.
4. Amendments to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service may only be made per OA, Inc. Bylaws, Subpart B, Article XII, Section 1e.
5. Such changes made in accordance with the OA Inc., Bylaws to the Twelve Steps, Twelve Traditions or Twelve Concepts of OA Service will be automatically adopted in these bylaws without need for any further vote or action by the Virtual Region.
6. Any amendments adopted by the World Service Conference that impact these bylaws, shall be updated by the Virtual Region Bylaws Committee and the assembly membership will be notified.

ARTICLE 11 – DISSOLUTION

1. Upon dissolution of the Virtual Region, after paying and adequately providing for the debts and obligations of the Virtual Region, the remaining assets shall be distributed to a non-profit fund, association foundation, or corporation which is organized and operated exclusively for charitable, educational and/or scientific purposes and which has established its tax status under Section 501(c)(3) of the Internal Revenue Code.
2. In accordance with Overeaters Anonymous Traditions, such a non-profit fund, association foundation, or corporation should be either the Overeaters Anonymous World Service Office or another Overeaters Anonymous service body.
3. No part of the funds of the Virtual Region shall ever inure to or be used for the benefit of or be distributed to, its members, trustees, officers, or private persons, except that the Virtual Region shall be empowered to pay reasonable compensation for services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.

Note: All documents (such as vouchers, registration for assembly, applications, these Bylaws, Articles of Incorporation, Virtual Region policy and procedures, etc.) will be found on the Virtual Region website, (oavirtualregion.org) under documents. The OA Inc., Bylaws Subpart B are located on oa.org/world-service-business-conference.

Adopted 6/22/24

Section 11: P&P Virtual Region Policy and Procedural Manual

Adopted 11/16/24 Editorial updates 2/2/25

1. Introduction

This Virtual Region Policy and Procedure Manual guides the business practices of the Virtual Region.

All documents (such as expense reports, registration for assembly, applications, bylaws, this policy and procedure manual, the standing rules, etc.) will be found on the Virtual Region website. The OA Inc., Bylaws Subpart B are located on oa.org/world-service-business-conference/.

2. Purpose of the Region

1. Carry the message, virtually, globally, and in many languages
2. Encourage unity within the region
3. Communicate with groups all over the region
4. Offer assistance to groups and service bodies as they form and function
5. Selects Trustee nominees for Trustee
6. Establish region office address

3. Financial Policies

1. The fiscal year is January 1 through December 31.
2. A balanced budget for the next fiscal year shall be proposed at the last assembly of the calendar year.
3. The proposed budget is subject to the approval of the Virtual Region business assembly.
4. Requests for budget increases shall be submitted to the Virtual Region treasurer at least 60 days prior to the assembly where the budget will be approved.
5. The balance of the treasury will include the established prudent reserve (See Bylaws Article VIII) in addition to the general operations funds.

6. Funding for Non-Travel Expenses

- A. Expenses incurred in the performance of assembly-sanctioned work are reimbursable.
- B. All funded expenses shall stay within budgeted allocations.
- C. Requests for budget overrides, including reason(s) for the same, are to be submitted in writing to the Virtual Region treasurer seven days prior to the next Board meeting.

7. Requests for overrides will be approved by the board before the expense is incurred

8. Funding for Travel Expenses

Positions that may be considered for travel expenses are:

- A. Region chair for World Service Business Conference, World Service Convention and one Region Chairs Committee meeting.
- B. Virtual Region trustee nominees to World Service Business Conference
 - 1. Affirmed Virtual Region trustee nominees may be appointed by the board to fill any vacant Virtual Region delegate positions.
 - 2. If the number of trustee nominees exceeds the number of vacant Virtual Region delegate positions, the Virtual Region trustee nominees shall be chosen according to the highest number of Virtual Region trustee nominee ratification votes received.
- C. Virtual Region World Service Business Conference delegates
The number of Virtual Region delegates to be selected will depend on the funds available, but in any case, shall not be more than five.
- D. Any other travel expense if agreed by a majority motion of the board or assembly
- E. Reimbursement of travel expenses shall be limited to transportation, lodging (double occupancy), meals, and registration.
- F. Reasonable adjustments can be accepted by a majority vote of the board or assembly.
- G. An expense report and receipts must be properly completed, authorized, and submitted to the treasurer prior to reimbursement or advance of any funds.

- H. Requests for reimbursement shall follow these guidelines:
1. Each person shall complete and verify an expense report.
 2. An expense report must accompany all receipts and any unused funds must be returned to the Virtual Region treasurer within six weeks of the expense.
 3. The Treasurer shall make reimbursement or request additional information, within thirty days of receipt of request.
- I. The VR accepts designated monies, provided a temporarily restricted fund has been established by the assembly.
The current temporarily restricted fund is for Carry the Message. The funds are used to run social media outreach to attract newcomers.
- J. The treasurer and the chair are authorized to withdraw funds from all region financial accounts.
- K. When money is not adequate for full funding purposes, the Virtual Region treasurer shall inform the board, who will then set priorities based on the current financial position.
- L. In addition to any line item in the annual budget for World Service Office contributions, the board shall send surplus funds as determined by the finance committee and approved by the board to the World Service Office on an annual basis.
- M. The region shall support service boards of the region in sending one representative per service board to the World Service Business Conference via the Virtual Region Delegate Scholarship Fund.
1. The limit of the money set aside shall be that of the Delegate Support Fund line in each year's annual budget.
 2. Preference will be given to new Service Bodies.
 3. Applications will only be accepted from Service Bodies that otherwise would be unable to send a representative.
 4. Service bodies applying for and receiving WSBC scholarships from the Region must have
 - a. At least one registered region representative.
 - b. At least one alternate representative.

- c. These representatives must be in place for each assembly before and after the WSBC for which funds are received.
- d. The registered representative and alternate must be recorded at the assembly.
- e. They or another representative from the service body must actively serve on a Region committee.
- f. Service bodies in their first year of registration are exempt from this policy.

N. The Virtual Region's guideline for Seventh Tradition is that intergroups and service boards will keep 40 percent above their prudent reserve and anticipated expenses, and send 30 percent to the Virtual Region and 30 percent to the World Service Office.

4. Duties of Board Members

1. Serve as guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.
2. Perform the duties of their offices in accordance with the Bylaws and this Virtual Region Policy and Procedure Manual.
3. Serve as guardian of Virtual Region funds, including review of the annual financial audit.
4. Provide a forum for the interchange of ideas and information among Virtual Region Service Bodies and Virtual Region committees.
5. Attend all assemblies during term of office unless excused by the chair.
6. Become familiar with and assume responsibility for adherence to: Virtual Region and World Service Office Bylaws and this Policy and Procedure Manual.
7. Assists others in becoming familiar with the Twelve Traditions and Twelve Concepts of OA Service.
8. Reports:
 - A. Submit a written report to the virtual region at least 60 days prior to the next assembly.
 - B. At the assembly, present an update to the written report for up to five minutes and then answer questions for an additional five minutes.

9. Respond to all correspondence, phone calls, and questions in a timely manner.
10. Maintain a consolidated record of all assets, including passwords for security protection as directed by the chair and the data coordinator.
11. Administers the Virtual Region meeting platform.
12. Upon completion of service term, provides the successor with any information and documents from their service period via either written or electronic media.
13. Serve as board liaison to committees as determined by the chair.

5. Board Members Duties by Position

1. Chair

- A. Is responsible for unity and group conscience of the Virtual Region.
- B. Establishes and maintains agendas for all board meetings and business sessions.
- C. Presides at all board meetings and business sessions.
- D. Is an ex-officio member of all committees.
- E. Appoint a parliamentarian for the assembly.
- F. Attends World Service Business Conference as the representative of all unaffiliated meetings and any Virtual Region service bodies that are not in attendance.
- G. Attends other meetings of the region chairs committee, virtually with the exception of the annual Region Chairs Committee meeting held at one region's assembly.
- H. Is an authorized signer on all cash accounts.
- I. Other duties as required.

2. Vice-Chair

- A. Assumes all duties of the chair in their absence.
- B. The Vice Chair's primary role is to promote community, collaboration, and unity among members, service bodies, and the Region.
- C. Other duties as assigned.

3. Secretary

- A. Takes minutes of all assembly and board meetings.

1. The Secretary will provide within 15 days after the Assembly a draft of the Assembly minutes for the Minutes Review Committee review.
2. Minutes Review Committee members will provide the Secretary with additions or corrections within 15 days upon receipt of the minutes.
3. If there is a discrepancy, the secretary will review the recording and advise the committee.
4. After the committee has been advised as to the contents of the recording, the committee will vote on the inclusion or removal of any found discrepancies of any element of the minutes. This requires a two-thirds majority.

B. Once the minutes are completed

1. Will submit a copy of the unapproved minutes to the Digital Communications Committee to be posted on the Virtual Region website.
2. Send application forms of trustee nominees to the World Service Office within one week of affirmation of candidates.

C. Additionally, the secretary shall:

1. Create a digital copy of all Virtual Region documents for storage on the appropriate platform.
2. Have access through the Data Coordinator to contact listings of all representatives, intergroup chairs, committee chairs and board members including but not limited to their name, phone, email and time zone.

D. Assembly duties:

1. Be responsible for assembling a team to do the preparation of registration and Virtual Region business assembly-related materials, including updating credentials and roll call for assembly.
2. Be responsible for assembling a team to do the preparation of registration and Virtual Region business assembly-related materials, including updating credentials and roll call for assembly.
3. The Secretary shall maintain copies of all pertinent assembly materials in the appropriate Google Drive.

4. Be responsible for updating credentials and roll call for and at the Virtual Region business assembly.
5. Review updates resulting from motions at the Virtual Region business assemblies and then submits Bylaws and Policy and Procedures for posting within 25 days of the business assembly.
6. Works with the data coordinator as needed to accomplish the goals of the region.
7. Other duties as assigned.

4. Data Coordinator

- A. Reviews and understands the core principles underlying the current regulations that protect the personal data of OA members; these principles to be applied by the Data Coordinator as the foundation and focus of their work.
- B. Works with the Data Protection Committee to update the Region's data protection and information security policies and procedures in line with regulations affecting the Region.
- C. Works with the Data Protection Committee to oversee and ensure the proper management of the personal data that is collected on behalf of the Region, including the limited processing, the storage, archiving, and deletion of such personal data.
- D. Evaluates and oversees the technologies used by the VR to align with data protection principles and with the OA principle of Anonymity.
- E. Administers training protocols concerning data protection procedures and practices, and the use of associated technologies.
- F. Coordinates and works with other officers and with the Data Protection Committee.
- G. Other duties as assigned.

5. Digital Coordinator

- A. Oversee the region Digital Communications Committee
- B. Ensures the website is maintained.
- C. Coordinates social media/outreach strategy such as Blogs, ad campaigns etc.
- D. Other duties as assigned.

6. Treasurer

- A. Manages all the Virtual Region funds according to financial policies in the bylaws, policies and procedures and any other governance documents of the Virtual Region.
- B. Maintains financial records in alignment with accepted accounting practices.
- C. Maintain accounts for operational funds.
- D. Pays bills and reimburses expenses in a timely manner.
- E. Reports the Virtual Region financial status as follows:
 - 1. Current balance: monthly to the board.
 - 2. Last month's contributions: monthly to the board.
 - 3. Comparison of actuals to budget: quarterly to the board.
 - 4. Itemized report showing all income and expenses year-to-date: quarterly to the board.
 - 5. Contribution details: year to date: quarterly to the board.
 - 6. Average monthly contributions for the preceding 12 months: quarterly to the board.
 - 7. Quarterly reports listed above will also be provided for assemblies.
- F. Provides financial information for the annual audit, to be conducted by Virtual Region Chair and the finance committee, within the first quarter of the next fiscal year.
- G. Other duties as assigned.

6. Virtual Region Trustee

- 1. To be eligible as a Virtual Region trustee candidate, members must meet qualifications stated in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article IX, Section 4.
- 2. The Virtual Region trustee serves a three-year term on the World Service board of trustees.
- 3. Although each region trustee represents a specific region, they serve Overeaters Anonymous as a whole.
- 4. Trustees meet periodically throughout the year to conduct OA business.

7. Parliamentarian

Duties of the parliamentarian are to assist the Virtual Region chair and the Virtual Region board in parliamentary procedures.

8. Committees

1. The board will determine committees to serve the Virtual Region.
2. These committees will be reviewed every 24 months.
3. Each committee will establish internal guidelines, which will be reviewed by the board.
 - A. Committee guidelines are documented separately and will be maintained by the committee.
 - B. Each committee will comply with the document management system established by the Virtual Region Board.
 - C. Each committee will comply with all other board-approved guidelines.
4. The current committees of the Virtual Region are Bylaws, Convention, Data Protection, Digital Resources, Finance, Intergroup Outreach, Language Services, Public Information/Professional Outreach (including Unity with Diversity), and Twelve Step Within (including Workshop).
5. Committees will appoint a chair from among their members with the exception of the Convention and Data Protection Committees. The Chair or Co-Chairs of these committees will be appointed by the Board.
 - A. Committee chairs will be selected from the committee members.
 - B. The committee chair may serve for up to two terms of two years
 - C. Committee chairs must have six months of current continuous abstinence, except for the Convention Committee chair or co-chairs, who must have one year of current continuous abstinence. Each person shall be the sole judge of their abstinence from compulsive eating and compulsive food behaviors.
 - D. If a Committee Chair fails to meet the requirements stated in paragraph c, they must resign from the chair position.
 - E. Should a vacancy occur within a committee, the Board will be notified, and the committee will appoint a new chair to complete the term.

- F. The Virtual Region Board, by a two-thirds vote, may waive the abstinence requirement of a committee chair.

6. Committee Chairs Duties:

- A. Submit a report of activities 60 days prior to each assembly and a monthly update report seven days prior to the Board meeting.
- B. Maintain comprehensive files detailing committee activities using region-approved resources and technologies
- C. Upon completion of term of office or resignation, information transfer shall be coordinated by the Data Coordinator in consultation with the outgoing committee chair.
- D. May submit articles about the committee's work to the Virtual Region Digital Resources Committee for publication in the appropriate publication medium.
- E. Submit a proposed annual budget to the Virtual Region Treasurer at least 90 days prior to the assembly where it will be addressed.
- F. Review the work of subcommittees and appoint chairs or program heads as needed.

9. Zoom Account Guidelines and Usage Procedures

- 1. Use of the Virtual Region Zoom Accounts is managed by the Virtual Region Board and is limited to: Virtual Region board, committees, subcommittees, service bodies and registered meetings for the purpose of conducting OA business or OA recovery events.
- 2. The Virtual Region board shall appoint a Zoom Administrator to manage Zoom room scheduling and Zoom settings. The Zoom Administrator will maintain the Virtual Region Calendar with links to the scheduled Zoom meetings.
- 3. Any other use of the Zoom accounts will be at the discretion of the chair and Virtual Region Board. Non-Virtual Region Service Bodies may request the use of the Zoom accounts; such use will be at the discretion of the Virtual Region Board.
- 4. Non-Virtual Region service bodies given access to the Virtual Region Zoom accounts will be asked to give a contribution for the use of the meeting space.
- 5. Virtual Region Zoom account availability will be on a first come, first serve basis with the Virtual Region Board and Virtual Region committee meetings taking precedence.

6. No member or group shall use the room for any purpose other than OA business or OA recovery events.
7. If misuse of the room occurs, the code will immediately be changed, and all registered users will be notified.
8. Any misuse of any room or of the Virtual Region Zoom accounts will be brought before the Board, whereupon the Board will consider appropriate action which may include the removal of service permissions and service access to the Zoom accounts, which may also include the need to attend training on the proper use of the Virtual Region Zoom accounts.

Zoom Policies and Procedures

1. At least two trained Zoom hosts/cohosts must be present at all scheduled meetings, one of whom will be designated as lead host.
2. If the meeting is large, three or more Zoom hosts/cohosts are preferred.
3. After using the Virtual Region Zoom accounts, the meeting must be closed by the Zoom host.
4. Recordings may be permitted only if the Zoom host/cohost has received data protection training from the Data Coordinator. The Zoom Administrator and team are responsible for organizing with the Data Coordinator the storage and distribution of recordings.

10. Amendments

1. Amendments to this Policy and Procedure Manual may be proposed by any Virtual Region service body, the board, or committee.
2. Amendments shall be submitted to the region chair and secretary at least 60 days prior to the Business Assembly.
3. Motions must be submitted using the region-approved form.
4. Motions will be reviewed by the bylaws committee no later than 50 days prior to the assembly
5. Except as otherwise specified amendments to this Policy and Procedure Manual may be adopted by a majority of voting members at any business meeting of the Virtual Region.

6. Any amendments adopted by the World Service Conference that impact this Policy and Procedure Manual, shall be updated by the Virtual Region Bylaws Committee and the Virtual Region assembly membership will be notified.

Adopted 11-16-24

Formatted 4-13-25

Section 12: Readings

Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. No OA committee or service body shall ever become the seat of perilous wealth or power;
 - b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - c. No OA member shall ever be placed in a position of unqualified authority;
 - d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
 - e. No service action shall ever be personally punitive or an incitement to public controversy; and
 - f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

GLOSSARIES OF PARLIAMENTARY PROCEDURES

ENGLISH

Ad Hoc Committee	A special (temporary) committee formed for a specific purpose or project.
Affiliate	Choosing to partner with another organized entity for the purpose of communication
Affiliated Group	A group that chooses to partner with a specific intergroup or service board for the purpose of communicating and supporting OA's work in carrying the message. This partnership allows for consolidation of resources and avoids duplication of effort.
Affiliated Intergroup	An intergroup associated with a service board and/or region for the purpose of communicating and supporting OA's work in carrying the message. This partnership allows for consolidation of resources and avoids duplication of efforts.
Agenda Questionnaire	A list of proposed motions that the World Service Office receives for consideration at the next World Service Business Conference. This list is then distributed to all intergroups and registered service boards who are encouraged to discuss the contents with their members and decide if they feel the proposed motions should be voted on at the next World Service Business Conference.
Agent	A designated person acting on behalf of a specific organization or position of the organization (Bylaws of OA, Inc. Subsection A, Article VII).
Alternate	An OA member selected by a service body to serve as a delegate in the event the elected delegate is unable to attend or attend the full

	Conference (OA Bylaws, Subparagraph B, Article X, Section 3).
Amendment	The process of altering or modifying the main motion or amendment.
Anonymity	A tradition in OA where individual members are not identified outside our organization by name or otherwise. Within the organization, we may share names but they are not shared with those not affiliated with OA. OA members are anonymous, the organization is not.
Automatic Recurring Contributions (ARC)	The OA program is a simple and secure way to make a monthly or quarterly Seventh Tradition contribution directly to the World Service Office.
Articles of Incorporation	Articles establishing the existence of a corporation and that it is registered in New Mexico (OA, Inc. Central Office) executed by the Secretary of State. The legislation guiding the articles of incorporation are found in the New Mexico Statutes, Chapter 53, Article 2, Section 12.
Ask-It-Basket	Questions posed by delegates to the World Service Work Conference are distributed to trustees after the Conference for response. The answers are included in a document posted on oa.org. OA members, groups and service bodies may also submit questions to the World Service Office for response by the council and may be included in the Question Basket archives on oa.org.
A Step Ahead	Quarterly electronic newsletter from the World Service Office for OA groups and service bodies. Published online in January, April, July and October.
Board-Approved Literature	Board-approved OA literature consists of literature that has been approved by the Representative Council and includes literature that has been created by a council or Conference Committee and is not directed to the

	brotherhood as a whole, and literature that has been compiled from already approved publications or the Lifeline.
Board Committee	A standing or special (ad hoc) committee of a board of directors that is created for a special purpose or project.
Board Meeting	A formal meeting of a board of directors created to consider policy issues and serious problems. At the world service level, it is the regular meeting of the seventeen-member Board of Trustees. This Board meets four times a year, usually in Albuquerque, New Mexico.
Board of Trustees (BOT)	The seventeen members of the OA, Inc. board are composed of ten regional councilors, one virtual services councilor and six general service trustees. All positions are elected by the World Service Working Conference (OA, Inc. Bylaws Subsection B, Article IX, Section 2).
Board Reference Manual (BRM)	Document provided by the Board of Trustees with measures and procedures for each specific responsibility and task.
Business Conference Policy Manual	List of ongoing policies adopted from previous conferences. The manual is published on oa.org.
Bylaw Amendment Proposals	Proposed changes to Subsection B of the OA Bylaws presented at the Annual Conference. These changes affect OA members in relation to the (stock) company.
Calendar-Year Budget	Budget approved for OA, Inc. by the Board of Trustees for the calendar year (January 1 through December 31).
Center Microphone Monitor	A person (chosen by the chairperson) who sits in the middle of the center aisle of the Conference floor and is given the task of approaching the center microphone. The monitor may instruct the delegate when to approach the microphone for or against if his or her question is opened for debate; and the monitor may provide forms for submitting amendments to motions, and the

	monitor raises a signal to let the presiding officer know what type of question is to be asked or what request is being made. This person should be familiar with OA guidelines and procedures as well as Robert's Rules of Order.
Chair of the Board	The highest office in a group that is chosen or selected by the group. In a world-wide service, this is a trustee chosen by the board of trustees who presides at board meetings. The chair of the board may be called upon to make decisions about procedures, organize the agenda for board meetings, and ensure that meetings are conducted efficiently. The duties of the director are described in the Bylaws of OA, Inc. Subsection A, Article VI, Section 3 and in the Board Reference Manual.
Conference	A word frequently used in this document as a substitute for World Service Business Conference (WSBC).
Conference-Approved Literature	Literature approved by the Conference and meriting the Conference Seal of Approval (as per WSBC policy 1985).
Conference Committee	A standing or ad hoc committee created for the conference at the world service level formed for a particular project or proposal. Membership on the committee is limited to one delegated co-chair, one trustee co-chair and up to 30 members of the World Service Business Conference (WSBC). In addition, a combination of up to six past trustees, current trustees and non-delegated members may be appointed to participate in the work of the committee during the year (WSBC Policy 1991a(2)).
Conference Evaluation Form	The electronic form sent by email to delegates in the week following the Conference requesting comments on the Conference and suggestions for future Conferences.

Conference Secretary	Salaried person responsible for taking the minutes of the Conference. This person is also the BOT administrator.
Conference Standing Rules	The rules for conducting the business meetings of the Conference. These rules are adopted at the beginning of the business meeting with a two-thirds consensus vote.
Conference Support Committee (CSC)	Committee of veteran OA members who volunteer to assist delegates with on-site conference logistics.
With Microphone	The microphone used to debate against the motion in debate.
Corporate Seal	Sturdy stamp engraved with the official company seal. The seal is used to authenticate all important corporate documents.
Courier	The archive of the OA professional community's electronic newsletter published on oa.org. Members are invited to reproduce it and distribute it to health professionals.
Credentials	Identification badges for attendees that serve as evidence of their right to vote.
Credentials Report	Report presented at the beginning of each business meeting before voting, stating the number of members entitled to vote.
Delegate	A person elected at the service body level who represents that service body at the annual World Service Business Conference and reports the results of the meeting to the local areas. Region chairpersons and trustees also serve as Conference delegates) (OA Bylaws, Subsection B, Article X, Section 3).
Delegate's Badge	The identification badge that Conference delegates wear when registering at the OA registration desk. The delegate must always wear this badge in order to be recognized as a voting member of the Conference.
Direct Material Financial Interest	If a director is interested in any transaction, present or future, in which OA is involved, he or

	she must declare his or her interest before such transaction is discussed and voted upon at OA.
Duly Registered	A company or partnership officially registered by an entity that confirms who are the owners or who are the members of its board.
Emergency New Business	New business motions not submitted by the assembly deadline that are considered urgent and important to OA as a whole, and which, if not acted upon immediately at the assembly, may be detrimental to the welfare of OA. At the global working level, the Reference Committee determines whether motions submitted are of an urgent nature, needing immediate attention at this year's Conference. Amendments to the bylaws cannot be presented in this manner.
Executive Committee (EC)	Subgroup on the Board of Trustees with the task of oversight of the World Service Office. The executive committee consists of the six general service trustees. If both the director and treasurer of the Board of Trustees are regional or virtual service trustees, they also serve on the Executive Committee. The Executive Committee meets in person or by conference call each month.
Ex-Office	A member who holds his or her position or affiliation because of the power or influence of an office and not by election or appointment. A president, for example, may be an ex-officio member of all committees with appointed boards. Such positions and their voting decisions along with other privileges are detailed in the organization's bylaws.
Final Conference Report	The report of activities conducted at the Annual World Service Business Conference. This report contains minutes of business meetings; summaries of workshops and presentations/discussions; reports of conference committees; and revision of the bylaws and the Working Conference Policy Manual. The report

	can be viewed as an electronic document at oa.org .
Financial Statement	A report that provides information on the financial status of the organization. The financial statements also provide a means to make informed decisions about the present and future direction of the organization. OA's financial statements are evaluated annually by an independent public company. The annual statement is available in the delegated folder or upon request.
First Vice Chair	A member of the committee, board or group designated as the immediate subordinate of the chairperson and to perform the duties of the chairperson in the absence of the chairperson; a person who performs the duties of the chairperson.
Fiscal Year	The period of time that the organization uses for accounting purposes and prepares financial statements. The fiscal year for OA runs from January 1 to December 31.
Founder	Rozanne S., the founder of OA. Rozanne passed away in 2014.
General Service Trustee (GST)	The six trustees of the Executive Committee who have general authority with respect to the habits of conduct to the business of the Association. They are elected at the World Service Business Conference by the Brotherhood at large (OA Bylaws, Subparagraph B, Article IX).
Green Dot	A term used for delegates attending the World Service Work Conference for the first time. New delegates are asked to wear a green dot on their badges to differentiate them from more experienced delegates who can assist them.
Group	Two or more people who wish to stop binge eating, meeting to practice the Twelve Steps and Twelve Traditions of OA, guided by the Twelve Concepts of OA service.

Group Conscience	The collective consciousness of group membership. Although OA arrives at group conscience through the voting process, spiritually it is more than majority voting: indeed, the term "group conscience" is the collective will of a specific group of OA (perhaps coming from a simple majority vote). The term "group conscience" comes from Tradition Two: "For the purpose of our group there is only one ultimate authority: a loving God as He manifests Himself in our group conscience. Our leaders are but faithful servants, they do not rule." Each individual OA member, each group, and each intergroup/service board becomes part of the collective group conscience of OA as a whole.
Group Conscience of Overeaters Anonymous "as a whole".	For the purpose of voting at the World Service Business Conference, which according to the Second Concept the "effective voice, authority and conscience of OA as a whole, OA has adopted rules defining what constitutes a group conscience vote. Significant unanimity is achieved by either a simple majority or a two-thirds consensus, depending on the nature of the motion being addressed.
Indemnify/Indemnification	Protect against any loss, damage or injury and thus prevent an agent working on behalf of OA from being held legally responsible for any action taken on behalf of the organization.
Intergroup (IG)	A working board composed of groups in the same geographic area and providing service to those groups. Virtual groups may associate without regard to geographic proximity (OA Bylaws, Subparagraph B, Article VI, Section 2a).
Intergroup Office/Service Center	Office facilitating groups in the local area with services such as literature, meeting information and answering emails and phone calls.
International Day Experiencing Abstinence (IDEA)	Celebrated on the third Saturday of November, this day encourages OA members around the

	world to begin or reaffirm their abstinence from binge eating.
Language Service Board (LSB)	The service board that provides services to groups and/or intergroups that share a common language regardless of geographic proximity. Both groups and intergroups must affiliate with a Language Service Board (OA Bylaws, Subparagraph B, Article VIII, Section 2b).
Lifeline	OA magazine that publishes recovery stories written and submitted by OA members (10 issues per year). Available in electronic or print subscription.
Lot	Method of electing an individual, e.g., pulling a piece of paper with his or her name on it out of a hat or seeing who draws the shortest straw. In the OA Bylaws, Subsection A, Article VI, Section 2, it is stated that in elections, a tie of candidates is decided in this manner.
Managing Director/Secretary to the Corporation	A salaried member of the World Service Office who manages the day-to-day operations of the Office. The executive director also serves as the secretary of the corporation (OA Bylaws, Subsection A, Article VI, Section 5).
National Boundaries	The geographic demarcation of legal entities or political jurisdiction, such as the border between the United States and Canada.
National Service Board (NSB)	The service board that provides services to groups and/or intergroups within a country. In some cases, the National Service Board may serve more than one country. (OA Bylaws, Subparagraph B, Article VIII, Section 2a).
New Business Motion	Bylaws motions submitted to the Annual Conference that affect the OA Sisterhood as a whole.
Nominee	OA member interested in a seat on the board of directors. (OA Bylaws Subparagraph B, Article IX, Section 5 a), c) and d) for OA Board of Trustees requirements).

OA, Inc. Bylaws, Subpart A	Statutory document of the corporate organization for OA (OA Bylaws, Subsection A, Article II).
OA, Inc. Bylaws, Subpart B	Statutory document providing for the identity, rights and privileges of OA members and service bodies in relation to the society. (OA Bylaws, Subparagraph B, Article IV, Section 1) This document may only be amended by delegates at the World Service Working Conference.
Officer	Someone who holds a position of authority and importance in an organization. OA's bylaws, Subsection A, Article VI specify how OA elects its officers and the duties of some officer positions.
Overeaters Anonymous, Inc.	The official legal structure of the organization subject to the laws of the State of New Mexico (OA Bylaws, Subsection A, Article I).
Page	Conference Support Committee volunteers who distribute announcements and motions, count votes when necessary, rotate delegate seating, and other services specified by the Conference Support Committee chairperson
Parliamentarian	A paid professional who advises the chair of the meeting on how to conduct the business of the meeting in an orderly and legal manner. At the world service level, the parliamentarian is available to consult with the chairperson during the Board of Trustees and World Service Business Conference as deemed necessary.
Policy	A course or principle of action adopted or proposed by an entity. The introduction to the World Service Work Conference Manual states that "until modified, these motions establish the self-imposed boundaries of the Fellowship.
Presiding Officer	A person who presides at or directs a meeting. Pursuant to OA Bylaws Article V, Section 13, Subparagraph 13, the Board of Trustees elects a chairperson for board meetings and must elect a first and second vice chairperson to preside in his or her absence. As provided in the OA

	Bylaws, Subparagraph B, Article X, Section 6, the chairperson of the Board of Trustees also presides at all meetings of the delegates to the World Service Labor Conference.
Procedure	The official or established way to accomplish something. The statement on the page titled "Parliamentary Procedures" in the World Service Labor Conference delegates' binder indicates that "these procedures are general and are based on the latest revision of Robert's Rules of Order. OA bylaws and Conference Rules take precedence over parliamentary rules in case of discrepancy."
Pro Microphone	The microphone used to debate in favor of the motion in debate.
Quorum	The number of registered members required to legally conduct a business meeting.
Receipt of Notification	Proof that the agency or entity has received a notice; sometimes, action must be taken after acknowledgement of receipt. An example of this is found in the OA Bylaws, Subsection B, Article VI, Section 3c, "Each intergroup shall evaluate its bylaws with acknowledgement of receipt by the World Service Office of amendments to the OA Bylaws".
Reference Subcommittee	A subcommittee of the Committee on Bylaws of the World Service Labor Conference consisting of the delegated co-chair of the Committee on Bylaws, the trustees' co-chair and up to two representatives from each region and the virtual service board, which is formed to create a forum for discussion of amendments to motions on new work and amendments to the bylaws.
Region Assembly	The business meeting of the region to which service bodies and non-member meetings send representatives (OA Bylaws Subparagraph B, Article VII, Section 3).
Region Boundaries	The demarcation of legal entities or political jurisdiction. As stipulated in the OA Bylaws,

	Subparagraph B, Article VII, Section 2a. "Ten regions composed of intergroups, groups in each region, and service boards that fit within regional boundaries are formed." The geographical boundaries of each region are specified in Section 2b.
Region Representatives	Individuals elected at the service body level to represent that service body at the regional assembly and carry the results of the assembly to their local area. Non-affiliated meetings may send a representative and may have a vote as determined by the regional bylaws (OA Bylaws, Subparagraph B, Article VII, Section 3).
Regions	Ten geographic areas specifically defined in the OA Bylaws (Regional Map on oa.org or OA Bylaws, Subsection B, Article VII, Section 2b).
Region Trustees	The ten members of the Board of Trustees who act as liaisons between OA's geographic areas and world service (OA Bylaws, Sub-section B, Article IX, Section 2) c) 2)
Restricted	Constrained by agreed guidelines, standards or policies.
Robert's Rules of Order, Newly Revised	The parliamentary authority to be followed in directing the board and the Labor Conference. Copies of this book may be obtained from any bookstore or library (OA Bylaws Subparagraph B, Article X, Section 7).
Self-Dealing Transaction	A transaction in which a fiduciary (a person who has a legal or ethical relationship of trust with another person or group of persons) takes advantage of his or her position to seek personal benefit at the expense of the beneficiaries or shareholders. At the world service level, any transaction requires the approval of the Executive Committee.
Service Board	The service body that provides services to local area and/or intergroup groups in a country or language area outside the U.S. and Canada or virtual groups. (OA Bylaws, Subparagraph B,

	Article VIII, Section 1) (see also language service boards, national service board and virtual service board).
Service Body	Any service entity above the group level (intergroups, service boards, regions) (OA Bylaws, Subparagraph B, Articles VI, VII, VIII)
Sponsorship Day	Celebrated on the third Saturday in August, this day celebrates the role of the godmother/godfather in recovery.
States/Provinces/Countries/Territories	An internal autonomous or political unit constituting a federation under a government.
Substantial Unanimity	Concept twelve states: "the spiritual foundation for OA service ensures that d) all important decisions should be made after discussion, vote and, whenever possible, by a large majority." To be unanimous means to be of one mind or to have the agreement and consent of all. Broad means to be abundant but not absolute as specified. In practice, and according to the Robert Rules of Order, "large majority" is defined as a two-thirds consensus to accept the literature approved at the Conference or the Bylaws and simple majority for rule changes.
Summary of Purpose	A brief statement outlining the main points of some goal or objective. At the world service level: at a minimum, documents such as bylaws or summary of purpose should include a statement indicating that the primary purpose is to help those who still suffer from binge eating through the twelve Steps and twelve Traditions of OA, guided by the Twelve Concepts of OA service, and to serve and represent the OA groups that are formed.
Tellers	World Service Office staff and Conference Support Committee volunteers who collect and count written ballots for the Conference. Staff and volunteers never vote for delegates.

Treasurer	One who is in charge of funds or income. At the world service level, the board treasurer is elected from among the trustees.
Treasurer's Report	Summary of the organization's financial status.
Twelfth Step Within Day	Held on December 12 (12/12) each year to encourage service boards, meetings and individual OA members to get the message out to those compulsive overeaters in the Fellowship who still suffer.
Unaffiliated Registered Group	A group that has decided or is unaware that it is not affiliated with a specific intergroup or service board.
Unity Day	Celebrated on the last Saturday in February at 11:30 Pacific Time, this day recognizes the Brotherhood's worldwide effort. OA members pause to reaffirm the inherent strength of OA unity.
Unrestricted	Accessible to all, without obstacles or restrictions of any kind. Generally refers to income or invoices for a fiscal year. Unlimited funds can be used for any purpose.
Virtual Group	A group of OAs that mimic physical meetings through digital means. Virtual groups can affiliate with intergroups regardless of geographic proximity. They are represented by the custodian of virtual services.
Virtual Service Board (VSB)	The service body that provides services only to virtual groups (OA Bylaws, Subparagraph B, Article VIII, Section 1).
Virtual Services Trustee (VST)	Member of the Board of Trustees acting as liaison between OA service groups/boards and world service (OA Bylaws, Subparagraph B, Article IX).
Virtual World	An on-line community environment designed and shared by individuals so that they can interact in a personalized simulated world. Modes of interaction include forums, blogs, wikis, chats, instant messaging, teleconferencing (telephone meetings) and video conferencing.

Workshops	Sessions during an event where topics of interest to OA members are addressed. Attendees are encouraged to gather information from the workshops for use in their service bodies and local groups.
World Service Business Conference (WSBC)	The annual OA business meeting that ensures that the OA process is maintained through the group conscience represented therein (OA Bylaws, Subparagraph B, Article X, Section 1a).
World Service Business Conference Chair	The chair of the Board of Trustees, which directs the business meetings of the World Service Labor Conference (OA Bylaws, Subparagraph B, Article X, Section 6).
World Service Convention (WSC)	A recovery event held every 5 years by the World Service Office.
World Service Office (WSO)	The World Service Office is based in Rio Rancho, New Mexico, USA and is staffed by salaried personnel who manage the day-to-day operations of OA.

Amend Something Previously Adopted	Change an action that has not yet been taken. Your debate may include the qualities of the original motion.
Appeal from the Decision of the Chair	To ask the assembly to vote on whether it agrees or disagrees with a decision of the chair. The chair may intervene in the debate twice (at the beginning and at the end); the rest may intervene only once. A vote in favor upholds the decision; a vote against nullifies the decision.
Consent Agenda	Motions that are voted on as a whole without discussion or debate. Items on the consent agenda may be considered if they are habit, non-controversial or domestic. This is a way of handling motions that the chair believes are not open to question or debate. At the world service level, any voting delegate should go to the central microphone to request that an item not be part of the consent agenda and be considered separately.

	The consensus agenda item is voted on immediately after the adoption of the Conference Adoption Policy at the first business meeting. A two-thirds consensus is required for agreement.
Debate	The two different points of view on the same subject.
Divide the Question	A motion that allows two or more parts of a motion under discussion to be considered separately. Each segment must stand alone in a separate motion.
General or Unanimous Consent	Vote obtained without any objection in tacit agreement.
Incidental Motion	Related to the parliamentary situation so that it must be decided before the matter proceeds (e.g., an appeal, consideration of a paragraph, division of a question, parliamentary procedure, request for information, request for permission to withdraw a motion, suspending the rules)
Lay on the Table	Set aside a proposed motion temporarily in order to deal with other matters.
Main Motion	Bring business before the assembly (e.g., motions distributed in the event packet).
Majority Vote	More than half of the voters.
Objection to the Consideration of the Question	It enables the assembly to completely avoid a specific original motion when it is believed that bringing it before the assembly may be problematic. This objection may be raised as soon as the motion is presented to the chair. It requires a two-thirds consensus against to consider the objection.
Parliamentary Inquiry	A question related to the parliamentary process on the matter to be debated.
Point of Order	Requires a resolution from the chair to strengthen the Conference Adoption Policy or parliamentary process.
Privileged Motion	Deals with matters of immediate importance that are not related to the pending business (e.g., adjournment, recess). Ask a question of privilege, indicate the order of the day).

Proviso	It is usually used to facilitate a transition (e.g., when a change is going to happen) A proviso needs to be voted on by a majority. The proviso must be added to the motion as an amendment. Parliamentary assistance must be sought in writing the amendment.
Reconsider	Reopen an action for further consideration to be taken on the same day of the vote or on the day after. Can only be done by someone whose vote is the same as the decision made on the motion.
Request for Information	Used when there is a question on the subject to be discussed. At the world service level, it is presented at the central microphone.
Scope of Notice	The parameters within which a change can be made from the existing rules and bylaws to the proposed amendment. For example, if a number in the original amendment indicates "8" and the motion wishes to change it to "10", the range in which any change can be made would be between 8 and 10. If an amendment is subject to change to "11", that amendment would be out of range and would not be acted upon. In the case of OA bylaws, the proposed amendment cannot be addressed if it is outside the range. In the case of amendments to Conference bylaws, proposed amendments outside the range can be acted upon, but require a two-thirds consensus to be adopted.
Seal the Doors	The closing of the assembly prior to voting. Members may not enter or leave the room during the voting process.
Subsidiary Motion	Assists the assembly in modifying or disposing of a major motion and sometimes other motions (e.g., "lay on the table," closed debate, limited debate, postpone to another time, referral to committee, amend, postpone indefinitely).
Substitute Amendment	To amend by deleting by complete deletion a paragraph, section, article, an entire motion or resolution and inserting a new paragraph or a new unit in its place.

Suspend the Rules	Motion that allows consideration of an agenda item out of the established order in order to present an urgent matter that is not on the agenda. Establishes the purpose for which the agenda may be interrupted when the motion is made.
Taken from the Table	Remove a motion from the table to be considered again. A motion dies if it is not removed from the table at the end of the business meeting.
Tie Vote	Rejection of a motion. The chair must vote to make or break a tie vote. In addition, the chair may vote to make or break a two-thirds consensus of those voting.
Two-Thirds Vote	Two thirds of the vote.
Withdrawal of a Motion	Before the motion is introduced by the chair, it may be withdrawn or modified by the maker. After being presented by the chair, the motion may only be withdrawn with the general consensus of the majority of the assembly.

END