

Virtual Region Assembly

November 15-16, 2025
Assembly 2 2025



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Section 1: Welcome and About Assembly

Letter from the Chair

Dear Virtual Region and Virtual Region Friends:

Who gets to write a report that is a love letter to thousands of members, hundreds of meetings, dozens of service bodies (including those beyond the Virtual Region), committees, representatives, delegates, trustee liaisons, and board members? I DO! Welcome to Virtual Region Assembly 2 2025!

You have all contributed to making the Virtual Region the fastest growing region in Overeaters Anonymous. Conventions and newcomer open houses have welcomed 250-700 newcomers with each event. Our region carries the message repeatedly to over 1,000 attendees in our annual convention reaching as many as 39 countries with interpretation in eight languages, has grown our newcomer Facebook pages in six languages, with soon to be over 18,000 followers in under five years, has led dozens of workshops attended by thousands of members, has supported other regions in Zoom security, outreach techniques, Zoom training, newcomer outreach, technology assistance, and more. Our region evolves in continually providing growing access to the miracle of recovery to newcomers and members around the world — you have worked the miracle in ways many of us could not imagine, let alone dream.

We are not without our problems. We have lots of growing pains, mistakes, and needs, but we also have solutions and action plans!

This assembly is full of motions: let us please be prudent and set aside minor concerns wisely, using our time effectively. We meet for two days, first to vote on our budget, elect officers, and to debate and vote on motions. The second day, our current board raps up its reports for questions and answers. Our committees will meet and discuss their upcoming business and how you can support and participate.

Important dates for meetings and questions with the Virtual Region Treasurer begin this week. Meet the Maker reviews of the motions and budget precede the assembly. There are applications for board positions, motions, a budget, board officer reports, the trustee liaison report, and committee reports; please read them all. This information represents

the use of our Seventh Tradition and tens of thousands of hours of service within the Virtual Region.

On behalf of our board members, including our much beloved rotating-out region treasurer, committee chairs, and committees, — and myself — we want to personally thank each meeting, service body, committee members in the region, and the many OA members and service bodies outside the region that support the Virtual Region. We are forever grateful for every minute of service and every contribution made to our primary purpose. With humility and love, I tell each and every one of you, including our committee chairs, committee members delegates, representatives, and board members, we are, and, I am, forever grateful.

Hope to see you before, during, and after the assembly.

May we all have one more day. Now start reading! Mark your calendars and review the long check list in my report. I am forever humbled and in awe of what the Virtual Region has done. Thank you for allowing me to serve.

Virtual Region Chair

Schedules

Proposed Business Assembly Agenda and Tentative Schedule, Saturday, November 15, 2025

Check the website for updates.

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.

10:00 a.m. ET	Welcome to Assembly: Chair
	Reading of Spiritual Principles Step, Spiritual Principles Traditions 7-12 Reading Concepts 1-6 Introductions: Board Members, Committee Chairs, Parliamentarian, Centre Mic
	Parliamentarian, Centre Mic - explanation
	Quorum Roll Call
	For Today Reading
	Meditation
	Standing Rules
	Adopt Agenda
	Minutes Approval Assembly 1 2025
	Consent Agenda <ul style="list-style-type: none">● Bylaws Amendment A● Bylaws Amendment B● Bylaws Amendment C● Bylaws Amendment D

	<ul style="list-style-type: none"> ● Bylaws Amendment E ● Bylaws Amendment F ● Bylaws Amendment G ● Bylaws Amendment H ● New Business Motion 1 ● New Business Motion 2 ● New Business Motion 3 ● New Business Motion 4 ● New Business Motion 5
	Budget Approval
	Chair Announcements and Sunday meetings BLA A - if removed from consent
	<p>Elections</p> <ul style="list-style-type: none"> ● Chair ● Treasurer (from the floor) ● Digital Coordinator ● Data Coordinator (from the the floor) ● Member-at-Large ● Affirmation of Trustee nominee
	<p>New Business Motions</p> <ul style="list-style-type: none"> ● New Business Motion 6 ● New Business Motion 7 ● New Business Motion 8 ● New Business Motion 9 ● New Business Motion 10 ● New Business Motion 11 ● New Business Motion 12 ● New Business Motion 13 ● Bylaws Amendment I
4:30 p.m. ET	Green Dots Ceremony Committee Announcements Closing

Committee Meetings, Sunday, November 16, 2025

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

Track 1		Track 2	
8:30-9:30 a.m. ET	xxxxxxx	8:30-9:30 a.m. ET	Board
10:00-10:45 a.m. ET	Finance Committee	9:45-10:45 a.m. ET	
11:00-11:45 a.m. ET	Public Information/Professional Outreach/Unity With Diversity Committee	11:00 a.m. ET-12:00 p.m. ET	
12:00-12:45 p.m. ET	Digital Resources	12:15-1:15 p.m. ET	Convention Committee
1:00-1:45 p.m. ET	Bylaws Committee	1:30-2:30 p.m. ET	Data-Tech Committee
2:00-2:45 p.m. ET	Language Services Committee	2:45-3:45 p.m. ET	Intergroup Outreach
3:00-3:45 p.m. ET	Twelfth Step Within/Workshop Committee	xxxxxxx	xxxxxxx
4:00-5:00 p.m. ET	xxxxxxx	4:00-5:00 p.m. ET	Board

Section 2: Standing Rules Virtual Region Assembly

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.

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. **MOTION TO EXTEND OPTION:** Twenty minutes before the assembly is scheduled to end, if more time is needed to finish the item under discussion, a "yes or no" vote to extend for ½ hour or to finish the business currently under discussion can be made. There will be no discussion, questions, or amendments to this vote.
7. 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.
8. No screenshots or photographs of the assembly members will be taken.
9. 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 after being requested to do so by the Center Mic or as 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.
- g. Attendees shall not use reaction emojis (e.g., thumbs up, clapping) or engage in verbal applause after a vote is taken, or at any other time.

Minutes Review Committee

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

Participation in a Virtual Region Assembly

- 13. 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.
- 14. Visitors may have a voice at the discretion of the chair.
- 15. An unaffiliated meeting of OA Virtual Region or a meeting of 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:
 - i. 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.
 - ii. 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.
- 16. 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.

Credentials

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

Consent Agenda

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

Voting Procedures

22. Registered representatives (reps) or alternates, board members, and committee chairs are entitled to a vote.
23. Except when using polls, the chair votes only to make or break a tie.
24. Any discussions (including electronic chats) will be discontinued once the debate is closed.
25. During a vote, members will appear on camera unless an exception has been granted by the chair.
26. 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.
27. 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.

Elections

28. All elections will be held by poll.
29. 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.
30. The results of the election will include the number of votes cast and the number of yes or no votes.

Motion and Debate

31. No main motions other than emergency motions will be taken from the floor at the assembly.

32. Emergency motions shall be submitted to the chair, who will determine if such a motion is considered an emergency.
33. During consideration of a motion, members who wish to speak will raise their hand and contact the center mic monitor to be recognized.
34. 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.
35. A member may not speak twice on the same motion.
36. Any method or recognition other than at point 3 above will be announced by the chair.
37. There will be a maximum of three pro and three con speakers for each motion.
38. There will be a maximum of two pro and two con speakers to each amendment.
39. 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.
40. To save time on a simple amendment to an admissible motion, the chair may ask the business assembly if there is any objection.
41. If there is no objection, the motion is changed to include the amendment.
42. The first speaker is always pro, and is usually the maker of the motion, unless they wish to have another voting member speak.
43. There shall be at least one pro speaker before any question on the motion is taken.

Questions on the Motions

44. 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.
45. The Chair may ask if there is no objection to extending time; if no objection is raised, the extension shall be granted without debate or questions.
46. A voting member is allowed one question per motion, with one follow-up question if they require clarification.
47. A motion to close debate (Previous Question) is in order only after five minutes have passed and requires a two-thirds vote.

Section 3: Prior Assembly Minutes (Pending Approval)

Assembly 1 Minutes

Date: June 1, 2025

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, after which the Chair introduced the **Parliamentarian** and **Center Microphone Monitor**.

Roll Call of voting members was taken by the Secretary and Data Officer, and announced as follows:

20 Intergroups/service bodies represented

31 Representatives

5 Board members (minus the chair

7 committee chairs

For a total of 43 voting members

Meditation and Reading

A passage from For Today was read, followed by a 3-minute meditation.

Quorum

The Secretary and Data Officer confirmed the roll call results The Quorum was announced and the Chair declared a quorum present.

Standing Rules

The Standing rules were presented, upon which an amendment was introduced.

Standing Rules Amendment 1 (made by the Secretary): A motion to amend the Standing to extend the time for questions from seven minutes to twelve minutes was introduced and seconded.

Motion to call the question.

Seconded.

Vote on Calling the Question: 38 yes; 2 no. Adopted

Standing Rules Amendment 1 (Continued). The motion to amend the Standing Rules was taken up. The Chair called for the vote on the motion to Standing Rules Amendment 1.

Vote on Standing Rules Amendment 1: 28 yes; 15 no. Adopted.

Standing Rules Amendment 1 was adopted as follows:

10 Questions on the Motions

1. Following the debate, the discussion, which consists of questions to the chair, to extend the time from seven to twelve minutes and may be further extended by a majority vote.

Standing Rules (as amended)

The Standing Rules (as amended) were taken up.

Vote on the motion to adopt the Standing Rules (as amended): 37 yes; 4 no.

The Standing rules were Adopted.

Adoption of Agenda

The motion on the adoption of the Proposed Agenda was taken up. The proposed agenda was adopted without objection.

Appointment of Minutes Review Committee

A Minutes Review Committee was appointed.

Approval of 2024 Assembly 2 Minutes

The motion on the adoption of the 2024 Assembly 2 Minutes was taken up. The 2024 Assembly 2 Minutes were adopted without objection.

Consent Agenda

The motion on the Adoption of the Consent Agenda was taken up. New Business Motion 1 was removed from the Consent Agenda.

The Chair called for the vote on the motion to adopt the Consent Agenda. The Consent Agenda was adopted without objection.

New Business Motion 3 was adopted as follows:

OA Virtual Region Policy Manual, Section 10.1: Amendments to this Policy and Procedure Manual may be proposed by any Virtual Region service body, the Virtual Region board, or a Virtual Region committee.

Treasurer's report:

The Treasurer's report was taken up. Questions were asked and answered.

Motion To Suspend The Rules

A motion to suspend the rules, in order to increase the time for question on the treasurers report by 5 minutes was taken up. The motion to suspend the rules was debated. Questions were asked and answered.

A motion to extend the question period by 5 minutes was adopted: 33 yes, 9 no.

The motion to suspend the rules was adopted.

Motion To Suspend The Rules

A motion to suspend the rules in order to take an item out of order was presented. The Chair ruled this **out of order** as the agenda had already been approved.

New Business Motion 2: Move to add Jewish Ethnicity Specific Focus Category

Motion 2 (Move to add Jewish Ethnicity Specific Focus Category) was taken up. The motion was presented, after which an amendment was presented.

Amendment 1 to Motion 2

Amendment 1 to Motion 2 was proposed and seconded, after which Amendment 1 to Motion 2 was taken up.

Questions were addressed from the floor.

Vote on the motion to adopt Amendment 1 to Motion 2: 25 yes; 17 no.

Amendment 1 to Motion 2 was adopted as follows: Move to present a motion to the 2026 World Service Business Conference directing the board of trustees to create a specific focus category for ethnically Jewish members and add it to the specific focus drop-down menu on OA.org.

Amendment 2 to Motion 2

Amendment 2 to Motion 2 was proposed and seconded, after which Amendment 2 to Motion 2 was taken up.

Questions were addressed from the floor.

Vote on the motion to adopt Amendment 1 to Motion 2: 22 yes; 19 no.

Amendment 2 to Motion 2 was adopted.

Note: This amendment was later withdrawn at the suggestion of the Parliamentarian.

Move to Commit Motion 2

A motion to commit the motion to the bylaws committee was proposed and seconded, after which the motion to commit was taken up.

Questions were asked and answered.

Vote on the motion to commit Motion 2: 17 yes; 24 no.

Motion to commit Motion 2 failed.

Motion 2 (as amended)

Motion 2 (as amended) was taken up.

Questions were asked and answered.

Vote on the motion to adopt Motion 2 (as amended): 24 yes; 18 no.

Motion 2 (as amended) was adopted as follows: Move to present a motion to the 2026 World Service Business Conference directing the board of trustees to create a specific focus category for ethnically Jewish members and add it to the specific focus drop-down menu on OA.org.

Suspend the rules

A motion to suspend the rules, in order to take up New Bylaws Motion B prior to consideration of New Bylaws Motion A was proposed and seconded after which it was taken up.

Questions were addressed from the floor.

Vote on the motion to suspend the rules: 27 yes; 8 no.

The motion to suspend the rules was adopted.

New Bylaws Motion B – Move to amend Article 5 of the bylaws to create a new member of the board of directors: Member at large

Motion B was taken up.

Questions were addressed from the floor.

Vote on the motion to adopt Motion B: .29 yes; 10 no.

Motion B was adopted as follows:

OA Virtual Region Bylaws

ARTICLE 5 – THE VIRTUAL REGION BOARD

Section 1 – Composition

3. The Virtual Region board shall consist of the following officers:

1. Chair,
2. Vice-Chair
3. Secretary
4. Treasurer
5. Data Coordinator
6. Digital Coordinator
7. Member at Large
8. The assigned trustee serves as liaison to the Virtual Region board and has a voice.

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:

1. Vice-Chair
 2. Treasurer
 3. Data Coordinator
 4. Digital Coordinator
 5. Secretary
 6. Member at Large
-

Move To Withdraw New Bylaws Motion A

A motion to withdraw Motion A was presented by the Maker of the Motions Representative. The Chair ruled this out of order as the motion now belongs to the body.

Move to Extend the Limits of the Assembly

A motion to extend the assembly by 45 minutes in order to Consider New Bylaws Motion C and New Business Motion 4 was proposed and seconded after which it was taken up. The motion to extend the assembly by 45 minutes in order to Consider New Bylaws Motion C and New Business Motion 4 was debated.

Questions were addressed from the floor.

Vote on the motion to extend the assembly by 45 minutes in order to consider New Bylaws Motion C and New Business Motion 4: 25 yes; 13 no.

The motion to extend the assembly by 45 minutes in order to consider New Bylaws Motion C and New Business Motion 4 was adopted.

Suspend the rules

A motion to suspend the rules, in order to consider Bylaws Motion C and New Business Motion 4, without debate or questions, and move directly to the vote which was proposed and seconded, after which it was taken up. The motion to suspend the rules

was debated. Questions were asked and answered. The Chair called for the vote on the motion to suspend the rules.

Vote: 32 yes; 2 no. Motion to suspend the rules was adopted.

Message from the Chair:

At the conclusion of the assembly, following the passage of the motion to create the Member-at-Large position, a motion was made to consolidate the two remaining motions—one bylaw and one policy and procedure—relating to this new role. However, there remains some uncertainty regarding whether Motion C and Motion 4 were actually passed or simply combined for consideration.

In the interest of transparency and fairness to the body, we believe it is appropriate to bring these two motions back for a clear vote at the next assembly. They may be placed on the consent agenda, from which any member may request an item be removed for separate discussion and vote.

The motions in question pertain to:

- The duties and responsibilities of the Member-at-Large.
- The timing of the election for the Member-at-Large.

These motions will be submitted in advance for consideration at the next assembly.

Move to adjoin.

Motion to adjourn was proposed and seconded, after which it was taken up.

Questions were addressed from the floor.

Vote on the motion to adjourn. 30 yes; 5 no. Motion to Adjourn was adopted.

Closing

The Region Chair conducted a Green Dot ceremony, after which the assembly was adjourned by announcements and closing prayers at 4:21 PM Eastern Time.

Section 4: Adoption of Proposed Agenda

The Chair will accept a motion on the adoption of the Proposed Agenda (See page 7, 8) or any amendments to the agenda may be made at this time.

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 2 2025:

BLA A Members “affiliated”

BYLAWS AMENDMENT A

Move to amend OA Virtual Region Bylaws, Article 3 – Members, Section 1 – Membership, point 1.A by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>ARTICLE 3 – MEMBERS</p> <p>Section 1 – Membership</p> <p>1. Virtual Region representatives or alternates from each affiliated service body</p> <p> A. Each virtual intergroup shall be entitled to one representative in the business assembly for each ten groups or part thereof. 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.</p>	<p>ARTICLE 3 – MEMBERS</p> <p>Section 1 – Membership</p> <p>1. Virtual Region representatives or alternates from each affiliated service body</p> <p> a. Each <u>virtual affiliated</u> intergroup shall be entitled to one representative in the business assembly for each ten groups or part thereof. 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.</p> <p> b. <u>Other affiliated service bodies (such as but not limited to specific focus service boards) will be entitled to one representative regardless of the number of meetings they represent.</u></p>

SUBMITTED BY:

Virtual Region Bylaws Committee

**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

INTENT: To clarify that the bylaw applies specifically to service bodies that are affiliated with the Virtual Region of Overeaters Anonymous, rather than virtual intergroups affiliated with other regions.

IMPLEMENTATION: Update the bylaws.

COST: \$0, Time to update the Bylaws, post on the website and send it to the World Service Office.

PRIMARY PURPOSE: To ensure clarity and consistency in the bylaws, aligning with OA's principle of group autonomy while maintaining clear communication and structure within the Virtual Region.

RATIONALE: There are virtual service bodies affiliated with regions other than the Virtual Region, and this distinction needs to be made clear. By specifying that the bylaw applies to service bodies affiliated with the Virtual Region, the motion avoids confusion. This also allows a geographic service body to choose to affiliate with the Virtual region. Simplifying the wording also improves readability and accessibility, making the material easier for members to understand and apply.

BLA B M@L election

BYLAWS AMENDMENT B

Move to amend OA Virtual Region Bylaws, Article 5 – Board Members Duties by Position, Items 3-5 as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article 5 – Board Members Duties by Position</p> <p>Section 5 – Election of the Virtual Region Board Members</p> <ol style="list-style-type: none">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.	<p>Article 5 – Board Members Duties by Position</p> <p>Section 5 – Election of the Virtual Region Board Members</p> <ol style="list-style-type: none">5. Each board member is elected for a two-year term.<ol style="list-style-type: none">a. Chair, treasurer, and data coordinator <u>and member at large</u> are elected in odd years.b. Vice-Chair, secretary and digital coordinator are elected in even years.

Proviso: Upon adoption, this motion shall become effective immediately.

SUBMITTED BY:

OA Virtual Region Bylaws Committee
For the motion maker’s contact details, please email secretary@oavirtualregion.org

MAIN MOTION

INTENT: To formally establish when the newly created Board Officer position, **Member at Large**, shall be elected.

IMPLEMENTATION: Upon approval, the Member at Large will assume their position with duties as outlined in the Policy Manual.

PRIMARY PURPOSE: To provide clarity on when the member at large is elected.

RATIONALE: Defining the timing of when the elected Member at Large takes office eliminates ambiguity, ensures smoother handover, and allows the Board to fully benefit from the support and contributions of this new officer role.

Proviso

INTENT: To ensure that the provisions of this motion are enacted without delay, allowing the Member at Large role to be filled at this assembly.

IMPLEMENTATION: Once the motion is adopted, the new position and its associated responsibilities will take effect immediately, rather than being delayed until the next election cycle.

PRIMARY PURPOSE: To help the Board by enabling the new Member at Large to begin supporting Board Officers and engaging with members immediately.

RATIONALE: Delaying implementation could hinder Board efficiency and leave the new position vacant. This proviso ensures that the Region has a full Board.

BLA C Trustee Liaison “should”

BYLAWS AMENDMENT C

Move to amend OA Virtual Region Bylaws, Article 6 – Trustee Liaison, Section 4 – Participation in the Virtual Region, by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article 6 – Trustee Liaison</p> <p>Section 4 – Participation in the Virtual Region</p> <ol style="list-style-type: none">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.	<p>Article 6 – Trustee Liaison</p> <p>Section 4 – Participation in the Virtual Region</p> <ol style="list-style-type: none">1. The Trustee Liaison will <u>should</u> attend Virtual Region Board meetings where they have a voice and no vote.2. <u>The</u> Trustee Liaison will <u>should</u> attend Virtual <u>Regular or Special</u> Region Assembly <u>Assemblies</u> or special business meetings, where they have a voice but and no vote.

SUBMITTED BY:

Virtual Region Bylaws Committee
**For the motion maker’s contact details, please email
secretary@oavirtualregion.org**

INTENT: To move the language from a mandate to a recommendation, allowing the Trustee Liaison greater flexibility in attending Virtual Region Board meetings and assemblies.

IMPLEMENTATION: Update the Bylaws.

COST: None

PRIMARY PURPOSE: To respect the time and availability of the Trustee Liaison while still encouraging their presence and participation in Board meetings and Assemblies. It reflects a spirit of collaboration rather than obligation.

RATIONALE: The original language mandates attendance, which may not always be feasible due to scheduling conflicts or other trustee responsibilities. By using “should” instead of “will,” the Virtual Region acknowledges the value of trustee participation while allowing for discretion and practicality. This adjustment maintains the connection and involvement of the Trustee Liaison without placing undue burden on their role.

BLA D Coms from VR

BYLAWS AMENDMENT D

Move to amend OA Virtual Region Bylaws, Article 3 – Members, Section 6 – Virtual Region Representative Responsibilities, Point 3, by inserting as follows:

CURRENT WORDING	PROPOSED WORDING
ARTICLE 3 – MEMBERS Section 6–Virtual Region Representative Responsibilities 2. To ensure that all communications pertaining to the Virtual Region are made available to their service body or committee.	ARTICLE 3 – MEMBERS Section 6–Virtual Region Representative Responsibilities 2. To ensure that all communications pertaining to <u>from</u> the Virtual Region are made available to their service body or committee.

SUBMITTED BY:

OA Virtual Region Bylaws Committee
For the motion maker’s contact details, please email secretary@oavirtualregion.org

INTENT: To broaden the responsibility for transparency in communication, ensuring it includes both messages about and from the Virtual Region—especially in relation to interactions with the Virtual Region and the World Service Office.

IMPLEMENTATION: Amend the the Bylaws.

COST: None

PRIMARY PURPOSE: To make sure that trusted servants and committees chairs are informed about all relevant communications, whether the communication is from the World Service Office, the Region, other Regions, or Service Bodies of OA.

RATIONALE: Currently the focus is limited to communications about the Virtual Region. This addition makes it clear that messages from the Virtual Region—including those about other parts of OA—should also be shared with the appropriate service bodies, or committee. It supports OA’s values of transparency, accountability, and connection across all levels of service.

BLA E Board quorum

BYLAWS AMENDMENT E

Move to amend OA Virtual Region Bylaws, Article 5, Section 8 – Board of Directors, by inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p data-bbox="201 541 747 583">Article 5 – The Virtual Region Board</p> <p data-bbox="201 617 662 659">Section 8 – Board of Directors</p> <p data-bbox="201 688 786 764">The officers of the Virtual Region shall be the directors of the corporation.</p> <ol data-bbox="250 798 795 1604" style="list-style-type: none"><li data-bbox="250 798 795 945">1. The Virtual Region board of directors shall meet regularly, or when notified by the chair of the need for an additional meeting.<li data-bbox="250 945 795 1604">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 data-bbox="347 1163 795 1604" style="list-style-type: none"><li data-bbox="347 1163 795 1457">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.<li data-bbox="347 1457 795 1604">B. The treasurer will report any such decisions to the Virtual Region at the next assembly.	<p data-bbox="824 541 1370 583">Article 5 – The Virtual Region Board</p> <p data-bbox="824 617 1282 659">Section 8 – Board of Directors</p> <p data-bbox="824 688 1461 764">The officers of the Virtual Region shall be the directors of the corporation.</p> <ol data-bbox="873 798 1477 1892" style="list-style-type: none"><li data-bbox="873 798 1477 945">1. The Virtual Region board of directors shall meet regularly, or when notified by the chair of the need for an additional meeting.<li data-bbox="873 945 1477 1129">2. <u>No business of the Board shall be conducted unless a quorum, consisting of at least fifty percent of all elected or appointed Board officers, has voted or been given the opportunity to vote.</u><li data-bbox="873 1129 1477 1348">3. <u>If a decision is conducted outside of a real-time meeting, any vote shall remain open for a minimum of twenty-four (24) hours, and all such actions shall be ratified by the Board at the next scheduled meeting.</u><li data-bbox="873 1348 1477 1892">4. 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 data-bbox="964 1528 1477 1892" style="list-style-type: none"><li data-bbox="964 1528 1477 1785">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.<li data-bbox="964 1785 1477 1892">B. The treasurer will report any such decisions to the Virtual Region at the next assembly.

SUBMITTED BY:

OA Virtual Region Bylaws Committee

**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

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

IMPLEMENTATION: Update the Bylaws.

COST: None

PRIMARY PURPOSE: Requiring a quorum for the Board 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 should be present to conduct business, in keeping with the 4th Concept.

BLA F Clean Up Trustee

BYLAWS AMENDMENT F

Move to amend OA Virtual Region Bylaws Article 5 – The Virtual Region Board, Section 4 – Trustee Nominees, by striking as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article 5 – The Virtual Region Board</p> <p>Section 4 – Trustee Nominees</p> <p>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.</p> <p>The Virtual Region requires:</p> <ul style="list-style-type: none">A. Being a regularly attending member of a Group within the Virtual Region.B. An awareness of the time and expenses involved in service as a trustee.C. People wishing to be nominated must submit a Trustee Application.D. Applications must be submitted no later than sixty (60) days before the Assembly at which the election will be held.E. Applicants must be present at the Assembly, prepared to respond regarding qualifications for trustee service.	<p>Article 5 – The Virtual Region Board</p> <p>Section 4 – Trustee Nominees</p> <p>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.</p> <p>The Virtual Region requires:</p> <ul style="list-style-type: none">A. Being a regularly attending member of a Group within the Virtual Region.B. An awareness of the time and expenses involved in service as a trustee.C. People wishing to be nominated must submit a Trustee Application.D. Applications must be submitted no later than sixty (60) days before the Assembly at which the election will be held.E. Applicants must be present at the Assembly, prepared to respond regarding qualifications for trustee service. <p>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</p>

<p>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:</p> <ul style="list-style-type: none"> 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 Virtual Region service bodies. unaffiliated meetings and will be posted on the Virtual Region website. 	<p>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:</p> <ul style="list-style-type: none"> 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 Virtual Region service bodies. unaffiliated meetings and will be posted on the Virtual Region website.
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SUBMITTED BY:

Virtual Region Bylaws Committee

For the motion maker’s contact details, please email secretary@oavirtualregion.org

INTENT: To clearly distinguish the role of the Trustee from that of a Region Board Member in all relevant sections of the bylaws, thereby avoiding confusion about service positions and authority.

IMPLEMENTATION: All sections of the Bylaws and Policy & Procedure Manual and related documents where the Trustee is referenced alongside Board Members will be reviewed and revised. Language will be updated to state explicitly that the Trustee serves as a liaison and resource but is **not** a member of the Region Board.

PRIMARY PURPOSE: This motion supports OA’s primary purpose by ensuring that service roles are clearly defined, preventing misunderstandings about authority, responsibility, and accountability.

RATIONALE: At present, wording in some sections could lead members to assume that the Trustee is a Board Member. Since the Trustee's role is defined differently in OA Bylaws, clarification is necessary. This protects the integrity of the Region, prevents conflicts of interest, and ensures that all participants understand the scope of the Trustee's service.

BLA G work with DC

BYLAWS AMENDMENT G

Move to amend OA Virtual Region Policy Manual, Section 4. Duties of Board Members, by inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>4. Duties of Board Members</p> <p>G. Assists others in becoming familiar with the Twelve Traditions and Twelve Concepts of OA Service.</p> <p>H. Reports:</p> <ul style="list-style-type: none">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.	<p>4. Duties of Board Members</p> <p>G. Assists others in becoming familiar with the Twelve Traditions and Twelve Concepts of OA Service.</p> <p>H. <u>Work with the data coordinator, as appropriate, to support the goals of the region.</u></p> <p>I. Reports:</p> <ul style="list-style-type: none">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.

SUBMITTED BY:

OA Virtual Region Bylaws Committee

For the motion maker's contact details, please email secretary@oavirtualregion.org

INTENT: To shift the responsibility of working with the Data Coordinator from being solely within the Secretary's role to becoming a shared duty of all Board Officers, ensuring collective accountability and stronger support for the Region's data needs.

IMPLEMENTATION: The job description will be updated.

PRIMARY PURPOSE: This motion supports OA's primary purpose by ensuring accurate and timely use of data that strengthens service work and communication within the Region. When all Board Officers are engaged in supporting the Data Coordinator, the Region's goals are met more effectively.

RATIONALE: Previously, this responsibility rested with the Secretary alone, which limited collaboration and placed unnecessary burden on a single officer. Since the Data Coordinator's work impacts the entire Region, it is appropriate that all Board Officers

share responsibility for supporting this role. This change fosters cooperation, broadens accountability, and ensures that the Region benefits from collective oversight.

BLA H Remove 'this'

BYLAWS AMENDMENT H

Move to amend OA Virtual Region Policy Manual 4. Duties of Board Members, point 6, by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
4. Duties of Board Members F. Become familiar with and assume responsibility for adherence to: Virtual Region and World Service Office Bylaws and this Policy and Procedure Manual.	4. Duties of Board Members F. Become familiar with and assume responsibility for adherence to: Virtual Region and World Service Office Bylaws and this Policy and Procedure Manuals.

SUBMITTED BY:

OA Virtual Region Bylaws Committee

For the motion maker's contact details, please email secretary@oavirtualregion.org

INTENT: To clarify that officers and committee members are expected to adhere to **both** the Virtual Region and World Service Office Bylaws, as well as the **respective** Policy and Procedure Manuals, by making the language inclusive and plural where appropriate.

IMPLEMENTATION: This change will be reflected in the documents by updating the phrasing from "this Policy and Procedure Manual" to "Policy and Procedure Manuals."

PRIMARY PURPOSE: This motion supports OA's primary purpose by reinforcing accountability and alignment with established documents. It strengthens the integrity of service work, enabling trusted servants to focus on carrying the OA message of recovery while operating within clear, consistent guidelines.

RATIONALE: The current wording may unintentionally suggest that only one manual is relevant, potentially creating confusion about the scope of responsibility. The revised language is more accurate and inclusive, eliminating ambiguity and ensuring that officers and committee members understand their responsibility to follow all applicable governing documents.

In addition, there are policies contained within the World Service Policy Manual that directly impact the Region. It is therefore important that board officers are aware of these policies, understand their content, and adhere to them in their service.

NBM 1 Member@Large Duties

NEW BUSINESS MOTION 1

Move to amend OA Virtual Region Policy Manual, Article 5 – Board Members Duties by Position, by creating a new section, Section 7 – Member at Large as follows:

CURRENT WORDING	PROPOSED WORDING
DOES NOT CURRENTLY EXIST	<p>Article 5 – Board Members Duties by Position</p> <p><u>Section 7 – Member at Large</u></p> <ol style="list-style-type: none">1. <u>Support Board Officers in communicating with members, meetings, and service bodies, including responding to inquiries.</u>2. <u>Assist other officers in providing regular updates to members, meetings, and service bodies.</u>3. <u>Provide backup to and may temporarily perform the duties of any Board member other than the Chair.</u>4. <u>Other duties as assigned.</u>

SUBMITTED BY:

Virtual Region Bylaws Committee

For the motion maker’s contact details, please email secretary@oavirtualregion.org

INTENT: To define the responsibilities of the Member at Large, a newly created Board Officer position, and include these roles in the Policy Manual.

IMPLEMENTATION: If approved, the above section will be added to Article 5 of the Policy Manual. The new Member at Large will begin serving in accordance with these responsibilities, in alignment with the separate motion establishing their election.

PRIMARY PURPOSE: To ensure clarity, consistency, and transparency by documenting the scope and expectations of the Member at Large position.

RATIONALE: The creation of the Member at Large position addresses the Board's need for additional support, flexibility, and continuity. The role enhances the Board’s ability to respond to members and adapt during transitions or absences.

NEW BUSINESS MOTION 2

Move to amend OA Virtual Region Policy Manual 5. Board Members Duties by Position, point 6, by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>5. Board Members Duties by Position</p> <p>F. Treasurer</p> <p>e. Reports the Virtual Region financial status as follows:</p> <ol style="list-style-type: none"> 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. <p>f. Provides financial information for the annual audit, to be conducted by Virtual Region Chair and the</p>	<p>5. Board Members Duties by Position</p> <p>F. Treasurer</p> <p>e. Reports the Virtual Region financial status <u>of the Region</u> as follows:</p> <ol style="list-style-type: none"> 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. <ol style="list-style-type: none"> 1. <u>Monthly - Current balance</u> 2. <u>Quarterly report with year-to-date figures showing:</u> <ol style="list-style-type: none"> a. <u>Itemized Income (including contributions)</u> b. <u>Contributions by month for the preceding 12 months</u> c. <u>Expenses</u> d. <u>Comparison of actuals to budget</u> <p>f. <u>Quarterly reports will also be provided in the treasurer's assembly report.</u></p>

<p>finance committee, within the first quarter of the next fiscal year.</p> <p>g. Other duties as assigned.</p>	<p>g. 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.</p> <p>h. <u>Files all required tax returns and related forms with state and federal authorities, as required by law.</u></p> <p>i. <u>Prepares and presents the annual budget in accordance with Article 3: Financial Policies of this Policy Manual.</u></p> <p>j. <u>Administers the Delegate Support Fund in compliance with Article 3: Financial Policies of this Policy Manual.</u></p> <p>k. Other duties as assigned.</p>
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SUBMITTED BY:

OA Virtual Region Finance Committee
For the motion maker’s contact details, please email secretary@oavirtualregion.org

INTENT: To bring the policy manual in line with current practice.

IMPLEMENTATION: Update the policy manual.

HOW DOES THIS MOTION SUPPORT OA’S PRIMARY PURPOSE? Updating the duties of the Treasurer ensures a smooth rotation of service and maintains the integrity of the corporation

RATIONALE: Having an outline of duties makes it easier to understand the role and complete all needed tasks.

NBM 3 Secretary Duties

NEW BUSINESS MOTION 3

Move to amend OA Virtual Region Policy Manual 5. Board Members Duties by Position, point 3, by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>5. Board Members Duties by Position</p> <p>C. Secretary</p> <p>a. Takes minutes of all assembly and board meetings.</p> <ol style="list-style-type: none">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	<p>5. Board Members Duties by Position</p> <p>C. Secretary</p> <p>a. Takes minutes of all assembly and board meetings.</p> <ol style="list-style-type: none">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. <p>b. Once the minutes are completed</p> <ol style="list-style-type: none">1. Will submit a copy of the unapproved minutes to the Digital Communications

<p>minutes. This requires a two-thirds majority.</p> <p>b. Once the minutes are completed</p> <ol style="list-style-type: none"> 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. <p>c. Additionally, the secretary shall:</p> <ol style="list-style-type: none"> 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. <p>d. Assembly duties:</p> <ol style="list-style-type: none"> 1. Be responsible for assembling a team to do the preparation of registration and Virtual Region business assembly-related materials, including 	<p>Committee to be posted on the Virtual Region website.</p> <p>2. Send application forms of trustee nominees to the World Service Office within one week of affirmation of candidates.</p> <ol style="list-style-type: none"> 1. <u>The Secretary will compile draft Assembly minutes within 30 days of the Assembly.</u> 2. <u>The draft minutes and Assembly recording will be sent to the Minutes Review Committee, which will provide any additions or corrections to the Secretary within 15 days.</u> 3. <u>The minutes will then be sent to the Data Officer for redaction and final review who will send them to the Webmaster for posting on the website.</u> <p>b. Additionally, the secretary shall:</p> <p>1. Create a digital copy of all Virtual Region documents for storage on the appropriate platform.</p> <ol style="list-style-type: none"> 1. 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 <u>lists and other data as required.</u> 2. <u>Send application forms of trustee nominees to the World Service Office</u>
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<p>updating credentials and roll call for assembly.</p> <ol style="list-style-type: none"> 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. 	<p><u>within one week of affirmation of candidates.</u></p> <p>c. Assembly duties:</p> <ol style="list-style-type: none"> 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. 1. <u>Assemble a team responsible for preparing registration and assembly-related materials. Both before, during and after the Assembly.</u> 2. The Secretary shall maintain copies of all pertinent assembly materials in the appropriate Google Drive. 3. Be responsible for updating credentials and roll call for and at the Virtual Region business assembly. <u>With the support of the data coordinator and a support team, updates credentials and roll call before and during the Assembly.</u> 4. Review updates resulting from motions at the Virtual Region business
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	<p>assemblies and then submits Bylaws and Policy and Procedures for posting within 25 days of the business assembly.</p> <p>5. Works with the data coordinator as needed to accomplish the goals of the region.</p> <p>4. Other duties as assigned.</p>
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SUBMITTED BY:

OA Virtual Region Bylaws Committee

For the motion maker’s contact details, please email secretary@oavirtualregion.org

INTENT: To revise the Secretary’s job description for clarity, remove duplicated language, and reflect current expectations.

IMPLEMENTATION: Once adopted, the revised duties will be inserted into the appropriate section(s) of the Policy Manual, replacing the existing version. This will be reflected in all documents and future communications.

PRIMARY PURPOSE: To ensure the Secretary’s responsibilities are clearly defined, concise, and aligned with the current needs of the Board and the region.

RATIONALE: The previous version of the Secretary’s duties included redundant or outdated tasks. A streamlined and updated description helps avoid confusion and improves efficiency. This revision supports the overall functionality of the Region Board.

NBM 4 Clean up Trustee

NEW BUSINESS MOTION 4

Move to amend OA Virtual Region Policy Manual 6. Virtual Region Trustee, by striking as follows:

CURRENT WORDING	PROPOSED WORDING
<p>6. Virtual Region Trustee</p> <p>A. 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.</p> <p>B. The Virtual Region trustee serves a three-year term on the World Service board of trustees.</p> <p>C. Although each region trustee represents a specific region, they serve Overeaters Anonymous as a whole.</p> <p>D. Trustees meet periodically throughout the year to conduct OA business.</p>	<p>6. Virtual Region Trustee</p> <p>A. 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.</p> <p>B. The Virtual Region trustee serves a three-year term on the World Service board of trustees.</p> <p>C. Although each region trustee represents a specific region, they serve Overeaters Anonymous as a whole.</p> <p>D. Trustees meet periodically throughout the year to conduct OA business.</p>

SUBMITTED BY:

OA Virtual Region Bylaws Committee

For the motion maker's contact details, please email secretary@oavirtualregion.org

INTENT: To streamline documents by removing wording that is already addressed in the Bylaws, preventing duplication and confusion.

IMPLEMENTATION: The section referencing clarification of the Trustee's status will be deleted from the Policy & Procedure Manual, since the Bylaws already covers this.

PRIMARY PURPOSE: This motion supports OA's primary purpose by keeping documents clear, concise, and consistent. Eliminating duplicated language ensures that members and officers can focus on service and recovery, without being distracted by redundant or conflicting statements.

RATIONALE: Because the Bylaws already establish the Trustee role, repeating it in other documents is unnecessary. Removing the extra section avoids redundancy, keeps the Policy & Procedure Manual aligned with the Bylaws, and protects against the risk of contradictory language in future revisions.

NBM 5 WSBC Chair Alternate

NEW BUSINESS MOTION 5

Move to submit a motion for the 2026 World Service Business Conference.

SUBMITTED BY:

OA Virtual Region Bylaws Committee

**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

INTENT: To submit the accompanying motion to the World Service Business Conference.

IMPLEMENTATION: Submit the following motion to the World Service Business Conference.

COST: No additional cost beyond what would be expected for processing a standard motion.

HOW DOES THIS MOTION SUPPORT OA'S PRIMARY PURPOSE?: It ensures representation at all levels of OA Service.

RATIONALE: Only World Service Business Conference has the ability to make the change needed.

PROPOSED OA NEW BUSINESS MOTION

MOTION: Move to amend OA, Inc. Bylaws, Subpart B, Article IX — Conference Committees, Section 3 – Region Chairs Committee, Part b by striking and inserting as follows:

<u>CURRENT WORDING</u>	<u>CURRENT WORDING</u>
<p>Article IX — Conference Committees Section 3 – Region Chairs Committee</p> <ul style="list-style-type: none">a. The Region Chairs Committee shall act as a channel of communication between the Board of Trustees and the members of the Fellowship in their respective regions, for the purpose of sharing resources and solutions.b. The Region Chairs Committee shall be composed of the current region chairs only. A region chair may designate an alternate, such as the region vice chair, to serve on the committee in their absence.c. Section 5 of Article IX does not apply to this committee.	<p>Article IX — Conference Committees Section 3 – Region Chairs Committee</p> <ul style="list-style-type: none">a. The Region Chairs Committee shall act as a channel of communication between the Board of Trustees and the members of the Fellowship in their respective regions, for the purpose of sharing resources and solutions.b. The Region Chairs Committee shall be composed of the current region chairs only. A region chair may designate an alternate, such as the region vice chair, to serve on the committee in their absence.c. <u>A Region Chair may designate an alternate to serve on the committee in their absence.</u>d. Section 5 of Article IX does not apply to this committee.

SUBMITTED BY:

OA Virtual Region

For the motion maker’s contact details, please email secretary@oavirtualregion.org

INTENT: This motion is meant to give Region Chairs flexibility when they cannot attend a committee meeting.

IMPLEMENTATION: Update the Bylaws.

COST: There is no financial cost. It only requires an update to the Bylaws.

HOW DOES THIS MOTION SUPPORT OA'S PRIMARY PURPOSE?: Our primary purpose is to carry the message of recovery. Committees are one of the ways we make that possible. This motion helps make sure those committees keep running smoothly even if the Region Chair is not available.

RATIONALE: The current wording can imply that only the Vice Chair can serve as the alternate. That can be limiting if the Vice Chair is busy or unavailable. By opening the options to other trusted and experienced servants—like a past Region Chair, a current Board Officer, or a Committee Chair—we make it easier to keep the work moving forward. This ensures continuity, shared responsibility, and stronger support for the fellowship.

Section 6: Proposed Budget

1	VR Budget 2026 proposed for adoption at Assembly 02, 11-15-25	
2	Income	
3	INDIVIDUALS	\$14,000
4	INTERGROUPS/SERVICE BODIES - VR	\$27,000
5	MEETINGS / GROUPS	\$9,240
6	WORKSHOPS	\$1,500
7	CONVENTION REGISTRATIONS	\$21,000
8	FUNDRAISING/SPECIAL APPEAL	\$18,000
9	HELP CARRY THE MESSAGE FUND	\$2,000
10	Total Income	\$92,740
11	OPERATIONS	
12	ASSEMBLY EXPENSES	\$1,250
13	BANK FEES	\$200
14	DONORBOX FEES	\$750
15	FEES FROM CONVENTION	\$1,000
16	PAYPAL FEES	\$500
17	E-COMMERCE SITE	\$0
18	FILING FEES, QUICKBOOKS SUBS	\$1,000
19	GDPR COMPLIANCE SUBSCRIPTIONS	\$5,000

20	GOOGLE WORKSPACE	\$240
21	INSURANCE	\$9,500
22	POSTAGE AND MAILBOX	\$300
23	SERVICE WORKERS	\$4,000
24	TRUSTEES NOMINEES TO WSBC	\$2,500
25	VR CHAIR TO WSO & OTHER REGIONS	\$7,500
26	VR CONTRIBUTIONS TO WSO	\$2,000
27	WEBSITE	\$5,000
28	ZOOM	\$3,000
29	OUTREACH	
30	CONVENTION EXPENSES	\$8,000
31	DIGITAL CONTENT	\$500
32	IGOR	\$500
33	INTERPRETATION	\$7,500
34	LANGUAGE TRANSLATION	\$7,500
35	PIPO PUBLIC INFORMATION PROF OUTREACH	\$8,000
36	HELP CARRY THE MESSAGE - SOCIAL MEDIA	\$2,000
37	SCHOLARSHIPS TO NEW INTERGROUPS	\$500
38	SPECIAL PROJECTS	\$2,000
39	WORKSHOP COMMITTEE EXPENSES	\$500
40	WSBC DSF SCHOLARSHIPS FOR IGS	\$12,000

41	Total Expense	\$92,740
42	Total Net Income	\$0

Section 7: Elections

Board Service Position: Chair

Current Service Body

Virtual Intergroup, Virtual Region

Years in Overeaters Anonymous

4

Qualifications

I confirm that I meet all qualifications as listed above and defined in Virtual Region Bylaws, Article V - The Virtual Region Board.

Brief account of your OA story

I recently celebrated 4 years of continuous abstinence (7/21/21). I came to OA in June of 2021 after three nearly three decades of sobriety in AA. I am tall and for many years had no negative consequences from excessive eating. This is likely because I sought ease and comfort in alcohol and drugs, then excessive coffee and a pack a day cigarette habit. However, in middle age I had a succession of major life changes and, with all those substitutes gone, the food became my drug of choice. From the age of 50-65 I lost and regained hundreds of pounds through dieting and excessive exercise. My top weight was in excess of 300 pounds.

I have achieved an 80 pound loss and am continuing to work towards a goal of a 130-pound loss. After ten years of sobriety I relapsed for 7 horrific years and know the agony of addiction relapse. I have a healthy fear of relapse so I work what I believe to be a solid program founded on spiritual and human connection. All those years of gaining and losing before I started working this program has convinced me that I am powerless over compulsive eating and will never live a full, abstinent life without the grace of God and the support of fellow travelers.

Summary of your OA Service

I came into OA by way of the 9PM 100-Pounder meetings. Because I knew the danger of isolation I got into service immediately. I moderated meetings, served as a speaker-getter, speaker-getter coordinator, and Dashboard monitor, 100-Pounder Meeting secretary, group representative to the VIG and Group Rep Coordinator. I'm active on a variety of meetings now and regularly serve as security, having been trained by the late Ellen.

In the Virtual Intergroup I served as secretary and briefly as Dash Coordinator. I am a member of the newly revived Workshop Committee, the Marathon Committee, and serve as needed in a variety of VIG activities.

On the Virtual Region I've served as Chair of the Twelfth Step Within/Workshop Committee, Secretary to the Finance Committee, member of the Convention and Assembly planning committees, and a variety of other roles as needed.

Skills and experience you can bring to the Role

I am reliable, dependable, focused and results-oriented. When I make a commitment I keep it. I've worked in settings that demanded flexibility, a strong work ethic, and strong relational skills. As a young, struggling single mom in recovery from addiction I gained the valuable gift of firstly, recovery, and secondly, an understanding of my own limitations and need for others. This was not easy but once I surrendered I began to experience true joy in life. As a young adult I did my job well and made a decent living for myself and son. When he left home I finished grad school and changed careers. It was at that point in life that people starting asking me to lead. Everywhere I turned people were asking me to lead. I felt ill-equipped initially but I had strong, patient mentors and it became quite natural for me.

In addition to my vocation, where I was the 'boss' for decades, I served on a variety of boards, committees, and commissions in the communities in which I lived. I helped to found and build two separate community organizing groups to empower people who often felt they had no voice. That work immersed me in local politics where I learned to work with 'both sides of the aisle'. I've chaired a variety of boards including an arts organization.

Skills and experience you can bring to the Board

*See above skills and experience I bring to the role.

More than any other qualities I believe my most relevant qualifications are: (1) I can get along with anyone. Every human soul is precious to God and I keep that fact ever before me, and (2) I'm an effective communicator (speaking, writing, and messaging).

What I've learned over the years is this - every voice matters, whether I agree or not, whether I 'like' them or not, and the outcomes are always superior when I work with others to achieve the objectives set by the organization, not my own preferences. I am most comfortable leading from the proverbial 30,000 foot level, casting a vision, testing it with the body, and allowing talented, smart people to make it happen. I don't do all the

work. I empower, equip, and enable others to. I don't micromanage (because I don't appreciate being treated that way). Building 'dream teams' is one of my favorite endeavors.

Why do you want to be a member of the Virtual Region Board?

OA has probably saved my life. I was on the trajectory of a pain-filled, slow decline into morbid obesity with all its co-morbidities. I desire to give back some of that life through service. Also, I've made wonderful friends in this region!

Board Service Position: Digital Resources Coordinator

Current Service Body
Virtual Region

Years in Overeaters Anonymous
11

Qualifications

I confirm that I meet all qualifications as listed above and defined in Virtual Region Bylaws, Article V - The Virtual Region Board.

Brief account of your OA story

I came to OA over 25 years ago with a sibling after a short while I left and in the years that followed gained and lost 100 pounds multiple times, eventually reaching more than 200 pounds overweight. I returned in 2014, at risk for and later diagnosed with uterine cancer. That bottom brought me back to OA with a new seriousness. I am a forever grateful. 200 lbs

Food was always my way of coping—from childhood incest, through abuse, and into adult life. I thought food made me feel safe, but in truth it deepened my depression, rage, and despair. In OA, I learned to weigh and measure food and emotions, forgive the past, and practice humility by making amends and living amends. I came to understand my disease and began turning my will and my life over to God daily.

I often describe myself as a “grateful 200-pounder. who gain 200 lbs of love and sanity” A big part of my current journey is practicing the principles in all my affairs. At times I have struggled to do this in the context of service, but those struggles have been some of my greatest growth opportunities.

Physically, my focus now is on dealing with lymphedema. I am pursuing a new treatment plan with an osteopath who also incorporates eastern medicine techniques, along with a renewed plan of eating. My hope is that these combined efforts will help me continue making shifts in my physical recovery.

Through it all, I remain deeply grateful to OA. Service is, for me, an act of love, faith, and hope. It carries the spirit of recovery into action, and I am grateful for the chance to grow with others in this fellowship.

Summary of your OA Service

Virtual Region Service

Current

Completing my second term as Virtual Region Chair which has been a blessed privilege

- Serving on the PA PT trustee committee as designated region chair.

Previous Virtual Region Service

Appointed Virtual Region Secretary

- Virtual Region Inaugural Convention Co-Chair – Convention 1 and Convention 2-

Virtual Region Workshop Committee Vice Chair, Committee ,Member

Virtual Region Unity With Diversity Committee Member

- Training workshops at the close of face-to-face meetings; provided training and support to other service bodies in launching Zoom conventions, assemblies, and retreat through out OA, coordinate dozens of training workshops for members and

Hosted coordinated Virtual Region First Creative Retreat with focus on Lifeline

Served while Virtual Region chair via committee invite world service 12 step with sub-committee 12 12 marathon advisor,

Served with Virtual REgion chai via committee inventive to the Public Information Public Outreach welcome room sub-committee.

Region 6

Assembly Representative

Public Information Professional OUtreach Committee Chair, Member, lead region wide

Carry the Message Workshops and facebook campaign assisted in launch or Region

French and English facebook pages

Intergroup Service

Footsteps- chaired first 24 hour fellowship room,c0-hosted Green book 15 week studies, meeting leader, intergroup representatives

Virtual Intergroup meeting leader and marathon leader

Nassau Intergroup Member, Region Representative, World Service Delegate,

Workshop and PIPO chair, TReasurer, Vice Chair Chair

- Ongoing Service at the Meeting Level

- Regular service in Nassau OA, OA Footsteps, and Virtual Region meetings (chairing, hosting, tech, newcomer outreach, sponsorship)

Skills and experience you can bring to the Role

Marketing strategy, strategic planning, execution, training of staff and volunteers

- Proficient with MS Office, Dropbox, Google Workspace, , Constant Contact, Eventbrite, Zoom

- Developed and executed multi-platform campaigns; created training materials; facilitated team collaboration across time zones

Overseen website development team for dozens of companies

Created multimedia marketing and product development strategies

Skills and experience you can bring to the Board

The skills I bring to the Virtual Region Board include six years of experience serving on committees and at the board level within the Virtual Region, which I believe equips me to support the Board, its committees, and chairs effectively. I also bring a background in business development that can be applied to the Region's ongoing efforts to innovate and develop new strategies. My service has given me experience working with various intergroups and members across different languages and diverse communities, along with a working knowledge of the OA Traditions and the historical development of the Region. Altogether, these provide me with a strong foundation that I believe will be an asset to the Board.

Why do you want to be a member of the Virtual Region Board?

Service on the Virtual Region Board in the Digital role offers an opportunity to strengthen the Region's ability to carry the message through outreach, innovation, and collaboration. This role can support the smooth transition of the new Chair and Board members while assisting committees in strategic planning for growth. Through participation in this role, the Board can benefit from coordinated efforts to consolidate and expand Facebook presence, develop strategic content strategies, and build a network of resources for non-real-time and chat meetings that both carry the message and communicate what is happening at the Region and World Service levels, while also supporting intergroups.

As a relatively new role within a young Region, the Digital position has the potential to model how a digital strategic plan can be developed and executed. Service in this role can also provide liaison support between the Digital Committee and the Board, assist other committees—particularly IGOR—in outreach to unaffiliated meetings, and strengthen intergroup renewal work already underway. In addition, the historical knowledge of the Region and its service bodies that informs this service may be a useful foundation for the Board's work in the year ahead.

Date of Application

September 16, 2025

Board Service Position: Member at Large

Current Service Body
Virtual Region

Years in Overeaters Anonymous
25 years

Qualifications

I confirm that I meet all qualifications as listed above and defined in Virtual Region Bylaws, Article V - The Virtual Region Board.

Brief account of your OA story

I attended my first OA meeting in October of 2000. My abstinence date is February 18, 2001. I have done only one thing perfectly in my OA recovery- I keep coming back.

My physical recovery story is a gift from God. I came to the program desperate for a solution to my eating disorder. I was very overweight and suffering the physical effects of being overweight. Through working the steps with my sponsor, I learned to surrender my food to God. Each day in recovery I continue to let God guide my food choices. At the same time, I realise I need to do the footwork to make food choices that fall within my plan of eating. Being relieved of the obsession on a daily basis has been a gift of my recovery.

My emotional recovery continues to unfold. When I came into the program, I only knew one emotion: anger. Through abstinence and again working the steps, I am now able to experience a multitude of feelings. I've learned that feelings aren't facts and experiencing them is a gift of recovery. I've learned to work through those situations that used to lead to uncontrolled eating and uncontrolled self loathing. In recovery, I've come to be grateful for the blessing and lessons that feelings offer.

My spiritual recovery is a miracle. I came into program unwilling to pray and angry with the God I'd had up to that point; and frankly not sure I was in need of any further "religion." Learning about spirituality and a God of my understanding brought about a profound change in my life. I now pray frequently and have meditated regularly for years. I credit my connection with my Higher Power to be the mainstay of my program now.

Through the gift of recovery, I have gone from a life of misery and despair, to a life that is happy, joyous, and free from obsession. I continue to grow in the program, one day

at a time, through commitment to abstinence, working the steps, following the principles, and using the tools. The most important thing in my OA recovery history is how I continue to learn to "Let Go and Let God."

I live in recovery mode now - using the steps, practicing the traditions, knowing the concepts, and serving HP and others.

Summary of your OA Service

Personal:

Sponsor, Service Sponsor, 12th Stepper, Retreat Leader (S,T,&C; various recovery topics)

Group:

You name it - I've done it at least once. We Care, Chips, Literature, Secretary, Business Meeting Chair, schlepper of important meeting stuff, Treasurer, Speaker, Opener, Leader, trained groups on zoom during the pandemic, zoom host, zoom meeting leader.

Intergroup:

Rep (2002-5), Treasurer (AHI 2002), Chair AHI (10-2003 to 1-2005), Unification Committee Co-Chair (2004-5), Chair ASDI (1-2005 to 6-2005), Summer Retreat (2002-10) worker, Refreshment Chair, Raffle Chair, Speaker Liason Co-Chair; Retreat Program Chair (2006, 2010); Retreat CoChair (2009);R3 Convention/Assembly Program Chair 8-2004, South and East England Delegate to OAGB, South and East England Executive Secretary, South and East England Retreat CoChair, South and East England TSW Chair.

NSB Delegate to OAGB NSB. Served as service sponsor for several NSB board members. Served as parliamentarian at 2 assemblies and centre mic at one for OAGB.

Region III:

Representative (2003-5), Ways, Means & Finance committee (2003-5), R3 Vice Chair 2005-06; R3 Chair 3-2007-2011.

Region 9: Delegate, Finance Committee, Chair 2013-19, Translations Committee, BL Committee. Also served as parliamentarian after my service as Chair.

Virtual Region: Centre Mic Monitor for VR assemblies; Editor for Convention recordings (Digital committee); CoChair for Data Committee(2 years) Helped develop and start the Tech Sub-committee; Data Coordinator Nov 2023-present (11-2026), Worked with Assembly Support Team 3 years.

WSBC:

Delegate (2003-5), HIPM Delegate Co-Chair (2003-5), Unity with Diversity Committee WSBC 3 years (through 2009), Region Chairs Committee (2007 to 2011 for R3 and R9), Delegate for R3 2007-2011 (as Region Chair for Unrepresented Groups), Region Chairs Committee Chair (2009-2010) Delegate for R9 during my 2 terms. Served as Centre Mic Monitor for WSBC the 2 years it was virtual.

Skills and experience you can bring to the Role

The personal skills I possess that would be beneficial to this position are: enthusiasm, organisation, good listening, flexibility, supportiveness, and good decision making (with the help of HP).

During my working career as an insurance loss adjustor I became well practiced in negotiating, mediating, customer service, handling difficult customers and complaints, employee development and training, and public speaking. During the course of my employment I also developed general skills. I am able to work well independently or within a group. Within a group I am willing and able to evaluate and solve problems, take the initiative, compromise or lead where necessary. I have good literacy and computer skills. I am attentive to details but also excel at being able to see the whole picture.

I have also worked with teenagers in business enterprise helping them to develop their own businesses. In this role I worked in many fields including marketing, accounting, sales and capitalisation. I also worked with adolescents in my church as a youth leader which involved developing programs for teens and training youth leaders state wide.

During a difficult period in my church, I stepped into a more advanced leadership position. I was instrumental in developing structure for running the church, planning and managing special events, plus coordinating and facilitating community meetings of church leaders. I was instrumental in leading and inspiring others through my service work. I played a crucial role during which time the church began to recover from financial difficulties and the loss of our minister.

As a region chair, and a member of the regions chair's committee, I have further developed my leadership skills and have also learned much more about working with others.

I first served in the Virtual Region at the first assembly as the timer and then continued to serve at assemblies as Centre Mic until joining the Digital Committee as an editor of

recordings from conventions. All of those positions brought me more skills and more experience in areas of meeting virtually.

Working in the Data area in the Virtual Region I have more experience now with GDPR, Data Protection, and also many technical skills (Google drive, google drive admin, Constant Contact) which I learned in my current position.

Skills and experience you can bring to the Board

All the skills stated above plus in doing OA service I have learned to look for the spiritual solutions-- always.

Why do you want to be a member of the Virtual Region Board?

I am currently the Data Coordinator on the VR Board. I want to continue my service to the OA Virtual Region on the board but would like to serve in a different capacity now. For me this is practicing rotation of service. I am proud of the accomplishments of the Data Committee and the Tech sub-committee while I served there. I believe the broad range of experience I've had in my various service positions over the years will be an asset serving in the Member at Large position.

Date of Application

September 16, 2025



Board of Trustees

Submitted for consideration at the Business Conference in April 2026

Years in OA 37 Number of years of service beyond the group level 36
Date continuous abstinence began August 2012 Date maintenance began Many years ago

Summary of my OA service responsibilities:

I was first appointed to the Board of Trustees in June of 2022, then elected in April of 2023. Throughout that time I have served as the trustee liaison to the virtual region, a service which has allowed me to work with a number of service boards and service bodies. During this time I served on the One-Piece Literature Ad-hoc Committee, the Board Approved Literature Committee, the Conference Planning Committee, the Board Reference Manual Committee, the Strategic Planning Committee, the International Publications and Translations Committee, chaired the Unity with Diversity Committee, the 2025 Convention Committee and currently chair the Public Information and Professional Outreach (PIPO), and the Public Awareness Committee and the Professional Tradeshows Committee.

I have brought several significant motions before the Board of Trustees, but what I am most proud of is a motion (assisted by another trustee and a convention delegate) which led to the material on our website being available now in 47 languages. During my tenure on the board OA World Service has made strides toward acting and thinking in a more global manner. We have a ways to go. But much has been done.

Before becoming a trustee I was a delegate to the World Service Business Conference four times and served on both the Conference Literature Committee and the Public Information and Professional Outreach Committees. Serving in Region 8, I was the Bylaws and Electronic Documents Chair, and PIPO Chair. I served as Region 8 parliamentarian for 1 year and also chaired the Region 8 Assembly/Convention for Miami-Dade and the Keys Intergroup three times.

At Miami-Dade and the Keys Intergroup I have served as Chair four times (not consecutively), Vice Chair, Treasurer, Convention Chair and Region Representative ten times or more (not consecutively).

At the group level I have held every position available and have started several meetings.

I can bring the following business, professional or other experience, and skill to the board:

I have a Ph.D. in American Literature and Creative Writing. I am a retired college professor having taught literature and writing for 27 years. My writing background is primarily in short fiction and screen writing, but I have been able to use such craft in OA service, writing committee material to be distributed to the fellowship, and producing a short silent film promoting the 2025 World Service Convention. I like to think that those years in a college classroom gave me experience working with various groups of people. I have developed a communication style that is direct and transparent, if not always pleasant. People do know where I stand. Late in my career I became a part owner in a very successful small business and know well the pressures of meeting deadlines (payroll) and have some experience with smart investment strategies. Most importantly, I know what I don't know, and know who to ask for answers. I was taught that part of being self-supporting is knowing when and who to ask for help, and I do so regularly.

I would like to be a trustee for the following reasons:

In my first application I said that I felt called to do this work. I still do. I really can't explain how I know I belong here. I would like to tell you that my work on the board is always pleasant; it's not. I have found this the most emotionally challenging period of my recovery since my early years in OA. Far from some big ego-trip, it's the most humbling experience I've had since my first third step thirty-seven years ago. But there is something so fulfilling about knowing my God is using whatever limited skills I might have in service of this program I love so much, that I do want to continue.

The board of trustees' primary responsibilities are to oversee the administration of OA, that is, the business of OA and, most importantly, carrying out the will of the body of OA, as expressed at the World Business Conference and elsewhere. And that is so thrilling: finding ways to do what you ask us to do; carry the message to places where it had previously been unavailable; make our literature more affordable and accessible; assure that the fellowship is inclusive and welcoming; protect the image of OA and be a guardian of our steps, traditions and concepts. As a trustee liaison I get to do all this while also responding to individual members with concerns for their own recovery, their own meetings, their own service bodies. All this without sacrificing the privileges of membership in the OA fellowship, the opportunity to stand as an example of God's power, love and way of life. Frankly, who wouldn't want this job?

Brief account of my OA recovery story – physical, emotional, and spiritual:

I had decided to commit suicide by August 1988 if nothing changed. I was 34 years old, weighed 340 lbs (154.22 KG, 24.3 Stone), and filled with rage and self-loathing. More than the weight, I couldn't live with the bitterness and self-hatred. August 1st, 1988 by what only could have been an act of providence, I ended up in a treatment center for eating disorders, and that night, they brought me to my first OA meeting. I did not like the meeting. I thought it was too "cute," too feminine, but the speaker, who became my first sponsor, said something that in all my years of dieting I had never heard before. He said, "the obsession had been removed."

I heard that and I was in.

I am now 71 (72 by the time you're reading this) and weigh about half what I did then. I am literally half the man I used to be. But I still know now what I knew then; that unless the obsession is removed I am doomed to binge again. Working and living the 12 Steps of Overeaters Anonymous has freed me of the obsession and forced me to work on myself. I continue to face, pray about, and work on a long list of character defects. I find the more I work on my self-righteousness the less I have to worry about standing in front of the refrigerator debating an extra bite. I spend time every morning and every evening with my God, and we talk with one another throughout the day. I rely on Him and through God's grace have come to love and trust myself. I am almost daily involved in some activity carrying the message of twelve step recovery. I was taught early on, "if you're having problems practicing these principles in all your affairs, change your affairs." The twelve steps and traditions have become my way of life. The result is that I am foot-stomping happy the majority of the time, and live a life of sane and happy usefulness. The Tenth Step in the OA 12 & 12 promises permanent recovery. My survivors will have to let you know if my recovery was permanent or not, but for now it seems to be working—one day at a time. I am so grateful for this fact, my heart feels like it's bursting. Thank you for the opportunity you've offered me, and I hope you decide to offer me a second term.

Section 8: New Business Motions

NBM 6: Substitute Motion Ethnically Jewish

NEW BUSINESS MOTION 6

Move to submit a substitute motion in place of the previously submitted motion for the 2026 World Service Business Conference, as outlined in Appendix A. The original motion, included for reference in Appendix B, will be withdrawn in favor of this substitute.

SUBMITTED BY:

Virtual Region Bylaws Committee and Virtual Region Board

For the motion maker's contact details, please email

secretary@oavirtualregion.org

INTENT: To replace the previously submitted motion with a revised version that is more specific, streamlined, and actionable.

IMPLEMENTATION: The substitute motion will stand in place of the original and follow the standard World Service Business Conference process for consideration.

COST: No additional cost beyond what would be expected for processing a standard motion.

HOW DOES THIS MOTION SUPPORT OA'S PRIMARY PURPOSE?: By ensuring clarity and focus in motions presented to the World Service Business Conference, it helps maintain effective communication that supports OA's ability to carry the message.

RATIONALE: The substitute motion provides improved clarity and feasibility, making it more appropriate for World Service Business Conference consideration than the original.

Appendix A: Proposed Substitute Motion

PROPOSED OA NEW BUSINESS MOTION

MOTION: Move that the World Service Business Conference direct the Board of Trustees to create a new Specific Focus category titled “Ethnically Jewish.”

Further move that the Board of Trustees add the term “Ethnically Jewish” to the Specific Focus drop-down menu used on the OA.org website for the purpose of listing and identifying meetings.

SUBMITTED BY:

OA Virtual Region
chair@oavirtualregion.org

INTENT: To formally recognize and support the cultural diversity within Overeaters Anonymous by establishing “Ethnically Jewish” as a valid and distinct Specific Focus category.

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

Updates to literature will be made as part of the standard review process.

COST: Unknown

HOW DOES THIS MOTION SUPPORT OA’S PRIMARY PURPOSE?: OA’s primary purpose, as stated in Tradition Five, is to “carry its message to the compulsive overeater who still suffers.” This motion directly supports that purpose by improving the visibility and accessibility of meetings that may be particularly helpful to a segment of the OA population: those who identify as ethnically Jewish.

RATIONALE: OA has successfully created Specific Focus categories for other ethnic communities—such as “Asian Pacific Islander Desi” and “Black, Indigenous, and People of Color”—there remains no category specifically acknowledging members who identify as ethnically Jewish. This identity is not about religious belief or practice; it is a shared cultural, historical, and ethnic experience. Many individuals identify as ethnically Jewish without participating in Jewish religious observance. They may be secular, cultural, interfaith, or even non-believing Jews who nonetheless share a background, family history, and relationship with food shaped by Jewish ethnicity. These experiences often

include intergenerational trauma, communal food customs, cultural norms surrounding body image, and family expectations—all of which can deeply influence patterns of compulsive eating and recovery.

This motion is not about promoting any faith tradition within OA, nor does it ask OA to make religious accommodations. Rather, it mirrors existing Specific Focus categories that reflect cultural and demographic experience without reference to belief systems. This category affirms the lived reality of ethnically Jewish members who may otherwise feel invisible or misunderstood within broader meetings.

Adding “Ethnically Jewish” as a Specific Focus category allows for greater visibility, empowerment, and outreach. It offers newcomers a clearer path to connection and helps current members find recovery spaces where they feel culturally safe and understood. It also empowers groups to self-identify in a way that aligns with their members’ experiences—while remaining fully compliant with OA’s Traditions, including the requirement that groups have no outside affiliations.

Inclusion of this category promotes OA’s values of unity in diversity. It signals to Jewish-identifying members who may have felt excluded or isolated that they are seen, welcomed, and supported in their recovery journey. It strengthens our Fellowship by ensuring that all compulsive eaters, regardless of their cultural background, can find a space where the message of recovery resonates with their lived experience. This is a simple, low-cost, and high-impact way to extend the hand and heart of OA to those who still suffer.

Appendix B: Original Motion

PROPOSED OA NEW BUSINESS MOTION

MOTION: Move to create Ethnically Jewish as a Specific Focus Category.

Further move to add “Ethnically Jewish” to the specific focus drop-down menu on OA.org

SUBMITTED BY:

NAME OF CHAIR
OA Virtual Region
chair@oavirtualregion.org

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: Office Time

HOW DOES THIS MOTION SUPPORT OA’S 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.

NBM 7: VR Board to WSBC Literature

NEW BUSINESS MOTION 7

Move that OA Virtual Region Submit the following motion to World Service Business Conference 2026.

SUBMITTED BY:

Virtual Region Board

**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

INTENT: Please see the "intent" section in the motion that follows.

IMPLEMENTATION: Submit motion to World Service Office.

COST: \$0 (costs of the motion itself detailed below)

PRIMARY PURPOSE: Please see the *How Does This Motion Support OA's Primary Purpose* section in the motion that follows.

RATIONALE: Please see the *Rationale* section in the motion that follows.

PROPOSED OA NEW BUSINESS MOTIONS

MOTION:

Move that the OA Board of Trustees be directed to conduct a comprehensive review of Overeaters Anonymous' literature, printing, and distribution processes, both printed and electronic, in order to identify and implement new methods of distribution and commerce that will more effectively serve the membership worldwide.

Move that the OA Board of Trustees implement the launch of a digital literature platform in 2027 and an OA-branded digital membership platform or online bookstore dedicated to the distribution of OA literature and resources be developed and available to the Fellowship for both individual and group purchase.

Move that the OA Board of Trustees explore and implement alternative forms of printing and distribution, including but not limited to print-on-demand, regional or international printing partnerships, and warehousing in alternative locations, for the purpose of increasing availability and reducing cost and shipping barriers.

SUBMITTED BY:

OA Virtual Region

**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

INTENT:

1. To provide a digital literature platform for OA members worldwide in which we control the data (access to our members) and content (carrying 12th Step Within work and carrying the message, which none of our existing platforms allow us to do. This will increase the money returned to OA for English digital literature sales.
2. To analyse:
 - a. Print on demand, or alternative distribution hubs/printing analysis, which may allow members in Canada and the United States to receive literature with lower shipping cost and more quickly.
 - b. To determine if the current or alternative literature methods will better serve OA members.

IMPLEMENTATION:

To provide clear directions for the current ad hoc committee regarding their research in literature distribution. To empower the Board to launch an OA branded digital literature platform that is exclusive to OA on or before 2027 WSBC.

COST:

To be determined by above research with the understanding that the result will soon increase sales margins and literature contributions.

PRIMARY PURPOSE:

When selling on the current literature platforms OA doesn't control the data (the names of the purchasers) and therefore cannot communicate directly with the purchasing members. In short, a 'digital literature platform' gives OA a way to communicate with the buyers – our members. This helps OA carry the message within and address questions or concerns of newcomers.

RATIONALE:

OA needs to update the way literature has been sold to more modern forms of delivery.

At present, OA literature is sold primarily through third-party providers such as Amazon, Apple, Barnes & Noble, and Nook. In these arrangements, OA does not control the data. OA does not receive the names or contact information of those purchasing books, nor does OA have any ability to communicate with them.

An alternative distribution model is being proposed here. Such a model offers not only financial advantages to the fellowship, but also strong recovery advantages, including direct communication with members, better use of OA's resources, and expanded opportunities to carry the message.

Today, more than 2,836 OA meetings—approximately 48.7% of all meetings—use non-face-to-face formats such as Zoom, phone, and online chat. Under the current system, these meetings and their members do not have access to an OA literature table. Reliance on outside platforms means OA is making less money from sales while also failing to connect members with the ongoing support they need. This includes not only literature, but also the workshops, events, and recovery tools that OA has already developed and continues to offer.

A digital literature table would directly address these shortcomings by:

- Retaining more revenue that is now lost to third-party vendors.
- Building communication pathways with members and newcomers (e.g., newsletter sign-ups, event notices, and links to oa.org resources).
- Strengthening recovery support by integrating literature sales with OA's existing workshops, website resources, and member-created content.
- Offering newcomers a clear point of connection, including the possibility of localized digital literature tables or regional communication hubs.

In addition, OA's current print distribution model creates inequities: members on the U.S. East Coast and in Canada pay more for shipping and wait longer for delivery. Exploring options such as regional print hubs or Canadian storage could improve fairness, reduce costs, and speed access—especially important for those new to OA.

The overall rationale is clear:

- Increase OA's financial return from literature sales.
- Expand communication and outreach to members and newcomers.
- Support recovery more effectively through integrated use of literature, workshops, and resources.
- Promote equitable access to literature worldwide.

By conducting a thorough inventory of current printing and distribution methods, and by moving toward a digital literature platform, OA can strengthen both its financial base and its ability to carry the message in today's digital environment.

NBM 8: Sunlight IG WSBC Conventions

NEW BUSINESS MOTION 8

Move that OA Virtual Region Submit the following motion to World Service Business Conference 2026.

SUBMITTED BY:

OA Sunlight Intergroup
**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

INTENT: Please see the "intent" section in the motion that follows.

IMPLEMENTATION: Submit motion to World Service Office.

COST: \$0

PRIMARY PURPOSE: Please see the "How Does This Motion Support OA's Primary Purpose" section in the motion that follows.

RATIONALE: Please see the "Rationale" section in the motion that follows.

PROPOSED OA NEW BUSINESS MOTION

MOTION: Move to amend World Service Business Conference Policy 1984b by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
World Service Business Conference Policy 1984b It was adopted that: The World Service Convention will be held at a time and place to be determined by the Board of Trustees.	World Service Business Conference Policy 1984b It was adopted that: The World Service Convention will be held at a time and place to be determined by the Board of Trustees. <u>In years when the World Service Business Conference is held Virtually, a Region will sponsor, on a rotating basis, a Virtual World Service Convention, which all members are encouraged to attend.</u> <u>Additionally, in-person World Service Conventions will be scheduled at a time and place determined by the Board of Trustees.</u>

SUBMITTED BY:

OA Virtual Region

INTENT

This motion seeks to establish a recurring Virtual World Service Convention every two years, building upon the proven success of large-scale virtual events within several Regions of OA including the Virtual Region. By creating a consistent, global gathering, this convention will provide a space for members from all countries and languages to connect, share their experience, strength, and hope, and deepen their recovery beyond the Region level.

IMPLEMENTATION

An assigned Region will oversee the planning and execution of the convention, forming a dedicated committee responsible for logistics, programming, and multilingual accessibility. Utilizing proven virtual event platforms, the committee will ensure

seamless participation across time zones and languages, providing live translations (as far as practicable), recordings, and interactive engagement tools to maximize inclusivity.

COST

Costs will primarily cover platform hosting, technical support, translation services, and promotional efforts. These expenses will be offset by voluntary contributions, possible registration fees, and potential fundraising initiatives, ensuring financial sustainability while keeping the convention accessible to all members.

HOW DOES THIS MOTION SUPPORT OA'S PRIMARY PURPOSE?

This motion directly supports OA's primary purpose by creating a unique opportunity for members worldwide to engage in fellowship, strengthen their recovery, and carry the message to those who still suffer. By offering an accessible and inclusive space for connection and service, this convention fosters unity and extends the reach of OA beyond local and regional levels.

RATIONALE

- 1. Expanding Global Fellowship:** Overeaters Anonymous is a worldwide fellowship, yet many members, especially those in remote or underrepresented areas, lack opportunities for large-scale engagement. A Virtual World Service Convention held every two years provides a consistent and structured space where members from diverse backgrounds can connect, share their journeys, and find support beyond their immediate communities. This event fosters a greater sense of unity and belonging within OA as a whole.
- 2. Proven Success of Virtual Events:** The Virtual Region amongst others has demonstrated that large virtual gatherings can be effectively executed and highly beneficial for members. Previous virtual conventions and workshops have successfully brought together hundreds of participants, proving that technology can bridge distances and create meaningful connections. This motion builds on that success, ensuring that a well-organized and engaging event becomes a regular part of OA's global offering.
- 3. Overcoming Barriers to Participation:** Traditional in-person conventions often present financial and logistical challenges, including travel, lodging, and accessibility concerns. A virtual format eliminates these barriers, making it easier for members with financial constraints, disabilities, or caregiving responsibilities to participate. Additionally, multilingual support will ensure that more members can engage fully, regardless of their primary language.
- 4. Strengthening Recovery and Service:** A global World Service Convention offers members opportunities for deeper learning, recovery, and service. Workshops, speaker panels, and interactive sessions will provide fresh perspectives on OA principles, strengthening individual recovery and inspiring greater participation in service roles. The event will also serve as a platform to train and encourage future trusted servants within the fellowship.

5. **Enhancing OA's Reach and Impact:** By creating a World Wide Virtual World Service Convention, OA reinforces its commitment to inclusivity and accessibility. This motion ensures that the message of recovery continues to reach members worldwide, providing a vital space for connection and growth that aligns with OA's core mission. A recurring convention will not only support existing members but also create opportunities to welcome newcomers, broadening OA's impact on a global scale.

NBM 9: ABSB to WSBC Preamble

NEW BUSINESS MOTION 9

Move that the Virtual Region co-sponsor the following motion with the Anorexic/Bulimic Specific Focus Service Board of OA.

SUBMITTED BY:

The Anorexic Bulimic Specific Focus Service Board of OA
**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

INTENT: To submit a motion to OA Virtual Region Assembly

IMPLEMENTATION: Submit to the World Service Office for World Service Business Conference 2026

COST: \$0

PRIMARY PURPOSE: To make OA more inclusive

RATIONALE: This motion which will be submitted with OA Foot Steps (if they choose to participate) and will ensure that the 12 Traditions are inclusive and welcoming to all.

Note: If any of the sponsoring service bodies amend the motion, the motion shall be referred back to all sponsoring service bodies for affirmation.

OA NEW BUSINESS MOTIONS

MOTION:

Move to amend OA World Service Business Conference Policy Manual 1984a by striking and inserting as follows.

<u>CURRENT WORDING</u>	<u>PROPOSED WORDING</u>
<p>World Service Business Conference Policy 1984a</p> <p>Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.</p> <p>We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.</p> <p>Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.</p>	<p>World Service Business Conference Policy 1984a</p> <p>Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating <u>eating</u>.</p> <p>We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.</p> <p>Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.</p>

SUBMITTED BY:

The Anorexic Bulimic Specific Focus Service Board of OA

For the motion maker's contact details, please email secretary@oavirtualregion.org

INTENT:

We want the preamble to welcome all people with compulsive eating disorders.

IMPLEMENTATION:

Update the Policy Manual

COST:

None

PRIMARY PURPOSE:

Our preamble says, "Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer." The opening line should be just as welcoming to compulsive eaters of all types.

The opening line to our preamble should be consistent with the rest of the preamble, which includes:

"We welcome everyone who wants to stop eating compulsively" and
"Our primary purpose is to abstain from compulsive eating and compulsive food behaviors".

This would also make the preamble consistent with the Third Tradition, "The only requirement for OA membership is a desire to stop eating compulsively."

RATIONALE: OA serves a much broader membership than just those who suffer from compulsive overeating. Anorexics and bulimics are a significant part of the fellowship of OA.

Our third tradition states that the only requirement for membership is a desire to stop eating compulsively.

This change would make our preamble internally consistent, and consistent with the third Tradition.

NBM 10: ABSB to WSBC Step12

NEW BUSINESS MOTION 10

Move that the Virtual Region co-sponsor the following motion with the Anorexic/Bulimic Specific Focus Service Board of OA.

SUBMITTED BY:

The Anorexic Bulimic Specific Focus Service Board of OA
**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

INTENT: To submit a motion to OA Virtual Region Assembly

IMPLEMENTATION: Submit to the World Service Office for World Service Business Conference 2026

COST: \$0

PRIMARY PURPOSE: To make OA more inclusive

RATIONALE: This motion which will be submitted with OA Region 9 (if they choose to participate) and OA Foot Steps (if they choose to participate) and will ensure that the 12 Steps are inclusive and welcoming to all.

Note: If any of the sponsoring service bodies amend the motion, the motion shall be referred back to all sponsoring service bodies for affirmation.

OA BYLAW AMENDMENT

MOTION:

Move to amend OA World Service Bylaws Subpart B, Article I — Twelve Steps, Step 12 by striking and inserting as follows.

<u>CURRENT WORDING</u>	<u>PROPOSED WORDING</u>
Article # 1 Section # 12 (Step 12) 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.	Article # 1 Section # 12 (Step 12) 12) Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters <u>eaters</u> and to practice these principles in all our affairs.

SUBMITTED BY:

The Anorexic Bulimic Specific Focus Service Board of OA

For the motion maker's contact details, please email secretary@oavirtualregion.org

INTENT:

Bring the wording of the 12 Steps in line with the 3rd Tradition and with the OA Preamble.

IMPLEMENTATION:

Update the Bylaws

COST:

None

PRIMARY PURPOSE:

Our preamble says, "Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve

Steps of OA to those who still suffer.” Our twelfth step must include all who suffer from our disease, per our preamble and the 3rd tradition.

RATIONALE:

OA serves a much broader membership than just those who suffer from compulsive overeating.

Our third tradition states that the only requirement for membership is a desire to stop eating compulsively.

This change would make our steps consistent with our traditions.

NBM 11: ABSB to WSBC Tradition 5

NEW BUSINESS MOTION 11

Move that the Virtual Region co-sponsor the following motion with the Anorexic/Bulimic Specific Focus Service Board of OA.

SUBMITTED BY:

The Anorexic Bulimic Specific Focus Service Board of OA
**For the motion maker's contact details, please email
secretary@oavirtualregion.org**

INTENT: To submit a motion to OA Virtual Region Assembly

IMPLEMENTATION: Submit to the World Service Office for World Service Business Conference 2026

COST: \$0

PRIMARY PURPOSE: To make OA more inclusive

RATIONALE: This motion which will be submitted with OA Region 9 (if they choose to participate) and OA Foot Steps (if they choose to participate) and will ensure that the 12 Traditions are inclusive and welcoming to all.

Note: If any of the sponsoring service bodies amend the motion, the motion shall be referred back to all sponsoring service bodies for affirmation.

OA BYLAW AMENDMENT

MOTION:

Move amend OA World Service Bylaws Subpart B, Article II — Twelve Traditions, Tradition 5 by striking and inserting as follows.

<u>CURRENT WORDING</u>	<u>PROPOSED WORDING</u>
Article # 2 Section # 5 (Tradition 5)	Article # 2 Section # 5 (Tradition 5)
5) Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.	5) Each group has but one primary purpose — to carry its message to the compulsive overeater <u>eater</u> who still suffers.

SUBMITTED BY:

The Anorexic Bulimic Specific Focus Service Board of OA
For the motion maker's contact details, please email
secretary@oavirtualregion.org

INTENT:

Bring the wording of the 5th Tradition in line with the 3rd Tradition and the OA Preamble, to include all who suffer from our disease.

IMPLEMENTATION:

Update the Bylaws

COST:

None

PRIMARY PURPOSE:

As it states in the OA Preamble, Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. Our fifth tradition should include all who suffer from our disease, per our preamble and 3rd tradition.

RATIONALE:

OA serves a much broader membership than just those who suffer from compulsive overeating.

Our third tradition states that the only requirement for membership is a desire to stop eating compulsively.

This change would make our traditions internally consistent.

NBM 12: Parliamentarian

NEW BUSINESS MOTION 12

Move to amend OA Virtual Region Policy Manual 7. Parliamentarian, by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>7. Parliamentarian</p> <p>Duties of the parliamentarian are to assist the Virtual Region chair and the Virtual Region board in parliamentary procedures.</p>	<p>7. Parliamentarian</p> <p><u>The Parliamentarian will be nominated by the Chair and approved by the Board annually.</u></p> <p>Duties of the parliamentarian are to assist the Virtual Region chair and the Virtual Region board <u>assembly</u> in parliamentary procedures.</p>

SUBMITTED BY:

Virtual Region Bylaws Committee

For the motion maker's contact details, please email secretary@oavirtualregion.org

INTENT: To clarify the process of appointing the Parliamentarian and to update their duties so that their support extends to the Region Chair and the Assembly, not just the Board Officers.

IMPLEMENTATION: Update the Policy Manual

PRIMARY PURPOSE: This motion supports OA's primary purpose by ensuring that business within the Assembly is conducted in an orderly, fair, and transparent manner.

RATIONALE: The current wording limits the Parliamentarian's role to supporting the Chair and the Board Officers. In practice, the Parliamentarian serves the Assembly as a whole, ensuring that parliamentary procedure is followed during business sessions. Clarifying the appointment process (nomination by the Chair, approval by the Board, annually) adds transparency and consistency, while updating the role description reflects the actual scope of service.

NBM 13 Amendments P&P

NEW BUSINESS MOTION 13

Move to amend OA Virtual Region Policy Manual, Section 10.
Amendments, by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>10. Amendments</p> <ol style="list-style-type: none">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.	<p>10. Amendments</p> <ol style="list-style-type: none">A. Amendments to this Policy and Procedure Manual may be proposed by any Virtual Region <u>affiliated</u> service body, the board, or <u>a</u> committee.B. Amendments shall be submitted to the region chair and secretary at least 60 days prior to the Business Assembly.C. Motions must be submitted using the region-approved form.D. Motions will be reviewed by the bylaws committee no later than 50 days prior to the assembly.E. Except as otherwise specified amendments to this Policy and Procedure Manual may be adopted by a majority of voting members at any business meeting <u>regular or special assembly of the Virtual Region</u>.F. 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.G. <u>Upon receipt of the final draft Assembly minutes, the Bylaws Committee, under the oversight of the secretary, will:</u><ol style="list-style-type: none">A. <u>Update the Policy Manual to reflect any changes adopted at the Assembly.</u>B. <u>Send the updated Policy Manual to the Secretary for Approval.</u>

	<p>C. <u>Once approved the secretary will:</u></p> <ol style="list-style-type: none"> 1. <u>Send the Policy Manual to the Region Chair.</u> 2. <u>Submit the updated Bylaws to the Webmaster for posting on the website.</u>
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SUBMITTED BY:

OA Virtual Region Bylaws Committee

For the motion maker’s contact details, please email secretary@oavirtualregion.org

INTENT: To update and clarify the process for handling amendments so that it is consistent, efficient, and fair for all participants.

IMPLEMENTATION: The motion will revise the current rules and procedures on amendments, providing clearer language on submission, and updating the documents after assembly.

PRIMARY PURPOSE: This supports OA’s primary purpose by ensuring that group conscience is expressed in an orderly way.

RATIONALE: At present, handling of adopted motions and the updating of the document can be unclear. Updating the rules creates transparency, reduces duplication, and enables members to participate more confidently in decision-making.

BLA I: Bylaw Amendment

BYLAWS AMENDMENT I

Move to amend OA Virtual Region Bylaws, Article 10 – Amendments, by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>ARTICLE 10 – AMENDMENTS</p> <ol style="list-style-type: none">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.<ol style="list-style-type: none">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	<p>ARTICLE 10 – AMENDMENTS</p> <ol style="list-style-type: none">1. Amendments to these bylaws may be proposed by any registered Virtual Region <u>affiliated service body</u>, 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.<ol style="list-style-type: none">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. <u>Motions must be submitted using the region-approved form.</u>4. <u>Motions will be reviewed by the Bylaws Committee no later than 50 days prior to the assembly.</u>5. Except as otherwise specified by these bylaws, amendments to these bylaws may be adopted by a two-thirds majority of these persons <u>of voting members</u> at any regular or special business meeting of the Virtual Region assembly.6. <u>Any amendments adopted by the World Service Conference that impact these bylaws, shall be updated by the Bylaws Committee and the assembly membership will be notified.</u>7. <u>Upon receipt of the final draft Assembly minutes, the Bylaws Committee, under the oversight of the secretary, will:</u>

<p>further vote or action by the Virtual Region.</p> <p>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.</p>	<p>A. <u>Update the Bylaws to reflect any changes adopted at the Assembly.</u></p> <p>B. <u>Send the updated Bylaws to the Secretary for Approval.</u></p> <p>C. <u>Once approved the secretary will:</u></p> <ul style="list-style-type: none"> i. <u>Send the bylaws to the Region Chair, Trustee Liaison, and the World Service Office.</u> ii. <u>Submit the updated Bylaws to the Webmaster for posting on the website.</u> <p>8. 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.</p> <p>9. 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.</p> <p>10. 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.</p>
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SUBMITTED BY:

Virtual Region Bylaws Committee

For the motion maker’s contact details, please email secretary@oavirtualregion.org

INTENT: To update and clarify the process for handling amendments so that it is consistent, efficient, and fair for all participants.

IMPLEMENTATION: The motion will revise the current rules and procedures on amendments, providing clearer language on submission, and updating the documents after assembly.

PRIMARY PURPOSE: This supports OA's primary purpose by ensuring that group conscience is expressed in an orderly way.

RATIONALE: At present, handling of adopted motions and the updating of the document can be unclear. Updating the rules creates transparency, reduces duplication, and enables members to participate more confidently in decision-making.

Section 9: Board Reports

Chair

It has been a pleasure and a gift to serve you and to carry the message alongside you. The service work you have done has often been nothing short of remarkable, and our fledgling region has grown to become a beacon of hope to thousands of those sick and suffering from our disease around the world. You, as part of our “we program,” have made this growth possible. Thank you!

Today, the Virtual Region has 1,046 meetings, 23 Intergroups, and three Specific Focus Service Boards. In this Assembly Report you will find reports from Virtual Region Board Officers and from nine standing committees of the Virtual Region. Please take the time to read these reports to fully understand the depth and breadth of what the region has been undertaking. It is this work that allows us to reach out to our members both within OA and to those who have yet to hear of the solution! Your service and Seventh Tradition contributions have made this possible.

Sharing our recovery:

Our meetings and service bodies have supported thousands by hosting workshops, marathons, and retreats. Thank you for all you do to continue to support abstinence and by working the Traditions and Principles of the program. Some highlights of where we have done well include (read the reports for more):

- The Bylaws Committee has brought forth the largest number of individual motions since we completely rewrote the bylaws a few years ago. There are a tremendous number of motions. Please review each and every one.

- The Convention Committee has come through with a strong program and theme for February 2026 convention and will present, at the assembly, what you can do to serve. There is a small section of the convention this year where we are asking for meetings, intergroups, and service boards, to submit creative or proven ideas within the region for two-hour workshops. Of course, we encourage you to continue to support the Step workshops and newcomer meetings at the convention. You will be asked to submit your ideas, and to schedule hosting a workshop and/or a newcomer session. The Convention Committee report will be posted before the assembly.

- The Data Committee saved the region money by switching our Google Workplace system. This will now allow us to apply for Google grants for outreach. The committee has been busy organizing the drive and archive and working on supporting technologies

for the convention and website. Your skills are needed as well as your willingness to serve.

□ The Digital Committee has been creating content for our Facebook pages that have over 17,500 followers and, after our next newcomer open house, we project reaching 20,000 interested newcomers. The committee supported the work for this assembly and has created a website redesign. We need a growing team to support the continuing expansion of the region.

□ The Finance Committee is in the process of completing two recordings and a video for our annual appeal. We need a year-end jump and your service in playing this at every meeting or posting the link in your meetings. The committee, along with five additional members, help conduct the region's internal audit.

□ The Language Service Committee has worked diligently to supply live, simultaneous interpretation for both our Intergroup Renewal Workshop and for the Relapse Prevention Workshop. The region, through the committee, supplied all the interpreters for the Meet the Maker session, a Spanish interpreter at the World Service Business Conference, and for all of the open World Service Business Conference workshops in French, Spanish, Greek, and in Portuguese. Please keep supporting this work with your service and 7th Tradition contributions.

□ The Intergroup Outreach Committee held two workshops as part of the intergroup renewal series and is working on finalizing the format for both of these workshops to submit to region chairs. The committee is currently working on updating the Carry the Message Workshop with the Digital Committee, on the region website, and will be hosting it in two parts during December and March. The committee will also be coordinating with the Data Committee for a workshop on Zoom and data security. It will also hold unaffiliated call-a-thons in October and in November.

□ The Public Information Unity With Diversity Committee is currently organizing its next newcomer open house for October 25th and 26th of 2025 and anticipating 250 plus newcomers through the outreach. For the annual convention, in February, we anticipate even greater numbers and in six languages. The committee will also be working on many methods of personal outreach to friends, family, clergy, and to other professionals, as posted on our website. Join the team now before the open house!

□ The Twelve Step Within and Workshop Committee has worked with members from Region 7 to bring relapse prevention tools to support members in retaining their recovery. The committee also supported our Intergroup Outreach Committee in hosting a renewal workshop focused on sponsorship, reaching out to missing and struggling

members and with relapse prevention. Join this service team to help carry the message within.

Some problem areas that we encountered and opportunities for growth:

Since we live in the solution, our responsibility is to carry the message of recovery in the solution to those inside OA, through the business of OA, and to those outside of OA, including our friends, family, clergy, medical and mental health professionals, local television stations, radio stations, newspapers, and to websites within OA.

Some areas we need support:

*I want to begin by making amends to the entire service body for my failure to initiate some of the platforms that were needed, by error in judgment or life on life terms. Due to family concerns, I was not able to support the moving forward of The First 12 Days of Sponsorship training that should have occurred and for the Relapse Prevention Small Group. I will make living amends in the form of working with members and the Workshop Committee in ensuring these resources are brought to you before the end of the year. If you would like to assist in this process, please reach out to me before or after the assembly.

*Despite promises to the contrary, our language translation request for literature, for both our Spanish and Arabic meetings, is still being reviewed. I had expected this to be resolved and therefore did not launch a Big Book study. After the October newcomer Open House, I will work with other members, service bodies, and meeting affiliates to hold a 30-question Big Book AA 12 & 12 study for four weeks, and in multiple languages, as well as a 14-week study of the AA 12 and 12 and with the Big Book non-realtime meetings. We can bring all our members the recovery resources we are all entitled to. Let me know now if you want to help!

*7th Tradition has slipped some, and the region needs your contributions. We deliver measurable results. Every meeting needs to post the link to our annual appeal, and those that can play the audio or video, please do so, and every intergroup or service board needs to do the same. Please consider making a personal contribution to the annual appeal. How much money did you spend on your last binge?

*Every Committee needs more people; join one of the nine committees, and bring at least one person with you. Our region is global and diverse, so we need many voices to get the work done by continually serving in support of our meeting's intergroup, service boards, and region committees. Consider standing on the floor to run for Virtual Region

Treasurer or as Data Coordinator for the region. Bring your talent and skills to the region, and be open to learning new things.

* Less than 70% of the region's delegates were in attendance at the World Service Business Conference and at Virtual Region Assemblies. Even with that percentage, our region was still amongst the leaders in attendance at the World Service Business Conference. Consider service at World Service for your intergroup or service board or as a region representative check with your chair.

*We need people to serve in outreach to the scores of unaffiliated meetings within our region and to invite them to affiliate with one of our service bodies. Joining the Intergroup Outreach Committee is a wonderful opportunity to help bring these unaffiliated meetings into an intergroup or service board. If you are part of an affiliated meeting, take action to discover what affiliating is all about.

*We have barely scratched the surface— ask yourself, have we reached enough of the sick and suffering? Keep up your solid participation in our newcomer open houses. The convention committee needs more participation ahead of the convent. . The work is miraculous. Many members have told me they came into OA through our convention or open house.

Reach out and share your recovery, attend intergroup, put into action intergroup renewal, give service, demonstrate recovery in action, and share share your stories.
Support the Virtual Regions new chair in carrying the life saving message— *there is a solution.*

I once again want to thank you for joining us on the road to happy destiny and for working the miracle alongside me. Thank you to each and every member, meeting, committee, and service body for all your contributions and all you have done and continue to do. To those who have served the region as representatives, delegates, committee members, committee chairs, board members, and trustee liaisons— from the bottom of my heart—I am forever grateful.

It was not only a privilege to serve you, it was a gift of witnessing repeated and sustained miracles of recovery, service, and fellowship growth.

Total number of affiliated virtual groups:	698
Total number of unaffiliated virtual groups:	342
Total number of affiliated virtual groups with land-based IGs:	1,796
Total number of affiliated virtual groups with unaffiliated LSBs:	0
	2,836
Total number of intergroups in Virtual Region:	23
Specific Focus service boards in Virtual Region:	3

Working the Miracle,

Virtual Region Chair

Vice Chair

What have you accomplished since the last assembly?

Writing and editing documents for the region. Attending various committee meetings. Liaising with Syndesis IG. I have been liaising with the Bylaws Committee and unofficially liaising with the PIPO/UWD Committee.

2026 Convention Committee has been meeting monthly throughout the summer, and we are now meeting twice per month. We are far ahead of where we were this time last year in efforts to have a smoother and more efficient convention, especially with registration and service support. Keynote speakers have been procured. Tracks 2 & 3 have a trio of chairs. Newcomer meeting track, Track #4, will be hosted by the PIPO/UWD Committee. Our convention tech chair has been coordinating tech with the VR Chair.

What do you want to accomplish before the next assembly?

I want to be of invaluable support to the forthcoming new VR Chair, to the rest of the board, and, of course, to the VR Committees and intergroups.

Especially through our convention work, I am hoping we will see a surge in newcomers joining meetings within the Virtual Region and that the 7th Tradition contributions, from the February convention, will supersede our expectations.

Data Coordinator

What I have accomplished since the last assembly

Met regularly with the Data Committee and the Tech subcommittee, and working teams.

Met regularly with the Language Service committee and working team.

Worked with the Assembly Support Team.

Helping with GDPR for one of our IG's and another region.

Finished the Data Coordinator Job handover document.

Stayed current with tasks in the Data Coordinator "todo" document.

Data onboarded new officers and new VR email holders.

Conducted exit interviews with those leaving VR service positions.

Finished writing the Data Committee Policies and Procedures document.

Helped with organising the document for easy reference.

Started the "how to" documents organisation.

Backed up the Virtual Region Google drive to an external drive.

Oversight on Convention data protection plans.

Worked with the new volunteer training for 'speaker releases.'

Maintained the Constant Contact listing; assisted with e-blasts.

Continued google drive audits as needed.

Prepared for 'hand over' of officers after elections this assembly.

What I want to accomplish before the next assembly

Complete training and handover with incoming Data Coordinator.

Secretary

I have completed one Assembly as the Virtual Region's Secretary and am now preparing to take on more responsibilities for Assembly 2, 2025.

In addition to my regular duties, I have:

- Assisted in proposed updates to secretarial duties, especially those involving Assembly minutes, the Bylaws, and the Policy & Procedures Manual.
- Begun gathering and organizing all materials, resources, and teams for the upcoming Assembly 2.
- Successfully renewed the Virtual Region's permission to use the OA logo.

Before the next Assembly, I will also complete the handover notes to assist in onboarding a future Secretary.

Treasurer

The Treasurer's information will be password protected and made available to voting representatives.

Trustee Liaison

At the recent Board of Trustees meeting in August, the board ratified a vote to create a secular daily reader. It will probably be quite a while before it is available, but it is in process.

The proposed theme for the 2026 World Service Business Conference, "Growing to Any Lengths," was admired, but deemed too hard to translate, and was thus sent back to committee to be reworked. By the time of this assembly, a new theme will have been selected.

The process by which appointed trustees may be nominated and stand for election was clarified. When an opening remains on the board after a World Service Business Conference, there is a call for regions to send forward nominations of interested candidates. A candidate must be nominated by a region. An appointed trustee serves for one year, after which they may run for election to a full term. This sitting trustee can now be nominated by the board, as they might not be sent back to their region. They would still need to apply, stand before, and win the votes of the conference, as would any other nominee.

There were several other motions involving clean up details to board policies and the Board Reference Manual. Please note, that OA members are welcome to visit and observe formal board meetings where motions are debated and voted upon. It is requested that visitors first notify the Board Chair and Member Services Manager of their intention to observe. Usually, two board meetings a year are held virtually.

Also at the August meeting the Chair and Trustee Co-chair of the Region Chair's Committee assured us that the Virtual Region's literature translation requests would now go forward through regular processes. This has been delayed for some time. This regular process does include, when deemed necessary, a question and answer period which will be addressed before this assembly meets.

Last spring a member from Region 8 invited me along with several members of regions 8 and nine to a demonstration of interpretation technology that seems to serve well. Through the users' own ear buds and phone or tablet or laptop, they can hear almost simultaneous interpretation. This interpretation would be available in 63 languages. Region 9 is testing this out at their assembly. I arranged for a demonstration of this technology for several board members and staff and they were all impressed. Of course, the issue always becomes, "can we afford it?" Nonetheless, we are considering adopting this system for the 2026 or 2027 World Service Business Conference and possibly events in between. Please, keep this in mind when members ask you at your meetings question you about seventh tradition and donations to World Service. Two years ago, World Service adopted technology that allows our website to address computers in 47 different languages. As the Virtual Region demonstrates regularly, we

are truly a global fellowship. If you think such investments are worthy, please share the news, and ask your members to dig deep when the symbolic basket comes around.

After serving two years as chair of the Unity with Diversity Committee, I have been rotated to the Public Information and Professional Outreach Committee. I also chair the Public Awareness Committee (which oversees our advertising agency) and the Professional Trade Show Committee. As some of you might know, I also chaired the 2025 World Service Convention Committee for the last few years, and thank you, to all of you who were able to attend.

If you need to reach me, my email address is VRTrustee@OA.ORG.

Section 10: Committee Reports

Bylaws Committee

Over the past six months, the Bylaws Committee has worked diligently and with great commitment on 18 motions. Of these, at least 12 have been formally submitted for consideration at this Assembly. Each motion has been carefully reviewed to ensure accuracy, clarity, and alignment with our governing documents, and has also been reviewed by the Board, and amended in advance as appropriate.

Beyond our direct work on motions, I have met as needed with the Chair, Trustee Liaison, other board members, and fellow committee chairs whenever questions have arisen regarding the interpretation or application of the Bylaws and the Policy Manual. These discussions have been valuable in ensuring that our decisions remain consistent, transparent, and in the best interests of the Region.

In addition, I have supported a number of members across the Region in drafting, refining, and preparing motions for potential submission. This has included offering guidance on wording, structure, and procedural requirements, as well as ensuring proposals are in harmony with our Bylaws and Policies.

I have also made it a priority to attend Board and Committee Chair meetings held since the last assembly, where I have been an active—and some might say very active—participant. These meetings have provided an essential platform to share perspectives, offer procedural guidance, and stay connected with the wider leadership of the Region.

The past six months have been one of steady progress, dialogue, and a commitment to ensuring our Bylaws remain a living, functional, and respected resource for the Region. It has been a great experience serving at this level in a healthy way in the Region that I Love.

Future Work

1. Name Change for a Committee

Preliminary discussions have taken place with the chair; no further action will be taken until official request by the committee.

2. Standing Rules Updates

Additional updates (especially around Q&A procedures during motions) will be drafted once current work is completed and should be ready in time for assembly, in consultation with the Chair of the Region.

3. Governing Documents Workshop

A workshop on interpreting and applying the Bylaws and Policy Manual is planned, but will not begin until current motion work is completed.

Convention Planning Committee



Convention 2026: "There Is a Solution – Grounded in Recovery"

- **Convention Logo Completed**

The official logo has been finalized and will serve as a unifying visual identity across all event materials and outreach.

- **Program Structure: Four Themed Tracks**

The convention weekend is organized into four tracks, each with a specific purpose and color association:

- **Track 1: Roots (RED)** – Speaker-led sessions focused on foundational OA recovery.
- **Track 2: Pathways (YELLOW)** – Step-based sessions / meetings going through the Twelve Steps.
- **Track 3: Cultivate (BLUE)** – Interactive, participation-driven workshops to deepen recovery tools and insight.
- **Track 4: Seeds (GREEN)** – Newcomer-focused sessions offering welcoming support and introductory resources.

- **Detailed Planning in Progress**

A shared Google Sheet outlines the session grid with assigned time blocks such as for: Speaker sessions, Step sessions, Workshops, Entertainment and Newcomer meetings). Programming spans Friday February 20 through Sunday February 22, including keynote speakers each day and a mix of workshop and fellowship opportunities throughout the day.

- **Workshop Committee Actions**

- Drafting invitation letters for **Tracks 2 and 3**.
- Writing a standardized letterhead for clarity and conformity of correspondence.
- Actively **booking keynote speakers** and securing their time slots.
- Exploring methods for **attendee input and sign-up management** (forms, spreadsheets, CRM tools).

Link: <https://oavirtualregion.org/convention-logo-2026/>

Data Protection Committee

This summary details the progress made on various projects and tasks in the Data Committee and Tech Subcommittee.

Policy and Procedures Document (P&P)

Significant progress has been made on the Policies and Procedures (P&P) document.

- **Section Editing:** Sections have been edited and indexed using a new “tab” feature of Google Docs. This makes it very easy to share linkages to particular items.
- The **HOW TOs Document:** is next for a similar treatment.

Data Handling and Compliance Projects

Progress related to managing data, privacy, and compliance includes:

• **Constant Contact List Cleanup (GDPR):**

- An email was sent to people identified as the "least engaged" (low open rate of emails). Only about 15 people responded requesting to stay on the list; the remainder were removed.
- A corresponding policy document outlining this maintenance procedure has been written and added to the P&P.

• **Speaker Release Form (E-Sign Transition):**

- The committee adopted a new approach to managing historical Dropbox Sign releases by simplifying the data extraction process.
- The new plan involves extracting only the speaker email addresses to create a master list for sending privacy breach notification emails, rather than spending extensive time correlating full speaker details.
- All necessary releases have been filed and the folder rearranged.
- Training for committee members on how to use the Adobe E-sign (E-sign Pro) tool is ongoing.

• **Creative Material Release (CMR) Update:**

- A committee member with legal experience is reviewing the existing material release form and incorporating legal definitions to update the document, comparing it against the World Service Office (WSO) version.
- The final document will be submitted to the Board for formal approval.

- **Service Agreements Automation:**

- A project to consolidate all volunteer service agreements (currently scattered between assembly and convention forms) into a central, searchable mechanism.
- The goal is to create a lookup function for authorized users (like committee chairs) to check an individual's service agreement status using their email address.
- Long-term, this aims to integrate with registration processes to eliminate redundant form-filling for volunteers.

- **Treasurer's Data Management:** The committee is planning to dialogue with the current outgoing Treasurer and the new incoming Treasurer to explore implementing a system where financial data (currently held in QuickBooks outside the Google Drive) is brought into the Google Drive GDPR environment to ensure compliance.

Tech and Infrastructure Progress

Updates regarding core technological infrastructure and resources:

- **Google Workspace Non-Profit Transition:** The transition to the Google non-profit/workspace account was completed smoothly. This change resulted in **unlimited Google users** (email accounts, drive access, calendar, etc.) and achieved **cost savings exceeding \$3,000 per year**.

- **Zoom Admin Position:** A new person has volunteered to serve as Zoom administrator. They were successfully data onboarded and are scheduled for training..

- **AI Bots Policy:** The policy concerning AI Bots is complete and has been added to the policy manual.

- **Domain Name Management:** The committee is addressing the status of the secondary domains, *oavirtual.org* and *oaconvention.org*. These were historically created with different service providers and we are looking at bringing them to the same service provider as our main domain - *oavirtualreagon.org*

- **How-To Documentation:** a volunteer is still needed to manage and structure the broader collection of how-to documents.

- **G Translate Alternatives:** The committee is tasked with looking into alternatives to the current G Translate system due to issues with slow translation updates (up to 24 hours) for eblasts and page content.

Assembly Prep

The committee has been heavily involved in all the preparation stages of the Assembly including registration of voting members and application forms for elected positions.

- **IGOR Workshops:** A series of service body renewal workshops held under the IGOR committee were well attended and their recordings are pending editing.

Digital Resources Committee

What have you or your committee accomplished since last assembly?

- Website Maintenance, Events and Cleanup – Ongoing
- Currently looking at the process to bring oavirtualregion.org copyright into compliance with oa.org
- Made cosmetic/formatting changes to oavirtualregion.org home page
- Assisting with the Service Body Renewal Workshops
- Accessibility:
 - Wrapping up the final additions to accessibility compatibility
 - Working with Elementor Accessibility Support team
- Created WPForms application form for board positions
- Working on Website Redesign
 - Completed redesign of the Home Page and the Events Page
 - Cleaned up the Assembly 2 Page for Assembly in November
 - Working on the oavirtualregion.org Menu – combining headers
 - Created a Documents/Resources Page
- Working on using Social Media to carry the message
- Social Media subcommittee has created facebook posts for:
 - The 9 Tools – Sent to Language Services for Translations
 - The 15 Questions – English Version Only
- Working with PIPO Committee on message responses
- Working with Audio Editing Working group to load workshop audios and 2024/2025 Convention Audios
- Supporting the Assembly 2 Committee
- Training Digital Resources committee on formatting Google docs on the website

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

- Complete the redesign of oavirtualregion.org (Hopefully before Assembly 2, 2025)
- Create training guides to train Digital Resources Members on maintaining the new website
- Work with others service bodies in the virtual region to carry the message
- Begin posting on Facebook – 9 Tools
- Making oavirtualregion.org fully accessible
- Make oavirtualregion.org copyright compliant
- Post the event recordings
- Choose and install a Recent Changes Plugin
- Update the Password Manager – Keeper

Finance Committee

The Finance Committee has completed a treasurer's audit, with the Virtual Region Chair, Finance Chair, Treasurer, and five other members from the Virtual Region present. We developed two scripts for the annual appeal video, submitted a motion to update the treasurer's duties, produced images presented to the board for approval, and are in the process of creating two AI video images.

Before the next report we would like to see our efforts help create an increase in the 7th Tradition that will remain consistent in growth.

Before the next assembly we would like to help identify and assist with training and supporting a new treasurer, as well as hiring a bookkeeper, providing the motion for this role passes.

We would like to present the Annual Appeal video at the assembly, in anticipation of enhancing 7th Tradition contributions that have fallen considerably since Covid and the advent of Zoom.

We would also like to support the 2026 VR Convention however we may best serve.

Intergroup Outreach Committee

What We Did Since the Last Assembly

- We held an OA.org Important Links Workshop multiple times for service members. We collaborated with the Digital Committee to organize and post links from OA.org that we selected for intergroup renewal. These resources can be found at: <https://oavirtualregion.org/service-body-renewal/>. The Region Treasurer also joined us for this presentation. Approximately 84 members attended across three repeat sessions.
- We also held two workshops with the 12 Step Within Workshop Committee. Topics included sponsorship, reaching out to members in relapse, and relapse prevention. The workshops were attended by 76 service members.
- We created and utilized a sample sponsorship phone script, which we will submit to the Board.
- The workshops were conducted in English and translated into French, Greek, Polish, Portuguese, and Spanish.
- We currently have draft workshop formats for both of these workshops, which are being prepared for editing and review.
- We fell short in our outreach to unaffiliated groups, as the committee did not have the bandwidth to manage both the workshops and this outreach effort during the same period.

What We Will Be Working on Before the Assembly

- Drafting a phone script for outreach to unaffiliated meetings.
- Holding two group calling sessions before the assembly to reach out to unaffiliated meetings.
- Collaborating with the Digital Committee to update the “Carry the Message” section of the website. This will serve as part one of a two-part workshop:
 - Part One: Planned for December
 - Part Two: Planned for March
- Updating and expanding the Carry the Message workshop, originally created with Regions 1, 2, 3, and 6, and adding materials from Regions 5, 7, 8, 9, and 10.

What We Hope to Do Before the Next Assembly

- Increase outreach to unaffiliated meetings. Our goal is to affiliate 75 meetings by assigning members to reach out to groups and intergroups.
- Complete the format for Part Two of the Carry the Message workshop.
- Hold a Security Workshop in collaboration with the Data Committee, covering topics such as Zoom and data security.
- Conduct Intergroup Renewal workshops focused on inventory, conflict resolution, meeting affiliation, and starting new meetings.
- Partner with the Workshop Committee to hold two “How-To” workshops during the first 12 days of the next cycle.

Links

- OA.org: <http://oa.org>
- Virtual Region Service Body Renewal:
<https://oavirtualregion.org/service-body-renewal/>

Language Services Committee

Key Activities Completed

The committee focused on essential groundwork to enhance multilingual support and streamline event procedures.

- **Multilingual Video Translation Initiated:** We have begun the translation of the **Green Dot video** into **Spanish, French, Portuguese, and Greek** to expand its reach.
- **Social Media Content Translated:** Information for our **Facebook social media channels** is being translated into the four key languages to improve sharing the message.
- **Interpreter Committee Procedures Document:** An **internal procedural document** was created and distributed, establishing clear guidelines for the committee's role in supporting regional events.
- **Recruitment and Procedures for Interpreters:**
 - **Hiring Continues:** We have continued the process of **hiring interpreters** necessary for upcoming regional events.
 - **Success Guide Issued:** An **instructions letter** was drafted and shared with interpreters to ensure a consistent and successful experience at all events.
 - **Dual Sign-Up System:** A new **online sign-up document** was implemented to clearly differentiate the application and management process for **volunteer interpreters** versus **paid interpreters**.
 - Provided live simultaneous interpreters for 2 intergroup renewal workshops done by intergroup outreach committee and one for relapse prevention workshop of the 12 step within committee. Combination of paid interpreters in French, Greek, Polish Spanish, and Portuguese
 - Provided Spanish interpretation for the World Service Business Conference Meet the Make and Business Assembly Electronically temporarily translated one of the pieces of literature for delegate review
 - Provided and coordinated live simultaneously for the World Service business conference paid and member volunteer interpreters in French, Greek, Spanish and Portuguese.
 - Worked with region chair form submission of translation requests in Spanish and Arabic.

Goals for the Next Period

Our objectives are focused on finalizing key multilingual resources and publicizing event guidelines.

- **Green Dot Video Completion:** Our top priority is to **finish the Green Dot video** in all four languages: **Spanish, French, Portuguese, and Greek.**
- **Disseminate Interpreter Letter:** We plan to post the finalized **instructions letter for interpreters** on the relevant platforms in **Spanish, French, Portuguese, and Greek.**
- Support the Regions workshops and Convention with live interpreters volunteers or hires
- Pending world service approval begin literature translation

Public Information Professional Outreach/Unity with Diversity Committee

Summary: The latter half of 2025 has been a dynamic period for the Committee. We experienced significant leadership transitions: an experienced Chair stepped down, a new Chair briefly assumed the role before resigning, and another Chair was subsequently elected. The initial successor has since rejoined as Secretary, contributing at a co-Chair level—a role that has proven invaluable. Since August, the majority of our focus has been on preparing for the Newcomer Open House, though several new initiatives have also taken root. With fresh leadership and expanded capacity, the Committee is well-positioned for a bright and capable future.

A. Accomplishments:

1. Since Assembly 2025-01:
 - a. Coordinated and completed a Newcomer Open House with new leadership.
 - b. Started a GDPR and anonymity-compliant X account that reaches people while remaining sensitive to newcomers and other vulnerable users.
 - c. Elected a co-chair to allow a split focus between Newcomer Open House coordination and traditional PIPO/UWD initiatives. Results promise:
 - i. Increased service opportunities for committee members and other OA members who find value in the tool of Service.
 - ii. Increased focus on Newcomer Houses without losing focus on expanding ways to carry the OA message beyond OA, and vice-versa.
 - iii. Allows more efforts carrying the message into underserved communities (UWD) through outreach.
 - d. Assisted with Facebook monitoring and response for PIPO-sponsored events and general inquiries.
2. Desired accomplishments prior to the next report:
 - a. Coordination and completion of newcomer track (open house) during Virtual Convention 2026 (Feb).
 - b. Commence Training Intergroups on creating effective and safe official-X accounts to promote local and Regional events and announcements.
 - c. Establish communication and build relationships in LGBTQ+, BIPOC, people with disabilities, Neurodivergent, those in Corrections, etc. The possibilities are immense!
 - d. Double committee size to allow subcommittees for a direct approach instead of attention being divided between efforts.

B. Miscellaneous notes:

1. The efforts and commitment of the Intergroups and Service Boards cannot be understated and we are proud to serve with so many willing participants representing so many different cultures and locations.

C. Parting comments:

We are certain our desire accomplishments will be exceeded by what we actually accomplish and we thank the hardworking members of our committee for that!

Twelfth Step Within Workshop Committee

What have you or your committee accomplished since the last Assembly:

The STATEMENT OF PURPOSE of the TWELFTH STEP WITHIN/WORKSHOP COMMITTEE is:

1. To carry OA's message of recovery to those who still suffer within the OA fellowship
2. To deal with relapse and issues of membership retention, offering the message of hope
3. To encourage OA members to maintain recovery and prevent relapse

Toward that end, since the last Assembly we:

- Sponsored and executed a Relapse Prevention Workshop in July. More than 170 fellows benefited from this interactive training that focused on not only on preventing relapse but in starting Relapse Prevention small groups throughout the region and beyond; and
- Partnered with IGOR to offer a Service Body Renewal Workshop, also in July. This session focused on recommitting to the 12 Steps and service. A special focus on sponsorship was presented and an interactive exercise that involved making an actual outreach call was powerful and impactful. These are the behaviors and activities that strengthen and support those *within*.

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

- We're in discussion as to whether we want to offer another 17-week Step Study, using the 15-week Twelve Step Workshop and Step Study Guide ('green book'). Our goal is to encourage and assist intergroups in holding the 15-week Step study workshops rather than staffing them as a region.
- We hope to offer periodic workshops on Sponsorship.
- The Service Body Renewal Workshop was a reminder that we could be more proactive in reminding the fellowship about the many recovery resources available which can be found at oavirtualregion.org. There are various resources, recordings, Twelfth Step Within Workshops, and Relapse Prevention/Recovery documents.

We look forward to supporting intergroups in forming Twelfth Step Within Committees and supporting their activities.

Section 11: 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
Digital Content Coordinator	(position vacant)
Bylaws Committee Chair	bylawschair@oavirtualregion.org
Convention Committee Co-Chairs	chair2VRC@oavirtualregion.org
Data Committee Chair	Data-TechChair@oavirtualregion.org
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 LanguageServicesChair2@oavirtualregion.org
Public Information Professional Outreach Committee Chair	pipochair1@oavirtualregion.org
Twelfth Step Within/Workshop Committee Chair	12StepwithinChair@oavirtualregion.org

Section 12: Virtual Region Bylaws

Revised 1st June 2025

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:

1. 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 specific 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, Section 1 – Definition, 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 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 World Service Business Conference. (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

ARTICLE 5 – THE VIRTUAL REGION BOARD

Section 1 – Composition

1. The Virtual Region board shall consist of the following officers:
 1. Chair,
 2. Vice-Chair
 3. Secretary
 4. Treasurer
 5. Data Coordinator
 6. Digital Coordinator
 7. Member at Large
 8. 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:
 1. Vice-Chair
 2. Treasurer
 3. Data Coordinator
 4. Digital Coordinator
 5. Secretary
 6. Member at Large

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 13: Virtual Region Policy and Procedure Manual

Revised 1st June 2025

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

- A. Carry the message, virtually, globally, and in many languages
- B. Encourage unity within the region
- C. Communicate with groups all over the region
- D. Offer assistance to groups and service bodies as they form and function
- E. Selects Trustee nominees for Trustee
- F. Establish region office address

3. Financial Policies

- A. The fiscal year is January 1 through December 31.
- B. A balanced budget for the next fiscal year shall be proposed at the last assembly of the calendar year.
- C. The proposed budget is subject to the approval of the Virtual Region business assembly.
- D. 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.
- E. The balance of the treasury will include the established prudent reserve (See Bylaws Article 8 – Prudent Reserve) in addition to the general operations funds.
- F. 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.

- G. Requests for overrides will be approved by the board before the expense is incurred
- H. 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.
- I. An expense report and receipts must be properly completed, authorized, and submitted to the treasurer prior to reimbursement or advance of any funds.
- J. 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.
- K. The Virtual Region 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.
- L. The treasurer and the chair are authorized to withdraw funds from all region financial accounts.
- M. 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.
- N. 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.

- O. 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 World Service Business Conference 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 World Service Business Conference 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.
- Q. 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

- A. Serve as guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.
- B. Perform the duties of their offices in accordance with the Bylaws and this Virtual Region Policy and Procedure Manual.
- C. Serve as guardian of Virtual Region funds, including review of the annual financial audit.
- D. Provide a forum for the interchange of ideas and information among Virtual Region Service Bodies and Virtual Region committees.
- E. Attend all assemblies during term of office unless excused by the chair.
- F. Become familiar with and assume responsibility for adherence to: Virtual Region and World Service Office Bylaws and this Policy and Procedure Manual.
- G. Assists others in becoming familiar with the Twelve Traditions and Twelve Concepts of OA Service.

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

5. Board Members Duties by Position

A. 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 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.

B. 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.

C. 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.

D. 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 Virtual Region 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.
- E. 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.
- F. 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

- A. 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.
- B. The Virtual Region trustee serves a three-year term on the World Service board of trustees.
- C. Although each region trustee represents a specific region, they serve Overeaters Anonymous as a whole.
- D. 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

- 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 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).
- E. 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.
 - 1. Committee chairs will be selected from the committee members.
 - 2. The committee chair may serve for up to two terms of two years
 - 3. 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.
 - 4. If a Committee Chair fails to meet the requirements stated in paragraph c, they must resign from the chair position.
 - 5. Should a vacancy occur within a committee, the Board will be notified, and the committee will appoint a new chair to complete the term.

6. The Virtual Region Board, by a two-thirds vote, may waive the abstinence requirement of a committee chair.
- F. Committee Chairs Duties:
1. Submit a report of activities 60 days prior to each assembly and a monthly update report seven days prior to the Board meeting.
 2. Maintain comprehensive files detailing committee activities using region-approved resources and technologies
 3. Upon completion of term of office or resignation, information transfer shall be coordinated by the Data Coordinator in consultation with the outgoing committee chair.
 4. May submit articles about the committee's work to the Virtual Region Digital Resources Committee for publication in the appropriate publication medium.
 5. Submit a proposed annual budget to the Virtual Region Treasurer at least 90 days prior to the assembly where it will be addressed.
 6. Review the work of subcommittees and appoint chairs or program heads as needed.

9. Zoom Account Guidelines and Usage Procedures

- A. 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.
- B. 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.
- C. 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.
- D. 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.
- E. 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.
- F. No member or group shall use the room for any purpose other than OA business or OA recovery events.
- G. If misuse of the room occurs, the code will immediately be changed, and all registered users will be notified.
- H. 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

- A. At least two trained Zoom hosts/cohosts must be present at all scheduled meetings, one of whom will be designated as lead host.
- B. If the meeting is large, three or more Zoom hosts/cohosts are preferred.
- C. After using the Virtual Region Zoom accounts, the meeting must be closed by the Zoom host.
- D. 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

- A. Amendments to this Policy and Procedure Manual may be proposed by any Virtual Region service body, the Virtual Region board, or a Virtual Region committee.
- B. Amendments shall be submitted to the region chair and secretary at least 60 days prior to the Business Assembly.
- C. Motions must be submitted using the region-approved form.
- D. Motions will be reviewed by the bylaws committee no later than 50 days prior to the assembly
- E. 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.
- F. 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 6/22/24

Section 13: 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.

OA BUSINESS GLOSSARY

<https://oa.org/documents/oa-business-glossary/>

END