

Virtual Region Assembly

May 30-31, 2026
Assembly 1 2026



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Section 1: Welcome and About Assembly

Letter from the Chair

Dear Virtual Region and Virtual Region Friends:

On behalf of our board members, committee chairs, committees, and myself, we extend a heartfelt welcome to the Virtual Region's Assembly 1, 2026. Collectively we represent thousands of members, hundreds of meetings, and myriad service bodies. Whether this is your first assembly or your fifth, we're glad you're here.

Assemblies are a time of gathering to do the business of the region. Toward that end we will receive, debate, and act upon a number of proposals. Assemblies are also an opportunity for us to meet and to get to know each other, to offer and receive hope and support, and to make our region stronger and more effective in carrying the message.

One of the ways living in recovery has strengthened me as a human being is through the practice of our principles and traditions in all my affairs. I'm not exaggerating when I say that the notion (and practice) of group conscience transformed my life and my vocation. This deep, respectful sharing and listening is a model for the world in my opinion. Beyond the sharing and listening, however, is our commitment to honor what the body decides. Whether we agree with the final vote or not we believe that the Power that brought us together is in the outcome and we surrender to that. That's revolutionary.

On the first day of Assembly we will participate in the sometimes messy process of achieving that group conscience. We remember that in our program literature we're told, "Love and tolerance of others is our code." However passionate may be our feelings about certain matters, let's be mindful of that. Also, we have boundaries such as timers, rules of order, and protocols to help us organize our proceedings while honoring our humanity. Thank you for cooperating with those, as well.

Together we will discern the conscience of our group. That conscience will yield thousands more reclaimed lives as we carry the message of hope and healing through Overeaters Anonymous. That is why we gather and I look forward to serving with you in this way.

Schedules

Tentative Business Assembly Agenda, Saturday, May 30, 2026

10:00 a.m. Eastern Time (New York) (UTC -4)

Registered Participants, please check your email for a Zoom link and instructions.

- 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 periodic breaks as needed. The chair will determine breaks.
- Please do not text or call the Chair during Assembly.

Welcome to Assembly: Chair

Reading - The 12 Steps, the 12 Traditions, and the 12 Concepts of Overeaters Anonymous

Introductions: Board Members, Committee Chairs, Parliamentarian, Center Mic

Parliamentarian, Center Mic - explanation

Quorum Roll Call

Reading - *For Today*

Meditation

Standing Rules

Adopt Agenda

Minutes Approval Assembly 2 2025

Consent Agenda:

New Business Motion 1: Committee Descriptions (Consent Agenda)

Treasurer's Report

New Business Motions:

New Business Motion 2: Board Handover Notes

New Business Motion 3: Committee Chair Handover Notes

Chair Announcements and Sunday meetings.

Celebration of New Delegates

Committee Announcements

Closing

Committee Meetings, Sunday, May 31, 2026

You are Invited to Get to Know the Virtual Region Board and Its Committees!

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

Section 2: Standing Rules, 2026 Virtual Region Assembly

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. 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 or an Intergroup or other Service Body of Overeaters Anonymous (OA) may request voting rights at the business assembly by taking the following actions:
 - a. The meeting, intergroup or service body will submit a written statement on why they wish to have full rights (voice and vote) at the business assembly.
 - b. The proposed representative must confirm that they:
 - 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 (Redacted/Pending Approval)

Assembly 2 2025 Minutes, redacted, unapproved

Date: November 15, 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:

Intergroups/service bodies represented

26 Representatives

4 Board members (minus the chair)

9 Committee chairs

For a total of 39 voting members

Quorum

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

Trustee Read Letter from the Chair and the Board of Trustees of OA

Dear Members of the Virtual Region and the OA Fellowship,

On behalf of the Board of Trustees, I want to thank you for your recent letter and for sharing the concerns that have arisen within the Virtual Region.

First and foremost, I want to affirm that the Board of Trustees takes seriously any expression of confusion, hurt, or concern among our members. Tradition One reminds us that our common welfare should come first; personal recovery depends upon OA unity. When misunderstandings or rumors arise, it is important that we slow down, seek clarity, and place principles before personalities.

It saddens me that anyone may have felt their integrity or motives were questioned. That is never the Board's intention. We are all trying—imperfectly at times—to serve the Fellowship with love. If conversations or misunderstandings have caused hurt, I am truly sorry. We remain committed to clearer communication, mutual trust, and always returning to loving principles when concerns arise.

Thank you for offering clarification about the translation license applications. We trust the good intentions behind your service and share your commitment to making OA literature accessible across languages and cultures.

As OA continues to grow and change, it is natural for questions about structure and purpose to arise. I want to reassure you that the Board of Trustees is not seeking to change the status of the Virtual Region. Any consideration of changes to regional structure would require careful thought, broad Fellowship input, and action through the World Service Business Conference (WSBC). WSBC, a body made up of delegates representing 300+ service bodies worldwide, truly is the voice of the fellowship.

Your service since the Virtual Region's beginning has made a meaningful difference—through global outreach, multilingual support, welcoming newcomers, and continually finding new ways to carry the message. We have heard first-hand about your technology assistance to other region assemblies and events. These contributions are a gift to OA, and the Board is grateful for the dedication and creativity you bring to your work.

We are all learning as we go. Feelings run deep because we care deeply. Even when misunderstandings arise, our Fellowship is resilient. When we return to humility, compassion, and unity, we find our way forward. The Board of Trustees is committed to walking with you—and with every region, service board, and intergroup—as together we carry the message to those who still suffer.

Thank you for your service, your honesty, and your continued commitment to recovery.
With gratitude,

BL., Chair and the Board of Trustees of

Overeaters Anonymous, Inc.

Meditation and Reading

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

Appointment of Minutes Review Committee

A Minutes Review Committee was appointed: LJ and CL

Standing Rules

The Standing rules were presented upon which a Motion to Extend Option was introduced.

Passed with no objections.

Adoption of Agenda

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

Adopted with no objections

Approval of 2025 Assembly 1 Minutes

The motion on the adoption of the 2025 Assembly 1 Minutes was taken up. The 2025 Assembly 1 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.

As per the Chair, the following were moved to Consent Agenda: New Business Motion 12, Substitute New Business Motion 13, Substitute Bylaws Motion I.

Motion E was removed from Consent Agenda.

The Chair called for the vote on the motion to adopt the Consent Agenda.

The Consent Agenda was adopted without objection.

Vote: 35 yes; 0 no

BYLAWS AMENDMENT A - adopted on Consent

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 virtual <u>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

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.

BYLAWS AMENDMENT B - adopted on Consent

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> <p>3. Each board member is elected for a two-year term.</p> <p>4. Chair, treasurer, and data coordinator are elected in odd years.</p> <p>5. Vice-Chair, secretary and digital coordinator are elected in even years.</p>	<p>Article 5 – Board Members Duties by Position</p> <p>Section 5 – Election of the Virtual Region Board Members</p> <p>5. Each board member is elected for a two-year term.</p> <p>a. Chair, treasurer, and data coordinator <u>and member at large</u> are elected in odd years.</p> <p>b. Vice-Chair, secretary and digital coordinator are elected in even years.</p>

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

SUBMITTED BY:

OA Virtual Region Bylaws Committee

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.

BYLAWS AMENDMENT C - adopted on Consent

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 Regular or Special Region Assembly <u>Assemblies or special business meetings</u>, where they have a voice but <u>and</u> no vote.

SUBMITTED BY:

Virtual Region Bylaws Committee

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.

BYLAWS AMENDMENT D - adopted on Consent

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	ARTICLE 3 – MEMBERS
Section 6–Virtual Region Representative Responsibilities	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.	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

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.

BYLAWS AMENDMENT F - adopted on Consent

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>2. In the event that there are no applicants for Trustee at an Assembly</p>	<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 Virtual Region Assembly prior to the date required for submission of applications or if the Board</p>

<p>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>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

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.

BYLAWS AMENDMENT G - adopted on Consent

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

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.

BYLAWS AMENDMENT H - adopted on Consent

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

SUBMITTED BY:

OA Virtual Region Bylaws Committee

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.

NEW BUSINESS MOTION 1 - adopted on Consent

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>Section 7 – Member at Large</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

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 - adopted on Consent

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>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> f. <u>Quarterly reports will also be provided in the treasurer's assembly report.</u> g. Provides financial information for the annual audit, to be conducted by Virtual Region Chair and the finance committee,

<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> within the first quarter of the next fiscal year. h. <u>Files all required tax returns and related forms with state and federal authorities, as required by law.</u> i. <u>Prepares and presents the annual budget in accordance with Article 3: Financial Policies of this Policy Manual.</u> j. <u>Administers the Delegate Support Fund in compliance with Article 3: Financial Policies of this Policy Manual.</u> k. Other duties as assigned.
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SUBMITTED BY:

OA Virtual Region Finance Committee

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.

NEW BUSINESS MOTION 3 - adopted on Consent

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 minutes. This requires a two-thirds majority.	<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 Committee to be posted on the Virtual Region website.

- 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. Send application forms of trustee nominees to the World Service Office within one week of affirmation of candidates.~~
- 1. The Secretary will compile draft Assembly minutes within 30 days of the Assembly.
- 2. 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.
- 3. 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.
- b. Additionally, the secretary shall:
 - ~~1. Create a digital copy of all Virtual Region documents for storage on the appropriate platform.~~
 - 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 lists and other data as required.
 - 2. Send application forms of trustee nominees to the World Service Office within one week of affirmation of candidates.
- c. Assembly duties:

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.

- ~~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. Assemble a team responsible for preparing registration and assembly-related materials. Both before, during and after the Assembly.
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. With the support of the data coordinator and a support team, updates credentials and roll call before and during the Assembly.
- ~~4. 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.~~

	<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

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.

NEW BUSINESS MOTION 4 - adopted on Consent

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

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.

NEW BUSINESS MOTION 5 - adopted on Consent

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

SUBMITTED BY:

OA Virtual Region Bylaws Committee

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>PROPOSED WORDING</u>
<p>Article IX — Conference Committees Section 3 – Region Chairs Committee</p> <p>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.</p> <p>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.</p> <p>c. Section 5 of Article IX does not apply to this committee.</p>	<p>Article IX — Conference Committees Section 3 – Region Chairs Committee</p> <p>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.</p> <p>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.</p> <p>c. <u>A Region Chair may designate an alternate to serve on the committee in their absence.</u></p> <p>d. Section 5 of Article IX does not apply to this committee.</p>

SUBMITTED BY:

OA Virtual Region

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.

As submitted to World Service Post-Assembly:

Deleted: NEW BUSINESS MOTION

Added: PROPOSED OA BYLAW AMENDMENTS

PROPOSED OA BYLAW AMENDMENTS

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>PROPOSED WORDING</u>
Article IX — Conference Committees Section 3 – Region Chairs Committee	Article IX — Conference Committees Section 3 – Region Chairs Committee
<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.	<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

Email Address: chair@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? 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.

NEW BUSINESS MOTION 12 - adopted on Consent

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 assembly in parliamentary procedures.</p>

SUBMITTED BY:

Virtual Region Bylaws Committee

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.

NEW BUSINESS MOTION 13 - adopted on Consent

MOTION: 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 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 <u>regular or special assembly</u> 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. 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

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.

Treasurer's report:

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

An Amendment was introduced by the Data Coordinator regarding Find-a-Meeting – to send an additional \$1,000 US from the 2025 Budget, and the same from the 2026 budget to World Service for the Find-a-Meeting project. Seconded.

The amendment passed with no objection.

The budget, as amended, was seconded, and approved.

Charts shared online

Announcements

Elections

Chair (application)

The applicant spoke, followed by a question-and-answer period.

Vote on the election of a new chair: 38 yes, 0 no.

Treasurer (nomination from the floor)

Nominations were taken from the floor. One nomination was accepted.

The nominee spoke, followed by a question-and-answer period.

Vote on the election of a new treasurer: 39 yes, 0 no.

Digital Coordinator (application)

The applicant spoke, followed by a question-and-answer period.

Vote on the election of a new digital coordinator: 34 yes, 4 no votes.

Data Coordinator (nomination from the floor)

Nominations were taken from the floor. One nomination was accepted.

The nominee spoke, followed by a question-and-answer period.

Vote on the election of a new data coordinator: 37 yes, 1 no.

Member-at-Large (application)

The applicant spoke, followed by a question-and-answer period.

Vote on the election of a member-at-large: 38 yes, 0 no.

Affirmation of current Trustee liaison (application)

The applicant spoke, followed by a question-and-answer period.

Vote on the affirmation of the trustee liaison: 37 yes, 1 no.

New Business Motions

New Business Motion 6 – substitute

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

New Business Motion 6 was taken up.

The motion was presented, followed by a period for questions and debate.

There is no objection to calling the vote.

Motion 6 was adopted.

As presented on the Virtual Region website:

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

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.

As submitted to World Service Post-Assembly:

No additional updates.

New Business Motion 7 – substitute

Move to create a Special Committee on the distribution of digital literature intended to replace the current Board of Trustees (BOT) ad hoc committee on literature.

New Business Motion 7 was taken up.

The substitution motion was presented, followed by a period for questions and debate.

There was a motion to extend time for questions. This was amended.

A motion to extend time for questions by five minutes.

Vote to extend time for questions by five minutes: 22 yes, 10 no.

Vote on New Business Motion 7 – substitute: Vote: 20 yes; 15 no.

As presented on the Virtual Region website:

NBM 7 Substitute Motion VR Board to WSBC reference literature

PROPOSED OA NEW BUSINESS MOTIONS

Move to create a Special Committee on the distribution of digital literature intended to replace the current Board of Trustees (BOT) ad hoc committee on literature.

This Special Committee shall be empowered by the Conference to develop a fully integrated, OA-branded membership e-reader platform. The platform will include literature sales, OA content delivery, opportunities for digital group literature tables, links for Seventh Tradition contributions, and access to general OA resources.

The committee shall be formed following the 2026 Conference and will report to the next Conference. The platform is to be launched by the end of 2027.

To carry out this work, the Special Committee is authorized to implement such changes as are necessary to fulfil the intent of this motion.

The committee shall consist of two trustees (selected by the Board of Trustees), two region chairs (selected by the Region Chairs Committee), and three additional voting members.

The committee may, by a two-thirds majority vote of its voting members, add other individuals to serve in an advisory capacity. Such advisory members shall have a voice but no vote.

The committee shall submit a budget line-item request for inclusion in the 2026 OA budget.

SUBMITTED BY:

Virtual Region Board

INTENT:

To create a committee that will implement an eReader platform.

IMPLEMENTATION:

The committee will review technologies previously presented to the Board by the Virtual Region Trustee and evaluate any new viable options. It will determine the content plan, design the site map, assess functionality needs, and develop a rollout plan for the platform.

The committee will prepare a request for proposal (RFP) outlining development and maintenance costs, incorporating input into the content plan as needed.

Following the review and selection of bids, the committee will collaborate with the Board of Trustees to finalize contract terms. In accordance with OA Bylaws, Subpart A, Article IX — Miscellaneous Provisions, Section 3 – Execution of Checks, Notes, Contracts, (a) the Executive Committee shall authorize the appropriate person(s) to enter into the contract on behalf of Overeaters Anonymous, Inc. Thereafter, the committee will oversee the rollout of the platform.

COST

Cost: a one time \$15,000 to \$20,000 plus \$6,000 to \$15,000 annually with the intent of costs to be recovered by a return on the investment from literature sales.

HOW DOES THIS MOTION SUPPORT OA'S PRIMARY PURPOSE?

It enables the Fellowship to reach members and newcomers directly where OA literature is accessed and purchased. By developing an OA-operated digital platform, the Fellowship can share recovery resources, encourage use of OA literature, and promote the Tool of Writing in a unified, recovery-centered environment.

This platform will strengthen connections, provide timely access to OA-approved materials, and support members in all stages of recovery — including newcomers and those returning from

relapse — helping to carry the message of recovery more effectively to the compulsive eater who still suffers.

RATIONALE:

A large and ever growing percentage of OA meetings are now virtual. Every region includes virtual meetings, and three regions currently have virtual intergroups. However, the technologies used to distribute OA literature outside of oa.org are outdated and do not facilitate meaningful membership outreach or growth.

This motion responds to the need for OA to reach its virtual membership through a recovery-driven digital literature platform. The shared recovery experience once found at in-person literature tables or in one-on-one member exchanges is lost on commercial platforms such as Amazon and Apple, and even, in part, on oa.org. By developing an OA-operated platform, the Fellowship can carry the message more effectively to newcomers, returnees, and members in relapse, while also strengthening unity and accessibility.

The current Board of Trustees Ad Hoc Committee on e-commerce has produced limited and inequitable results, with limited recommendations that do not fully address the needs of OA's global and virtual membership. A Special Committee empowered by the Conference can provide broader representation, ensure access across regions, and ensure a more forward-thinking, recovery-driven approach.

An OA-operated digital literature platform will:

1. Allow the World Service Organization (WSO) to integrate additional content from oa.org for membership participation and review (such as free recovery materials, podcasts, workshops, Lifeline articles, and event links).
2. Increase revenue for OA by reducing dependence on third-party sellers, avoiding standard marketplace fees (e.g., the 30% charged by Amazon).
3. Provide groups and service bodies with opportunities to create digital literature tables for their meetings.
4. Give OA control over its membership data. Commercial platforms use algorithms to market diet products and other materials to our members; instead, OA can offer recovery resources grounded in experience, strength, and hope.

This motion strengthens OA's ability to carry the message by meeting members where they are—online—providing direct access to literature, workshops, and recovery materials; supporting newcomer retention; and fostering connections across the Fellowship. OA will

manage its own digital presence and membership data, while generating additional resources to sustain the Fellowship's growth and recovery.

As submitted to World Service Post-Assembly:

Edited the following sentencing, adding "fee of" and "cost of."

COST: A one time fee of \$15,000 to \$20,000 plus costs of \$6,000 to \$15,000 annually with the intent of costs to be recovered by a return on the investment from literature sales.

PROPOSED OA NEW BUSINESS MOTIONS

MOTION: Move to create a Special Committee on the distribution of digital literature intended to replace the current Board of Trustees (BOT) ad hoc committee on literature.

This Special Committee shall be empowered by the Conference to develop a fully integrated, OA-branded membership e-reader platform. The platform will include literature sales, OA content delivery, opportunities for digital group literature tables, links for Seventh Tradition contributions, and access to general OA resources.

The committee shall be formed following the 2026 Conference and will report to the next Conference. The platform is to be launched by the end of 2027.

To carry out this work, the Special Committee is authorized to implement such changes as are necessary to fulfil the intent of this motion.

The committee shall consist of two trustees (selected by the Board of Trustees), two region chairs (selected by the Region Chairs Committee), and three additional voting members.

The committee may, by a two-thirds majority vote of its voting members, add other individuals to serve in an advisory capacity. Such advisory members shall have a voice but no vote.

The committee shall submit a budget line-item request for inclusion in the 2026 OA budget.

SUBMITTED BY:

OA Virtual Region

Email Address: chair@oavirtualregion.org

INTENT: To create a committee that will implement an eReader platform.

IMPLEMENTATION: The committee will review technologies previously presented to the Board by the Virtual Region Trustee and evaluate any new viable options. It will determine the content plan, design the site map, assess functionality needs, and develop a rollout plan for the platform.

The committee will prepare a request for proposal (RFP) outlining development and maintenance costs, incorporating input into the content plan as needed.

Following the review and selection of bids, the committee will collaborate with the Board of Trustees to finalize contract terms. In accordance with OA Bylaws, Subpart A, Article IX — Miscellaneous Provisions, Section 3 – Execution of Checks, Notes, Contracts, (a) the Executive Committee shall authorize the appropriate person(s) to enter into the contract on behalf of Overeaters Anonymous, Inc. Thereafter, the committee will oversee the rollout of the platform.

COST: A one time fee of \$15,000 to \$20,000 plus costs of \$6,000 to \$15,000 annually with the intent of costs to be recovered by a return on the investment from literature sales.

HOW DOES THIS MOTION SUPPORT OA'S PRIMARY PURPOSE?: It enables the Fellowship to reach members and newcomers directly where OA literature is accessed and purchased. By developing an OA-operated digital platform, the Fellowship can share recovery resources, encourage use of OA literature, and promote the Tool of Writing in a unified, recovery-centered environment.

This platform will strengthen connections, provide timely access to OA-approved materials, and support members in all stages of recovery — including newcomers and those returning from relapse — helping to carry the message of recovery more effectively to the compulsive eater who still suffers.

RATIONALE: A large and ever growing percentage of OA meetings are now virtual. Every region includes virtual meetings, and three regions currently have virtual intergroups. However, the technologies used to distribute OA literature outside of oa.org are outdated and do not facilitate meaningful membership outreach or growth.

This motion responds to the need for OA to reach its virtual membership through a recovery-driven digital literature platform. The shared recovery experience once found at in-person literature tables or in one-on-one member exchanges is lost on commercial platforms such as Amazon and Apple, and even, in part, on oa.org. By developing an OA-operated platform, the Fellowship can carry the message more effectively to newcomers, returnees, and members in relapse, while also strengthening unity and accessibility.

The current Board of Trustees Ad Hoc Committee on e-commerce has produced limited and inequitable results, with recommendations that do not fully address the needs of OA's global and virtual membership. A Special Committee empowered by the Conference can provide

broader representation, ensure access across regions, and ensure a more forward-thinking, recovery-driven approach.

An OA-operated digital literature platform will:

1. Allow the World Service Organization (WSO) to integrate additional content from oa.org for membership participation and review (such as free recovery materials, podcasts, workshops, Lifeline articles, and event links).
2. Increase revenue for OA by reducing dependence on third-party sellers, avoiding standard marketplace fees (e.g., the 30% charged by Amazon).
3. Provide groups and service bodies with opportunities to create digital literature tables for their meetings.
4. Give OA control over its membership data. Commercial platforms use algorithms to market diet products and other materials to our members; instead, OA can offer recovery resources grounded in experience, strength, and hope.

This motion strengthens OA's ability to carry the message by meeting members where they are—online—providing direct access to literature, workshops, and recovery materials; supporting newcomer retention; and fostering connections across the Fellowship. OA will manage its own digital presence and membership data, while generating additional resources to sustain the Fellowship's growth and recovery.

New Business Motion 8

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

An amendment was introduced and seconded, followed by debate.

The amendment, accepted as a substitute motion, was presented:

“Every two years the World Service will hold a Virtual retreat, which all members are encouraged to attend. Additionally, World Service Convention will be scheduled at a time and place determined by the board of Trustees.”

Vote to make the substitute motion the new motion: 27 yes, 11 no.

Debate continued, followed by questions.

Vote on New Business Motion 8 – substitute: 27 yes, 9 no.

As presented on the Virtual Region website:

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

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
<p>World Service Business Conference Policy 1984b</p> <p>It was adopted that:</p> <p>The World Service Convention will be held at a time and place to be determined by the Board of Trustees.</p>	<p>World Service Business Conference Policy 1984b</p> <p>It was adopted that:</p> <p>The World Service Convention will be held at a time and place to be determined by the Board of Trustees.</p> <p><u>Every two years the World Service will hold a Virtual retreat, which all members are encouraged to attend.</u></p> <p><u>Additionally, World Service Conventions will be scheduled at a time and place determined by the Board of Trustees.</u></p>

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.

As submitted to World Service Post-Assembly:

OVER-ALL: Replaced "Convention" with "retreat" where appropriate.

INTENT: Deleted "large scale" from "the large-scale virtual event..."

IMPLEMENTATION: Replaced "An assigned Committee Region will oversee the planning and execution of the convention..." with "The Board of Trustees will assign a Committee which will oversee the planning and execution of the retreat..."

Overcoming Barriers to Participation: Replaced "conventions" with "events."

Strengthening Recovery and Service: Deleted "Workshops, speaker panels, and interactive."

Enhancing OA's Reach and Impact: Replaced "recurring" with "regular."

PROPOSED OA NEW BUSINESS MOTIONS

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: <u>Every two years the World Service will hold a Virtual retreat, which all members are encouraged to attend.</u> The <u>Additionally</u> World Service Conventions will be held <u>scheduled</u> at a time and place determined by the Board of Trustees.

SUBMITTED BY:

OA Virtual Region

Email Address: chair@oavirtualregion.org

INTENT: This motion seeks to establish a recurring Virtual retreat every two years, building upon the proven success of virtual events within several Regions of OA including the Virtual Region. By creating a consistent, global gathering, this retreat 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: The Board of Trustees will assign a Committee which will oversee the planning and execution of the retreat, 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 retreat 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 retreat fosters unity and extends the reach of OA beyond local and regional levels.

RATIONALE:

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 retreat 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.

Proven Success of Virtual Events: The Virtual Region amongst others has demonstrated that 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.

Overcoming Barriers to Participation: Traditional in-person events 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.

Strengthening Recovery and Service: A global World Service retreat offers members opportunities for deeper learning, recovery, and service. 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.

Enhancing OA's Reach and Impact: By creating a World Wide Virtual World Service retreat, 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 regular retreat will not only support existing members but also create opportunities to welcome newcomers, broadening OA's impact on a global scale.

Bylaws Amendment E

Move to amend OA Virtual Region Bylaws, Article 5, Section 8 – Board of Directors

Bylaws Amendment E was taken up.

The Bylaws Amendment was presented, followed by a period for questions and debate.

Vote 30 yes; 5 no.

As presented on the Virtual Region website:

BLA E Board quorum

MOTION: 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 1056 672 1087">Article 5 – The Virtual Region Board</p> <p data-bbox="201 1134 594 1165">Section 8 – Board of Directors</p> <p data-bbox="201 1211 784 1283">The officers of the Virtual Region shall be the directors of the corporation.</p> <ol data-bbox="253 1329 797 1892" style="list-style-type: none"><li data-bbox="253 1329 797 1476">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="253 1484 797 1892">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 1717 797 1892" style="list-style-type: none"><li data-bbox="347 1717 797 1892">A. The Virtual Region board of directors may approve, by two-thirds vote, reallocation of budgeted funds, or expenditures from the prudent	<p data-bbox="824 1056 1295 1087">Article 5 – The Virtual Region Board</p> <p data-bbox="824 1134 1214 1165">Section 8 – Board of Directors</p> <p data-bbox="824 1211 1408 1283">The officers of the Virtual Region shall be the directors of the corporation.</p> <ol data-bbox="873 1329 1463 1892" style="list-style-type: none"><li data-bbox="873 1329 1463 1476">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 1484 1463 1556">2. <u>No business of the Board shall be conducted unless a quorum is established.</u><li data-bbox="873 1564 1463 1669">3. <u>A quorum shall be defined as at least fifty percent (50%) of all elected or appointed Board officers.</u><li data-bbox="873 1677 1463 1824">4. <u>No item of business shall be adopted or defeated unless all voting members present have voted or have had a reasonable opportunity to vote.</u><li data-bbox="873 1833 1463 1892">5. <u>Any motion, resolution, or matter to be adopted by the Board shall require a</u>

reserve as deemed necessary throughout the year.

- B. The treasurer will report any such decisions to the Virtual Region at the next assembly.

simple majority of the voting members present and eligible to vote.

- 6. 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.
- 7. 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.

Green Dot Ceremony

A reading from the Twelve Steps and Twelve Traditions of Overeaters Anonymous (Step 12) followed by recitations of the Responsibility Pledge.

Announcements from Committee Chairs

Closing

The assembly was adjourned with the Serenity Prayer at 4:00 PM Eastern Time

Section 4: Adoption of Proposed Agenda

The Chair will accept a motion on the adoption of the Proposed Agenda (See page 5, 6) 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 item is on the Consent Agenda for the Virtual Region Assembly 1 2026:

New Business Motion 1: Committee Descriptions (Consent Agenda)

MOTION: Move to amend OA Virtual Region Policy and Procedure Manual Section 7.F.7 Committees, requiring committee chairs to send the Virtual Region Secretary updated committee descriptions annually by January fifteenth.

CURRENT WORDING	PROPOSED WORDING
<p data-bbox="298 583 656 615">F. Committee Chairs Duties:</p> <ol style="list-style-type: none"> <li data-bbox="444 642 813 867">1. Submit a report of activities 60 days prior to each assembly and a monthly update report seven days prior to the Board meeting. <li data-bbox="444 894 813 1119">2. Maintain comprehensive files detailing committee activities using region-approved resources and technologies <li data-bbox="444 1146 813 1455">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. <li data-bbox="444 1482 813 1791">4. May submit articles about the committee’s work to the Virtual Region Digital Resources Committee for publication in the appropriate publication medium. <li data-bbox="444 1818 813 1873">5. Submit a proposed annual budget to the 	<p data-bbox="850 583 1208 615">F. Committee Chairs Duties:</p> <ol style="list-style-type: none"> <li data-bbox="1094 621 1463 846">1. Submit a report of activities 60 days prior to each assembly and a monthly update report seven days prior to the Board meeting. <li data-bbox="1094 873 1463 1098">2. Maintain comprehensive files detailing committee activities using region-approved resources and technologies <li data-bbox="1094 1125 1463 1392">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. <li data-bbox="1094 1419 1463 1686">4. May submit articles about the committee’s work to the Virtual Region Digital Resources Committee for publication in the appropriate publication medium. <li data-bbox="1094 1713 1463 1854">5. Submit a proposed annual budget to the Virtual Region Treasurer at least 90 days prior to

<p>Virtual Region Treasurer at least 90 days prior to the assembly where it will be addressed.</p> <p>6. Review the work of subcommittees and appoint chairs or program heads as needed.</p>	<p>the assembly where it will be addressed.</p> <p>6. Review the work of subcommittees and appoint chairs or program heads as needed.</p> <p>7. <u>Annually, submit an updated committee description to the Secretary by 60 days prior to Assembly 1, or confirm the existing version is still current.</u></p>
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SUBMITTED BY:

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

INTENT:

To keep committee descriptions current on the Virtual Region website.

IMPLEMENTATION:

Update the committee descriptions on the website

COST:

Not applicable

PRIMARY PURPOSE:

Provide accurate and up to date information on the Virtual Region website for OA members looking to serve on our committees.

RATIONALE:

Much of the committee description data is outdated and at least three years old.

Section 6: New Business Motions

New Business Motion 2: Board Handover Notes

MOTION: Move to amend OA Virtual Region Policy and Procedure Manual Section 4 Duties of Board Members, to include utilization of handover notes.

CURRENT WORDING	PROPOSED WORDING
<p>4. Duties of Board Members</p> <p>M. Upon completion of service term, provides the successor with any information and documents from their service period via either written or electronic media.</p>	<p>4. Duties of Board Members</p> <p>M. Upon completion of service term, provides the successor with any information and documents from their service period via either written or electronic media, <u>including handover notes developed during their term to support their successors.</u></p>

SUBMITTED BY:

Virtual Region Board

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

INTENT:

Include importance of using handover notes in fulfilling service positions.

IMPLEMENTATION:

By adding it to the Policies and Procedures, #4 Duties of Board Members, M, it would underscore the necessity of using handover notes.

COST:

No cost

PRIMARY PURPOSE:

Board members benefit from outgoing board members' experience in their service.

RATIONALE: Handover notes have been a new and vital practice that needs to be emphasized for adherence, not just as optional documents.

New Business Motion 3: Committee Chair Handover Notes

MOTION: Move to amend OA Virtual Region Policy and Procedure Manual Section 7 Committee Chairs Duties, to include utilization of handover notes.

CURRENT WORDING	PROPOSED WORDING
<p>7. Committees</p> <p>F. Committee Chairs Duties:</p> <ul style="list-style-type: none">a. Submit a report of activities 60 days prior to each assembly and a monthly update report seven days prior to the Board meeting.b. Maintain comprehensive files detailing committee activities using region-approved resources and technologiesc. Upon completion of term of office or resignation, information transfer shall be coordinated by the Data Coordinator in consultation with the outgoing committee chair.	<p>7. Committees</p> <p>F. Committee Chairs Duties:</p> <ul style="list-style-type: none">a. Submit a report of activities 60 days prior to each assembly and a monthly update report seven days prior to the Board meeting.b. Maintain comprehensive files detailing committee activities using region-approved resources and technologiesc. Upon completion of term of office or resignation, information transfer, <u>including handover notes developed during their term to support their successors,</u> shall be coordinated by the Data Coordinator in consultation with the outgoing committee chair.

SUBMITTED BY:

Virtual Region Board

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

INTENT:

Include importance of using handover notes in fulfilling service positions.

IMPLEMENTATION:

By adding it to the Policies and Procedures, #7 Committees, F. Committee Chairs Duties, c, it would underscore the importance of using handover notes.

COST:

None

PRIMARY PURPOSE:

Committee members benefit from outgoing committee members' experience in their service.

RATIONALE: Handover notes have been a new and vital practice that needs to be emphasized for adherence, not just as optional documents.

Section 7: Board Reports

Chair

Dear Virtual Region and Virtual Region Friends:

Assembly 2 of 2025, held in November, was a time of significant transition. With the election of officers we saw our beloved Region Chair of 4 years transition to a new role on the Board, one for which she is immensely qualified, and we gave thanks as well for our indomitable Treasurer who served tirelessly for an appointed year, then two full 2-year elected terms. Behind all those hours, months and years of service were two things - love for our members and this program, and appreciation for the fullness of life that recovery makes possible. Service is always about giving back but oh, how it benefits us and our individual recovery in the process. It is for that reason that we encourage, cajole, and nudge as many members as possible into service. Service benefits the one and the many.

In addition to considering motions, passing a budget, and hearing from our Board and committees, we also affirmed our OA Board Trustee to run for another term. Through election we welcomed a new treasurer, new chair, and a new position - Member-at-Large. All of the newly elected board members have hit the ground running, undergirded by the selfless tutelage of those who've come before. It is an honor to serve this amazing region and we are humbled by your trust in us.

After the November Assembly we immediately set our eyes toward our Virtual Region Convention in February. Preparing for that event is a herculean task and, while all was not as smooth as we would have hoped, the outcome was nothing short of phenomenal. We carried the message with love, enthusiasm, and a vibrant witness to the power of recovery to rebuild and reclaim lives. Thank you to everyone who made that happen.

When the last song was played, the last prayer said, and virtual lights went out on convention we immediately pivoted to preparation for this Assembly. There are many reports in this binder and they are the record of what has happened since we last met. Please read every one of them. Our committees work hard month after month to help make this region the dynamic force for good that it has become. Let's keep that going.

That means we need more of our members to serve. If your ear is to the virtual ground you're constantly hearing calls for service. This service is the lifeblood of our region. Without it we can't help suffering people find hope and live. In the four short months I've occupied this chair I've spoken repeatedly about two 'C' words - capacity and culture. Our capacity to carry the message in all the ways we want to is totally dependent on having people in service at every level - meetings, service bodies, and region. Everyone can do something.

That brings me to the second 'c' - culture. We are fortunate to have a design for living by way of this 12-Step spiritual program of recovery. When we practice the principles in all our affairs, while working those transformative steps, we create a culture of 'We' that is unstoppable. I'm known to ask those who serve to bring their best recovering selves to the service of saving lives. When we do that there's power available to us that transcends anything that might want to thwart our objectives.

Dear friends, it's been an invigorating first few months and I look forward to the months ahead as I get to know you, serve this region with you, and carry the message of hope and healing to every corner of the globe.

Virtual Region Groups and Service Boards Counts as of April 2026

Total number of affiliated virtual groups:	707
Total number of unaffiliated virtual groups:	323
Total number of affiliated virtual groups with land-based IGs:	1,913
Total number of affiliated virtual groups with unaffiliated LSBs:	0
	2,943
Total number of intergroups in Virtual Region:	23
Specific Focus service boards in Virtual Region:	3

Vice Chair

Includes the report of the Convention Planning Committee

Co-Chair and Board Liaison of the Convention Committee:

The 2026 Convention is successfully behind us. Amidst the myriad of confusion, conflicts, and chronic missed deadlines, the committee, board, and service members came together, with the catalyst of God's grace, and miraculously made it happen!! With rough estimates, awaiting a full report from the VR Treasurer, it appears we surpassed the amount of money we received in contributions this year over last year's.

We had a Debriefing meeting March seventh, 2026, and a Convention Committee Solutions Meeting on April fourth, 2026, forging the way for a simpler, organized, and more efficient planning for convention 2027.

What do you or your committee want to accomplish before the next assembly? We plan to be ahead of the curve, with the foundation of our convention firmly in place early Fall and with full registration able to open up a minimum of two months pre-convention.

Board Liaison to the PIPO/UWD Committee: The PIPO/UWD Committee has been chaired and successfully run by a hardworking, caring, and competent OA member who gently and lovingly procured service through the committee and in outreach to service bodies to lead approximately two dozen newcomer meetings during the February 2026 convention. The committee also graciously accommodated four multi-speaker sessions within their Track 4 leg of the convention and assisted all who came through the doors of the Newcomer Welcome Center with warm greetings and assistance with meeting placements.

July/August 2026 will most likely be the time frame during which the committee will host another Newcomer Open House, reaching out to all VR service bodies and giving them the opportunity to lead newcomer meetings during the event, helping the region carry the message of recovery and allowing service bodies a forum with which to introduce their groups. February 2027 will be when the region has its next convention, and the PIPO/UWD Committee will again be an integral part of the event, hosting and welcoming newcomers and those already within the fellowship or returning to the fellowship.

12th Step Within Committee: Subject to the VR Board's approval on 4/4/2026, the committee plans on launching work for an in-person retreat scheduled for June 17-22, 2027, for a cruise from NYC to Nova Scotia. Two days at sea north and two days at sea south will be filled with retreat activities, including meetings, workshops, entertainment, and meditation. The two days in port will be dedicated to on shore sightseeing and free time.

Syndesis Intergroup Liaison: Encouraging involvement in VR events and assisting with procuring interpreters for Greek speaking members to enjoy VR events, has been the main theme.

Secretary

I have completed the two 2025 Assemblies as the Virtual Region's Secretary and am now preparing to take on more responsibilities for 2026 Assembly 1.

What I have accomplished since the last assembly:

In addition to my regular duties such as responding to emails from the public and compiling Board meeting minutes, I have:

- Assisted in proposed updates to secretarial duties, especially those involving Assembly minutes, the Bylaws, and the Policy & Procedures Manual.
- Submitted Virtual Region motions to World Service.
- Submitted the Virtual Region Trustee Liaison application to World Service.
- Begun gathering and organizing all materials, resources, and teams for the upcoming Assembly 1.
- Successfully renewed the Virtual Region's permission to use the OA logo.

What I want to accomplish before the next assembly:

Preplan webpage, registration, eBlasts, and training for future Assemblies.

Update the handover notes to assist in onboarding a future Secretary.

Treasurer

Since being elected treasurer at Assembly II 2025, of the Virtual Region of OA, I have been working with the former treasurer to learn the duties and responsibilities of the position.

As I explained when I was elected, I am not familiar with the software that the VR uses in doing many of the functions of creating financial reports for the Region.

A bookkeeper has been hired to assist with this function, and with the former treasurer, we are working to get him on board with what his job entails. At the time this report is due, I am unable to provide you with as complete a report as the members of the region have come to expect, but would like to share what I can.

- From a financial perspective, Convention 2026 did well, although fell slightly short of budgetary expectations
- The Virtual Region is providing economic support for four (4) Delegates to the WSBC through the DSF.
- I have established a new mailing address for the VR.

As I continue to learn and grow in my role, one of the main goals of the next quarter is to restart the Treasurers Forums on an ongoing basis.

And of course to be able to prepare complete, accurate financial reports for the members of the Virtual Region.

Looking forward to continuing to Serve the Virtual Region

Reference to the Financial Statement

The Financial Statement will be password protected and made available to voting representatives.

Data Coordinator

What I have accomplished since the last assembly

- Completed basic training as new Data Coordinator
- Met regularly with the Data Committee and the Tech subcommittee, and working teams.
- Worked with the Convention and Assembly Support Team.
- Stayed current with tasks in the Data Coordinator “todo” document.
- Have taken over Data onboarding new officers and new VR email holders.
- Conducted exit interviews with those leaving VR service positions.
- Backed up the Virtual Region Google drive to an external drive.
- Maintained the Constant Contact listing.
- Assumed responsibility for sending E-Blasts
- Maintained the google drives, auditing as needed.
- Consulted with Digital Chair on policies and procedures relating to Webmaster handover.

What I want to accomplish before the next assembly

- Train additional committee members.
- Help other committees and VR intergroups to see Data Protection as a continuation of the 11th tradition (anonymity) into the 21st century of data overload.

Digital Coordinator

I serve as Digital Coordinator and, in that capacity I begin this report by noting we have had numerous members rotate through this position with complexity of problem so first like to restate with the position is responsible for per our region policy and procedures.

Digital Coordinator

1. Oversee the region Digital Communications Committee
2. Ensures the website is maintained.
3. Coordinates social media/outreach strategy such as Blogs, ad campaigns etc.
4. Other duties as assigned.--(At this time I also serve as liaison to Digital Committee and the 12 Step Within /Workshop Committee)

Over the past four months, the Digital Resources Committee has maintained the website, including convention and Assembly pages, the Events page, Intergroup Renewal content, and working with Digital Coordinator teams of the region's social media platforms on Facebook and Instagram. Update styles and layouts have been used that improve the graphic delivery and style on the website.

There are several positive developments:

- Six active and growing Facebook pages, representing a strong outreach asset. Five have member teams on board and new members will be onboarded in April– our outreach has brought in over 30,000 followers, many who are still a universe of potential new members.
- Initial direct outreach efforts were successfully tested with service bodies and ready to expand
- The digital team has several highly skilled service member currently contributing
- New members will begin to join the committee and its subcommittees this April

The effective operation of the Digital Resources Committee is essential to the operation of both the website and supporting the region's committees and service bodies. Based on this, the following are key considerations:

The committee continues to face challenges in service participation and service continuity, particularly among incoming members who bring strong skill, experience, and creativity but do not remain in service. Participation is limited, resulting in a small number of members carrying a large service load.

This creates a narrow scope of decision-making, which can impact the region's ability to reflect the full diversity of the fellowship, including languages, cultures, and membership groups we

are trying to reach. It is not always clear whether content is effectively translated, whether digital resources are usable across service bodies, or whether outreach is reaching diverse populations.

Increasing membership participation in the committee across diverse skill sets, backgrounds, and languages is essential. We invite members to join us in service. If you have served in the past, please consider joining us again. If you previously served and experienced some of these challenges, we also invite you to return and help strengthen the committee going forward.

There are important digital assets that require additional training and shared service. New members are stepping forward and will be integrated into the committee to support this work.

The way the Digital Coordinator and the Digital Resources Committee interact with other committees is not clearly defined. This has been creating confusion, duplication of effort, and misalignment with the practical needs of the website service work. Clarifying these relationships promptly is of paramount importance and necessary for facilitating coordination. We need to improve methodologies for the intake of events, translation of documents, proper copyright procedures, and other necessary information for uploading on the website

There is a need to sustain consistent content delivery, expand and diversify social media platforms, and make outreach assets available in multiple languages.

There is currently a backlog in editing and publishing recordings. Yet we have several members with the ability, time and willingness to edit recordings. A priority is to model and to welcome and train service members to support ongoing content production. Our members deserve these fabulous recovery resources— and it is our responsibility to provide them. I hope to support the committee in doing this until new members can join coordinated efforts with the data committee to clean up this backlog.

Efforts are underway to strengthen collaboration with the Public Information Professional Outreach, and Unity with Diversity Committee (PIPO/UWD). Work has begun to assemble internal outreach databases to support outreach to medical professionals and to specific focus groups.

Ongoing efforts include expanding the use of existing resources from oa.org and the OA Virtual Region, ensuring materials are accessible and available in multiple languages. In addition, language translation needs to be addressed overall, and there will need to be a collaborative effort between Digital Resources, Data Tech and Language Services in examining what the best method is in order to accomplish this.

Key priorities moving forward include:

- Strengthening service participation and service continuity
- Expanding multilingual participation
- Sustaining consistent content delivery Expanding multilingual outreach and social media assets
- Reducing recording backlog through training and shared service
- Clarifying committee coordination across the region
- Supporting outreach through collaboration with the Public Information Professional Outreach and Unity with Diversity Committee (PIPO/UWD)
- Collaborating with Language Services, Data Tech and Digital Resources in developing a plan to upgrade our translation language interpretation on the website.

The overall goal is to support a more sustainable, participatory, and effective digital structure that serves the region's primary purpose.

12 Step Within Committee Liaison

As liaison to the 12th Step Within Committee I have actively participated in workshops hosted by the committee and have also worked on updating its online assets. With a new committee chair, I look forward to supporting the committee, to the increasing participation of members on the committee service team, and to participating in Step studies and the training of service bodies to conduct studies. This is one of the committees I began service on in the region– and I have seen first hand the miracles its workshops and training have brought to our membership.

Member at Large

What have you accomplished since your last report?

Data handover: Finished working with the new Data Coordinator and the Admin assistant to complete data onboarding training and VR email assigning training. Completed other aspects of Data coordinator training such as Constant Contact, Google Drive and audits, committee and distribution lists, and duties for assembly preparation. We continue to meet for any ongoing issues and support. Assisted with annual clean up of committee listings.

Language Services Committee: Pending feedback on how captions and transcriptions worked at the convention, along with readers. Several meetings with the Footsteps Arabic translations team to get started on License 1 translations. The good news is that they have one book already translated, and only need to do updates on the 12 & 12 from 1st to 2nd edition which they have started now. We will follow up on questions pending details of the new License 2 details.

IGOR Committee: We will re-evaluate our phone outreach to unaffiliated meetings after the new “find-a-meeting’ launch to see how that affects our unaffiliated meetings numbers. We are working on updating the contact list for IG/SB Chairs. We are discussing having a meeting with all IG/SB Chairs to trade experience, strength, and hope regarding their service bodies.

Assembly Support Team: Trained the incoming Data Coordinator on the data protection requirements and documents for assembly. Support the AST as needed in other tasks.

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

Member at Large: Continuing to see where I can assist in communications. Cover the new Data Coordinator as needed.

LSC: Assist the Chair in meeting with members to prioritise upcoming tasks. Evaluate the new ‘reader’ system and determine how we can best serve members with interpretations and translations. Follow progress on License 1 translations in Arabic and normative Spanish.

IGOR: Assist the CoChairs in meeting with members to set new goals. Assist with new projects as determined by the committee members.

Both the Intergroup Outreach Committee and the Language Service Committee are looking for additional members to help with their goals and tasks.

Section 8: Committee Reports

Bylaws Committee

- Bylaws and Policies & Procedures amendments adopted at the last Assembly have been fully implemented, validated, and published, with the support of the Member at Large.
- A new Committee Chair has been elected.
- A new Secretary has been elected.
- A flyer was created to communicate the Bylaws Committee's availability to assist groups in drafting motions for Assembly 1 (2026).
- Several motions have been reviewed, and amendment suggestions have been provided in preparation for Assembly 1 (2026).

Convention Planning Committee

This report is included in the report of the Vice Chair.

Data Protection Committee and Tech Subcommittee

Policies & Procedures (P&P) and Documentation Considerable progress has been made on the committee's Policies and Procedures documents. The document has been restructured and organised with a table of contents and separately extractable "tabs". It has been reviewed by the Board. Six or seven new policies were prepared, sent to the Board for review, and are ready to be added. The team has shifted focus to organizing a set of "How-to" documents.

Training and Onboarding Training initiatives have been a major focus, described as a "lifetime project" that is being addressed iteratively.

- **Google Docs Training:** Planning for a Google Docs training session has been ongoing. Dates in mid-May and the second week of June have been proposed.
- **Individual Training:** A new committee member has been trained on handling email accounts, documenting the process and is ready for hands-on use.

Automation There has been continued development of automation around the registration processes for Assembly, Volunteer agreements and Convention. The convention registration process was fully implemented using the free Google technologies of the not-for-profit account we hold.

Data Security, Privacy, and Audits

- **WhatsApp Privacy:** Around 50 Convention Whatsapp groups were created for convention using instructions provided in our P&P. After the convention the WhatsApp groups were archived. The committee are planning to work on a maintained list of all WhatsApp groups, with a data team member serving as an admin for every group to ensure safe settings are maintained and minimising personal data retention.
- **Data Cleanup:** An annual data cleanup was initiated, requesting committee chairs to check their member lists and reduce numbers, where a "no response" from a member serves as a notice for removal. This applies to both email lists and WhatsApp groups.
- **Passwords & Accounts:** The ongoing transfer of accounts to the Password Keeper Security app continued.
- **Google Drive Audits and Backups:** The data security audit for the Google Drives is planned and is estimated to be finished by mid-summer 2026.

Service Openings: To help fill open service positions, a "committee carnival" (also referred to as a "service carnival") is scheduled for May. The committee webpage was rewritten in March to reflect the urgent need for volunteers with IT, cloud management, and data protection skills. You do not need to be an expert - training will be provided. We have working group sessions where you can learn, hands on, every two weeks.

Convention Follow-up: In February 2026, Patricia followed up on unregistered donations and speaker deadlines, and by late March, these convention matters were moved to the archive.

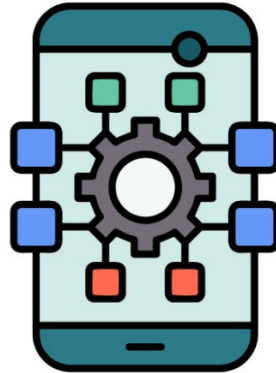
Speaker Releases: A member managed speaker release collection for the convention keynote speakers. Also tracking down missing phone numbers and obtaining speaker releases for the recent IGOR workshop recordings.

Creative Material release: A member adapted the Creative Material release from the World Service Office for our specific region use. It was endorsed by the committee.

Constant Contact: Our main list of email contacts is managed by this committee.

Translation Services: The committee is planning to evaluate alternatives to gtranslate - website translation software that we use.

Digital Resources Committee



Over the past six months, our committee has stayed closely involved in Virtual Region activities while onboarding new technical volunteers and refining our internal processes. We've placed special focus on improving how we work, supporting major Region events, and strengthening the systems that keep everything running smoothly.

What we've done

Convention Support

Convention is a massive undertaking, and this year was no exception. Our team:

- Built 70+ web pages to support the event
- Created a main schedule, a newcomer schedule, and specialised views for readers and translators
- Designed pages for eblast communications
- Archived all pages in a reusable format for 2027 Convention planning

Going forward, we would like to improve the communication between Convention leadership and our committee to ensure that we are doing the right thing at the right time.

Assembly Preparation

To support Assembly, we:

- Created pages to house all key documents: Bylaws, Policies & Procedures, Motions
- Will load the full Assembly Binder as it becomes available
- Posted a Glossary of Assembly Terms and Parliamentary Procedures
- Began building a webpage for this year's Committee Carnival, along with planning our own committee's activities

Going forward, we will work with Region leadership to receive and post Assembly material without needing to edit it on the webpage.

Committee Requests

With Convention behind us, we anticipate new requests from committees—such as Step Study, Intergroup Outreach, and Carry the Message—for support with their upcoming projects. We are building a calendar to plan out our efforts, enabling us to do as much advance preparation as possible.

We need to establish communication lines between committees and committee members, perhaps including joint working sessions for content development. The start is a new submission form that enables Virtual Region service workers to deliver information and materials to us in an organised and predictable manner.

Event Posting

We continue to post events both within and outside the Region, using submissions received through the Event Submission Form.

We are also investigating alternative language translation services to speed up translations.

WHO'S BEEN DOING IT

- A new committee chair was elected in February
- The vice chair and webmaster positions remain open
- We are seeking a volunteer to coordinate audio recording processing—someone to track and distribute recordings to our editors
- We plan to expand our committee by reconnecting with those who've expressed interest and updating old distribution and chat lists
- Our work is highly collaborative. Much of it happens in real time on Zoom, where one person teaches while another learns. It's a hands-on environment that builds real-world skills, including:
 - WordPress & Elementor
 - Constant Contact eblasts
 - Google Forms & WPForms
 - Calendar systems
 - Canva design

We've also provided in-house training on tools such as eblasts and WPForms to help our volunteers work confidently and effectively. This committee is truly a place to grow your technical skillset and your résumé.

How we've been doing it

Improved processes! This is the area we would like to focus on for the next six months.

We receive a steady flow of new requests, along with large volumes of information for major projects like Assembly and Convention. We also foresee requests from committees when these larger events are behind us. These requests involve both the structure (two web pages with specific links) and the content (words, images, and font sizes). The goal is to ensure that we work with accurate information from the correct source. In short, we need to develop communication lines between our service workers and other committees.

- Given the volume of work, we encourage anyone interested in honing their technical skills and learning new ones to contact us about giving service.

Finance Committee

Since the last Virtual Region Assembly, the Finance Committee has completed the first Annual Appeal video, which we encourage groups to share in their meetings:

<https://oavirtualregion.org/annual-appeal-2-2025-2/>

The Virtual Region Assembly voted in a new Treasurer, who has been working with the former treasurer, to learn the position.

The region has hired a bookkeeper to assist the Finance Committee and VR Treasurer.

Prior to the Fall 2026 Assembly, we plan to produce an enhanced, Annual Appeal video to include suggestions from the board.

We will work with the treasurer to restart the Treasurer's *Forum* quarterly.

The Committee will work with the treasurer to prepare the 2027 Budget.

Intergroup Outreach Committee

What we have accomplished since the last assembly:

- Collaborated with other Virtual Region committees to deliver:
 - Service Body Renewal Workshops
 - Virtual Region Unaffiliated Meeting Outreach Day - Phone Bank service for affiliated foster meetings registered at OA.org, but not with a region. Invited them to join the Virtual Region.
 - Convention 2026
- Committee Carnival planning team – Collaborated with other committees and learned how to use some platforms and apps like the wheel or bingo.
- Local outreach at hospitals and other locations, sharing brochures with healthcare professionals and the public. From our personal experience, this service has helped us focus on traditions one and five.

What we want to accomplish before the next assembly:

- Committee Carnival – we encourage all OA fellows, especially those interested in outreach, to get to know us at the Carnival, which will be held before the May Assembly, on May 16, 2026.
- Also, we are still inviting members to join our Intergroup Outreach committee, because there is a lot of work we need to do. It does not matter what language you speak. You can carry the message in all countries.

Our committee meetings are twice monthly, 11:30am Thursday mornings Eastern Time.

Doing the best we can one day at a time!

With love, mutual respect and understanding,

The Intergroup Outreach Committee

<https://oavirtualregion.org/igor-committee/>

Language Services Committee

Accomplishments Since Last Assembly

Since the election of a **new Chair in December 2025**, the LSC has focused on expanding accessibility across **the Region** through technology and teamwork.

- **Expanding the Region's Languages:** Formally established an **Arabic** subcommittee and started formation for **Greek** and **Portuguese** teams. A meeting is scheduled with a member of the **Syndesis Intergroup** during WSBC. **French** and **Spanish** teams remain solid and functioning.
- **Event Support:** Successfully coordinated interpreters and developed **Zoom caption** training for the Convention and Unity Within Diversity (UWD) event.
- **Literature & Licensing:** Supporting the Arabic team with the **12 & 12 (2nd Edition)** (License 1 secured) and additional pamphlets. We are **visiting the Spanish-speaking Intergroups** to discuss our two existing licenses and prioritize the most needed literature.
- **Outreach & Infrastructure:** Produced a **Spanish "Green Dot" video** (with more languages coming) and launched a **WhatsApp Community** to connect all of the Region's language teams.

Goals Before Next Assembly

- **Technical Assessment:** Reviewing Convention evaluations to improve the balance between **Zoom AI captions** and live interpretation.
- **Training for the Region:** Planning sessions for the Board, Chairs, and members on how to use interpretation channels and captions effectively in our **Zoom meetings**.
- **Information Sharing:** Creating flyers in all **the Region's languages** to ensure all members know about upcoming activities beyond just the website and e-blasts.
- **Sustainability:** Strengthening our emerging teams to ensure our services remain consistent.

Help Us Build the Bridge

The LSC is where technology meets the heart of service. Through **Zoom AI**, live interpretation, and literature translation, we ensure that the message of recovery knows no borders.

We need your help! Currently, we have very few hands for a great deal of work. With more volunteers, we can be far more effective in closing the language gap across **the Region**. We need core team members—not just interpreters—to help us shape the committee's future.

- **Committee Secretary** (Minutes and records).
- **Creative Volunteers** (Creating documents, posters, and flyers).
- **Tech-Friendly Volunteers** (Organizing Zoom interpretation for events).

Join us! Meetings are the **third Friday of every month at 10:30 am ET**. Whether you speak one language or many, if you want to help carry the message across borders, there is a place for you here.

Public Information Professional Outreach/Unity with Diversity Committee

During this reporting period, the committee focused on maintaining service continuity while continuing to assess opportunities for outreach and connection within the Virtual Region.

Since the last Assembly

- The PI/PO Committee hosted the Newcomer and Returning Fellow Welcome Center during the Virtual Region Convention.
- The Welcome Center provided information and support to newcomers and returning members, including access to meetings, sponsorship, available resources, and ways to begin or resume a recovery program.
- This service supported the committee's PI/PO and Unity with Diversity responsibilities by providing a welcoming and accessible point of connection during the convention.
- The committee began exploring opportunities for professional outreach within the Virtual Region.
- The committee also experienced leadership transitions during this reporting period, including changes in both the Chair and Secretary roles.
- These changes required attention to continuity, communication, and the reorganization of committee work.

Before the next Assembly

- Identify at least 10 professional membership organizations with a global footprint, including those serving physicians, therapists/counselors/social workers, dietitians, and treatment providers, that may benefit from information about OA's virtual recovery resources.
- Begin sharing existing PI/PO digital materials and Virtual Region meeting access information with those audiences.

Challenges

- Professional outreach in a virtual region requires further definition, including identifying priority audiences, selecting appropriate resources for virtual use, and determining practical, sustainable outreach methods.
- Some topics related to outreach, diversity, and public information may overlap with other committees' work, making collaboration essential to clarify scope, avoid duplication, and ensure consistent messaging.

Limited volunteer participation during the convention at the Welcome Center, along with recent leadership transitions, also highlighted the need for additional service support to sustain outreach and newcomer-focused efforts over time.

Twelfth Step Within Workshop Committee

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

- The previous chair and current chair held a handover meeting
- The committee voted yes to hosting a retreat, in June 2027, via a cruise from New York City to Nova Scotia, which will be presented to the board during the April 2026 meeting.

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

- Meet, strategize, and begin planning one of our next workshops. (Listed below)

Planned Projects:

- *Twelve Step Workshop*, (Green Book) over 17 weeks
- *30 Questions Workshop*, over 6-weeks (Steps 1-3)
- *Relapse Prevention Workshop*
- *First 12 Days of OA Sponsorship Training*

Section 9: Virtual Region 2026 Contacts

Chair	chair@oavirtualregion.org
Trustee	Trustee@oavirtualregion.org
Vice Chair	ViceChair@oavirtualregion.org
Secretary	Secretary@oavirtualregion.org
Treasurer	Treasurer@oavirtualregion.org
Data Coordinator	Data@oavirtualregion.org
Digital Content Coordinator	Digital@oavirtualregion.org
Member at Large	MemberAtLarge@oavirtualregion.org
Bylaws Committee Chair	BylawsChair@oavirtualregion.org
Convention Committee Chairs	Convention@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 Co-Chairs	IGORCoChair@oavirtualregion.org IGORCoChair2@oavirtualregion.org
Language Services Committee Chair	LanguageServicesChair@oavirtualregion.org
Public Information Professional Outreach/Unity With Diversity Committee Chair	PIPOChair1@oavirtualregion.org
Twelfth Step Within/Workshop Committee Chair	12StepwithinChair@oavirtualregion.org

Section 10: Virtual Region Bylaws

Revised 15th November 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 affiliated intergroup shall be entitled to one representative in the business assembly for each ten groups or part thereof.
 - b. 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.
 - 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.
2. Virtual Region board members,
3. 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 from 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

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 – 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.
 - a. Chair, treasurer, data coordinator, and member at large are elected in odd years.
 - b. Vice-Chair, secretary and digital coordinator are elected in even years.

4. Nominees will have five minutes to address the assembly and five minutes for questions.
5. When board elections coincide with that of the Virtual Region trustee, the trustee ballot shall be completed first.
6. For election, the candidate must receive a majority of the ballots cast.
7. 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.
8. If there are two candidates and neither receives a majority, a second ballot will be taken.

Section 5 – 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 6 – Responsibilities of the Virtual Region Board Members

For details about the Virtual Region board member responsibilities, refer to Item 5 in the Virtual Region Policy and Procedure Manual.

Section 7 – 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. No business of the Board shall be conducted unless a quorum is established.
3. A quorum shall be defined as at least fifty percent (50%) of all elected or appointed Board officers.
4. No item of business shall be adopted or defeated unless all voting members present have voted or have had a reasonable opportunity to vote.
5. Any motion, resolution, or matter to be adopted by the Board shall require a simple majority of the voting members present and eligible to vote.
6. 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.

7. 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 8 – 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 9 – 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 should attend Board meetings where they have a voice and no vote.
2. The Trustee Liaison should attend Regular or Special Region Assemblies, where they have a voice and 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 3, 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 15th November 2025

Section 11: Virtual Region Policy and Procedure Manual

Revised Assembly 2, 11-15-2025

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:
- a. Each person shall complete and verify an expense report.
 - b. 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.
 - c. 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.
 - a. The limit of the money set aside shall be that of the Delegate Support Fund line in each year's annual budget.
 - b. Preference will be given to new Service Bodies.
 - c. Applications will only be accepted from Service Bodies that otherwise would be unable to send a representative.
 - d. Service bodies applying for and receiving World Service Business Conference scholarships from the Region must have
 - 1. At least one registered region representative.
 - 2. At least one alternate representative.
 - 3. These representatives must be in place for each assembly before and after the World Service Business Conference for which funds are received.
 - 4. The registered representative and alternate must be recorded at the assembly.
 - 5. They or another representative from the service body must actively serve on a Region committee.
 - 6. Service bodies in their first year of registration are exempt from this policy.
- P. 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 Policy and Procedure Manual.
- G. Assists others in becoming familiar with the Twelve Traditions and Twelve Concepts of OA Service.
- H. Work with the data coordinator, as appropriate, to support the goals of the region.
- I. 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.
- J. Respond to all correspondence, phone calls, and questions in a timely manner.
- K. Maintain a consolidated record of all assets, including passwords for security protection as directed by the chair and the data coordinator.
- L. Administers the Virtual Region meeting platform.
- M. Upon completion of service term, provides the successor with any information and documents from their service period via either written or electronic media.
- N. 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 compile draft Assembly minutes within 30 days of the Assembly.
 - 2. 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.
 - 3. 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.
 - b. Additionally, the secretary shall:
 - 1. Have access through the Data Coordinator to contact lists and other data as required.
 - 2. Send application forms of trustee nominees to the World Service Office within one week of affirmation of candidates.
 - c. Assembly duties:
 - 1. Assemble a team responsible for preparing registration and assembly-related materials. Both before, during and after the Assembly.
 - 2. The Secretary shall maintain copies of all pertinent assembly materials in the appropriate Google Drive.
 - 3. With the support of the data coordinator and a support team, updates credentials and roll call before and during the Assembly.
 - 4. 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 Resources 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 financial status of the Region as follow:
 - 1. Monthly - Current balance
 - 2. Quarterly report with year-to-date figures showing:
 - A) Itemized Income (including contributions)
 - B) Contributions by month for the preceding 12 months
 - C) Expenses
 - D) Comparison of actuals to budget
 - f. Quarterly reports will also be provided in the treasurer's assembly report.
 - 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.
 - h. Files all required tax returns and related forms with state and federal authorities, as required by law.
 - i. Prepares and presents the annual budget in accordance with Article 3: Financial Policies of this Policy Manual.
 - j. Administers the Delegate Support Fund in compliance with Article 3: Financial Policies of this Policy Manual.
 - k. Other duties as assigned.
- G. Member at Large
- a. Support Board Officers in communicating with members, meetings, and service bodies, including responding to inquiries.
 - b. Assist other officers in providing regular updates to members, meetings, and service bodies.

- c. Provide backup to and may temporarily perform the duties of any Board member other than the Chair.
- d. Other duties as assigned.

6. Parliamentarian

The Parliamentarian will be nominated by the Chair and approved by the Board annually.

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

7. 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.
 - a. Committee guidelines are documented separately and will be maintained by the committee.
 - b. Each committee will comply with the document management system established by the Virtual Region Board.
 - c. Each committee will comply with all other board-approved guidelines.
- 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.
 - a. Committee chairs will be selected from the committee members.
 - b. The committee chair may serve for up to two terms of two years
 - c. Committee chairs must have six months of current continuous abstinence, except for the Convention Committee chair or co-chairs, who must have one year of current continuous abstinence. Each person shall be the sole judge of their abstinence from compulsive eating and compulsive food behaviors.
 - d. If a Committee Chair fails to meet the requirements stated in paragraph c, they must resign from the chair position.
 - e. Should a vacancy occur within a committee, the Board will be notified, and the committee will appoint a new chair to complete the term.
 - f. The Virtual Region Board, by a two-thirds vote, may waive the abstinence requirement of a committee chair.
- F. Committee Chairs Duties:

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

8. 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.

9. Amendments

- A. Amendments to this Policy and Procedure Manual may be proposed by any Virtual Region affiliated 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 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 regular or special assembly 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 Bylaws Committee and the assembly membership will be notified.
- G. Upon receipt of the final draft Assembly minutes, the Bylaws Committee, under the oversight of the secretary, will:
 - a. Update the Policy Manual to reflect any changes adopted at the Assembly.
 - b. Send the updated Policy Manual to the Secretary for Approval.
 - c. Once approved the secretary will:
 - 1. Send the Policy Manual to the Region Chair.
 - 2. Submit the updated Bylaws to the Webmaster for posting on the website.

Adopted 11-15-2025

Section 12: Readings

Twelve Steps of Overeaters Anonymous

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

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. No OA committee or service body shall ever become the seat of perilous wealth or power;
 - b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - c. No OA member shall ever be placed in a position of unqualified authority;
 - d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
 - e. No service action shall ever be personally punitive or an incitement to public controversy; and
 - f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

OA BUSINESS GLOSSARY

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

END