



55th World Service Business Conference

As reported by Kara M. (Ocean & Bay Intergroup | Region 6)

May 16, 2016

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

The World Service Business conference (WSBC), attended by delegates from around the world, meets annually each May to conduct the business of OA. Below are the 2016 statistics:



19
Countries
10
Regions

1
Virtual
Service Body
(provides services to
online and telephone
meetings)



17
Trustees
(ten Regional Trustees, one Virtual
Service Trustee and six General
Service Trustees who serve as the
executive committee)

182
Delegates
35
OA Members,
including trustees,
delegates &
volunteers, were
from Region 6.

PROPOSED NEW BUSINESS MOTIONS & BYLAW AMENDMENTS

A. Online Final Conference Report to include first names and last initials only	PASSED	✓
B. Rescind policy to clearly verbalize bylaws in proposed amendments	PASSED	✓
C. Remove reference to selling AA literature at Conference	PASSED	✓
D. Move Unity Day to last Saturday in June	FAILED	✗
E. Revise policy to submit Conference policies to the Board of Trustees	PASSED	✓
F. Allow the use of social media for public information and professional outreach purposes	PASSED	✓
G. Establish a Conference Virtual Services Committee	PASSED	✓
H. Rescind policy on telephone and online groups definition	PASSED	✓
1. Amend Article VI, Section 1 to include intergroups as service bodies	PASSED	✓
2. Amend Article VII, Section 1 to include regions as service bodies	PASSED	✓
3. Amend Article VIII, Section 1 to include service boards as service bodies	PASSED	✓
4. Amend Article XI, Section 4d to require the Region Chairs Committee to meet in North America only	FAILED	✗
5. Amend Article VII, Section 1c to allow states, countries, etc. to petition movement to another region	PASSED	✓
6. Amend Article V, Section 1 to remove the virtual groups definition	PASSED	✓
7. Amend Article XI, Section 1 to allow Conference Literature Committee to appoint committee members	PASSED	✓

HOW MUCH IS YOUR RECOVERY WORTH TO YOU?

7th

Tradition

\$4,423.²⁵

Collected at WSBC

Every OA group ought to be fully self-supporting, declining outside contributions.



- Members gives an average of \$3 or more each time the basket is passed in a meeting.
- While OA is solvent, 7th tradition contributions have decreased.
- If every person donated \$7.50 per quarter, we’d recuperate the deficit.

YOUR CONTRIBUTIONS MAKE SURE THERE IS A PLACE FOR COMPULSIVE EATERS TO MEET AND SHARE THEIR RECOVERY

Individual members can send checks and money orders to any OA service body. Credit card contributions and Automatic Recurring Contributions (ARC) can be made at www.oa.org/contribute.

RESULTS OF ELECTION OF TRUSTEES

REGION 2: Hannah S.
REGION 5: Linda J.
REGION 8: Linda H.
REGION 10: Letitia M.
GENERAL SERVICE TRUSTEES: Gloria L. and Steve M.

RESULTS OF ELECTION OF EXECUTIVE BOARD

CHAIR: Karen C.
FIRST VICE-CHAIR: Vicky W.
TREASURER: Tina C.



DID YOU KNOW?

OA literature has been translated or is in the process of being translated into 29 languages in 42 countries.

COMMITTEE REPORTS: GOALS FOR THE COMING YEAR



BYLAWS: Asking other 12 step groups how they handle the virtual world; creating sample bylaws and policies and procedures for groups; establishing glossary “ninjas”



LITERATURE: Creating new or revising documents. Topics include: small meetings & small towns, body image & sexuality, maintaining healthy body image and to the teen



FINANCE: Creating 7th Tradition tent cards; and “Where the Money Goes” FAQ; revising 7th Tradition pamphlet; raising awareness about online Auto Recurring Contributions (ARC)



PROFESSIONAL OUTREACH: Actively getting info to healthcare professionals; new articles for *The Courier*; six “What’s New in PO” email blasts



PUBLIC INFORMATION: Creating a resource bank of PI materials; maintaining the email loop/exchange between intergroups; reviewing prior PI initiatives



REGION REPORTS: Participating with Board of Trustees on strategic planning; creating another forum; continuing to serve as a resource guide to service bodies



12TH STEP WITHIN: Updating speaker lists; relapse prevention video on oa.org; Slipping & Sliding reading and writing tool to include OA 3rd edition



UNITY WITH DIVERSITY: Encourage awareness and celebrate diversity of age, gender, orientation, culture, etc.; pocket card in the works



WEB/TECHNOLOGY: Not related to oa.org, this committee helps web masters in regions and intergroups; helping develop social media privacy policy to protect anonymity



YOUNG PERSONS: Creating Y.P. speaker list; working with other committees; plans to submit regular articles in *Lifeline*; creating workshop to empower this demographic

I had the privilege of co-leading the Responsibility of Abstinence workshop, and was the only one from Region Six who was given the opportunity to do service in that capacity. That’s quite an honor for a WSBC “green dot!”



WORKSHOPS

- Responsibility Pledge: To Extend the Hand and Heart of OA
 - Responsibility of Abstinence (*See highlights on page 3.*)
 - Responsibility of Sharing Experience, Strength, and Hope (Young People)
 - All About Conference (including parliamentary procedures)
 - Forum: A Carry-on Message (A series of skits performed by delegates about carrying the message)
 - Strategic Planning: Carry the Message Back Home
- Theme for 2017 - 2019: “Keeping OA Strong Worldwide”
- > 2017 Growing Unity
 - > 2018 Recovery
 - > 2019 Membership
- Virtual Services: Responsibility of Carrying the OA Message
 - Bonus Workshop: Sponsorship



A term used for first-time delegates to the WSBC. They are asked to wear a green dot on their badges to identify themselves to more seasoned delegates who may be of assistance to them. Each “green dot” is also assigned a mentor by their respective region chairs. At the conclusion of the conference, there is a green dot step-up ceremony to thank newbies for their service.



WORLD SERVICE CONVENTION 2016
“RECOVERY: THE TRAIL TO FREEDOM!”

Region Six is very excited that the World Service Convention will be held in its region. We look forward to seeing you in Boston! Come join OA members from around the world for “Recovery ... on the Trail to Freedom!” <https://oa.org/members/events/world-service-convention/>

The World Service Convention in 2020 will take place in Orlando, FL.



OA virtual services consist of telephone and online meetings. Using telephone or online technology, OA members from around the world may attend meetings together.

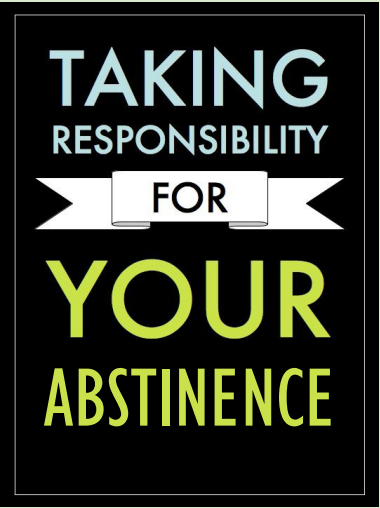
- Since January 2013, the number of virtual groups has grown from 336 to 469, and contributions from virtual meetings have grown from \$7,500 to \$18,800.
- Currently about one in four OA members attends a virtual meeting at least occasionally.
- Virtual meetings are a lifeline to the Chinese because in China it is illegal to meet behind closed doors and pray.
- About 40-45 percent of new members find their way to OA via the Internet.

	2015	2016
ONLINE GROUPS	190	196
TELEPHONE GROUPS	211	273



Information comes from the 2013 Census and the WSO.

THE RESPONSIBILITY OF ABSTINENCE WORKSHOP



Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Jeri A. from San Diego (Region 2) and I spoke about the responsibility of abstinence. Our key points were:

- Abstinence is priority because it helps us in our relationship with God, ourselves, and others.
- Our greatest service is abstinence; if it's not put first, we will lose it.
- Without God, we won't have abstinence; and without abstinence, we won't have God.
- Abstinence is our link to life; without it nobody wants what we have; it gives us purpose.
- Ebby T. was sober and able to carry the message to Bill W. In turn, Bill carried the message to Dr. Bob. Then Rozanne took the 12 Steps and applied it to food.
- As long as there are people suffering from compulsive eating, it is our responsibility to carry the message of hope and freedom.
- Abstinence and abstinent actions take care of all three aspects of the disease so that peaceful, long-term recovery is possible.
- While I am not responsible for my disease, I am responsible for my recovery.
- Abstinence is crucial to carrying the message, and carrying the message is crucial to recovery.
- We *must* carry the message; it is part of OA's primary purpose!
- The definition of abstinence is the same for all members—refraining from compulsive eating behaviors—but the details of the plan of eating may differ for each member.
- Our abstinence is not just limited to food choices and food behaviors. We strive to abstain from gossip, a life of dishonesty, negative self-talk, self-loathing, delusions of grandeur, or an over inflated ego.
- We passed out copies of “The Strong Abstinence Checklist” which includes 12 questions that remind us of the actions we can take to get and keep our abstinence.
- We must be accountable to recovery and remain abstinent because it is a progressive disease
- It's important to carry the message to those who have found this program and to those not in recovery.
- We asked attendees to put their name, phone number and email on a piece of paper, which were put in a bag located at the back of the room. At the conclusion of the workshop, we asked each member to take one of those pieces of paper and reach out to another OA member.

PUBLIC INFORMATION COMMITTEE

I am serving on the Public Information Committee. Over the next year, our committee is dedicated to:

- establishing a database of contact information for Public Information teams and workers in all Intergroups.
- creating awareness of the Email Group and disseminating information among all regions.
- creating a resource bank, especially of videos, to use internationally. (Translations and subtitles need to be considered.)
- exploring the use of social media in the PI effort and drafting guidelines for the consideration of the Board of Trustees.
- working in collaboration with other sub committees to reduce duplication and make best use of our skills and resources.
- obtaining permission to use the OA logo for Local Scotland Facebook page.



Lifeline has changed its back cover. Now, it will feature either the “15 Questions” or abridged text from “Is Food a Problem for You?”

In addition, a blank space allows members, groups, and service bodies to add local meeting and contact information to the magazine.



I don't want OA to simple exist. I want it to be alive and thrive.

— Tina C.

I'm either working this program or I'm not.

— Jason J.

I only need one meeting a week. I don't know which meeting that is, so I go to as many as I can.

— Lyn C.

When it comes to certain foods, if you can't moderate, you must eliminate.

— Gloria L.



April 30, 2016

I've never been afraid of anything—except of not getting enough food! However, when it came time to leave for Albuquerque, I realized I was afraid of not knowing enough to be a WSBC delegate. I was reminded by my fellowship friends and my green dot mentor (who also happens to be a friend) that I don't have to be familiar with all the details. My only requirement for this trip is a willingness to do service and a commitment to my abstinence.

May 1, 2016

I arrived early so I could settle in and see some of the old city before the business conference got underway. From the Embassy Suites I walked to Historic Old Town, which was founded in 1706. Along the way I admired the Pueblo-Spanish architecture, flat-roofed buildings, and adobe structures. The focal point of Old Town is San Filipe de Neri Church, the city's oldest church built in 1793.

My Higher Power is with me always, and He loves New Mexico!



ALBUQUERQUE

Former homes and government offices of New Mexico's early settlers now house art galleries, souvenir shops, boutiques, and restaurants. During my exploration, I discovered winding brick paths, gardens and hidden patios.

I ended the afternoon with a visit to the Albuquerque Museum which houses traditional and contemporary art of New Mexico. I enjoyed "Only in Albuquerque," a new interactive exhibit of Albuquerque from before written history to the present. The cultural and historic artifacts allowed me to envision life in the southwest in times gone by.

Over the past few days, my mentor has helped me navigate the nuances of the parliamentary procedures, took me to for a drive to Los Poblanos (a farm with a ranch house and inn just north of Albuquerque), and lavished me with tons of attention. She is a woman in program I have grown to love and respect, and I am truly enjoying her company.

Can't articulate how emotional I feel. Very special people. Very special program. I can't put a price on the view of the Sandia Mountains that frame the horizon, the feeling of the warm sun on my face, my OA friends, the sense of serenity I have today, and the gift to experience all of this abstinently. So grateful.

May 6, 2016

What a gift to be here. God is so good, and I believe He has given me a greater purpose today. As the palmist said: God had ordained my days before they ever came to be. I feel blessed. I am grateful (dare I say it?) to be a compulsive overeater.

Because of my struggles I can find greater meaning in my life and a path to God. In turn, I share my experience strength and hope to carry the message to others who share my compulsion.

TOP
5

BENEFITS OF RECOVERY
WHEN TRAVELING

1. I fit comfortably in the airplane seat and securing the belt is not an issue.
2. Peanuts and tomato juice on the plane can be incorporated into my food plan.
3. The outfits I packed are ones I have worn for several years, and I do not have to wear "fat clothes."
4. I am healthy enough to walk the concourse and schlep my luggage. (The 50 pound baggage limit reminds me that I once carried three times that weight!)
5. Travelling to a new place is not an excuse to binge on the cuisine of that region and return home regretting a weight gain.

May 4 2016

The different languages spoken here thrill me. The distinctive sounds of an Irish brogue, a Southern drawl, a Mid-western twang, or the vocal lilt in an Aussie accent are pure music to my ears. What a gift to have met so many people from all over the world! I've heard the serenity prayer in Portuguese, Greek, Swede, Spanish, German, Hebrew, and (of course) English.

May 5 2016

May 7, 2016

It was very meaningful to go to church with 16 other delegates on Saturday before the banquet. Coincidentally (or God-incidentally!) the priest's sermon was on carrying the message—a validation to each of us from our Higher Power that this was the significant idea we needed to bring home.

In a few short hours, I really got my spiritual, emotional, and physical needs met by attending Mass, eating an abstinent dinner, conversing with friends in fellowship, and burning up the dance floor. I am leaving WSBC viewing my world in a different light, and I can't wait to come back next year!

OVEREATERS
ANONYMOUS.