



## **2024 - National Assembly PACK 2**

Dear OA Fellows, Groups and Intergroups,

**Please read this before coming to the 2024 Assembly.**

- **Agenda for the Assembly and weekend**-What is happening when during the Friday, Saturday and Sunday of our weekend in LLandudno.
- **Officer Reports**- What the board members, subcommittee and paid worker have done over the last 12 months. You will have a chance to ask questions about these reports on the Saturday.
- **Elections**- Anonymised Candidate nomination forms recieved by 30th September 2024.
- **Service Opportunities**- Other Service Opportunities at Overeaters Anonymous Great Britain.
- **National Assembly Bids**- What a bid to hold national assembly could look like.
- **Intergroup Reports**- Reports from Alba, Heart of England, Red Dragon, South Coast and North of England Intergroups.
- **Minutes of the 2023 National Assembly**- What happened last year.
- **Special Rules of Order for National Assembly** – The processes of debate and voting.

**Please have Packs 1 and 2 easily accessible for use on the Saturday. This will enable you to be informed, and fully participate in the day.**

*Serving on your behalf,*



*Mel, Robbie, Sarah and Teresa*

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## 1. AGENDA - OAGB NATIONAL ASSEMBLY and CONVENTION 2024

### FRIDAY

<b>Registration Desk</b>	Organising Committee	<b>5-6.30pm</b>
<b>Welcome to the weekend</b>	Organising Committee NSB	<b>6.45pm</b>
<b>Workshop-Tough Questions</b>	NSB	<b>7-8.30pm</b>

### SATURDAY DAY- NATIONAL ASSEMBLY

<b>Registration Desk</b>	Organising Committee	<b>8.30</b>
<b>Session: 'How Today Will Work'</b> Should be attended by all voting delegates, observers welcome	Sharlotte and Aleandra	<b>9:00</b>
<b>Comfort Break</b>		<b>9-50</b>
<b>National Assembly starts</b>		<b>10:00</b>
1. Welcome	Teresa	
2. Housekeeping	Org Committee	
3. Serenity Prayer, Preamble, 12 Steps Traditions, 12 Concepts	Volunteers	
4. Establish Quorum (25% of Groups and Intergroups)	Teresa	
5. Agreement of Agenda	Teresa	
6. Approval of Minutes from 2023 Assembly	Teresa MRC	
7. Appointment of Minutes Review Committee for 2023 Assembly	Teresa	
8. Appointment of Timekeeper for Morning	Teresa	
9. Introduction of NSB Officers, Minute taker, Parliamentarian and Centre Mic person	Teresa	10:30
<b>Comfort Break</b>		<b>10.45</b>
<b>Morning Business Session</b>		
10. Review of Special Rules of Order and Parliamentary Procedure	Sharlotte	10:40
11. Board & Paid Worker Reports – questions only		11:00
o Secretary	Teresa	
o Treasurer	Mel	
o Communications	Robbie	
o Literature Liaison	Sarah	
o Literature Administrator	Sarah	
o Professional Outreach/Public Information	Maria	
o Region 9 Delegate	Mel	
o World Service Business Conference delegate	Robbie	
<b>12. NSB Officer Elections (voting)</b>	Teresa	11.45

13. Motions ( <b>voting</b> )	Teresa	<b>12:00</b>
OA Promise “I put my hand in yours...”	All	12:55
<b>Lunch break</b>	<b>Submit Emergency New Business motion(s)</b>	<b>13:00</b>
<b>Re-Assemble</b>		<b>13:55</b>
<i>(Must have any emergency business motions in writing to <a href="mailto:nsb@oagb.org.uk">nsb@oagb.org.uk</a> at this stage)</i>		
<b>Afternoon Business Session</b>		<b>14:00</b>
14. Serenity Prayer & Preamble	Volunteers	14:00
15. Appoint an Afternoon Timekeeper	Teresa	14.15
16. Special Rules of Order Review	Sharlotte	14:20
17. Intergroup Reports – Questions on Reports only	Intergroups	14:20
18. Motions including Emergency Motions ( <b>voting</b> )	All	14.40
19. National Assembly BID 2025	All	15:00
19. Discussion – To be confirmed	All	15:15
20. Any Other Business	Teresa	16:00
21. 7th Tradition & Thanks	Teresa	16:15
<b>Close (Serenity Prayer)</b>	All	<b>16.30</b>

## SATURDAY EVENING

*Music, Dancing and a Big Book Quiz*

## SUNDAY DAY CONVENTION

### KEEPING IT SIMPLE

9.00 - 9.30	Studio	Early bird Meeting
10.00 - 11.30	Studio	Searching for treasure in our literature WORKSHOP
11.30		COMFORT BREAK
12.00	Studio	<b>Keeping it simple</b> – Guest speaker and open shares
12.50		Tradition 7
13.00	Ogwen	LUNCH
14.30	Studio	<b>What needs my attention?</b> Lead share plus writing activity. Open shares.
15.45	Studio	<b>Keep it Simple</b> – Take what you need and leave the rest
16.15		<b>Farewells and Thanks</b>

## 2. OA SERVICE STRUCTURE

Doing service keeps 60,000 members of OA connected and united across the world.

<p><b>Group</b></p>	<p>There are approximately 150 groups in Great Britain</p> <p>Groups typically hold a group conscience monthly to discuss matters affecting their group</p> <p>Every group should have a group service rep (GSR) to liaise with Intergroup</p>
<p><b>Intergroup (IG)</b></p>	<p>There are 5 Intergroups in Great Britain</p> <ul style="list-style-type: none"> <li>➤ Alba</li> <li>➤ Heart of England</li> <li>➤ North England</li> <li>➤ South Coast</li> <li>➤ Red Dragon</li> </ul> <p>Each IG typically meets with their affiliated groups every 2-3 months</p>
<p><b>National Service Board (NSB)</b></p>	<p>The national service body of Great Britain is Overeaters Anonymous Great Britain (OAGB) which is a registered charity</p> <p>OAGB runs with the support of a National Service Board (NSB) of up to 15 directors, special workers and other volunteers who carry out work at a national level</p> <p>The National Assembly (NA) of Great Britain is held annually in October. Every group and IG can send a representative to vote on business issues and participate in ongoing work at a national level</p>

<p><b>Region</b></p>	<p>Regions are composed of groups, intergroups, and service boards within specified geographic boundaries and virtual community. OA is divided into eleven regions.</p> <p>Regions 1-8 are in North &amp; South Americas</p> <ol style="list-style-type: none"> <li>1. Pacific NW</li> <li>2. Pacific SW</li> <li>3. Southwest</li> <li>4. West Central</li> <li>5. Central</li> <li>6. Northeast</li> <li>7. Eastern</li> <li>8. Southeast</li> <li>9. Africa, Europe, the Middle East, and Western Asia – Region 9 which we are part of, serves over 800 groups in 44 countries</li> <li>10. Australia, New Zealand, Japan, SE Asia, &amp; Pacific Islands</li> <li>11. The Virtual Region encompasses the virtual meetings and the virtual intergroups.</li> </ol>
<p><b>World Service Office (WSO)</b></p>	<p>Located in New Mexico, USA, the WSO exists to support individual members and OA’s thousands of groups worldwide, as well as to carry our message of recovery to compulsive overeaters who are still suffering.</p> <p>WSO has a board of 17 trustees, paid special workers and over 100 volunteers serving on committees.</p> <p>There are approximately 60,000 members worldwide in more than 6,400 registered groups across 80 countries</p>

### 3. GLOSSARY

<b>Word/Acronym</b>	<b>Means</b>	<b>Also known as/What this is</b>
NSR	National Service Representative	Group Delegate Group Rep Group Service Representative
IG	Intergroup	Provides services beyond the group level. Two or more groups may form an Intergroup for the purposes of servicing and representing the groups of which it is composed.
NSB	National Service Board	OAGB is the name of our NSB in Great Britain.
OAGB	Overeaters Anonymous Great Britain	The NSB.
NA	National Assembly	Annual business meeting of Overeaters Anonymous in Great Britain.
R9	Region 9	The geographical area we are part of, covering Africa, Europe, the Middle East, and Western Asia.
R9 Assembly	Region 9 Assembly	Annual business meeting of Region 9 countries
WSO	World Service Office	Based in the USA, it exists to support OA members and groups worldwide, for example by maintaining the oa.org website, producing literature and hosting the annual World Service Business Conference
WSBC	World Service Business Conference	Annual business meeting of the WSO.
Bylaws	The rules and guidelines used by the NSB to run OAGB.	
Bylaw amendment	A proposal to amend the Bylaws of OAGB to be voted on at the National Assembly.	

<p>Policy and Procedure Resolution</p>	<p>A proposal by the NSB to amend their policies and procedures which they bring to the NA for discussion and voting on.</p>	<p>The NSB have the authority to make decisions and amend their policies and procedures at any point during the year, usually these would be voted on at one of the 4 board meetings. However, if a policy change has financial implications or an impact to groups, they can bring the proposal to the NA for discussion and voting.</p>
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## **4 REPORTS**

### **4.1 Chair**

Our chair resigned in July 2024. We are extremely grateful for the work undertaken by Caroline over the past year. We wish her well and thank her, for all that she is and all that she does.

### **4.2 Secretary - Teresa**

As I write this I am coming to the end of my period of service as a board member of Overeaters Anonymous Great Britain. This has been a very busy year for a number of reasons including reviewing various policies, developing the risk assessment (a legal requirement) and working with legal advice and the board to develop a new legal structure for our Charity and Limited Company.

We have had a number of challenging issues to deal with over the last 12 months and we have supported groups and intergroups as the need arose. I have enjoyed writing the newsletters and seeing the growth of the “Together We Can” WhatsApp group.

As ever working as part of the team at Overeaters Anonymous Great Britain with the board, volunteers and our paid worker has been a huge privilege and I remain grateful for their support in helping me achieve my tasks for the board.

I have done the usual things of attending board meetings and calls. I regularly met with our Chair outside of these meetings to ensure that we are achieving what we want to achieve. I have physically met and “zoomed” with other board members as the need arose.

I continue to do the secretary role of collaborating with colleagues to get agendas, papers and minutes out for our board calls and meetings. I have learnt new skills in word processing and formatting (I know how to do formulas in EXCEL!!). I am grateful for our confidential minute taker, who we have used at each Board Meeting.

Most importantly I have learnt together with the board to listen to our collective higher power and give service from a position of humility.

In loving fellowship

**Teresa**

### **4.3 Treasurer- Mel**

Before I share the highlights of our finances, I wish to thank all the Groups, Service Boards and OA members who have made 7<sup>th</sup> tradition contributions and purchased literature. Without these we are unable to carry the message of recovery to compulsive overeaters.

Our financial year runs from the 1<sup>st</sup> of March to the end of February. Our accounts are subject to an independent review and for this we use Verdant Accountants Ltd.

As you would expect some payments and receipts fall outside of the accounting timeframe, so we have some accruals, items from 2023/24 that were paid in 2024/25 and the opposite a deferral – items we paid in 2023/24 that were from the previous financial period.

- 7<sup>th</sup> Tradition income and bank interest amounted to £19,050 down from £29.5k in 22/23.
- Our operating expenses came to £13,619; this includes an allocated budget for Public Information and Professional Outreach (PIPO) slightly up on £12.8k in 22/23
- We honoured decisions made in 2022 regarding contributions to WSO & Region 9 of £19k, £2k was paid to Region 9 in the 22/23 period, a further £17k has been sent that falls into the 23/24 period.
- We were able to support send a National Service Board (NSB) rep to World Service Business Conference which was held in May in the US.
- We were able to send a NSB representative to the Regional Assembly for Region 9, this event was held last October in Llandudno.

In other activities over the year, we have agreed a formula to manage any surplus we have from our contributions. In brief we will allocate 50% of PIPO activities and the other 50% we send to Region 9 and World Service Office.

It has been a pleasure to be treasurer for OAGB over the last year and despite a reduction in income, we remain in a good position to use the funds we receive to continue to carry the message of OA.

In loving fellowship, **Mel**



<b>INCOME AND EXPENDITURE</b>	<b>2nd draft Budget 1 Mar 24 - 28 Feb 2025</b>	<b>Budget for 1 Mar 23 - 29 Feb 2024</b>	<b>Actual Mar 23 - 29 Feb 2024</b>	<b>Budget for 1 Mar 22 - 28 Feb 2023</b>	<b>Actual 1 Mar 22 - 28 Feb 2023</b>
<b>Contributions Received</b>					
Group	7000	10,500	6,606	10,500	7618
Intergroup	11500	8,500	7,125	8,500	11540
Anonymous	500	3,000	3,243	4,000	3000
Other (Individual contributions, NA Surp)	2000	1,500	1,876	1,500	1792
Bank Interest	200	55	200		54
	<b>21200</b>	<b>23,555</b>	<b>19,050</b>	<b>24,500</b>	<b>24004</b>
<b>EXPENDITURE</b>					
Board National Assembly expenses	3000	0 (Virtual)	531	1,400	173
Board Meeting expenses (incl IG chairs)	800	800	295	600	934
Professional Minute Taker	1250	1,000	1248	4,520	2472
Board Expenses other	350	350	273	350	0
Room Hire	400	250	387	250	138
National Assembly delegate support fund	3000	0	0	3,000	1268
N.A. R9 Trustee, Parl'n and Centre Mic	800	0	150	500	823
WSBC+Region 9 delegates costs	3500	3,000	4092	500	0
Post office address fees	150	300	150	250	300
Telephone	180	150	164	150	143
GB Wide Public Information Initiatives	2700	4,800	4800	7,000	5000
Other Public Information costs	0	0	0	0	0
Professional Exhibitors	0	0	0	0	0
Website Update Professional Support	500	1,000	150	1,500	0
Website Host & Domain Name	200	300	124	300	341
Depreciation	0	1,000	0	0	0
Legal and professional and reg office	2500	1,000	13	13	0
Reporting accountants fees	1400	1,000	1170	975	1259
Bank charges	100	100	72	0	0
New Physical Meeting Support	0	500	0	500	0
Sundries	100	500	0	500	0
	<b>20930</b>	<b>16,050</b>	<b>13619</b>	<b>22,308</b>	<b>12851</b>
<b>OAGB Budget Surplus/Deficit for year before Contributions to WSO &amp; R9.</b>	<b>270</b>	<b>7,505</b>	<b>5,431</b>	<b>2,192</b>	<b>11153</b>
W.S.O Contribution - General Fund		1,000	3,817	1,000	1,000
W.S.O Contribution - Translations Fund		0	3,052	0	1,000
Region 9 Contribution		2,000	10,000	2,000	2000
Contributions to Service levels beyond OAGB		<b>3,000</b>	<b>16,869</b>	<b>3,000</b>	<b>4,000</b>
<b>OAGB Budget surplus/deficit for year</b>		<b>4,505</b>	<b>-11,438</b>	<b>-808</b>	<b>7153</b>

## 4.4 Communications Officer - Robbie

I have found the last year of my service both challenging and hugely rewarding in equal measure but honestly, I wouldn't change a thing. Simply put I love giving service above group level and my second year as Communication Officer has been much more manageable and enjoyable than my first. For me, one of the key aspects or reasons I have enjoyed the work so much is the incredible team I have had the opportunity to serve with. The NSB has worked like a well-oiled machine and although I will miss all of the outgoing board members who are standing down this year dearly, I have faith that God will put some new equally as fabulous board members in their place at this year's National Assembly as we head in to 2025!

Below is a list of some of the varied tasks I have been undertaking over the last year followed by a more detailed report on our social media, which is doing extremely well, newsletter and email responder team.

- Attending monthly Board meetings and Board calls
- Attending the Board Meeting in June in Birmingham where we also welcomed Chairs/Officers from our Intergroups across Great Britain
- Managing the OAGB website:
  - Attended web training with the original website builder to enable me to refresh the home page and fix layout issues.
  - Fix anomalies across the site
  - Regular updates to the news and events page
  - Keeping the website media library up to date
  - Regular updates on the National Assembly 2024 Page
- Managing email inbox accounts:
  - Setting up new email accounts
  - Closing old accounts / accounts no longer needed
  - Managing inbox space / allowance
  - Managing email passwords and security
  - Managing and resolving a security hacking issue with our website hosting company <https://www.34sp.com/>
- In 2023 I proposed to build a new OAGB website. Along with the help of our social media coordinator Laura, we have begun the process:
  - We have purchased a website template called Generate Press which is beautifully simple and professional looking – it is also much more intuitive and easier to amend and change copy etc. for future fellows undertaking the Communications role
  - We created a staging website (a website that can be built in the 'background' before its published)
  - We have selected a design template and started populating it with copy etc from our current website
  - We have successfully moved the WooCommerce 'literature shop' elements to the staging site
- Responding to incoming messages from fellows contacting the Communications Officer via the website contact us page

The role of Communications Officer is a little different to the other board roles in that it relies heavily on the work of volunteers. Their service is vital in helping the NSB run smoothly. I'd like to personally thank each and every volunteer who beautifully supported not only the board but the entire fellowship of OAGB quietly in the background.

**Email responder Team:** Suzi, Brenda

**Social Media Team:** Laura, Kath, Jen, Andreas

### **OAGB Social Media update**

This year the social media team has grown to four members, and we created a brand-new YouTube page for our audio shares. Last year we created a new Instagram account and it continues to go from strength to strength and is a wonderful channel to aid in reaching a younger audience.

Our Facebook page also continues to be a fantastic channel to support our fellowship and we now have over 2.8 thousand followers, an increase of over 400 followers in the last year.

We created the OAGB 'Together We Can WhatsApp channel in 2022 after the NA and at the same time last year it had 176 participants. This has now grown to 560 members and continues to be a great vehicle to getting the latest news out to our fellowship in the UK and beyond.

### **Instagram** - <https://www.instagram.com/oagbofficial>

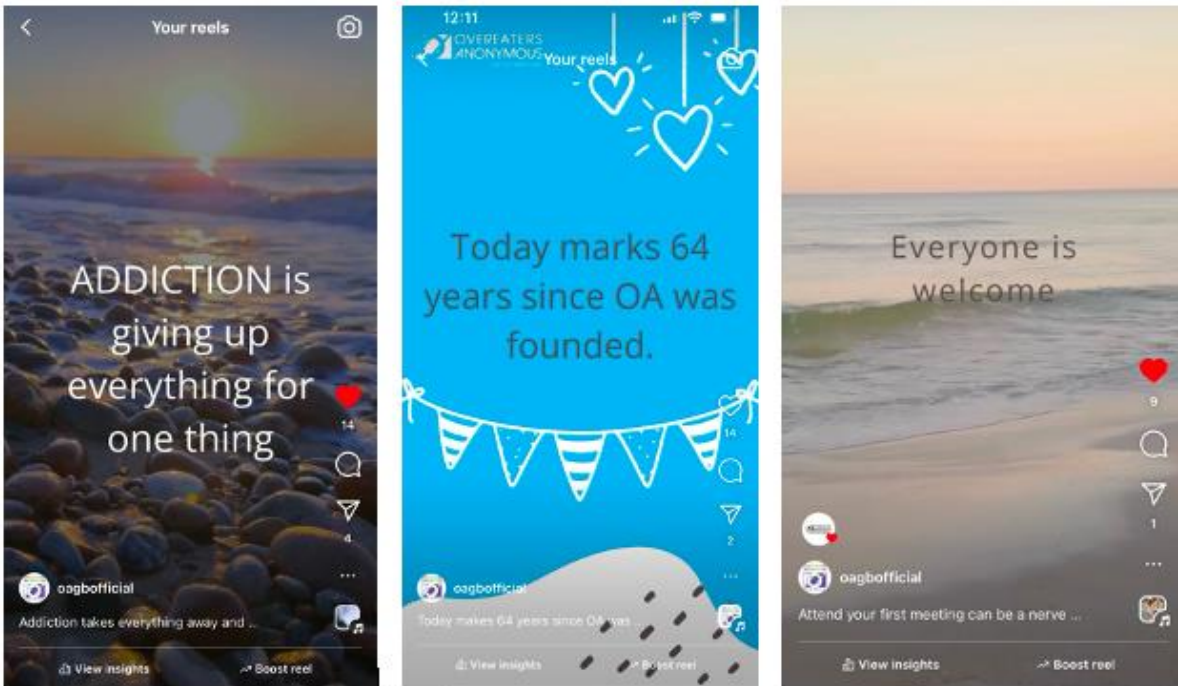
- 1.1k reach (down on last year)
- 210 content interactions (+100% on the year)
- Followers 318
- Top content based on reach:
  - Reel - addiction is giving up everything for one thing - 423 views / 240 reach
  - Reel - attending your first meeting - 235 views / 193 reach
  - Reel 64 years of OA - 232 views / 152 reach



### **Facebook** - <https://www.facebook.com/OvereatersAnonymousGB/>

- For the past year (from January to now)
  - 6.9k views

- 804 content interactions
- 2.9k followers
- Top performing posts are (based on reach):
  - Symptoms of compulsive behaviours - 831 reach
  - Reset, restart, refocus 778 - reach
  - Who belongs in OA 760 - reach



**WhatsApp Group** - <https://chat.whatsapp.com/IEwbHp4rAR94qw6fCofNY5> (joining link)

- 563 participants to date

**YouTube** - [https://www.youtube.com/channel/UC18mSc\\_afmD9TOWU9M0UT4w](https://www.youtube.com/channel/UC18mSc_afmD9TOWU9M0UT4w)

- We have set up a new YouTube channel this year and Adreas has started populating it with new audio shares that are sent in from the fellowship
- We don't have a huge following on this account yet as we have not linked it to the current website or promoted it through our other social channels / newsletter etc.
- The plan is to link to this page from the new website rather than upload audio files individually to the website which will save a lot of time and space on our server

### **OAGB Email Responder Team update**

- Our email responder team are at the front line of OAGB and act at the first point of contact for anyone emailing via the OAGB website. We currently have an amazing team of two volunteers answering general emails as they come in and forwarding any emails that require a special response to relative board members.
- We hope to grow the team going into 2025 and the team has received interest from a number of fellows to join the team

## OAGB Email Loop / Newsletter update

- **Current active subscribers: 1,579**
  - Festive Checklist 2023
  - Happy 64<sup>th</sup> Birthday OA!
  - National Assembly 2024 Save the Date
  - The Rainbow Service Board – A special message from OAGB
  - Board News June 2024
  - OAGB National Assembly & Convention
  - Board News August 2024

I feel proud to have finished my initial term of two years and although at times it has been challenging, I am looking forward to hopefully serving another two years where I can focus on finishing and refining the new website. I am also very excited at the prospect of serving alongside a whole new board team following election at the National Assembly – God willing! Thanks to you all for allowing me to be of service in this way, one day at a time.

In loving fellowship, **Robbie**

## **4.5 Literature Liaison Officer – Sarah**

It has been another busy year for the OA literature service. We have focused mainly on printing and getting our stock back up to good levels. We still have some way to go but we are making good progress and I have a feeling that 2025 is going to be a brilliant year for the service.

Here are some of my main highlights from the year:

- I have continued to have regular meetings with our Literature Administrator, she has done an exceptional job this year of carrying the service forward, dealing with issues with PayPal and some potential fraudulent purchases and generally dealing with the day to day running of the service, along with any other issues that might pop up.
- The Literature Administrator and I have also been working with the Printers and we have been able to print new copies of the 12 steps and 12 traditions of OA, the 12 steps and 12 traditions A5 work book, Overeaters Anonymous, and The OAGB Journal; we are really pleased to have these all back in stock. Our next book for print will be the Body Image, Relationships and Sexuality book. There is also a new book available from OA World Service Office called Diverse Voices: A Common Solution, we will look into attaining the licence for this book in the coming months.
- Our literature packers continue to provide an excellent service to the fellowship. I would like to say a big thank you to one of our packers who has stood down to take on other service this year, and welcome to a new packer that we are on boarding at the moment. We couldn't run the service without the volunteers we have so, **Thank You** to you all.
- In July this year we ran a literature table at the annual Heart of England convention. I was fortunate enough to run that stand at this event and it was an honour and a privilege to help carry the message with so many wonderful fellows. We sold out of all books and nearly all leaflets! This demonstrated to me that literature is as important as ever to our fellowship.

- In an effort to keep postage costs low, this year we utilised our World Service Business Conference (WSBC) delegate (who happens to also be our Communications officer!) to collect a literature order from WSBC and bring it back with them. We focused on the stock that we don't currently reproduce in this country, like coins and medallions as well as some leaflets. This was incredibly helpful, and we will look to continue this in future years. Thank you to our Communications Officer for transporting the stock safely back to the UK.
- Another of my highlights from the year was the annual in person board meeting, with intergroup Chairs in June. This meeting was interesting and very productive, but most importantly, it was in person. The board met the night before for some fellowship time, and it was really special to enjoy each other's company outside of the business side of things.

There are some aims that I had for the year that I have not managed to action, the main one being the reintroduction of the Literature Subcommittee. A new day job has happened and life has become rich and full (such a blessing of the promises) but it has meant that I have found it increasingly hard to do everything that I want to do in this role. It is for this reason that I have decided to stand down from the board at the end of the year.

I would like to thank OA and my fellows on the board for this opportunity to give service, it has literally got me through a challenging time in my life and kept me focused on the solution, and for that I will forever be grateful. My promise is to ensure that a Literature Subcommittee is organised before I hand over. I look forward to passing the baton to the next fellow, and will be happy to support them with anything they need in the hand over. I also hope to stay serving the literature service in some way or another going forwards as I believe it is blooming marvellous.

Yours in loving fellowship

**Sarah**

## **4.6 OAGB Paid Worker - Literature Administrator- Deborah**

### **Literature Service Accounts Year Mar2023 – Feb2024 Report to the Fellowship**

**The following notes are evidenced in the attached Financial Activities Comparison Report comparing the current financial year Mar2023/Feb2024 & the previous financial year Mar2022/Feb2023**

**Total Sales** Mar2023/Feb2024 £18,196 (Mar2022/Feb2023 £24,634)

Sales figures overall are down £6,438, 26.13% on last year, due in part to having a virtual National Assembly in 2023 and therefore not having the usual boost in sales, sales at the National Assembly in 2022 were £1,800. However, the decrease in sales is mainly due to not having stock of several books usually printed in the UK and some items usually purchased from WSO especially during the last quarter.

A new print Company has been sourced and we have successfully received an order from them but the stock did not arrive until March 2024.



Note – The Literature Service is mainly funded by the printing of the books we currently have licenses to print in the UK.

**Cost of Goods Sold** Mar2023/Feb2024 £12,105 (Mar2022/Feb2023 £16,065)

The costs of goods sold are down this year by £3,960, 24.65%, a breakdown of these costs is listed on the Financial Activities Report.

All Costs of Goods Sold are in-line with expectations given the reduction in sales.

**Stock Shrinkage** Mar2023/Feb2024 £43 (Mar2022/Feb2023 £32)

This represents the net result of our stocktake and stock movements throughout the year.

### **Gross Surplus/Profit**

Gross Surplus/Profit as a Percentage of Total Sales for the respective years is comparable with last year and has not increased as hoped due to not having some items for sale usually printed in the UK.

**Total Expenditure** Mar2023/Feb2024 £8,714 (Mar2022/Feb2023 £11,606)

The figures as listed on the attached report are incorrect with the salaries expense as related to the Literature Service showing understated 2023/2024 by £1,088.68 and overstated 2022/2023 by £544.34 due to amendments resulting in duplicated journals that I understand were actioned to correct an error regarding NSB Board Admin employee. We are currently awaiting further advice from an Accountant on entries to correct the Literature Service account ledgers in our accounting software.

**Actual Total Expenditure** Mar2023/Feb2024 £9,802 (Mar2022/Feb2023 £11,061)

The total expense figure is down 11.38% this decrease has mainly been achieved with decreases in Payroll Expenses, Insurance and Telephone/internet Expense despite increases in our Storage Rental and Software expenditure. A breakdown of all expenses is listed on the Financial Activities Report.

All expenses are in-line with expectations.

**General Overview Mar2023/Feb2024 Deficit/Loss £3,715** (Mar2022/Feb202 Deficit/Loss £2,370)

Note – The Actual Total Expenditure Figure has been used to calculate the above Deficit/Loss figure above.

It has been a very difficult year for the Literature Service, despite achieving a reduction in expenses of £1,259 and not having additional exchange rate costs of £976 this year it has not been enough to offset the losses resulting from the reduction in sales. The Deficit this year is mainly due to the decrease in sales and the resulting reduction in Gross Profit, the decrease in sales is most likely the result of poor stock levels. It is essential that OAGB begin to print books we currently hold licenses for. The situation although dire when looking at the year 2023/2024 could be turned around when all the books we currently hold licenses for are back in stock and costs are reduced in relation to storage.

There have been several setbacks and delays in the printing process with the new Print Company, artwork amendments being required and queries on prices quoted etc. The NSB wish to print additional items here in the UK and this would further improve the situation but this will take time to progress given our current number of volunteers. However, Sarah NSB for Literature has had a couple of inquiries from people wishing to give service so we look forward to making progress. There are also plans to reduce our storage costs and this is currently being

progressed, in the future it is planned to print in smaller quantities more frequently to enable this.

Again, this year I send a huge thank you to our volunteers, Sarah NSB for Literature and our dedicated Packers Richard and Suzy who all give up their time to support the Literature Service and in doing so the wider fellowship in the UK. I would also like to thank Robbie NSB Communications for all his help and support with various IT problems we have had with our Online Shop and also for bringing some stock back from WSBC this year. It has been a pleasure working with you all in these challenging times.

It is important when looking to the future to consider, despite the many challenges we have had to contend with during 2023/2024 and are currently contending with this financial year the Literature Service sold 5,783 items of OA Literature which will have been distributed throughout the UK in 2023/2024. Therefore, the OA message of recovery in written form has reached a possible 5,783 people who suffer with compulsive eating and probably many more as items are passed on.

It is very important that we retain a viable Literature Service here in the UK to continue to promote the growth of OA by enabling easy access of printed OA Literature at a reasonable cost. As always it is important that OA members support the Literature Service in the UK by obtaining their literature from OAGB when possible, rather than from other sources as ***our future really does depend on our sales.***

**Deborah Salt** - September 2024

**OA GB LITERATURE**  
**Financial Activities Comparison**  
 March 2023 - February 2024

	TOTAL	
	MAR 2023 - FEB 2024	MAR 2022 - FEB 2023 (PY)
<b>Income</b>		
Sales		
AA		33.00
OAGB	1,164.07	1,350.05
OAGB RD	11,217.29	15,514.54
Postage & Packing Top Up Income	478.50	669.55
WSO	5,335.91	7,066.75
<b>Total Sales</b>	<b>18,195.77</b>	<b>24,633.89</b>
Uncategorised Income		154.64
<b>Total Income</b>	<b>£18,195.77</b>	<b>£24,788.53</b>
<b>Cost of Sales</b>		
Cost of Goods Sold		
AA		34.00
Convention Sales	699.18	624.00
Exchange Rate Difference	-10.90	975.97
OAGB	516.20	601.18
OAGB RD	3,435.33	4,441.33
PayPal Fees	290.86	487.81
Postage & Delivery of Goods S'd	2,149.45	2,507.70
Royalties to WSO	786.53	1,107.98
Stock Transfer Costs OAGB	19.75	36.00
Stock Transfer Costs OAGB RD	197.65	413.14
SumUp Fees	22.54	37.09
WSO	3,998.25	4,798.86
<b>Total Cost of Goods Sold</b>	<b>12,104.84</b>	<b>16,065.06</b>
Stock Shrinkage	43.13	32.51
<b>Total Cost of Sales</b>	<b>£12,147.97</b>	<b>£16,097.57</b>
<b>TOTAL</b>	<b>£6,047.80</b>	<b>£8,690.96</b>
<b>Expenditures</b>		
Bank Charges	47.00	23.50
Insurance	401.76	712.12
Payroll Expenses		
Taxes	0.00	0.00
Wages	5,593.46	7,983.67
<b>Total Payroll Expenses</b>	<b>5,593.46</b>	<b>7,983.67</b>
Postage - Administration Costs	66.60	53.09
Postage - Stock Transfer Costs		15.30
Printing and Stationery	118.77	53.14
Software	600.19	579.99
Storage - Rental	1,716.00	1,703.00
Telephone & Fax	144.00	315.31
Travel	26.00	8.50
Travel - Stock Transfer Costs		3.50

**OA GB LITERATURE**  
**Financial Activities Comparison**  
 March 2023 - February 2024

	TOTAL	
	MAR 2023 - FEB 2024	MAR 2022 - FEB 2023 (PY)
Uncategorised Expense		154.64
<b>Total Expenditures</b>	<b>£8,713.78</b>	<b>£11,605.76</b>
NET OPERATING INCOME	<b>£ -2,665.98</b>	<b>£ -2,914.80</b>
Other Income		
Contribution to Lit Service	40.00	
<b>Total Other Income</b>	<b>£40.00</b>	<b>£0.00</b>
NET OTHER INCOME	<b>£40.00</b>	<b>£0.00</b>
NET INCOME/(EXPENDITURE)	<b>£ -2,625.98</b>	<b>£ -2,914.80</b>



**Region 9 Assembly (Hybrid)  
Loreto Spiritual Centre, Llandudno, UK  
Wednesday 25<sup>th</sup> to Friday 27<sup>th</sup> October**

There were 21 in the room, 18 on zoom, countries represented 13 plus the virtual region: Greece, Spain, France, Iceland, Israel, S Africa, UK, Ireland, Iran, Russia, Denmark, Poland, Hungary, (visitors – Sweden, UK & USA)

Credentials established - 20 voting reps & 5 board members (5 countries required to be quorate)

❖ **REGION 9 STATISTICS**

OA is active in 42 countries of Region 9

26 countries have 71 service bodies (13 are NSB's and 1 is an Language SB)

16 countries have only meetings (in 6 countries not clear if the meetings are still active)

- 491 Face to Face meetings
- 75 Hybrid meetings
- 226 Online meetings
- 8 Telephone meetings
- 1 Non real time meeting
- 143 Unaffiliated meetings

Please note this data is changeable and based on information from WSO.

- ❖ **New Region 9 website** shared on screen. It is currently in English; the team are working to create other language options. The launch date is to be advised, the link will be shared with delegates to gather feedback.

❖ **Strategic Planning Workshop:**

The Strategic Priorities of the OA.org are: DIVERSITY \* SPONSORSHIP \* SERVICE

1. Do these Strategic Priorities reflect the needs of your intergroup / national or language service board? And why?
2. What challenges does your service body experience in those key areas?
3. What positive examples can you give where your service body has done good work in these key areas?

All delegates were asked to respond to these 3 questions and share them so they can be collated to be part of the review of the strategic plan by Region 9.

❖ **Region 9 Committees:**

Attendees were asked to share what they thought would be good activities for the Region 9 Committees to focus on. Each year a number of committees are formed and this year 3 were formed:

- 1 – Active Outreach
- 2 – Governance
- 3 – Service, Traditions & Concepts

❖ **BUDGETS**

2 amendments made to this year's budget and a number of proposed changes made to the 2024/25 budget were accepted. Headline figures:

Tradition 7 contributions - £39k. Outgoings £37k (major outgoings were – WSBC rep & delegate support £16k, New website development £4.5k, Legal Entity formation costs £12k)

❖ **Motions**

- Italy NSB submitted a motion to request WSO to review the 'Find A Meeting' search function to allow daily meetings to be entered as separate entries. Motion passed.
- UK NSB submitted a 4-part motion relating to the adoption, printing, and sale of a R9 produced leaflet – 'Do you eat compulsively' During the questions session clarity was requested on if and how had R9 approved this leaflet as local literature.  
It was also discussed that the leaflet is not available as a download from the R9 site. In addition, if it is available it should have context and guidelines in place for how it can be used, this is not in place. The motion raiser withdrew the motion with the action to go back and clarify what was originally approved by R9.

❖ **Emergency Motions**

- A Trustee applied to R9 to be voted in as a world service trustee, the request was discussed and was not voted in.
- Banker role: the current R9 banker has been in service for 4 years. The board raise a motion to allow the holder to stay in position for 1 more year while R9 goes through the change to a CIO (Charitable incorporated organisation). This motion was approved.

❖ **Elections:**

- **Chair:** current chair has served 3 years and 3 years previously as Treasurer. The current R9 Vice Chair Loudovika stood and was voted in.
- **Vice Chair:** nominations taken from the floor, Natasha the current R9 Secretary was nominated she accepted and voted in.
- **Communications Officer:** nominations taken from the floor, Yvonne nominated, accepted, and voted in.
- **Secretary:** nominations taken from the floor, none accepted, and the position remains vacant
- **Committee Chairs:** 3 committees formed, and chairs nominated and voted in.
  - o **ST&C:** Slowphie
  - o **Active Outreach:** Agnes
  - o **Governance:** Nelly
- **Banker:** Mel
- **WSBC Delegate:** Agnes
- **By laws coordinator:** Adele
- **Affirmation of Trustee:** application from Emilia approved.

- ❖ **2024 & 2025 Assembly's,** no applications received. A committee will be formed to manage a future virtual Assembly for next year.

I attended the convention which ran from 6 to 9pm on Friday and 10 – 4 on Saturday and 10 – 12 on Sunday. The theme was 'Faith that works'. I returned from Llandudno refreshed and grateful for the opportunity to represent OAGB and be part of the OA fellowship.

The actions with regard to the 'Do you eat compulsively?' motion are to obtain a copy of the R9 Assembly minutes for the years 2020 & 2021 and confirm what was agreed.

## 4.8 World Service Business Conference Delegate-Robbie

I had a very different experience this year and very much enjoyed my time in Albuquerque. Last year I spent most of my time trying to figure out what was happening and why, however armed with 2023's experience, strength and hope I was able to fully immerse myself in what was being discussed this year. I gained a much deeper understanding of the processes as well as the intention of some of the motions etc.

The theme of this year's conference was **'We All Belong: Welcome to OA'** and there definitely seemed to be a little more unity than my experience last year. The hot topic this year seemed to be centred around Tradition 10 and what is and what isn't classed as an outside issue and in my view, we are moving in a positive direction with this. One of the most anticipated and talked about motions was to change the Step and Traditions to a more gender-neutral version however as you will see from the report below this was withdrawn by the Region who proposed it as another motion which affected the chances of this ever being adopted was defeated and so it was withdrawn to allow time for other motions to be discussed and voted on.

I decided to try a different committee this year after a great year with Unity with Diversity. I put the Young Persons Committee at the top of my preference list and was accepted. The delegate co-chair Bryan was standing down after four years' service and the committee asked for a volunteer. After a few tumbleweeds rolled past I offered to put myself forward for the role and was voted in. The Young Persons trustee co-chair who was allocated to this committee is Region 5 Trustee Barb however she is currently temporary due to the allocation of the new board trustee members who were voted in during the World Service Business Conference. This might change but for now I am working alongside Barb, met her at World Service Business Conference, to run through things and she is lovely! It was discussed that the Young Persons committee didn't achieve anything last year so I am excited to work with each of the three sub-committees to meet their goals in the coming year. I also have some ideas of some things we could do to reach young people in the UK with the Public Information and Professional Outreach subcommittee.

I also ran the Tough Questions Workshop at the conference - the first time it's been run face to face and it was incredible and extremely powerful in its discussions. I have now created and adapted all workshop documents so that it can be run in both face to face and virtual formats and am going to be touching base with the new Unity with Diversity committee to fully hand this over with the view to it becoming available on OA.org's resource library in the future fingers crossed.

I'm so grateful I was able to once again travel to New Mexico and represent the OAGB NSB - especially as most of the other Regions don't know what an NSB is or understand how they work. I'm a little sad that next year's conference is going to be held virtually (decided by the board of trustees and OA staff due to cost implications) however this will mean even more delegates from across the world, especially Region 9 & 10, will be able to take part.

A full report will be published in the coming months which I will save down in the folder but here is a top line run through of what happened, what was adopted and defeated as well as some notes and thoughts of things we as an NSB can adopt and take from the conference - please let me know if you have any questions or if anything isn't clear.

Oh, and I'm sure I've told most of you already but I did go on a sunrise hot air balloon ride with my friend Maria from Sweden (Sweden NSB), Eva from Madrid (Spain NSB) and Bruce

from Ottawa (Region 6 board) which was absolutely incredible and an experience I shall never forget!

To make it a little easier to digest I have just included the proposal and what happened – please refer to the **Delegate Binder** [HERE](#) For full details of each motion. I have highlighted some parts in **Red** which I believe to be more important for us and our Region.

## **Robbie**

World Service Business Conference Delegate

### **4.9 Public Information Professional Outreach Subcommittee**

- We put forward a motion to the last Assembly for a permanent but not fixed budget for GB wide PIPO and secured it; 50% of Tradition 7s, after all bills have been paid.
- Attended Primary Care Convention, Public Health Collaboration, Best Practice Show, International Diabetes Conference -2023
- Encouraged and supported All Party Parliamentary Group Recovery Fairs around the country – Liverpool and Manchester
- Radio Lancashire – 6 OA members gave their stories of addiction and recovery anonymously.
- Service Stations - This is the second year of promoting posters about OA above hand driers in men's and women's toilets in 4 venues. £4,800 came from OAGB, we needed £8,000 for the four service stations and digital screen promotion, we'd been considering. We appealed to the IGs for extra funding to make up the short fall. We received enough to pay for £8,000 with some to spare. Many thanks to Intergroups, and others who donated what they could. We decided, in the end to double the posters above hand driers by adding another 4 Service Stations. I Media have been very helpful and if they have spare capacity, they put in our posters free of charge. Spring, Summer, Autumn and Winter for 4 weeks in the following stations. These were chosen all over the UK, on advice from I Media as the ones that have the largest footfall. Cobham, Cardiff Gate, Bothwell, Membury West, Hartshead East, Birch West, Knutsford North, Corley North.
- BBC documentary – we had quite a bit of dialogue with the team but they couldn't guarantee our anonymity or list OA as a support group.
- Magazines – we have been pursuing these for quite a time for one reason or another. Big Issue, Metro, Take a Break, That's Life. Some have not replied and others want quite a bit of money for adverts or can't guarantee anonymity for stories.
  - ◆ Take a Break - £4,500 full page for 1 issue Readership 1.230,000, 87% women, 13% men, mean age 55yrs;
  - ◆ Big Issue £990 ½ page for 1 issue, Readership over 400,000. Mean age 50 yrs 86% women, 13% men;
  - ◆ Metro ¼ page £1,700 + VAT – 1 issue.
- We have decided that podcasts will be cheaper and, possibly, more targeted. We are exploring this promising way of getting the information to the still suffering compulsive



overeater, being mindful of our traditions. We are in discussion with some relevant podcasters.

- OA had a stall at the Food Addiction Conference, Public Health Collaboration Conference, Primary Care Conference.
- This year we have 3 volunteers from OA willing to speak about reversing their Type 2 Diabetes at the International Diabetes Conference.
- Posters- There was a divergence of opinion on whether the current crop of posters were effective, particularly the fork poster. We can use our own designs locally, if it goes further afield it will need OAGB Assembly approval. If it needs to go even further in OA Region 9, Region 9 Assembly will have to agree for their area. If we want it to be available for all regions it needs to go to World Service Business Conference for approval.

## **Maria**

Public Information Professional Outreach Committee

## **5 SERVICE AT A NATIONAL LEVEL**

### **5.1 Thoughts from current volunteers**

***“A life of ‘sane and happy usefulness’ is promised as the result of working the Twelve Steps. Service helps to fulfil that promise.”***  
*(Tools of Recovery Pamphlet)*

I feel very privileged to be supporting the WhatsApp Channel. Connecting with members and Sharing hope and recovery is a real gift- **Jen, Together We Can WhatsApp Channel**

Whichever way I serve within OA it aids my recover and affirms I am part of our fellowship. I approach the role with commitment, integrity, neutrality and I am principled. Throughout my time

in the role, I have been supported by the board and never feel alone. **Suzi Email Responder and Coordinator**

For me, if I am truly grateful to what was freely given to me, for what I had no power to do for myself, then I demonstrate it through action. Faith without works is dead. Trusting in the next right step has enabled me to be abstinent since 15.5.2015 and keep off 4+ stones, be content and often serene. I have discovered carrying the message to the next fellow is fun as well as lifesaving. Service for OA helps carry the message. **Richard Packer**

For me, if I am truly grateful for what has been given to me, for what I had no power to do for I'm grateful to be learning new skills in the social media team, and grateful for the motivation it gives me to engage with OA materials. The fact that the timing of the service can be flexible is incredibly helpful. In our social media team, we always practice patience, humility and kindness when dealing with one another .... This is a real gift of recovery. **Kath Facebook Volunteer**

I am grateful to be of service. I am living and working in the Middle East, so I am limited in the service I can offer. However, being an email responder means that as long as I have access to a laptop, wherever I am in the world I can respond to OA emails. Service keeps me coming back, abstinent and committed. I am grateful for the tool of service. **Brenda Email Responder**

## 5.2 Service Opportunities

# OAGB SERVICE

*How can I help?*



## Could you join the National Service Board?

If you have experience of doing service in OA beyond the group level and have been abstinent for a year or more, we invite you to consider helping to carry the OA message both inside and outside of our fellowship by joining the National Service Board

## Other service opportunities



There are lots of ways that you can support the work of the NSB, from responding to email enquiries about OA to packing and sending out the literature that's ordered from our online shop - whatever skills or interests you might have, we can find a role for you!

## How to find out more

If you are considering joining the Board, or would like to find out more about all our other service roles, we'd love to hear from you!

Please get in touch with us by email at [nsbeoagb.org.uk](mailto:nsbeoagb.org.uk) and we'll be happy to help answer all your questions!

*Caroline, Mel, Robbie, Sarah and Teresa  
Your National Service Board*



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

## COMMUNICATIONS VOLUNTEERS

- If you enjoy creative writing, speaking with different people and coming up with new and fun ways of communicating with fellows within OA then we would love to hear from you. Please get in touch with me on [communications@oagb.org.uk](mailto:communications@oagb.org.uk).
- **EMAIL RESPONDERS** We are looking for email responders. They monitor the [general@oagb.org.uk](mailto:general@oagb.org.uk) email account.
- **SOCIAL MEDIA VOLUNTEERS** We have a Facebook, Instagram and WhatsApp channels, creating and sharing content.

- **UPLOADING TO OUR EVENTS** to our Website
- **DISTRIBUTING OUR NEWSLETTERS** to over 1700 subscribers

If these are of interest, please contact [communications@oagb.org.uk](mailto:communications@oagb.org.uk)

## **LITERATURE VOLUNTEERS**

- **PACKERS-** Packing and posting literature to members
- **PRINT LIAISON-** Working with our Printers to get our books and pamphlets published in the UK.

If these are of interest, please contact [literature@oagb.org.uk](mailto:literature@oagb.org.uk)

### **Qualifications for the above Volunteer Roles**

Volunteers for all positions are asked to meet the following qualifications:

- Have at least 3 months continuous abstinence
- Completion of Step 5
- Be actively working the Steps with a sponsor.
- Have some understanding of the Traditions.
- To be happy to work under direction
- Have been a member of OA for at least one year.

### **What about other roles not mentioned here?**

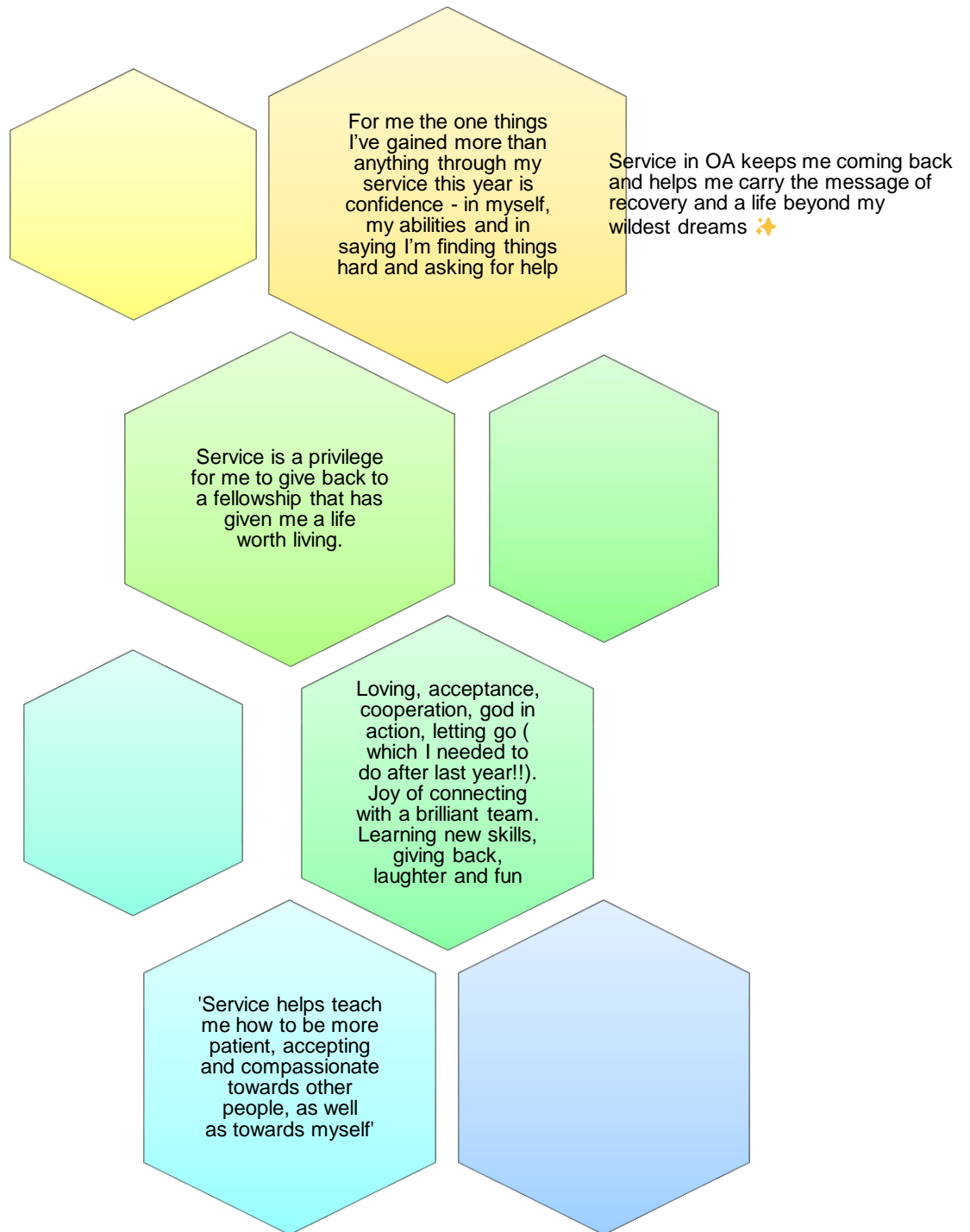
If you would like to offer a service in some other way, please get in touch and talk to us about your ideas.

### **How do I get involved?**

You can contact us on [nsb@oagb.org.uk](mailto:nsb@oagb.org.uk) or speak to any of the Board or the current volunteers during the National Assembly weekend to find out more.

## **6.BOARD MEMBER APPLICATIONS**

### **6.1 What some of us have gained from giving service on the board**



## 6.2 Board Applications

CANDIDATE A

(Expand boxes as necessary)

<b>Name:</b>	CANDIDATE A
<b>Address:</b>	
<b>E-mail:</b>	
<b>Telephone:</b>	
<b>Brief account of my OA recovery:</b>	
<p>I have known physical, emotional and spiritual recovery since I join the fellowship. I understand that Honesty, Open mindedness and Willingness are important for my recovery to be centred, and I live by that one day at a time. I have been going to an OA meeting every day for since 28/04/2020, the tool of meetings has allowed my OA recovery to evolve over the years.</p>	
<b>Summary of OA service responsibilities (minimum two years beyond Group level):</b>	
<p>I have been OAUKEB representative at WSBC for a year</p> <p>I have been the treasurer of the virtual intergroup OAUKEB for a year</p> <p>I have been the Vice chair of OAUKEB for a year</p>	
<b>I can bring the following business, professional or other experience and skills to the Board:</b>	
<ul style="list-style-type: none"> <li>• Organizational skills</li> <li>• Ability to communicate clearly and concisely</li> <li>• Ability to manage conflicts</li> <li>• Ability to collaborate with others</li> <li>• Good time management and being able to commit</li> </ul>	

<ul style="list-style-type: none"> <li>• Ability to assess potential risks and thinking of strategies to help manage them</li> <li>• Willingness to learn and grow</li> </ul>	
I would like to join the NSB because:	I know service keeps me well and I think it's a great opportunity of service at the national level. It is going to be a new set of challenges for me that I am willing to face and grow from. I think I will be a good addition to the board and a good representation to a particular demographic of the fellowship.
Time in OA:	Since 18/04/2020
Start date of current continuous abstinence:	18/04/2020
I confirm I have read Section 5 and Appendix II of the OAGB bylaws (copied below) including the qualifications for National Service Board Trustee. As a candidate for an OAGB position, my initials here confirm adherence to those qualifications stated in the OAGB bylaws.	Initial here
Date:	15/09/2024

**For candidates nominated by two OA groups**

***First nominating group:***

<b>Details of OA group:</b>	Early Bird 7am Daily online meeting based in the UK  WSO numbers: Monday 88895, Tuesday 88896, Wednesday 88897, Thursday 88898, Friday 88899, Saturday 800099, Sunday 89425
<b>Details of group secretary or similar:</b>	<b>Chair:</b> <b>Email:</b> <b>Phone:</b>
<b>Date of group conscience meeting where nominated:</b>	Expressed my intention to apply to service group and got the support of the service members.

***Second nominating group:***

<b>Details of OA group:</b>	Saturday Soho Big Book Study, online meeting at 11am every Saturday WSO number: 52247
<b>Details of group secretary or similar:</b>	Secretary: Email: Phone:

**CANDIDATE B**

<p><b>Brief account of my OA recovery:</b></p> <ul style="list-style-type: none"> <li>• I am coming up to the 10yr mark in my OA Recovery this November with over eight years of continuous abstinence, perfectly imperfect</li> <li>• I absolutely love OA and completely believe it has saved me in every way possible – working the Steps of OA has helped rebuild my life, my relationships, my career and also enabled me to seek professional outside help where needed</li> <li>• I have worked the Steps thoroughly and currently sponsor a number of people which I find, alongside giving service at group, National and World level, one of the most rewarding things I have ever done with my life</li> </ul>
<p><b>Summary of OA service responsibilities (minimum two years beyond Group level):</b></p> <p>In terms of service:</p> <ul style="list-style-type: none"> <li>• I have pretty much done every service position at group level</li> <li>• I have completed three years at Intergroup level (South &amp; East England) as web officer</li> <li>• I have completed two years at National level on the OAGB National Service Board (NSB) as Communications Officer</li> <li>• I have completed two years at World level with the OA World Service Office (WSO) <ul style="list-style-type: none"> <li>○ I attended the World Service Business Conference (WSBC) 2023 and 2024 as the OAGB NAB WSBC delegate <ul style="list-style-type: none"> <li>▪ I was part of the Unity with Diversity committee 2023</li> <li>▪ I am currently serving as the delegate co-chair of the Young People committee</li> </ul> </li> </ul> </li> </ul>



<b>I can bring the following business, professional or other experience and skills to the Board:</b>	
<ul style="list-style-type: none"> <li>• I have a background in PR and Communications which has been invaluable during my last two years as Communications Officer of the NSB</li> <li>• I studied as a nurse in university which has left me with empathy and understanding of a wide and diverse range of people</li> <li>• I travelled the world as cabin crew for over four years which gave me the ability to think on my feet, handle stress under unique situations and an increased worldly view as well as the ability to work well as part of a team and also encourage teamwork and boost morale when its flagging</li> <li>• I am currently a nail artist and feel my creativity and artistic flair has come in handy when creating flyers, drafting newsletter copy, building the new OAGB website and coming up with new and creative ways of doing things</li> <li>• I am ADHD and am starting to see the superpowers this affords me – especially when I hyperfocus on things I like, hence the Communication Officer role has been perfect for me these last two years. It has also enabled me to have a deeper empathy with neurodiverse people and a kinder and more loving view of those struggling with mental health issues</li> </ul>	
<b>I would like to join the NSB because:</b> In the spirit of keeping things simple service keeps me sober and abstinent – and i LOVE it!	
<b>Time in OA:</b> 10 Years	
<b>Start date of current continuous abstinence:</b> Feb 15	
<b>I confirm I have read Section 5 and Appendix II of the OAGB bylaws (copied below) including the qualifications for National Service Board Trustee. As a candidate for an OAGB position, my initials here confirm adherence to those qualifications stated in the OAGB bylaws.</b>	
<b>Date:</b> September 24	

**For candidates nominated by two OA groups**

***First nominating group:***

<b>Details of OA group:</b>	(day, time and location of meeting and WSO group number – see Find a meeting page on oa.org to find the group number)  Clapham Monday Night Meeting – 7-8.15pm   34916
<b>Details of group secretary or similar:</b>	(name, email address and phone number)

<b>Date of group conscience meeting where nominated:</b>	(name, email address and phone number)  23 <sup>rd</sup> Sept .09.24
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**Second nominating group:**

<b>Details of OA group:</b>	(day, time and location of meeting and WSO group number – see Find a meeting page on oa.org to find the group number)  Wimbledon Saturday 10am   46806
<b>Details of group secretary or similar:</b>	(name, email address and phone number)
<b>Date of group conscience meeting where nominated:</b>	(name, email address and phone number)  21 <sup>st</sup> September 2024

## 7. NATIONAL ASSEMBLY BID for 2025

We currently have no bids for 2025.

Hosting an Assembly may sound like a daunting prospect, but it could be one of the most rewarding things an Intergroup can do - working together to give service to our whole Fellowship! OAGB has a comprehensive NA hosting guide, prepared, and annually updated by the Intergroup subcommittee Chairs who have previously hosted. The list below shows the NA hosting history in recent years and how some IGs have joined forces to organise and run the event.

The National Assembly and Convention could be virtual, could be meeting venue only, or could be venue with accommodation. One Intergroup could put a bid, or two or Three Intergroups could put in a combined bid.

- 2024 - Red Dragon Intergroup- Venue Only
- 2023 – The National Service Board and a group of volunteers from across our groups and Intergroups
- 2022 – South and East England
- 2021 - Caledonian (virtual Assembly)
- 2020 – Caledonian (first virtual Assembly)
- 2019 - Heart of England,
- 2018 - Devon & Cornwall/West of England
- 2017 - Northwest
- 2016 - Caledonian
- 2015 - South Coast
- 2014 - North of England
- 2013 - Devon & Cornwall
- 2012 - South and East England

2011 - Heart of England/ Kent & Essex/ South Coast  
2010 - Caledonian

Please consider whether your intergroup could offer this vital service to the OA Fellowship in Great Britain for 2025, contact [nsb@oagb.org.uk](mailto:nsb@oagb.org.uk) if you'd like a copy of our "Guide to Hosting the OAGB National Assembly (NA) and Convention" (which includes information on how to prepare a bid). Thank you!

*Mel, Robbie, Sarah and Teresa*

The National Service Board of OAGB  
September 2024

## 8. INTERGROUP REPORTS

### 8.1 Alba

ALBA INTERGROUP SEPTEMBER 2024

oalalbaintergroup@gmail.com

- Number of affiliated groups, 10 face to face registered. 5 online and one telephone meeting registered.
- Number of times Intergroup has met, 7-8 times! 1 more planned before National Assembly. We met every 2 months till May then tried to have 5 a year but actually had some ad hoc meetings. I'll try to push to just 5 meetings a year in the second year of my chairing.
- The work of Intergroups over the last 12 months.
  1. An Intergroup fellow carried out Public Information in Glasgow at two events.
  2. One group, has written to about 60+ Clergy and medics.
  3. We reintroduced a new set of bylaws. Slowly going through them to ratify them.
  4. Clarified the role of the chair in the bylaws which seemed to contradict the expected role of a chair.
  5. Reviewed pack 1 - literature service resolution, for the National Assembly. A conscience agreed.
  6. Set a prudent reserve.
  7. Hired our own zoom account.
  8. Tried to use Robert Rules at Intergroup meetings.
  9. Have an Intergroup meeting set to review Pack 2 before National Assembly.
- What was rewarding and what was challenging.

A little challenging was transitioning from paper bylaws which few had access to, to electronic ones and distributing them. Mis-interpretation of the motives behind clarifying the chair's role in the Intergroup. The "gung ho" attitude of the chair in booking things and poor internet shopping. Very rewarding was changing Alba to represent the whole of Scotland as opposed to the just coastal sides of the central belt. Bonding as an Intergroup. Becoming self-supporting through the hire of the zoom account and setting a prudent reserve. Acceptance that Alba Intergroup is currently inside the prudent reserve. Interest in groups attending the National Assembly.
- How financially the Intergroup is doing? We are below our prudent reserve, but asking for Tradition 7 and building up towards Tradition 7. However, getting group representatives to the National Assembly might use up funds. One group has had a few new attendees recently hopefully a willing volunteer will jump in at the deep end to attend the National Assembly, else the funds saved for a year by the group may fund another group's rep to go. Internet banking failures currently block the latter choice.

Alba changed its area to Scotland from Forth and Clyde. And has virtual, telephone and meetings across Scotland associated with it. We are hoping to attract more groups that didn't realise Caledonia Intergroup folded a number of years ago.

Yours in love, fellowship and service,

**Richard**

Alba Intergroup

[oaalbaintergroup@gmail.com](mailto:oaalbaintergroup@gmail.com)

## **8.2 Heart of England**

We currently have 18 meetings affiliated with the Intergroup, with about half meeting face-to-face. As well as geographically-based meetings, we are also home to the non-geographical Neuro Diverse special focus OA group which meets twice a month. Our Intergroup meetings take place six times a year on Saturday mornings, on Zoom. Meetings are almost always quorate, though usually fewer than half the groups are represented by a General Service Rep. Finances are solvent and healthy. Our Intergroup Zoom room is used regularly by several meetings as well as for our Intergroup meetings.

In the last 12 months we have:

- Held the 23<sup>rd</sup> annual Heart of England Recovery Convention in July. The topic was Steps 10, 11 and 12. This year's convention had the largest attendance yet, with around 180 people during the weekend. Next year's convention, on Steps 1, 2 and 3, will take place 11<sup>th</sup>-13<sup>th</sup> July 2025.
- Sent a Delegate to the World Service Business Conference in May, and will be doing so again next year.
- Sent a Delegate to the Region 9 Assembly last October, and will be doing so again this year. As an intergroup serving over 10 meetings we are eligible to send two delegates to Region 9 Assembly. As this year's Assembly is hybrid, we are planning to send a second delegate via Zoom in addition to our delegate attending face-to-face in Greece.
- Organised and staffed an OA stand at the Primary Care Conference (PCC) at the National Exhibition Centre in May, with financial support from Overeaters Anonymous Great Britain. This exhibition, which we have been attending for several years, attracts over 5000 delegates from across the UK, including GPs, a range of primary care practitioners and health managers in primary care, community care and public health.

For the last four years we have been fortunate to have a dynamic PI Officer who has worked with members of other Intergroups and the National Service Board on the OAGB Public Information and Professional Outreach Committee, as well as on PI initiatives within the Intergroup area.

We were very sad to hear of the closing of the South and East England Intergroup in March, and the reduction in the number of Intergroups in general. This has inspired us to start looking at our Bylaws and practices around the geographical definition of the Heart of England Intergroup. We invited groups from the former SEEIG to attend our Intergroup meetings if they would like to, and offered whatever support we could give. Three GSRs from such groups attended our March meeting, though none have applied to affiliate with us. However, we have recently welcomed a meeting from a different geographical area (currently without an Intergroup) and changed our Bylaws to fully include them. Further Bylaw amendments will probably be made to take account of non-geographical meetings. (Work in progress.)

At our May Intergroup meeting we began discussing the new special focus OA Rainbow Service Board with a view to how we as an Intergroup (or as individuals) can support this initiative. The discussion was very positive and will be continued when space on our Agenda allows.

I would like to thank everyone doing service at Intergroup (General Service Reps, board members, volunteers) and every OA member in the Heart of England Intergroup. "Together we can do what we could never do alone."

**Frankie G**, Heart of England Intergroup

(My gender pronouns are they/them. Thank you for using them if you need to refer to me.)

<https://oaheartofengland.co.uk>

## 8.3 North of England

Hannah has been role now for the first year and is chairing her first AGM in September.

### Service positions

According to our by-laws, we have three essential service positions and these are all currently filled – Chair, Treasurer and Secretary. In addition, we have four other roles: vice-chair, vice-treasurer (with a plan to train up ready to give service as treasurer), Public Information and Regional 9 Representative. At the AGM this year the treasurer has stood down and the vice treasurer has stepped up.

### Groups

We have 15 current groups within the North of England Intergroup, one of the meetings has now split its face to face away from its online version to make 2 meetings. Many of which have still virtual with only a few returning Face to Face. All of the new meetings that we have opened however are Face to Face. As an intergroup we are committed to supporting new and existing groups with any Experience Strength and Hope or requests. As has been a theme across the groups and intergroups, some groups are struggling to fill service positions such as treasurer, secretary and hosts (for virtual meetings). We have a strong set of skills in the intergroup who are willing to give service training and assisting others with zoom security and the like.

### Meetings

As an intergroup, we meet quarterly to discuss business matters. As we cover a large geographical area so have continued to meet three times in the year via zoom and to have one face to face meeting for our September Annual General Meeting, this year that was held in Leeds, but usually we meet in Huddersfield for this. This allows fellows to have fellowship and for us to run an afternoon workshop after the Annual General Meeting. Most recently this was a workshop on the tool of writing. Currently, next year's meetings also follow the same pattern. We are looking to amend the months intergroup happens to equalise it across the year. We also passed a terms of reference amendment to gender neutralise our chairman phrasing in line with the unity with diversity policy.

We have an active WhatsApp group where we share information including zoom meetings and various other OA activities. We manage an email circulation list.

### Finances

The summary of North of England Intergroup; Income and Expenditure for 7th September 2023 – 24th September 2024, shows an income of £2,556.58 over the past 12 months. Expenditure over the past year has amounted to £3,946.55, the majority of which (£2,950.00) was made up of donations to Overeaters Anonymous Great Britain, £1,150.00 specifically for the motorway services poster campaign within Public Information and Professional Outreach Sub Committee

I have now completed two full terms (in total four years) as IG Treasurer and would like to thank you all for giving me the opportunity to serve throughout that time. I have thoroughly

enjoyed giving this service and somewhat ironically coming into post on the back of a global pandemic made my job so much easier. I am delighted to leave you all in the capable hands of Michael who has served as Deputy Treasurer for the past year.

### **Hannah**

North of England Intergroup  
[oanorthenengland@yahoo.co.uk](mailto: oanorthenengland@yahoo.co.uk)

## **8.4 Red Dragon**

Red Dragon covers the whole of Wales and groups within a fifty-mile radius of the Wales/England border. Current groups are:

- Cardiff – Saturday face to face.
- Bridgend – Monday face to face.
- Bangor – face to face and hybrid once a month and online the remaining weeks
- Wrexham – Saturday face to face
- Liverpool – Friday, hybrid once a month and online the remaining weeks

### Work of the Intergroup

Last October we hosted Region 9 Assembly and Convention in Llandudno

We translated the Steps and Traditions into Welsh

Last Annual General Meeting – May 2024 – we altered our bylaws to change from, covering groups in North Wales and 50 miles of the border, to covering groups in all of Wales and 50 miles of the border.

Our officers cover Chair, Vice Chair (although we have had two Vice Chairs both have now resigned for personal reasons), Treasurer (currently filled on a temporary basis). Tech Officer and Secretary. Professional Information and Professional Outreach post remains vacant. We sent our responses to the Welsh Senedd Consultation on Prevention of Ill Health – Obesity.

We've organised this Assembly and Convention, which we hope you are enjoying being at. We have sent Reps to WSBC, and we have a Rep going to Athens for Region 9, 2024. Our rep to WSBC 2024 managed to persuade the WSBC that Wales existed (!!!) and had Welsh included as a language.

Our funds are quite healthy. We have £4,074.61 in the bank. £2,500 is payment for the Assembly and Convention, which means we have approximately £1,575 for the coming year. We have held a retreat annually for the last 2 years and are holding another one at Noddfa in Penmaenmawr, North Wales from 16<sup>th</sup> – 18<sup>th</sup> May 2025. These retreats have helped to bring in a small amount of income as well as providing a service to the still suffering compulsive overeater.

My service as Chair for Red Dragon has been busy and mainly focussed on the National Assembly and Convention. The Intergroup and officers have been very supportive and have helped me to keep on track with abstinence and be immersed in the Programme. It has been very rewarding to do service as Chair and has helped me identify and develop my abilities. I have had a lot of fun helping to organise and had to visit the venue in Llandudno a few times with Heidi, which was been a bonus!

### **Maria**

Red Dragon

[oaredragon@gmail.com](mailto:oaredragon@gmail.com)

## **8.5 South Coast**

Since my election as South Coast Intergroup is still operating and appears to have become more stable this year with an increase in members taking up service positions. We have all the major roles filled but still need to fill roles such as Vice Chair and Vice treasurer.

We have about 17 groups affiliated with South Coast Intergroup we have picked up a couple of groups from outside our geographical area since the closure of some intergroups.

We remain financially viable from Tradition 7 contributions and send regular donations to OA Great Britain and OA Region 9. We hold a prudent reserve for associated costs within intergroup.

This year we are sending Sarah our Region 9 rep to Greece for the Region 9 convention, which she is very excited about! We are hoping that Daisy will be attending the OA National Assembly.

Our Public Information officer, Kevin, is starting to gain some traction with some initiatives and we have money within our budget to spend on Public Information work, we had a Public Information initiative meeting on the 20th September to brainstorm our approach.

Lesley our website officer has done a fantastic job building and maintaining our South Coast Intergroup website and we see a steady footfall of visitors through it. Lesley can monitor statistics such as how many new and returning hits we get. It works out roughly that one new person per day visits our site! We maintain a zoom account that groups can use to host meetings online.

We try to support new groups in a variety of ways, including seed funding or literature donations which has had varied success.

South Coast Intergroup meets quarterly via zoom, this works well for our members, making it accessible to all. Our next meeting is on the 12 October. Our board members and Group Service Reps all seem to enjoy coming to the meetings. We keep them as short and fun as possible while getting the work done that is needed.

In summary I feel that SCIG is in a pretty healthy condition at the moment, serving our groups in a supportive way and giving members the opportunity of service to strengthen their recovery.

**Mark**

South Coast Intergroup

<https://oascig.org.uk>





## 9. Minutes of the 2023 National Assembly

### OVEREATERS ANONYMOUS GREAT BRITAIN MINUTES OF 38<sup>th</sup> NATIONAL ASSEMBLY

Date: Saturday 21st October 2023

Time: 10 am to 5 pm

Held By Zoom

#### Abbreviations used:

NSA = National Service Assembly of Overeaters Anonymous Great Britain

IG = Intergroup

OAGB = Overeaters Anonymous Great Britain

NSB = National Service Board of OAGB

WSBC = World Service Business Conference of Overeaters Anonymous

WSO = World Service Office of Overeaters Anonymous

#### Agenda

##### Welcome

**NSB Chair** – Caroline welcomed everyone to the 38<sup>th</sup> National Assembly with a call to order and a short moment of silence.

##### Housekeeping

Chair confirmed that there will be regular breaks, that nominations for national service board will be open until 11am, also new business motions will need to be submitted by 1.55pm.

##### Serenity Prayer, Preamble, 12 Steps Traditions, 12 Concepts

Serenti Prayer read by Charlie M; Preamble by Clare B; Traditions by Joe S; Concepts by Pam G.

##### Establish Quorum

25% from groups and IG's and OAGB Board are required to establish quorum. With 153 meetings registered with WSO, 6 Intergroups and 5 Board Members this makes 164 eligible to vote. There were 49 fellows registered and attending, *the meeting was declared quorate.*

##### Agreement of Agenda

Chair advised that the discussion placed at 3.40pm will not be used and proposed that any amendments put into the chat box can be discussed at this time.

*The agenda was agreed unanimously.*

##### Approval of minutes from 2022 Assembly

These were proposed by Caroline (Chair) and *agreed unanimously.*

##### Appointment of Minutes Review Committee for 2023 Assembly

Teresa, Sarah, Mel, Susie B and Sharlotte G were agreed as minutes review committee members.

##### Appointment of Timekeeper

Suzi B volunteered as timekeeper for the morning business and Charlene for the afternoon business.

##### Introduction of NSB Officers, Minute Taker, Parliamentarian and Centre Mic person.

Caroline introduced herself as Chair and welcomed the other assembly officers:

Mel – Treasurer, Company Secretary and R9 rep

Robbie – Communications Officer and WBC delegate

Sarah – Literature Liaison Officer  
Teresa – Secretary

Sharon – professional minute taker  
Frankie – Centre Mic  
Joanna – Parliamentarian

### **Review of Special Rules of Order and Parliamentary Procedure**

Joanna (Parliamentarian) referred to the rules of order and guidelines provided in pack 2.

*A proposal was received by Sharlotte to not record abstentions – this was agreed unanimously.*

### **Board & Paid Workers Reports – questions only**

Chair Report – Caroline

One question was asked but no report amendments were required.

Secretary Report – Teresa  
No questions asked.

Treasurer Report – Mel  
No questions asked.

Company Secretary Report – Mel  
No questions asked.

Communications – Robbie  
Three questions were asked with no amendments to the report.

Literature Liaison – Sarah  
No questions were asked.

Literature Admin – Deborah  
No questions were asked.

Professional Outreach/Public Information – Ellen  
No questions were asked.

Region 9 Delegate – Mel  
No questions were asked.

World Service Business Conference delegate – Robbie  
No questions were asked.

### **NSB Officer Elections**

There were no nominations or applications submitted.

### **Motions**

Chair advised there were 4 bylaw amendments presented this year and 2 resolutions and that quorum had been established.

For resolution 1 a breakout room will be open at 1pm for further discussion for anyone who would like to join. This will enable the wording resolution 1 to be clarified and/or amended.

### **BYLAW AMENDMENT A:**

**‘Simplify and clarify the description of how to make late applications to join the National Service Board.’**

Proposed by Sarah (on behalf of NSB).

There were 3 speakers pro: Sarah; Mel; Teresa.

There were no speakers against.

Four questions were raised by Hannah C, Phyll B, Sharlotte G and Isobella.

44 votes were cast:

For = 43

Against = 1

*Bylaw amendment A was adopted.*

**BYLAW AMENDMENT B:**

**‘Intergroups can bid to host the National Assembly in person or virtually.’**

Proposed by Mel (on behalf of NSB).

There were 2 speakers pro: Mel and Robbie

There were 0 speakers against.

No questions were raised.

45 votes were cast:

For = 45

Against = 0

*Bylaw amendment B was adopted unanimously.*

**BYLAW AMENDMENT C:**

**‘Clarify that members of the National Service Board cannot serve on any other service board but may attend their business meetings as a voting delegate.’**

Proposed by Robbie (on behalf of NSB).

There were 3 speakers pro: Robbie, Mel and Teresa.

There were 2 speakers con: Sharlotte G and Sheila P.

Sharlotte G proposed a wording amendment and was seconded by Belinda, this was then withdrawn by Sharlotte and the debate continued with the original wording.

2 Questions were raised by Richard and Hannah C.

A breakout room was created to debate this further for any attendees to join at 1.50pm.

Assembly was paused for lunch with all reciting the OA promise.

**AFTERNOON SESSION**

**Serenity Prayer & Preamble**

Chair welcomed everyone back to the meeting and led the serenity prayer. The preamble was read by Linda R.

The meeting remained quorate.

**Special Rules of Order Review**

Joanna reminded all attendees of the special rules of order and recapped on queries that had been raised during the morning session.

**Motions continued**

### **BYLAW AMENDMENT C**

A vote was taken on the call the question to finish question time on bylaw amendment C.

For = 36

Against = 0

*The motion was passed unanimously.*

Vote taken on bylaw amendment C in its original wording.

For = 38

Against = 0

*Bylaw amendment C was adopted unanimously.*

### **BYLAW AMENDMENT D**

**'Allow candidates for the national service board to be nominated by two OA groups where it is not possible to be nominated by an intergroup.'**

Presented by Teresa (for the NSB)

There were 3 speakers pro: Teresa, Sarah P and Richard D

There were 3 speakers con: Sharlotte G, Isabella and Daniel C.

The debate was paused as an amendment was put forward and proposed by Hannah C and seconded by Richard D.

There were 2 speakers pro for the amendment: Hannah C and Miriam.

An amendment to the amendment was then raised regarding grammar and the original proposer agreed to this.

Sharlotte G raised a parliamentary inquiry as believed the amendment to be out of order the parliamentarian requested the maker of the amendment to withdraw the amendment. This was done.

The debate returned to the original motion. Pro speaker Robbie withdrew.

6 Questions were asked by Sharlotte, Danny, Robbie, Miriam, Isabella, and Daniel.

Vote was taken on bylaw amendment D in its original wording.

For = 36

Against = 3

*Bylaw amendment D was adopted.*

### **RESOLUTION 1**

**That OAGB should approve an ongoing commitment to GB wide Public Information and Professional Outreach initiatives. A way of reaching the still suffering compulsive overeater at all levels around Great Britain.**

The makers of the resolution had put forward two amendments to the wording of the original resolution before the assembly and the members were asked for any objections to these – none were received.

The new motion now read:

**That OAGB should approve an ongoing financial commitment to GB wide Public Information and Professional Outreach initiatives. A way of reaching the still suffering compulsive overeater at all levels around Great Britain. We recommend up to 50% of the surplus of 7<sup>th</sup> Tradition would be put into the following years budget for PIPO.**

Chair accepted the amendments to resolution one and was proposed by Ellen.  
There were 3 pro speakers = Ellen, Daniel and Rabia.  
There was 1 con speaker = Richard.  
2 questions were received by Daniel and Sheila.

Vote was taken for resolution one with its amended wording.  
For = 43  
Against = 0  
*The resolution passed unanimously for the board to put in place.*

Sharlotte G raised a motion to suspend the rules and for Chair to set aside the orders of the day.  
There were 2 objections to this proposal.  
Vote was taken to suspend the agenda for the rest of the assembly.  
For = 35  
Against = 4  
The remainder of the assembly agenda was suspended, and Chair can conduct the orders as she sees fit.

## **RESOLUTION 2**

**'That OAGB add the attached leaflets to the OAGB literature shop for sale in singles and multiples. That they put forward to WSO that these leaflets be approved by the World Service Business Conference so that they can be available to the worldwide fellowship.'**

The makers of the resolution put forward an amendment to the wording of the resolution and there were no objections.

Another amendment was received by Pat which indicated that the resolution be divided into 4 paragraphs.

A serenity prayer was requested under a question of privilege and the debate was paused.

The new amendment with the 4 resolutions to be voted on were shared and Chair brought the debate to a close at this point.

The new motion now read:

**That OAGB adds the leaflet My OA Recovery Friends to the OAGB literature shop for sale in singles and as multiples.**

**That OAGB put forward to Region 9 a motion in order to submit My OA Recovery Friends to the Conference Literature Committee so that the leaflet can be considered for adoption as either board or conference-approved literature so that it can be available to the worldwide fellowship.**

**That OAGB adds the leaflet Do you eat compulsively? to the OAGB literature shop for sale in singles and as multiples.**

**That OAGB put forward to Region 9 a motion in order to submit Do you eat compulsively? to the Conference Literature Committee so that this leaflet can be considered for adoption as either board or conference-approved literature so that it can be available to the worldwide fellowship.**

Sharlotte G proposed that the length of the meeting be extended by 30 minutes to allow for all business be addressed. This was put to a vote.

For = 14

Against = 24

The motion was not carried, and the assembly is still to close at 5pm.

### **2024 National Assembly bid**

No bids were received.

### **Discussion – to be confirmed.**

This slot was declared redundant at the beginning of the meeting.

### **Intergroup Reports**

Alba IG – no questions

Heart of England IG (Pat) – no questions

North of England IG (Hannah B) – no questions

Red Dragon IG (Maria) – one question received.

South Coast IG (Kevin) – no questions

South & East England (Sarah) – no questions.

### **AOB**

Nothing received.

At this point there was time remaining and Chair proposed this to be used to continue the debate on Resolution 2. This was voted on.

For = 27

Therefore, the debate resumed on Resolution 2.

The amendment to the motion was proposed by Sharlotte and seconded by Teresa.

There were 2 speakers pro – Sharlotte and Teresa.

There was 1 speaker con- Richard.

1 question was received by Suzi.

A vote was taken on accepting the amended wording.

For = 38

Chair accepted the motion which is now in 4 parts and objections were requested on each new paragraph.

*Paragraph 1 – one objection received.*

*Paragraph 2 – one objection received.*

*Paragraph 3 – no objection received and therefore adopted.*

*Paragraph 4 – no objection received and therefore adopted.*

Therefore paragraph 3 and 4 are for the board to action and paragraphs 1 and 2 can be brought to a future assembly.

### **7<sup>th</sup> tradition and thanks**

Chair reminded attendees that the link for the 7<sup>th</sup> tradition was in the chat box. Caroline thanked everyone who gave service at the assembly and to the OAGB.

Meeting closed with a serenity prayer.

Meeting closed at 5pm

Draft Minutes 10<sup>th</sup> November 2023

## **10. SPECIAL RULES OF ORDER FOR THE 2024 NATIONAL ASSEMBLY**

### **1. General Guidelines**

- a. No personal recording equipment is to be used at the National Assembly. The meeting may be recorded **ONLY** for clarity when transcribing the minutes.
- b. Cell phones and other electronic devices are to be used **ONLY** for National Assembly purposes during business sessions and should be muted or turned off when possible.
- c. No smoking, eating, or chewing gum is allowed during the National Assembly business meeting.
- d. All private conversations will be conducted outside of the meeting room.
- e. All members will abide by any government and facility guidelines.
- f. A member wishing to speak on a motion must queue at the Pro or Con microphone and will be called on by the Chair.
- g. Participants with a point of personal privilege, point of order, point of information or other permissible request must direct their request to the Centre mic monitor, who will then raise this with the Chair.
- h. Once recognised to speak at a meeting, state your name and position. Address your remarks to the chair (or the person designated by the chair).
- i. The agenda will be adopted at the start of the Assembly. Any changes require discussion and a two-thirds vote.
- j. A consent agenda for routine or non-controversial matters may be used. The Chair will decide which items are included. Any voting member may request, by raising their hand, that an item be considered separately. Items on the consent agenda require a two-thirds vote for adoption.
- k. Votes may be taken by any method deemed appropriate by the Chair
  - i. Except for elections, the typical voting method will be by show of hands.
  - ii. All elections will be by secret ballot.
  - iii. Any member may request a secret ballot be used.
- l. All debate must be germane (relevant) to the question under consideration.
- m. A motion to move the previous question is in order no sooner than five minutes after the opportunity for the pro and con speakers.



- n. OA members are welcome as visitors. Only voting members may propose motions or speak in debates on motions.
- o. Non-OA members may not attend or contribute to any part of the assembly without the permission of the National Assembly.
- p. The Chair
  - i. The Chairperson's role is to ensure adherence to rules of order and maintain a democratic spirit.
  - ii. The Chairperson may vote only in the following cases:
    - 1. During a vote taken by ballot or
    - 2. When their vote would change the outcome of the vote.
- q. If the Chairperson wishes to speak in debate on a motion they feel strongly about, they must:
  - i. Vacate the chair for the entirety of that motion.
  - ii. Appoint another board member or the Parliamentarian to chair the meeting during the consideration of the motion.

## 2. Motions

- a. Debate:
  - i. Each motion shall have a maximum of three pro and three con speakers.
  - ii. Each amendment to the motion shall have a maximum of two pro and two con speakers.
  - iii. Each speaker has a maximum of three minutes.
  - iv. Following debate, pertinent questions and answers shall be for a maximum of ten minutes.
- b. Amendments
  - i. Amendments to motions must be submitted to the Centre Mic Monitor, who will pass them to the Parliamentarian. The Parliamentarian will advise the motion maker and the Chair on whether the amendment is in order.
  - ii. Each amendment shall have a maximum of two pro and two con speakers.
  - iii. Each speaker has a maximum of two minutes.
  - iv. Following debate, pertinent questions and answers shall be for a maximum of ten minutes.
  - v. If a motion receives three or more amendments deemed in order, it will be referred to an ad hoc reference committee.
    - 1. The reference committee shall consist of the proposer of the original motion and the proposers and seconders of the amendments.

2. The Assembly Chair shall appoint the chairperson of the committee.
  3. The Centre Mic person shall sit on the reference committee in an advisory capacity.
  4. Any OA member may attend the reference committee and have a voice but no vote.
  5. After meeting, the reference committee will recommend a motion to the Assembly.
  6. Each motion may only be referred to the reference committee once.
  7. Only two further amendments will be in order once a motion has been returned from the reference committee.
- vi. Changes to the bylaws require a two-thirds majority for adoption.
- vii. Resolutions:
1. A Resolution passed by a simple majority will constitute a recommendation to the National Service Board.
  2. A Resolution passed by a two-thirds majority will constitute a binding instruction to the National Service Board.
- viii. Amendments Require a simple majority for adoption.
3. Elections:
- a. Board members will be elected by ballot.
  - b. Each nominee must receive a majority of votes cast to be elected.
  - c. Voting results will be announced with the numbers for and against the candidate's election.
4. Changes to the Standing Rules can be made at any time during a meeting by any voting member, requiring a second, discussion, question time and a two-thirds vote.
5. Group Conscience
- a. We strive for consensus, fairness, and an informed group conscience within the spirit of the Traditions and Concepts. Majority rule is not the same as a group conscience. Although OA arrives at a group conscience through voting, it is spiritually more than a simple majority vote. Instead, the term “group conscience” is the collective will of a specific OA group (perhaps taken by a simple majority vote). The term “group conscience” comes from the Second Tradition: “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.” Each member of OA, each group, and each service body becomes a part of the collective group conscience of OA.
  - b. The group conscience follows the OA Spiritual Principles found in the 12 Steps, 12 Traditions, and 12 Concepts of OA Service.

- c. Every person attending is a volunteer and is doing their best to adhere to the guidelines while serving OA. Anyone recognised by the chair may ask questions or request the attendees to pause to say the Serenity Prayer. Unless nonadherence to a guideline is causing major disruption, please wait until after the meeting and address the issue with the chair or parliamentarian.
- d. When the group conscience is reached, let there be unity.

## 11. THE OA PROMISE

I put my hand in yours, and together  
we can do what we could never do alone.  
No longer is there a sense of hopelessness,  
no longer must we each depend upon our  
own unsteady willpower.

We are all together now, reaching out  
our hands for power and strength greater  
than ours, and as we join hands,  
we find love and understanding

our wildest dreams.

