

# Region Ten Handbook

The Region Ten Handbook provides information about all aspects of Region Ten, including what is Region Ten, what is the Region Assembly and Convention, who is on the Region Ten Board and what services are provided by Region Ten.

## What is Region Ten?

Region Ten is composed of all groups and intergroups in Australia, New Zealand, the Far East, South East Asia and the Western Pacific Basin.

The region has a service structure supporting co-operation and communication between groups and intergroups within Region Ten and worldwide.

## What is our purpose?

Our purpose as defined in our bylaws is "to carry the Overeaters Anonymous (OA) message within Region Ten to the still suffering compulsive overeater, wherever they live and whatever language they speak". In fulfilling our purpose we will strive to achieve unity and common policies.

## Where and when do we meet?

Every year between August and November we hold an assembly. We also hold a convention immediately following the assembly. The assembly and convention are hosted each year by a different intergroup within the region.

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## Who goes to the assembly and convention?

The assembly is an opportunity for board members and representatives elected from intergroups from all over Region Ten to meet. Unaffiliated groups (which are not members of any intergroup, usually because they are too far away from other groups) may also be represented. National Service Boards and Language Service Boards where they exist may also send a representative. Visitors are welcome to attend as observers. The convention is for any member of Overeaters Anonymous to attend.

## What is the difference between the assembly and convention?

The assembly is where the formal business of the region is conducted. The convention focuses more on personal recovery. The format of the convention is primarily meetings and workshops on chosen topics. A guest speaker may also be present.

## Who are the Board members?

The board comprises the chairperson, secretary and treasurer. These people are elected from within the representatives at the assembly and serve for a two year period in accordance with the region bylaws. The region trustee participates as a board member and has a voice at assembly but no vote. The board is responsible for conducting the business of the region between assemblies.

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## What is the purpose of the assembly?

The purpose of the assembly is:

- To promote the carrying of the OA message within Region Ten in accordance with our primary purpose
- To reaffirm OA unity within Region Ten
- To report on and discuss the different activities in the region
- To pass information to and from World Service Office
- To provide feedback to World Service Office on activities and needs of the region where requested
- To vote on bylaws changes
- To vote on new business and policy motions
- To elect new officers and committee chairs
- To set tasks and goals for the region committees for the following year

- To serve as a place where representatives from throughout the region can get together to share their common experience, problems and solutions
- To select nominees for Region Trustee

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## What services does Region Ten provide?

Through several committees that work all year, Region Ten offers various services to its member groups and intergroups. Examples of committees that are, or have been, operating are:

### **Budget and finance**

The treasurer heads this committee, whose function is to bank funds received, distribute funding for approved Region Ten projects, provide a report of the region's finances at the assembly and promote contributions and fundraising projects.

### **Contacts list**

The secretary maintains and updates a listing of the intergroups, unaffiliated groups and Region Ten office holders.

### **Assembly final report**

The secretary provides a very comprehensive final report of assembly to all region representatives, intergroups and unaffiliated groups. Includes reports from intergroups, committees, workshops, board trustee and chair, as well as minutes of business sessions.

### **News Sheet**

News Sheet includes reports from the trustee, chairperson, committee chairs and intergroups, information about events and activities, and some sharing from individual members. It includes a list of members seeking penpals and sponsorship by mail. It provides a full region service directory (Office holders, intergroups, committee chairs). News Sheet is published 3-4 times per year.

### **Outreach**

Provides a penpal and sponsorship by mail facility, matching people who are wishing to write to other OA members. A vital service in a region as spread out as ours.

### **Public information**

Public information committee looks at ways of improving information to the non-OA public in the region. The committee is available to help intergroups set up PI structures.

### **Bylaws**

Responsible for reviewing region's bylaws and proposing changes to meet needs of the region and ensure conformity with OA Inc Bylaws. Updates the region's manual of continuing effect motions.

### **Website**

Maintains region website ([www.oaregion10.org](http://www.oaregion10.org)). See below.

### **Archives**

Maintains Region Ten's archive.

### **Intergroup Support**

Provides support services to intergroups, including a manual of suggestions, proformas, job descriptions, sample bylaws, workshop formats etc.

### **Region Ten Trustee**

The WSBC elects a trustee for Region Ten as provided in the bylaws. The trustee is a member of the Board of Trustees (BOT) of Overeaters Anonymous Inc. In addition to the trustee's duties as a member of the BOT, the trustee carries the message of the BOT in the region by visiting and communicating with the intergroups in the region, and by holding service and traditions workshops under the auspices of the BOT in different locations in the region. The trustee attends BOT meetings and participates in WSBC and world conventions. As mentioned above, the trustee also participates as a Region Ten board member and attends Region Ten assembly. The trustee has a voice but no vote at this assembly.

### **Region Chair**

The Region Ten chair is elected by the region assembly for a period of two years. Among the chair's duties are:

- To represent Region Ten at WSBC and to become involved in different conference committees and activities
- To attend when required at BOT meetings (usually once per year)
- To work in co-operation with chairs of all regions, meeting and communicating regarding services and needs of all the regions
- To communicate with Region Ten officers and committees during the year

- To attend functions within the region as required (funds permitting)

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## Other Region Ten Services

### Service and Traditions workshops

The trustee is funded and available to run workshops for intergroups. The region chair may also be available depending on funds (chair visits usually funded by requesting intergroup).

### Website

Keeps members and public aware of what OA is, and of region events.

### Members' queries

Board members are available at any time to answer queries you may have. Please feel free to contact any one of them.

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## How is the Region funded?

Region Ten is self-supporting, receiving contributions from member intergroups, unaffiliated groups and region fundraising projects. The surplus from conventions is an important source of funds.

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## Where does the money go?

We cover a large area and expenses for travel, postage, telephone etc are quite substantial. Some of our ongoing costs are:

- Printing of News Sheet
- Supporting the work of region committees
- Printing of assembly report
- Postage and telephone calls for committees and board
- Provision of travel scholarship to assist smaller intergroups to send representatives to assembly
- Funding of officers to region assembly, and region chair as region delegate to World Service Business Conference
- Special projects approved by assembly - some activities have been twelfth step within booklet, public information poster, outreach flyer and TV advertisement

Surplus funds are forwarded to World Service Office in accordance with our seventh tradition.

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## How does the Region co-ordinate with other service bodies?

### World Service Business Conference (WSBC)

The WSBC is an annual meeting of delegates from intergroups (and National and Language Service Boards where they exist) worldwide, held in the United States in May. Region chairs, region trustees and general service trustees also attend. The conference lasts five days, with discussions and decisions taken relating to OA as a whole. It represents the group conscience of OA. The WSBC provides guidelines for all levels of OA activity - literature, budget, group handbook, committee guidelines, public information etc. All literature that is approved at WSBC carries the "conference seal of approval" which means that it represents the group conscience of OA as a whole.

### Board of trustees (BOT)

The BOT is elected by the conference and comprises trustees from the ten regions and six general service trustees. Its main function is to represent OA as a whole, to act as guardians of the twelve traditions and twelve concepts of the fellowship, and to promote education within the fellowship worldwide. The board meets regularly throughout the year.

### World Service Office (WSO)

WSO provides a variety of services for the BOT, WSBC, regions, intergroups and groups:

- Office services to BOT and WSBC such as secretarial services, printing and distributing material
- Catalogue, printing and sale of conference approved literature
- Registration of all OA groups and intergroups, including unaffiliated groups, providing printouts and directories

- Printing Lifeline, a monthly magazine of recovery, and distributing it to subscribers worldwide
- Printing Step Ahead, a bulletin of news from WSO

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## Further Reading

If you are interested in learning more about the structure and purpose of the region and the wider Overeaters Anonymous organisation, you may find the following publications helpful. Most of them should be available from your region representative or intergroup secretary or literature officer:

- Final report of region assembly
- Final report of World Service Business Conference
- Region Ten bylaws
- Region Ten Policy Manual
- World Service bylaws
- Service, Traditions and Concepts Workshop Manual
- Alcoholics Anonymous Service Manual
- OA traditions and concepts pamphlets

## Do you need more information?

For more information on Region Ten, please contact the Region Ten Chair at [info@OARegion10.org](mailto:info@OARegion10.org).