

What does Region Ten Do?

Region Ten offers various services to its member groups and intergroups throughout the year. Examples of services provided by the Board and Intergroup Representatives are:



Support of
Intergroups



Budget, Finance
& Fundraising



Region Ten
Website



Outreach
to Loners



Public Information
& Professional
Exhibits



Special Project
(New Flyers etc.)



Workshops



Assembly Final
Report



Contact
Lists



Translation
Services



BOT & WSBC
Representation



Archives

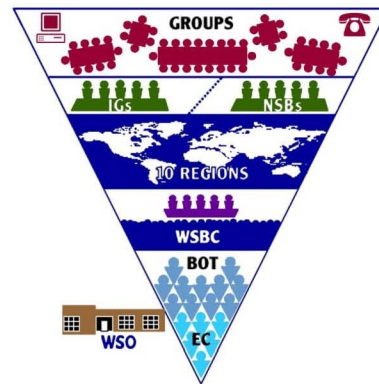


Bylaws

What is OA's Service Structure?

OA's "Inverted Pyramid" describes our unique service structure. Unlike a traditional business that has tiers of managers directing those "below" them, OA's Board of Trustees is accountable to those at the region, intergroup/service board, and group levels.

Therefore the "higher" the position a trusted servant holds, the more people to whom the trusted servant is accountable. Our primary goal is to serve those in the Fellowship as we progress in the recovery process. – "OA Handbook for Members, Groups and Service Bodies", p 65.



What is the Purpose of Region Ten?

Our bylaws state that Region Ten 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.

Who Represents Region Ten?

The Representatives from the intergroups in our region and the Board which consists of a Trustee, a Chairperson, a Vice-Chairperson, a Secretary, and a Treasurer.

This literature has been locally produced by Overeaters Anonymous Region Ten. The content reflects the experience, strength and hope of our local members. It is not OA Conference- or board-approved and does not represent OA as a whole. (Version 1; January 2020)

Overeaters Anonymous Region Ten

Where Do I Fit In?



What is Region Ten?

Overeaters Anonymous is divided into eleven regions - ten geographic world regions and one virtual region.

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

Most of our meetings are in Australia and New Zealand. However, there are meetings in China, Indonesia, Japan, Malaysia, Singapore, South Korea, and Thailand with members in other countries attending meetings virtually.

We have a wonderfully diverse Region with many strengths and also significant challenges such as distance, isolation, translation and cultural differences.

Where and When does Region Ten Meet?

Region Ten holds an assembly every year between August and November in Australia or New Zealand. We also hold a convention immediately following assembly. The assembly and convention are hosted each year by a different Intergroup within the region.

The Assembly is an opportunity for board members and representatives elected from Intergroups from all over Region Ten to meet. The assembly is where the formal business of the region is conducted.



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. The convention focuses more on personal recovery.

How is Region Ten Funded?

Region Ten is self-supporting, receiving contributions from member Intergroups, unaffiliated groups (groups which are not affiliated with Intergroups due to meeting location) and region fundraising projects. The surplus for conventions is an important source of funds.

Where do your Donations Go?

We cover a large area and expenses for travel, postage, telephone, printing etc. are quite substantial.

Some of our ongoing costs are:

- Paying for booths at health conferences
- Supporting the work of region committees, Website maintenance
- Provision of travel scholarships to assist smaller Intergroups to send a representative to assembly
- Funding of board officers to region assembly, and the Region Chair as region delegate to World Service Business Conference.

Why does Region Ten Matter to Me?

Region Ten offers many opportunities for strengthening your recovery beyond your meeting and beyond your Intergroup:

- Connect with others from different countries around Region Ten
- Participate in assembly (as an observer)
- Attend conventions, workshops, and other region events
- Join a committee - help plan an event in your area or join a special project group
- Offer your skills, knowledge and experience e.g. website, graphic design, fundraising skills
- Be a Region Ten representative for your Intergroup
- Potentially become a Board member!

How can I Help?

Just like you need OA, your home group and your fellow members, Region Ten needs you! To represent you, Region Ten needs you - your voice, your ideas, your participation and interest.

There is always an opportunity to give back what we have freely been given in OA.

Learn more by attending your Intergroup (if possible) and talking to the Region Ten Representative.

If you would like to know more about Region Ten's Pathway to Recovery, see the pamphlet *Strengthening Your Recovery in Overeaters Anonymous*.

Your financial contributions direct to Region Ten are always greatly appreciated. Direct donations can be made to:



Australian Bank Account:
BSB: 032-724 Account: 129 121
Swift# WPACAU2S
New Zealand Bank Account:
03-0518-0166718-00
Swift# WPACNZ2W

Learn more about Region Ten at www.oaregion10.org



What does a Region Ten Representative Do?

As a Region Ten Representative, you will represent your Intergroup and its member groups at the Region Ten level.

Some of the activities which you may be asked to do include:

- Attending Region Ten Assemblies (often Intergroups provide financial support for travel, accommodation and assembly attendance costs).
- Participating in Assembly business sessions, acting as a trusted servant for Intergroup - taking into account the group conscience of your Intergroup and making decisions based on the collective conscience of OA.
- Serving on a Region Ten Committee for a full year - examples include Fundraising, Web/Comm, Outreach and Professional Exhibits, and Special Projects.
- Reporting the actions of Assembly to Intergroup and all member groups represented by your Intergroup.
- Attending Intergroup meetings as defined by your local Intergroup.
- Assisting Intergroup with actioning correspondence from Region Ten; this may include highlighting and circulating Region Ten minutes, as well as information about events advertised in other Intergroups' minutes.

Abstinence requirements for Region Ten Representatives are defined by your Intergroup bylaws.

*Be the Voice
for Change*