

# Freedom from Bondage

July 2016

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**Overeaters Anonymous Region 5 Convention**  
September 16-18, 2016

***Take The Freeway of Recovery***

Sheraton Detroit Airport Hotel  
8000 Merriman Road  
Romulus, Michigan 48174

**November Freedom from Bondage**  
**will cover:**

**Concept 12 - Guidelines**

- A. Selflessness**
- B. Realism**
- C. Representation**
- D. Dialogue**
- E. Compassion**
- F. Respect**



Send future submissions to  
[R5NewsletterSubmissions@gmail.com](mailto:R5NewsletterSubmissions@gmail.com)

**Next Region 5 Assembly**  
**November 11-12, 2016 in Merrillville, IN**

## Concept 6, Responsibility

Our 9th Tradition basically states that we have a non-structured nature; however, someone has to be responsible for making things happen. OA members dictate at the World Service Business Conference (WSBC) what they want from our organization. The Board of Trustees (BOT) is responsible for making those decisions happen. As a member, I know that the more I take responsibility, the more freedom I have. It means I follow through on promises and commitments. As an OA member I am responsible to carry the message of recovery to all who share my compulsion. The BOT insures that the Steps, Traditions and Concepts are followed and that the needs of the fellowship are met.

- Judy W.



**Concept 6: The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.**

**Responsibility** – portions of the Merriam-Webster Dictionary Definition of the word responsibility is used and commented on below.

1. A duty or task that you are required or expected to do
  - a. The Board of Trustees is expected to handle the business of OA
2. Moral, legal or mental accountability
  - a. The Board of Trustees is accountable to OA as a whole since they have been entrusted with the responsibility of running OA
3. Reliable, trustworthiness
  - a. We rely on our trusted servants in OA
4. Something for which one is responsible
  - a. Carrying the message!

-Amber M.

## **From Legalize to Amberize - Concept 6: Responsibility**

**The World Service Business Conference has “employed” the Board of Trustees to do OA’s daily business stuff.**

The 9th tradition of OA states that OA is not structured. The tradition also states its ok to create services boards or committees as long as they are created to serve. These two statements might seem to contradict one another but actually sometimes the needs of the total group are best served by a small dedicated group with a specific purpose. Legally OA is a nonprofit corporation with paid staff and other expenses. Recognizing that a smaller group is more efficient, the OA membership elects a Board of Trustees (BOT) which is in charge of OA’s corporate administration. The BOT is responsible for protecting all of OA and its members (the Steps, Traditions & Concepts) as well as making sure things run smoothly and that issues are taken care of quickly (including legal things). BOT members (trustees) are like the employees to the World Service Business Conference (WSBC) delegates boss. The trustees handle the implementation of the WSBC’s decisions and handle OA’s business stuff. Region trustees are BOT members who serve on the board and act as a link between the World Service Office and their region’s members, groups, intergroups, and Regional Assemblies.

-Amber  
CHIWIF Intergroup

## From Legalize to Amberize - Concept 7: Balance

**The BOT & WSBC are given their jobs by tradition and by the OA Bylaws.**

OA created rules for running OA business stuff which are called the bylaws. The bylaws are split into two parts called Subpart A & Subpart B. Subpart A of the bylaws contains how OA is organized, run and the jobs of the Board of Trustees (BOT) members (directors of a nonprofit corporation). Subpart A says what makes a nonprofit corporation a nonprofit corporation and can only be changed by the BOT, usually with legal help. Subpart B (which is approved by the World Service Business Conference or WSBC) talks about OA's membership, structure and procedures. The bylaws make sure the Traditions aren't broken by the BOT or WSBC delegates, that WSBC intergroup representation is fair and that BOT members meet certain requirements. Subpart B can only be changed via group conscience at the WSBC. It's the BOT's job to make WSBC decisions happen & the WSBC delegates trust the BOT to do their job.

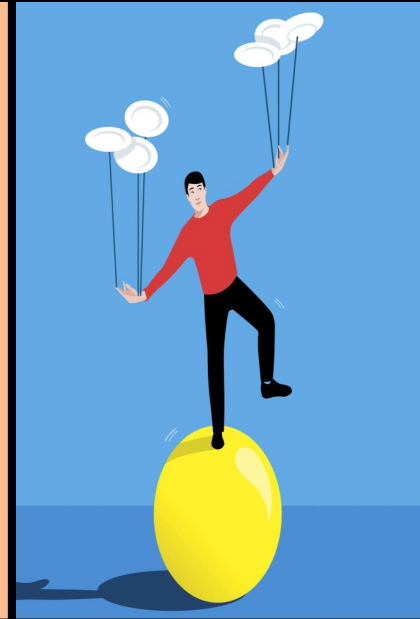
-Amber  
CHIWIF Intergroup

**Concept 7: The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.**

**Balance** – portions of the Merriam-Webster Dictionary Definition of the word trust is used and commented on below.

1. A state in which different things occur in equal or proper amounts or have an equal or proper amount of import
  - a. In OA every member has the same amount of input on who represents them and how the organization will be run
  - b. OA strives to keep things equal and fair in running the organization

-Amber M.



### Concept 7, Balance

In Overeaters Anonymous great care is taken to ensure that we maintain our “upside down pyramid” service structure. This provides the local groups with the self-governance and autonomy guaranteed in traditions 2 (Our only authority is a loving higher power as expressed in our group conscience; our leaders are but trusted servants, they do not govern) and 4 (Each group is autonomous except in matters effecting OA as a whole). This concept is written to support these traditions. In essence it provides the details on “how” those traditions will be safe-guarded in service bodies beyond the group level. Part of that protection is in the process of how we write our bylaws. Bylaws are necessary because we are legally a not-for-profit corporation. We have a duly elected Board of Trustees which functions as the legal representatives of our fellowship. They need to be empowered by us, through the group conscience process (Tradition 2) to do their work on our behalf. And yet, we also need to be clear that they do function on our behalf. This concept makes that clear: the right and responsibilities accorded to them are granted by us through group conscience at the World Service Business Conference. The guidelines for how that process works are also delineated in the bylaws. Hence, the principle of balance means that power and authority delegated to the Board of Trustees is insured and protected by being balanced out by the power and authority held by the World Service Business Conference.

- Deborah K.

# From the Chair

Continuing on the theme this year of the “Twelve Concepts of OA Service” ...

Do I have the Concepts memorized? No! Do I read them daily for my recovery? No! Do I refer to them often while giving service in our fellowship? Yes...I hope you do too. Remember this basic info about the Concepts – they define who has responsibility for what in terms of serving each other in this fellowship, whether that’s service at your meeting, as a delegate at Business Conference, as a Trustee, etc. The Concepts even work when giving service outside of OA and that’s the focus of my article this month, specifically Concepts 6-11.

For Concept 6 – the principle is RESPONSIBILITY. In OA, it wouldn’t work to have 65,000 OA members trying to decide what direction our Fellowship should go. So send delegates to the World Service Business Conference (WSBC). In turn the WSBC entrusts the Board of Trustees to carry out the decisions made at WSBC. In my family, there is 1 Mom and 3 children. Mom needs extra help as she ages, and I’m the oldest (also the one not working). So my siblings have designated me to be the primary care-giver for my Mom. It is a blessing!! I keep them posted and seek their input when major decisions need to be made. If I’m not around for some reason, the responsibility is delegated to my sister. It works!

BALANCE is the principle behind Concept 7. Do you ever feel out of balance in life? Me too! Usually it’s because I’m trying to do it all (again!) and I can’t. My TO DO list is long, there’s not enough hours, and I might just be trying to control things again...a nasty character defect I have. So, I strive for balance. In OA, no one group of people can do all things for all of our Fellowship. Same is true here – I can’t do it all either. My husband and I have achieved some balance in our marriage by dividing some of the responsibilities – I do the grocery shopping; he takes care of home maintenance. He makes the bed; I do the laundry. Once again, it works!

Moving on to Concept 8 – let’s carry Concept 6 one step further – here we see that the Board of Trustees DELEGATES responsibility to the Executive Committee to oversee the World Service Office. Once again, would it work well if 17 people tried to manage WSO? Probably not, but it works well for 6 General Service Trustees to oversee the Office.

ABILITY is the principle for Concept 9. When we elect Region Officers, we look for “able, trusted servants”. This means we need to find the best people to do the work on our behalf. The same is true at home – it’s probably not a good idea to just randomly pick a name from the Yellow Pages to do some work at our house...it’s not a “sound, appropriate method for choosing” someone. But, I can talk to my neighbors, read online reviews, consult others who’ve had similar work done, check references and choose that “able, trusted servant” to work on my plumbing, furnace or yard.

Concept 10 is a good one – CLARITY. Did you ever take on a task that had no guidelines or procedure? If you became the Region Chair, you’d expect to find some sort of documentation on what that means and what you’re supposed to do, right? Good! I would also want to know that I’m not trying to do the same thing as someone else – there should be clarity in who does what. We don’t want to duplicate effort, so that’s why our tasks/responsibilities are defined.

And finally Concept 11 – HUMILITY...between my husband and I, we can do a lot in our marriage. But there are some things that neither one of us is good at, like financial planning and estate law. It is okay for us to seek qualified outside help. This is exactly what our World Service Office does – if they need expertise that they don’t have “in-house”, they seek it outside.

I said this last issue and it bears repeating: the Steps keep me from suicide, the Traditions keep me from homicide, and the Concepts keep me from genocide.

Stay tuned for Concept 12 in the fall!

Abstinent and blessed today,

Denise O.

## From Legalize to Amberize - Concept 8 – Delegation

**The Board of Trustees (BOT) has delegated the responsibility of OA's World Service Office's (WSO's) administration to its Executive Committee.**

The Executive Committee is a subgroup of the BOT. It is responsible for administrative issues, like finances. General Service Trustees (GSTs) make up the Executive Committee with members of the Board acting as Chair and Treasurer. The Executive Committee is expected to meet with the Manager Director of the WSO regularly to handle business matters; it then reports back to the BOT. The Managing Director is a professional assigned to manage the WSO who attends Executive Committee meetings and BOT meetings to act as a resource and does not have a vote. As an employee of OA (aka special worker) the Managing Director is not required to be a member of OA but must know the program. Trustees advise the Managing Director on projects. The Managing Director handles the office work required to get these projects done. The BOT reviews the Managing Director's performance annually. The Executive Committee meets monthly either in person or by phone. Some stuff the WSO handles are: registering groups, providing info, publishing Lifeline, & maintaining OA's website. Any questions the WSO gets on personal recovery, traditions or group problems are referred to a trustee.

-Amber

CHIWIF Intergroup



### Concept 8 – Delegation

Concept 7 outlined the ways in which the Board of Trustees (BOT) balances power and authority with the delegates at the World Service Business Conference (WSBC). We give them the responsibility to represent us between our annual gatherings. The word of the Worldwide Fellowship of OA is more than can be handled by service boards and committees so Tradition 8 provides for us to “employ special workers.” Among those workers are the employees at the World Service Office. Under the leadership of a Managing Director, they perform the day to day tasks that enable us to carry the message to those who still suffer. Just as the BOT is accountable to the WSBC, these employees, including the Managing Director, need to be held accountable by the fellowship. This concept allows for the BOT to allocate that duty to the Executive Committee who then delegates the hands-on work to the staff, through the Managing Director.

- Deborah K.

**Concept 8: The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.**

**Delegation** – portions of the Merriam-Webster Dictionary Definition of the word trust is used and commented on below.

1. A group of people who are chosen to vote or act for someone else
  - a. The Executive Committee has been delegated the job of running the WSO
2. The act of giving control, authority, a job, a duty, etc., to another person
  - b. In delegating authority and duties OA can more efficiently get things done

-Amber M.

## From Legalize to Amberize - Concept 9 - Ability

**Having the right people in a job (and picking the right people for a job in the first place) is crucial.**

Trusted servants are needed at every service level of OA. The methods for picking these trusted servants varies. The jobs that the trusted servants do also varies. For example, anyone can help find a new location to hold a meeting but some jobs require special skills. Willingness is the first step in service but if other qualifications are required those need to be clearly stated. A good way to attract people to service positions is to let them “grow into positions”. They could go from a committee member to a committee chair. If a group fails to define its service needs and how to choose a trusted servant it can cause issues. Intergroups have bylaws and policies in order to avoid such issues. Past service and abstinence requirements should be considered for a particular position.

-Amber  
CHIWIF Intergroup

### Concept 9, Ability

Able trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Willingness to serve is the most important ingredient in OA service. However, many service positions require certain skills and abilities. Members may “grow” into some positions with a little training. We select our trusted servants by encouraging people to start with easy jobs and then to take on more difficult challenges. In this electronic and cyber age, many positions require computer & financial skills and we seek the people who can best fill these needs.

- Judy W.



**Concept 9: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.**

**Ability** – portions of the Merriam-Webster Dictionary Definition of the word equality is used and commented on below.

1. The power or skill to do something
  - a. In OA we strive to choose able and trusted servants, people capable of performing the duties of their position.
2. Natural aptitude or acquired proficiency
  - a. In OA people can grow into ability for a role through other service positions

-Amber M.

# From the Trustee

## Intergroup and Group Information

I'm pleased to announce we have a new intergroup, the "Let Go Let God", (LG2), intergroup from Evansville, IN. Welcome!! As always, if you are aware of any discrepancies between your group records and that on the OA website, please let me know and I can help you compare the information. Accurate information is critical for members, especially newcomers, trying to find meetings.

## New Literature and Resources

The WSBC 2016 granted the Conference Seal of Approval to two new publications; the *Twelve Traditions Pocket Guide* and the *Twelve Step Workshop and Study Guide*. Hopefully these will be available for purchase by the time World Service Convention starts on Sept. 1.

## WSBC 2016

I hope you were able to join us at the WSBC for a very exciting and productive Conference full of recovery, workshops, committee work, and discussions at the world wide group conscience of OA. There were 182 delegates from 18 countries, 40 states, and 7 provinces. The "wrap-up" report is now available on the OA website <https://oa.org/files/pdf/Wrap-Up-Report-16NEW.pdf> and the Final Conference Report will be available in early August. The delegates voted to amend OA's statement on Public Media, opening the door for the Fellowship's participation and presence on social media websites and networks. The new statement reads: "While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the WSBC recommend that any OA member, group, or service body using social media for OA publication information and public awareness maintain the personal anonymity of OA members. Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members." Other highlights include the approval to form a Virtual Service Conference Committee. Virtual meetings can now be registered groups and have the same requirements as face-to-face meetings. Previously, virtual meetings had to meet in real time and be completely interactive. The Region Chair Committee hosted the Forum and our own Denise O. chaired this session on "A Carry-on Message". Delegates role-played how to carry the message in various situations. This was very entertaining and useful for all the delegates. Region 5 had 11 of its 28 intergroups represented or 39%. Therefore Region 5 is eligible to send up to 5 delegates at large to WSBC 2017. Please consider becoming a delegate for your intergroup or our region to the 2017 WSBC.

## BOT Meeting

The BOT met before and after WSBC; May 2, 3, & 7. The BOT has chosen Orlando, FL as the site for the 2020 World Service Convention. The new officers of the Board are: Chair Karen C., 1st Vice Chair Vicki W., 2nd Vice Chair Cyndy L., and Treasurer Tina C. I was appointed to serve a second year as Trustee co-chair of the Conference-approved Literature Committee.

## World Service Convention September 1-4, 2016 Boston, MA USA

Visit the Convention web page at <https://oa.org/members/events/world-service-convention/> for details. All attendees not registered by the deadline of August 5th must register on-site. Interested in receiving the latest details on Convention? Email [conventioninfo@oa.org](mailto:conventioninfo@oa.org) to sign up for the e-mailing list. Please include your name, state or country and email address.

## Region 5 Trustee Elections

I am extremely grateful that I was elected by the delegates at WSBC 2016 to a second 3-year term as your Region 5 Trustee. Thank you for your support. It is truly an honor to serve you in this capacity.

## Trustee on the Road

On April 2, I went to Columbus, OH to help the Central Ohio Service Intergroup maintain the Traditions during their first "Big Book Study" workshop. I gave a workshop on "Abstinence" and "The Difference between Abstinence and a Plan of Eating" to the Three Rivers Intergroup in Ft Wayne, IN, on May 14. I am also planning to give another workshop on Sponsorship this fall. I'm available to present talks on Abstinence, Strong Meetings, Service, Traditions, and Concepts. My expenses are covered by WSO. Just let me know when you would like to have me come visit. The Region 5 Board is also available to do this service.

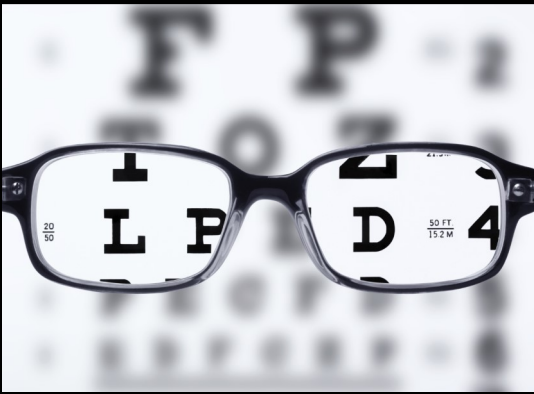
Yours in Service,  
**Linda**  
Region 5 Trustee

## From Legalize to Amberize - Concept 10 - Clarity

**Carefully defining the responsibilities of different service positions avoids people all doing the same things and wasting time**

Each position needs a clear and carefully defined job description that is written out. Having this avoids any confusion, miscommunication or people volunteering for something they aren't up to doing. This concept avoids internal controversy the way the 10th Tradition avoids public controversy. Service is essential for recovering. OA provides many service opportunities so OA members can do a variety of things over time. Clear definitions mean things get done and conflicts are avoided.

-Amber  
CHIWF Intergroup



### Concept 10, Clarity

Clearly defined responsibilities, indeed, avoid duplication of effort. But they also help prevent the confusion, disappointment, and resentment that can come from unstated expectations. When I, for example, am able to clearly state what I can and cannot do as a sponsor, a potential sponsee stands a much better chance of getting a sponsor who is right for her.

- Betty D.

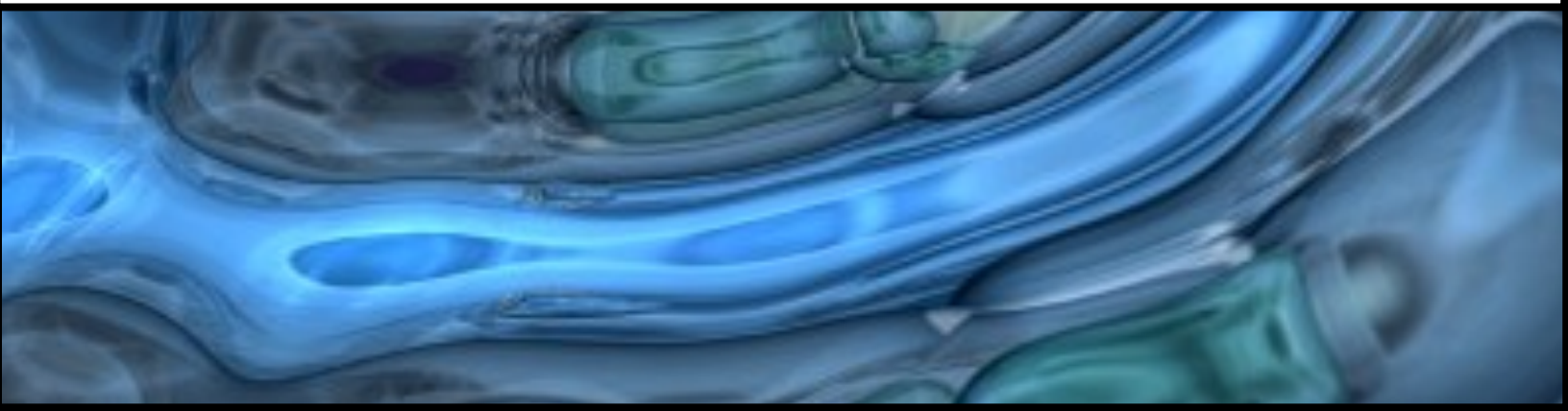


**Concept 10: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.**

**Clarity** – portions of the Merriam-Webster Dictionary Definition of the word consideration is used and commented on below.

1. The quality of being easily understood
  - a. Have definitions of positions that are easily understood in OA makes it so people aren't working on the same tasks as others and wasting time
1. The quality of being easily seen or heard
  - A. Having clear and obvious definitions allows for OA members to know what will be expected of them in a service position

-Amber M.



## From Legalize to Amberize - Concept 11 - Humility

**Trustee administration of the World Service Office (WSO) should be helped by the best possible standing committees, executive staff and consultants.**

OA deserves the best workers and sometimes that means finding them outside of OA. OA's service work may require professional skills and talents not available from within our groups. Committees perform tasks as small focused groups. The Board of Trustees (BOT) may form committees as they see fit. OA members may be appointed to committees or they may volunteer for these committees. The World Service Office (WSO) staff are hired based on their knowledge and skill in the appropriate areas. A consultant may be hired when a specific and short-term task needs to be done. Using the best resources to get the job done is sound business practice and crucial to OA's operating efficiently.

-Amber  
CHIWIF Intergroup

### Concept 11 – Humility

It is ok to ask for help. That is a concept that was foreign to me before OA. Now it is the bedrock of my program. I cannot stay abstinent if I try to do it by myself. Just as those who conduct the business of OA get to be assisted by committees, staff, & consultants, so I humbly and joyfully go to meetings, make phone calls, speak with a sponsor, and serve as a sponsor. We are not alone as we trudge the road of happy destiny. I am not alone.

- Betty D.

**Concept 11: Trustee administration of the World Service Office should always be assisted by the best standing committees, executive staffs and consultants.**

**Humility** – portions of the Merriam-Webster Dictionary Definition of the word consideration is used and commented on below.

1. The quality of state of not thinking you are better than other people: the quality or state of being humble

- a. OA is not so proud as to think that the best person for any position could only be found within our membership; when required OA does look outside of the fellowship.
- b. Those in service positions are there to serve not to seek power or further their own agenda; we must humbly do our best to be of service to our fellows.

-Amber M.



# Announcements & Service Opportunities

## Overeaters Anonymous Region 5 Convention – Detroit, MI



### Take the Freeway of Recovery

**September 16-18, 2016**

Sheraton Detroit Metro Airport Hotel  
8000 Merriman Road • Romulus, Michigan

## Take the bus

For more info call Susan at 847-710-8823  
or email her at [susan.m.oe@gmail.com](mailto:susan.m.oe@gmail.com)



PIPO— Region 5 has \$500 budgeted for Public Information/Professional Outreach. Please email Lynn at [lynnhly2@sbcglobal.net](mailto:lynnhly2@sbcglobal.net) to request funds.

The new 2016 Courier is available at [Click Here for 2016 Courier](#). The Courier is OA's annual newsletter directed to hospitals, institutions, professionals, and the military and is part of OA's public information effort to increase awareness of Overeaters Anonymous.

## RESPONSIBILITY

To Carry  
the Message

WSBC

May 2-7, 2016 • Albuquerque, NM USA

**General Service Trustee position, serving through the end of WSBC 2017, is now open. Find the application and job description on the Board of Trustees page at [oa.org](http://oa.org). Applications must be received by the World Service Office by September 12, 2016.**

**Make sure your group info is up-to-date! Update your group's meeting details and secretary contact info by going to Edit a Meeting at [oa.org](http://oa.org). First search your meeting; then click "Edit Details" to update your group's information. WSO uses your info to keep Find a Meeting current so that members can locate a meeting in their area.**

### Phone workshops and podcasts on "Service and My Recovery"

The series of phone workshops and podcasts on "Service and My Recovery" are held the second Sunday of the month at 2 pm central time. The phone number is 424-203-8405 and the access code is 925629#. The past workshops are available as podcasts at <https://oa.org/podcasts/>. Recently posted podcasts include: "There are no musts...but is it good for OA as a whole? (Tradition and Concept 4)" and "Always to extend the heart and hand of OA" (Tradition and Concept 5).

# Announcements & Service Opportunities



I put my hand in yours,  
and together we can do what  
we could never do alone.

—*The OA Promise*



I am sooooo happy to announce the Overeaters Anonymous Young Persons' Committee Facebook page to all of you!  
<https://www.facebook.com/Overeaters-Anonymous-YP-189855701430499/>

## TWELVE STEP WORKSHOP AND STUDY GUIDE

OVEREATERS ANONYMOUS



The *Twelve Step Workshop and Study Guide* (#960), OA's new Conference-Approved book, is now available for purchase at the OA bookstore. Please share the news with members, groups, and service bodies.

Find it online at What's New  
(<https://oa.org/whats-new/>)  
or at the OA bookstore  
(<http://bookstore.oa.org/>).

Here is the direct link:

[http://bookstore.oa.org/pc\\_product\\_detail.asp?key=E4E792B154194DBCA59086EA265634F9](http://bookstore.oa.org/pc_product_detail.asp?key=E4E792B154194DBCA59086EA265634F9).

### Description:

Everything you need to lead a journey through the Steps, including leader scripts, Fourth Step Inventory Worksheets, and hand-selected references from OA-approved literature is included. Use it to lead a group of OA members or one-on-one with your sponsees. Together, you can discover proven ways to incorporate the Twelve Steps of Overeaters Anonymous into a way of living—and a life beyond our wildest dreams.

### Links:

[www.oa.org](http://www.oa.org)

[The 12 Steps](#)

[The 12 Traditions](#)

[The 12 Concepts](#)

[Region 5 2016 Convention](#)

[R5 Board & Committees](#)

[Region 5 Calendar](#)

[A Step Ahead Newsletter](#)

[OA Podcasts](#)

[Breaking Out of Relapse Video](#)

[Body Image Project](#)

[Virtual Workshop on Step Ten](#)

[PIPO Funding Request](#)

[R5 Intergroups](#)

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[R5 Forms](#)

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[Lifeline](#)

[Get OA Literature](#)