

Unapproved Minutes of the Region IV Fall 2007 Assembly October 20, 2007

Teresa K., Region Chair, opened the meeting at 8:35 AM in Duluth, MN with the Serenity Prayer. The Preamble, Twelve Steps, Traditions, and Concepts, and Standing Rules were read. Jenny B. was appointed Parliamentarian. Nicki K. called roll by intergroup. Helen M., Nea D.V. and Brandi S. were appointed to the Minutes Approval Committee. Catherine W., Beverly J. and Joan S. were appointed to the Treasurer's Audit Committee. The agenda was adopted by the Assembly as amended.

Nicki K., Secretary, gave the Credentials Report. Ten of the 22 Intergroups in the Region were represented. There were 17 voting Region Representatives present, of 38 allowed. There were 3 voting officers present, 1 non-voting officer, the Trustee, Office Manager and 1 alternate for a total attendance of 24.

Officers and Trustee Reports:

Secretary (Nicki K.): Reported that a website coordinator is needed. Jo S. moved to approve the Spring 2007 assembly minutes as amended. Julie B.H. seconded and the body approved.

Treasurer (Cyndy L.): Report attached.

- Checking: \$3701.01
- Savings: \$7500.99
- Convention: \$500.00
- Total Assets: \$11702.00

Vice-Chair (Jo S.): "I have no pressing news other than the fact Helen M. will be relocating in October and therefore we need a new Chair for the Outreach Committee. It appears everyone is working hard and cooperating with each other. As Co-Coordinator host for the Spring Assembly 2008, we respectfully request that Region IV in the spirit of being fully self supporting, pay for their own Assembly Business meeting room = \$75.00 to be paid to Stony Creek Inn for the meeting on 4/12/08. Yours in service, Jo S."

Trustee (Connie H.): Report attached. Other noted items include:

- 12 & 12 Kids View is no longer in print but can be downloaded from the OA website.
- See third quarter Step Ahead for info on the new "Professional Presentation folder" and "Does your service body practice financial responsibility" article.
- Matching Grant Fund available with preference to one or more groups working together on PI.
- New "Courier" for professionals.
- Handout entitled "The World Service Office: What Do *They* Have to Do With *Me*?" was given.
- Suggested step study guide is available.
- List of OA approved AA literature is available on the WSO website.
- New workshops on the Concepts, Sponsorship, and Shame.
- See the OA handbook for any questions about OA.
- There is an overstock of back issues of Lifeline available for the cost of shipping.
- Groups can take excerpts from other OA newsletters for their own newsletter provided they cite the article.
- Rozanne's book about meetings available.
- Encouraged members to pass an extra basket for donations to the Public Awareness Campaign.
- Groups should check their local income tax laws for any changes. Receipts are now needed for donations to be tax deductible. File 501c3 form for non-profit status.

Chair (Teresa K.): Report attached. WSBC deadlines are available at the OA website. Region rep assembly registrations and requests for funding assistance to attend Assembly are due 60 days before each assembly. WSBC funding requests are due 60 days before the Fall assembly. Region IV funds delegates to WSBC in 3 ways; IG delegates, Region delegates and Trustee nominees, as well as the Region Chair.

Standing Coordinator reports were given:

Office Coordinator – Linda, L. The new Region IV address is: Region IV, PO Box 1604, Fenton, MO 63026. Linda's email address is eaglesors@sbcglobal.net. Make sure you put your group number on all donations to Region IV.

Manual Coordinator – Thomas M. An entire new manual was passed out to reps present. The forms in the back were a little off. An email to reps will be sent when the corrected copy is posted to the region website.

Delegate Funding Coordinator – Brandi S. Four IGs applied and were funded to this assembly. Three IGs applied for funding to the 2008 WSBC and were funded.

Assembly Planning Coordinator – Julie, B.-H. The pre-Assembly mailing went out to all RRs and board members. Thanks Julie!

Website Editor – Vacant. Cyndy L. will serve in the position.

Newsletter Editor – Jen B. Jen will no longer be able to serve as newsletter editor. Thank you for all your hard work Jenny! The newsletter is now available only at the region website. Contact Linda L. for a hard copy.

Members broke for committee sessions and lunch reconvening around 1:30 p.m. Nicki K. updated the credentials report. Ten of the 22 Intergroups in the Region were represented. There were 17 voting Region Representatives present, of 38 allowed. There were 3 voting officers present, 1 non-voting officer, the Trustee, Office Manager and 1 Alternate (Leah, T.) for a total attendance of 24.

Committee reports were given:

- ❖ Convention (Chair, Sharon A.)(see report): Planning is going well for convention June 27-29 2008. The only committee not filled is decorations. Julie B.-H. handed out the speaker registration form. Sharon was re-elected as Chair.
- ❖ Outreach (Chair, Helen M.)(see report): Nea D. was elected Chair.
- ❖ Ways and Means/Finance (Chair, Connie Y.) (see report): 2008 Budget was reviewed. Planned 3 ways to earn money at convention. Raffle, bookmarks, and pictures with mascot. Connie Y. was re-elected as Chair.

Presentation/Discussion: Healthy / Strong Meetings

New Business:

- ❖ **Elections:** Jo S. was re-elected Vice-Chair. The assembly discussed procedures for office vacancies in the event of one or both nominees being elected trustee. Vice-Chair would step up as Chair and the board would then appoint a Vice-Chair Teresa K. was affirmed as the region's Trustee nominee. No one ran for Treasurer. The board, having known this, appointed Laura M. from Greater Omaha IG as our interim treasurer.
- ❖ Cyndy presented the proposed budget for 2008, Jo S. moved to approve and the motion carried.
- ❖ **Future Assemblies:** Discussed the need for assemblies to be planned earlier so IGs etc. can plan events around the assembly. Discussed possibilities other than rotating the meeting by areas.
- ❖ **Bylaw Amendments / Continuing Effects Motions:** Connie Y. brought forward a motion to rescind 2001d (11/30/01) on page 41 of the manual. K.C. signed the motion to second. After pros, cons, discussion and vote the motion carried.
- ❖ **Bids** are needed for Fall 2008, Spring 2009 and Fall 2009 assemblies.
- ❖ **Coordinator position elections:**
 - Office Manager: Linda L.
 - Manual Coordinator: Thomas M.
 - Delegate Funding Coordinator: Brandi S.
 - Assembly Planning Coordinator: Julie B.-H.
 - Website Editor: Cyndy L.
 - Newsletter Editor: Catherine W.

- ❖ **Announcements:** Minnesota State Convention is in Bloomington is on November 2nd, 3rd and 4th. St. Louis Spring Convention will be the last weekend in March.

The meeting was adjourned at 5:50 PM with the Responsibility Pledge.

Respectfully submitted,

Nicki K.

Treasurer's report:

This will be my final assembly as Region IV Treasurer. I am sorry to let go of this service. I have enjoyed working with such a great board and will miss being involved at assemblies. Thank you all for your support over the past four years.

Our current assets equal \$11702.00. That breaks out to \$7500.99 in our prudent reserve, \$500 in our convention account and \$3701.01 in the operating account. Since our goal for this year was to reduce the operating account from \$8000.00 to \$5000.00 and we have four more months of contributions I believe we will come close to that goal. We were able to fund 5 region reps to assemblies and 3 WSBC delegates, plus assist one intergroup with WSBC travel, in addition to our Board travel expenses for the year.

The proposed budget for 2008 is in the mailing for all reps to review. The Ways and Means/Finance committee will be reviewing and revising the budget at our committee meeting in October before the final approval by the assembly. If you have any questions or concerns please contact me and I'll be happy to answer them.

Once again, I thank you for the opportunity to serve and I'm sure I will see many of you in the future at Region or World events as we all continue to "trudge the road of happy destiny" together.

Respectfully,

Cyndy L.
Region IV Treasurer

Balance Sheet	Oct 18, 07		Interest	0.99
ASSETS			Total Bank Income	0.99
Current Assets			Committee Income	
Checking/Savings			Ways and Means/Finance	103.00
US Bank Checking	3,701.01		Total Committee Income	103.00
US Bank Convention	500.00		Donations	
US Bank Savings	<u>7,500.99</u>		7th Tradition	125.85
Total Checking/Savings	<u>11,702.00</u>		Group Contributions	<u>9,795.23</u>
Total Current Assets	<u>11,702.00</u>		Total Donations	<u>9,921.08</u>
TOTAL ASSETS	<u><u>11,702.00</u></u>		Total Income	10,025.07
LIABILITIES & EQUITY			Expense	
Equity			Bank Fees	2.44
Opening Bal Equity	15,750.10		Committee Expenses	
Unrestrict (retained earnings)	518.36		Convention 2008	
Net Income	<u>-4,566.46</u>		Hotel	
Total Equity	<u>11,702.00</u>		Meeting Rooms	<u>500.00</u>
TOTAL LIABILITIES & EQUITY	<u><u>11,702.00</u></u>		Total Hotel	<u>500.00</u>
			Total Convention 2008	500.00
			Manual Coordinator	91.77
			Planning Coordinator	71.49
			Ways and Means/Finance	
			Album Project	<u>152.84</u>
			Total Ways and Means/Finance	<u>152.84</u>
			Web Site	<u>264.45</u>
Profit and Loss		Jan 1 - Oct 18, 07		
Ordinary Income/Expense				
Income				
Bank Income				

Total Committee Expenses	1,080.55	Total Officers Supplies	174.89
Intergroup Support		Post Office Box Rental	55.00
Public Information Funding	100.00	Travel	
Representative Funding	1,180.22	Assemblies Brd Mtgs	5,377.79
WSBC Delegate Funding	<u>3,308.77</u>	Reg Chair/Trustee Mtg	1,647.41
Total Intergroup Support	4,588.99	Reg Chair/WSBC	<u>1,181.27</u>
		Total Travel	8,206.47
Non-profit Registration Fee	10.00		
Office Supplies		WSBC	
Copies	30.96	World Service Registration	<u>95.00</u>
Milage to Post Office	131.92	Total WSBC	<u>95.00</u>
Miscellaneous	41.77		
Postage	<u>173.54</u>	Total Expense	<u>14,591.53</u>
Total Office Supplies	378.19		
		Net Ordinary Income	<u>-4,566.46</u>
Officers Supplies			
Copies	73.50	Net Income	<u><u>-4,566.46</u></u>
Supplies	<u>101.39</u>		

Group Contributions	Jan 1 - Oct 18, 07		
50156 Wed 530pm	8.00	Greater Omaha IG 09075	598.04
Central Illinois IG 09482		Heart of Canada IG 09204	
26433 Thu 515 pm Bloomington	50.00	11439 Sat am	83.50
45118 Tues 530pm Savoy	8.10	19222 Thurs 7pm	32.50
46386 Sun 300 pm	10.00	37055 Wed am KickStart	170.00
46934 Thu 530 pm Urbana	<u>10.00</u>	40461 Sun am Victoria	205.07
Total Central Illinois IG 09482	78.10	46325 Tues Hands of Hope	49.09
Central Iowa IG 09183		48133 Thunder Bay	14.93
00026 Sun 3pm Atlantic	9.60	49098 Monday	31.50
01820 Mon 7 pm West Des Moines	10.00	49548 Thur Noon	11.38
11835 Thu 515 pm Des Moines	100.00	Scanterbury	10.00
13766 Fri 10 am Marshalltown	80.00	Selkirk	20.00
22953 Sat 9 am Des Moines	573.69	Heart of Canada IG 09204 - Other	<u>-41.08</u>
47908 Wed 630 pm	39.74	Total Heart of Canada IG 09204	586.89
48771 Ames	12.00	Individual	27.20
49227 Sun 400pm	20.00	Iowa City/Cedar Rapids IG 09021	
Central Iowa IG 09183 - Other	<u>142.69</u>	30084 Tue 630 pm Cedar Rapids	35.00
Total Central Iowa IG 09183	987.72	33749 Sat 10 am Cedar Rapids	25.00
Central Minnesota 09359		33897 Thur 6 pm Iowa City	25.00
01250 Tue 7 pm St. Cloud	10.00	46233 Mon 7 pm Coralville	30.00
11245 Mon 7 pm Elk River	13.07	48875 Muscatine	18.00
18784 Fri 12 pm St. Cloud	20.00	49870 Sheldon	<u>4.60</u>
25104 Sat 9am	32.70	Total Iowa City/Cedar Rapids IG 09021	137.60
25541 Thu 7 pm Cambridge	10.00	Northeast Iowa IG 09214	
26505 Mon 630 pm Willmar	22.00	06345 Tue 630 pm Waterloo	8.37
36858 Thu 7 pm St. Cloud	23.97	34242 Mon 6 pm Waterloo	172.22
48966 Zimmerman	<u>22.35</u>	35298 Thu 930 am Debuque	30.00
Total Central Minnesota 09359	154.09	35880 Sat 9 am Cedar Falls	15.00
Decatur Outreachers 09227		38038 Thu 6 pm Waterloo	1.50

14497 Sat 1030 am Decatur	20.00	48448 Sun 130 Waterloo	9.59
18839 Mon 730 pm Decatur	49.80	Total Northeast Iowa IG 09214	236.68
Total Decatur Outreachers 09227	69.80	Northern Serenity IG 09422	
Greater Kansas City 09525		15593 Sat Morn	33.00
01024 Mon 730 pm Kansas City	27.50	20516 Thu 6 pm Duluth	35.00
04526 Thu 1030 am Oak Grove	15.00	32067 Wed 7 pm Superior	50.00
04558 Mon 6 pm Kansas City	22.00	40376 Tue 7 pm Two Harbors	15.00
19741 Mon 6 pm Overland Park	180.00	45453 Thu 830 am Virginia	10.00
20501	17.50	48440 Thu 5pm Gran Marais	3.00
33178 Mon 6 pm Maryville	10.00	Total Northern Serenity IG 09422	146.00
38120 Sun 3 pm Kansas City	30.00	OA Links of Lincoln IG 09135	356.94
41234 Sun 3 pm Raytown	61.50		
45538 Tue 730 pm Overland Park	33.30	47784 Tues 6 pm	15.40
45670 Sat 1045 am	4.50	47877 Thurs 7pm O'Fallon	54.00
45851 Mon 10 am Independence	72.00	47988 Fri 130 Office	21.75
		49648 Thu 1000 am	12.00
		49999 Wed 7pm Cape Girardeau	10.00
Quad Cities IG 09246	50.00	50027 Tues 700 Alton	90.00
Red River Valley 09211		St. Louis Bi-State IG 09029 - Other	8.30
03829 Mon 715 pm Detroit Lakes	75.00	Total St. Louis Bi-State IG 09029	2,223.04
18388 Fri 11 am Fargo	25.00	Sunflower IG 09276	
26304 Tue 7 pm Bismarck	18.00	01403 Mon 7 pm Topeka	27.70
30526 Thu 5 pm Grand Forks	27.48	030529	40.00
33710 Sat 1030am Grand Forks	118.58	13536 Sat 9 am Topeka	30.90
40051 Sat 11 am Fargo	90.00	32963 Wed 7 pm Topeka	18.48
40844 Tue 630 pm Moorhead	26.00	Sunflower IG 09276 - Other	50.00
49050 Sun 330pm Fargo	25.00	Total Sunflower IG 09276	167.08
Total Red River Valley 09211	405.06	Tri-State Siouxland IG 09440	
		06957 Mon 730 pm Sioux City	30.00
River City Area IG 09419		21250 Tue 7 pm Sioux City	13.00
24722 Sat 10 am Clear Lake	7.00	24142 Sat 1030 am Sioux City	13.00
25875 Tue 630 pm Forest City	7.00	Total Tri-State Siouxland IG 09440	56.00
26635 Thu 730 pm Estherville	10.00	Unity IG 09589	
Total River City Area IG 09419	24.00		
		01122 Wed 1 pm Crystal	20.00
Southeast Iowa IG 09511		03141 Mon 715 pm Minneapolis	269.00
07779 Mon 7 pm Ottumwa	48.48	03552 Mon 7 pm St. Paul	24.11
Total Southeast Iowa IG 09511	48.48		
		04913 Mon 7 pm Anoka	60.00
St. Louis Bi-State IG 09029		05539 Tue 930 am Roseville	30.00
00990 Tue 1 pm Affton	43.00	08275 Wed 6pm Minneapolis	30.00
05047 Mon 7 pm Springfield IL	20.40	09589 Sat	496.00
06234 Sun 1030 am Richmond Hgts	164.20	14430 Sat 9 am St. Paul	155.00
07130 Mon 730 pm Edwardsville IL	45.76	16606 Tue 730 pm Shoreview	113.65
07276 Mon 730 pm Creve Couer	55.00	17188 Sat 730 am St. Paul	270.00
07418 Sat 10 am Affton	12.00	17236 Crossroad Group	120.00
07570 Wed 10 am Florissant	20.00	20820 Sat 10 am Golden Valley	50.00
07984 Tue 6 pm Ferguson	36.90	25289 Tue 7 pm Brooklyn Center	12.00
08012 Fri 730 pm Wood River IL	20.00	25814 Sat 830 am Roseville	28.62
08734 Sat 10 am Webster Groves	126.60	28391 Sat 9 am Eden Prairie	178.38
11652 Mon 7 pm Kirkwood	190.00	32983 Mon 10 am Minneapolis	22.00
14194 Tue 730 pm Affton	18.00	34144 Tue 7 pm Burnsville	6.00
19799 Wed 730 pm St. Ann	20.00		

20852 Thu 730 pm St. Charles	19.11	41924 Eden Prairie	14.86
21534 Thu 10 am St. Louis	36.43	45697 Sat 730 am St. Paul	30.00
24305 Sun 630 pm Richmond Hgts	7.00	45778 Wed 7 pm St. Louis Park	207.49
28629 Tue 5 pm Kirkwood	52.19	46116 Fri 10 am Woodbury	24.00
31507 Mon 715 pm St. Charles	107.00	46492 Sun 7 pm St. Louis Park	85.25
33869 Tue 630 pm Quincy IL	19.00	46950 Fri 630 pm St. Paul	151.10
33891 Mon 6 pm Waterloo II	30.44	47674 Sat Applevalley	68.00
35190 Sat 930 am Kirkwood	85.00	47680 Mon 7-9	33.00
35891 Mon 7 pm Effingham IL	23.40	47708 Burnsville	70.88
36637 Wed 1 pm Kirkwood	46.33	47920 Sat Shoreview	158.75
45077 Sun 4 pm Kirkwood	23.69	48117	80.00
45964 Thur 730 pm St. Louis	14.60	49124	35.00
47210 Fri 11 am Creve Coeur	43.20	49557 Sat Minnetonka	35.00
47388 Wed 7 pm Clayton	57.00	Unity IG 09589 - Other	650.00
47192	4.50	Total Unity IG 09589	<u>3,528.09</u>
47551 Redeemer	77.75		<u>9,795.23</u>
49574 Olathe Fri 7pm	10.00		
Greater Kansas City 09525 - Other	16.21		
Total Greater Kansas City 09525	<u>473.30</u>		

Approved Budget 2008		Entertainment	250.00
		Hospitality	100.00
		Hotel	
		Meals	<u>1,500.00</u>
Ordinary Income/Expense	Jan - Dec 08	Total Hotel	1,500.00
Income			
Bank Income		Program	90.00
Interest	<u>0.00</u>	Publicity	60.00
Total Bank Income	0.00	Registration	<u>50.00</u>
Committee Income		Total Convention 2008	2,200.00
Convention		Delegate Funding Coordinator	15.00
Hospitality	100.00	Manual Coordinator	200.00
Meals	1,700.00	Outreach Committee	20.00
Registration	2,500.00	Planning Coordinator	130.00
Seventh Tradition	100.00	Web Site	<u>145.00</u>
Start Up	<u>0.00</u>	Total Committee Expenses	2,710.00
Total Convention	4,400.00		
Ways and Means/Finance	<u>300.00</u>	Intergroup Support	
Total Committee Income	4,700.00	Public Information Funding	300.00
Donations		Representative Funding	1,000.00
7th Tradition	160.00	WSBC Delegate Funding	<u>3,500.00</u>
Group Contributions	<u>10,200.00</u>	Total Intergroup Support	4,800.00
Total Donations	<u>10,360.00</u>	Non-profit Registration Fee	10.00
Total Income	15,060.00	Office Supplies	
		Copies	180.00
Expense		Miscellaneous	60.00
Committee Expenses		Postage	<u>315.00</u>
Convention 2008		Total Office Supplies	555.00
Convention Chair	50.00	Officers Supplies	
Decorations	100.00	Copies	130.00

Supplies	35.00	Total WSBC	95.00
Total Officers Supplies	165.00		
Post Office Box Rental	25.00	WSO Contribution	
Travel		Annual Contribution	100.00
Assemblies Brd Mtgs	3,400.00	Total WSO Contribution	100.00
Reg Chair/Trustee Mtg	2,000.00		
Reg Chair/WSBC	1,200.00	Total Expense	15,060.00
Total Travel	6,600.00	Net Ordinary Income	0.00
WSBC		Net Income	0.00
World Service Registration	95.00		

Trustee Report for Fall Assembly 2007

Welcome back to all the returning delegates, and a special welcome to the new delegates. It will probably seem overwhelming the first 10 or 15 minutes, then maybe a little dull, then hopefully you will have fun (imagine that) and do some work to help the intergroup spread the message of recovery. Many of us feel if when we go home, we all would put in 15 to 30 minutes a month on the work we start here, the region will be strong and healthy, doing it's job to help strengthen the intergroups and groups (as well as reaching out to the still suffering compulsive eater). The main job of all of us is to bring home to our intergroups what we have learned or heard here.

At the Convention 2007, a representative of the Rick Johnson & Co, which was chosen for Public Awareness Campaign gave a presentation to the attendees, and this will also be available to everyone on the WSO web page. One note of interest is that the campaign will include providing information to local service bodies (groups and intergroups) information for public awareness. It was made very clear that this will be for awareness of Overeaters Anonymous, just information, not promotion of OA. The purpose of the Public Awareness Campaign is to inform and educate the public that Overeaters Anonymous offers a solution to the problem of compulsive eating and to provide information on how to contact OA. In keeping with our Eleventh Tradition of attraction rather than promotion, the campaign will make no promises regarding weight loss, time frames or other guarantees. There is a special fund set up for all who are willing to contribute to this project.

The Public Awareness Campaign is part of the Operation Plan (you may remember seeing the information about the "bicycle" in the third quarter of *A Step Ahead*, the WSO newsletter). The plan includes strong meetings, committed service bodies, financial health, and public/professional awareness. Another goal for this plan is to have the web site also available in Spanish in 2008. Because of some of the goals there will be another survey ask of the fellowship going out this year, which will help to determine if the public awareness campaign is being effective.

Contributions are needed for the delegate support fund (at WSO) for delegates from around the world to be able to be represented at the WSBC 2008

There was not enough time to have the ask-it-basket questions at the WSBC 2007, and these questions and answers will be available for view on the WSO web site.

A flyer for groups (and intergroups) was presented and will be finished called "Is food a problem for you?" that will have spaces for group information.

The new book "Seeking the Spiritual Path: a Collection from *Lifeline*" was available at the convention and is now available at world service. Also available are the pamphlets *Black OA Members Share Their Experience, Strength and Hope* and the revised pamphlet *A Guide for Sponsors* (which includes 30 questions to ask newcomers).

WSO is requesting your Intergroup to email a copy of your newsletter to jhendrix@oa.org.

Once again, please remember to have your intergroups send in the corrected information from your groups for the meeting updates that are sent to each Intergroup every three months. The last one was July and the next will be October. It is important to have meeting information up-to-date so the newcomer going to their first meeting is sent to a healthy meeting, instead of showing up at a meeting that has moved or closed, and then is discouraged to attend any other.

Convention 2007 had more than 1200 attendees! The next WSO Convention will be in Los Angeles, California on August 26-29, 2010, the home of the founding of OA. OA will be celebrating it's 50 birthday, so put aside that date and money to attend.

Love, Connie

Chair's Report Fall 2007

The last 6 months have been quite busy as far as my Region Chair's duties. From April 30-May 6 I traveled to Albuquerque to represent the unaffiliated groups in Region IV at the World Service Business Conference 2007. While I was there I attended a meeting of the Region Chairs Committee (RCC) and a joint meeting with the RCC and the Board of Trustees. I was re-elected chair of the RCC.

From August 28-September 2 I traveled to Philadelphia. The trip started with a joint meeting of the Region Chairs Committee and the Board of Trustees, where we worked on OA's Strategic Plan. The foci are on Strong Meetings, Committed Service Bodies, Financial Health, and Public and Professional Awareness. The RCC will be assigned specific duties in the operations plan to help fulfill these goals. The Conference Planning Chair asked the RCC to plan and present the Wednesday morning Forum at WSBC 2008 on the topic of Strategic Planning, so we will be working on that at our next meeting. We were also asked to help facilitate finding mentors for Green Dots (new WSBC delegates), so we will have an enhanced role there.

The Region 4 Board met Friday, August 31 at 3 PM and again at 9 PM for our summer Board meeting. The minutes are posted on the Region 4 website at www.oaregion4.org. I encourage everyone to read the minutes. (Visitors are always welcome at the Board meetings held on Friday afternoon at 3 PM before the Fall and Spring Assemblies.) The remainder of the trip I attended the World Service Convention. What an incredible experience! There were an estimated 1000-1200 people there! But it was amazing how few workshops I was actually able to attend! In addition to the 2 sessions of the Board meeting on Friday, I served as a room monitor Thursday evening, led a workshop Friday morning, and attended a WSBC Finance Committee meeting Saturday morning. Then I got to just "relax" and soak up the recovery!

October 5-8 I travel to Rehoboth Beach, Delaware to attend the Region Chairs Committee meeting in conjunction with the Region VII Assembly. We arrive in Baltimore Friday morning and then drive 2 ½ hours to Delaware. We will attend the Region VII Board meeting Friday, go to their Assembly all

day Saturday, and share at a recovery event Sunday morning. On Sunday afternoon the RCC will meet to discuss our assigned duties in the Operations Plan and to plan the Forum for WSBC 2008, then drive back to Baltimore and fly home Monday.

On a personal level, I have been abstinent since July 19, 1990, and am currently maintaining a 67-½ pound weight loss. I attend 2 meetings a week, sponsor 3 people, talk to my sponsor daily, and am contact person for my home meeting, the Iowa City Thursday night Big Book meeting.

Thank you for the opportunity and privilege to serve as Region IV Chair!

Your trusted servant,
Teresa Kopel
b4oai8@earthlink.net
(319) 321-3429

Convention Committee Report:

Region 4 Convention will be in St. Louis June 27-29 2008. Holiday Inn Earth City. We have many exciting things planned. Workshops, Luncheon, Banquet and Dance on Saturday night. Entertainment is provided by Omaha Intergroup. Everyone has been hard at work getting the Registration form ready to be handed out at Fall Assembly. Registration Form is posted on Region Web site for details. I am really looking forward to Region Convention. Please make plans to come to St. Louis and join us.

Ways and Means Committee Report

Report:

We have been in contact with each other since the Spring Assembly. There has been no business transacted. We are all anxious to see each other at Fall Assembly.

Respectively,
Connie Yates