



TriangleIG 2023 WSBC delegate report

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All About Conference workshop

April 25, 2023

8pm - 9:30pm

This workshop is presented by the Board of Trustees. It serves an information primer for green-dot delegates and a refresher course for returning representatives. Topics discussed are Robert's Rules of Order as well as parliamentary procedures, including Point of Order, Point of Information, Point of Privilege, Request for Information, and the importance of the Center Mike. Debate, time for Pros and Con, time for Questions, and voting procedures were also discussed

Literature Q & A workshop

April 26, 2023

8am - 9:15am

Sponsorship in OA: Guiding Others Into Recovery

- This booklet combines several pamphlets, stories from the sponsorship kits, and new stories

- the subcommittee who prepared this revised literature felt that the original material was dated and sometimes uncomfortably prescriptive.

- Booklet may need to be edited if some AA literature is removed from Conference approval.

- there were questions about the presence of yet another definition of abstinence that may conflict with the official OA definition.

Diverse Voices: A Common Solution

- This updates the old A Common Solution pamphlet

- is designed to welcome the under-represented people in the room and to encourage the majority of people in OA to be accepting of the diversity of compulsive overeaters.

There have been instances of people being told in meetings that their experiences were "outside issues". If racism, prejudice, sexual orientation, gender identity, neurodivergence, mental health conditions, are causing people to seek solace in compulsive eating, they are not outside issues.

- there was an objection to the term "thirteenth Step" on line 867 since many people do not see that term as referring to a "sense of humor". The term will be replaced.

- 2 separate flyers went out to the fellowship requesting stories that were considered for this pamphlet.

- OA has no opinion on specific food plans, even though different plans may be presented as part of an individual's recovery experience.

- This pamphlet illustrates distinctions between personal sharing as well as "groups" not having an opinion on outside issues?

Neill's Conference-Approved Literature committee report

9:45am - 12:pm and 1:30pm - 4:15pm

April 26, 2023

Our committee considered 2 new proposals for literature. The first, a new Twelve Concepts of OA Service pamphlet was voted down for now. The feeling was that it is not time to revise the existing Concepts literature and that the present pamphlet covers the subject well.

The second proposal, a pamphlet on mental health, medication, and recovery was give approval to proceed. The next step for this subcommittee is to solicit stories to include in the manuscript. The Publications office will create a flyer describing guides for submission of content and distribute it to the fellowship in the next few months.

-the OA Handbook for Members, Groups, and Service Bodies pamphlet has been combined with the Small Meetings: Help and Hope PDF. This revised and expanded version is now under review by WSBC Publications.

-I am on the subcommittee to revise and update the pamphlet To The Man Who Wants to Stop Compulsive Overeating, Welcome. I was the only man in our 24-member committee, so was kindly but strenuously encouraged to consider serving on this project! The present pamphlet has not been updated in the last 10 years. Our subcommittee has decided to revise the language in the existing 4 stories in the pamphlet. We will also solicit contributions to expand the literature. Our subcommittee has had several email check-ins since WSBC. We will have our first monthly Zoom meeting this Sunday. I have already solicited one new story for consideration.

-About WSBC Committees-

Each delegate to WSBC is assigned to a committee. The committee work is ongoing and will continue for the next year. Each committee may create subcommittees and may have regular meetings to discuss progress on particular projects. Early registrants are able to choose the committee on which they wish to serve. Later registrants are assigned to committees based on the need to keep the committee member numbers consistent.

There are 7 existing WSBC committees:

- Bylaws
- Conference-Approved Literature
- Public Information/Professional Outreach
- Region Chairs
- Twelfth Step Within
- Unity With Diversity
- Young People

The Unity With Diversity committee sponsored a voluntary anonymous survey that was distributed to the delegates attending the 2023 WSBC. The survey sought to obtain an idea of the diversity of the group. Information sought included people who have experienced 100 lb. weight release, anorexia, bulimia, bariatric surgery, relapse, mental health issues, and neurodivergence, including, but not limited to, ADD, ADHD, PTSD, trauma, anxiety, and autism. Delegates could also note gender identity, sexual orientation, language(s) spoken, and nationality. The results will be available in the WSBC wrap-up report next month.

62nd WSBC
8:30am April 27, 2023
Business Session 1

-Opened with the Serenity Prayer in Greek and English

There was a share on practicing trust as contrasted with attempts to control. Faith is not jumping from Point A to Point B. Trust is jumping from Point A.

-the theme of WSBC 2023 is Concepts of Service: The Heart of Fellowship.

-176 eligible voting attendees present

-As part of my presentation, I will discuss ideas in the Treasurer's Report for 7th Tradition improvement(p. 311) as well as description of 2022 losses due to penalties for late hotel contract cancellation (\$101,168) and investment losses of \$185,024.02. "These are both unusual items and do not indicate any long-term financial concerns for OA" p. 313 in WSBC 2023 delegate binder.

"There are two main revenue streams for OA: contributions and literature sales. For 2022, contributions were \$970,001; literature was \$461,456 and digital and audiobooks were \$142,842." p. 311, WSBC delegate binder

As we understand it, OA would not currently be self-supporting if not for literature sales. This is why it is important for every OA to consider increasing the amount of their support to WSO and to OA as a whole. Consider the thousands of dollars that we have spent on food and binges and ask ourselves if we feel that we are contributing in-kind. Also, please consider buying OA literature directly from OA.org, as the fellowship realizes the most profit this way.

Currently the Board of Trustees is working on a better translation source than Google Translate. In one language, Google translated "compulsive overeater" into "cannibal"!

1pm April 27, 2023
Business Session 2

Serenity Prayer in Farsi and English

-175 eligible voting attendees

-there are 6 trustee candidates for 10 open positions

-2 new pieces of literature for consideration this afternoon

Diverse Voices: A Common Solution- this pamphlet was adopted

- one Con speaker stated that the literature did not address program diversity, in that some obvious groups such as white Anglo - Saxon Protestants, Orthodox Jewish people, and Muslims were under-represented. A Pro speaker said that the purpose of this literature was to be inclusive and to address the contention of some that issues of gender, race, prejudice, and neurodivergence are not outside issues if they are part of an individual's recovery experience.

Sponsorship in OA - this pamphlet was not approved and sent back to the BOT

-several delegates shared dismay that the 30 Sponsorship questions were not included in this update and revision. Others took issue with the subcommittee's goal to make the literature less prescriptive. People shared that they wanted varied but specific information about how others choose to sponsor.

-New Business Proposal A (henceforth referred to as NBP) which seeks to mandate the avoidance of acronyms and abbreviations in official OA documents and communications, was sent to the Reference Subcommittee for amendment. Acronyms and abbreviations cause confusion in translations to other languages as well as in intergroup and region reports where the term is not familiar.

Encouraging Service Workshop - 7:15pm - 8:30pm, Thursday April 27, 2023

Myself and a delegate from Utah were asked by the BOT to create a workshop to offer ideas and to stimulate discussion about encouraging people to do service above the intergroup level.

Topics shared included:

-Enthusiasm is contagious! Share about excitement and positive experiences of region and WSBC service at meetings, meetings after the meetings, retreats, and conventions.

-Invite people to IG, region assemblies(my sponsor invited me to my first region assembly--after that I was hooked!)

-Strong meetings tend to produce people who want to give service; regular group and intergroup inventories can identify areas of improvement

-If meetings focus on working the Steps, follow the Traditions and focus on recovery, people are more likely to want or need to give service

-Consider hosting a region convention. Show people how amazing they can be!

-Avoid pleas and repeated "begging" for people to give service. Consider asking specific people about filling certain

open positions. They may say no, but they may also offer an alternative that they are willing to perform.

-Don't rush in and "save the day", taking yet another service position! Let go!

-Attend in-person meetings. It is harder to say no to someone when you are face to face!

-Encourage sponsees to attend Intergroup meetings or to consider service positions above the meeting level.

To avoid duplication of efforts, Cheryl will discuss New Business Proposals and Bylaw Amendments in subsequent business sessions.

Thank you for allowing me to be of service!

Respectfully submitted,

Neill McCormick
Triangle NC WSBC delegate

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