



Half a century -
One world of growth!



REGION TEN CHAIR REPORT

Hello all in Region Ten,

“Half a century - One world of growth” was the theme of the World Service Business Conference (WSBC) held recently in Albuquerque, New Mexico. I am so grateful for those who have given so much service to ensure OA is available for all who identify as compulsive eaters to find recovery over the last 50 years. As I attended the WSBC as the Chairperson for Region Ten on behalf of those service bodies and unaffiliated groups within our Region that were unable to send a Delegate, I marvelled at how much energy and growth there is in OA.

OA now has meetings in 75 countries. Many of those countries were present at the WSBC and each business session commenced with members from non-English speaking regions leading the Serenity Prayer in their language.

The focus of the Wednesday morning Region Chairs forum was: “How does service serve us?” There were 180 Delegates and Trustees present who discussed the many benefits of service and, working in

small groups, responded to twenty thought-provoking questions. The forum questions and brainstorming responses will be available on the OA website.

Many of our Region Ten service bodies took advantage of the chance to give input into the WSBC agenda questionnaire. Your comments were taken into consideration by the Reference Committee (which I had the privilege of serving on) as we sought to provide a discussion forum

NEWS SHEET brings you information from different groups and members about events and activities in Region Ten.

to clarify issues being brought to the conference floor. The Conference wrap-up report, including the full outcomes of the voting at the WSBC will be available at www.oa.org. The following is a brief overview of the adopted motions:

- The Final Conference Report will be made available electronically via a secure link.
- A Youth in OA Conference Committee is to be established.
- The statement about OA-approved literature has been clarified.
- The policy on communications for Conference Delegates has been amended.
- Those groups and service bodies registering electronically are now required to give an email contact.
- The policy on sale and distribution of OA-approved literature has been amended.
- A ninth tool, “Action Plan”, has been adopted by a close vote. The wording of the tool will be developed over the next year or two by the Conference Literature Committee. When finalised it will be brought to the WSBC for the seal of approval.

The Region Ten Trustee position has been declared vacant and the Board of Trustees (BOT) plans to appoint an interim Trustee in early July to fill the

position until the WSBC in 2011. This process is currently underway and all service bodies in Region Ten have been advised of the requirements and asked to notify their local fellowship.

At our Region Ten Assembly in Christchurch this September, hopefully Assembly will endorse a trustee nominee for this position. This person will go to the WSBC in 2011 to be elected to the position for a two-year term.

At the WSBC there was a visual presentation to the fellowship regarding the potential for having virtual representation at Conference via the internet and audio links. There were many questions raised and the practicalities still need much sorting out but there is a possibility that more service bodies may be able to share in the WSBC and indeed in Regional Assemblies in the future.

I am delighted to be able to inform you that six pieces of revised literature have received the conference seal of approval and will soon be republished and made available to the fellowship:

- *To the Family of the Compulsive Eater*
- *Welcome Back*
- *Tools of Recovery*
- *To the Teen*
- *Questions and Answers*
- *Sponsoring Through the Twelve Steps.*

The *Twelfth-Step-Within Handbook* has also been revised and will be a most useful aid to reaching the compulsive overeater who still suffers.

Now is an excellent time for members in our Region to subscribe to the electronic version of *Lifeline*. Not only do you get ten electronic issues a year, you will have access to the previous year's issues and receive a weekly *Lifeline* supplement all for a very low \$US13.

Over the last 22½ yrs I have been in the fellowship I have seen much change and am in awe of all that has been achieved as we grow and work to serve the compulsive eater who still suffers. I delight in having our own OA literature, yet still love the familiarity and wisdom of the AA literature.

I look forward to attending the OA 50th birthday celebrations at the World Service Convention in Los Angeles this August following the joint Region Chairs and BOT meeting.

There is still time for members to decide to join approximately 1500 OAers who will be at the celebrations:

there will be an extraordinary variety of meetings and workshops available. See www.oa.org for registration information.

Once again, I remind you all that the 17th annual Region Ten Assembly will be held this September in Christchurch, New Zealand. We look forward to representatives from all of our service bodies being present. A representative of the Japanese Language Service Board and an OA interpreter are planning to join us. Registration forms and information are available on our Region Ten website www.oaregion10.org.

Since the 2009 Assembly four committees have been very busy: Youth, Outreach, Fundraising and NEWS SHEET. On behalf of all in our Region, I extend my thanks to all who have served on these committees. These committees are a marvellous example of the growth of OA and what can be achieved to strengthen OA in our Region.

Thanks to you all,
Faith
Region Ten Chairperson



*Always
to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible.*



COMMITTEE REPORTS

FINANCE COMMITTEE

The Finance Committee has been steadily working on the assignments agreed upon at the 2009 Assembly.

The calendars were not great sellers and we sold just over half of them at full price. The remainder were sold at a reduced price or given out as spot prizes at OA events.

The book covers continue to sell reasonably steadily. Carry bags are now available and hopefully will sell well. The slogan pens have been selling in some Intergroup areas. Greeting cards are also still available.

All fundraising items were taken to the WSBC by our Region Chair and

the sales produced NZ\$549. Thanks go again to Sydney Intergroup for contributing the banners which brought in at least half of this amount.

Our sales to date have brought in more than we budgeted for, due in part to fantastic sales at the 2009 Assembly.

Please contact me or Dinah for fundraising items.

In service,

Chris

Finance and Fundraising Chair

OUTREACH COMMITTEE

The Outreach Committee is made up of members from around the Region. It was formed to serve members who, for a variety of reasons, cannot get to an OA meeting. Our main aim is to offer support to members through mail-outs and news from both Region Ten and World Service. This year's committee was decided at the Region Ten Assembly in September 2009: Trish from Perth, Claire from Christchurch, Cliff from Sydney and Christine from Melbourne.

The Outreach Committee spent the first part of the year contacting all the loners to verify addresses and interest. Many loners no longer wished to be on the list and others could not be contacted. This has resulted in a much smaller list for the Committee to connect with and support.

There have been two new inquiries from loners. Both members were happy to be connected with their nearest Intergroup for support.

This month the Committee will mail out a pack to each loner. Each pack will contain:

- CD of podcasts featuring stories from OA members.
- newsletters from three different OA Intergroups (one from New Zealand, two from Australia)
- OA pamphlet.

Wishing you all peace and abstinence,
The Outreach Committee

INTERGROUP REPORTS

ADELAIDE INTERGROUP

Number of groups: 6

Approx. number of members: 25

Loners: 1

Intergroup Meets:

Second Saturday each month after the Saturday meeting except January.

Intergroup Positions:

Chair, Minute Taker, Treasurer, Website Co-ordinator, Region Ten Rep., Mail Rep., Meetings List Updater, Phone Line when needed, Group Reps.

Intergroup Activities/Highlights:

- Website is now on page one in search engine.
- New meeting has commenced in the northern suburbs.
- Workshop on Sponsorship was conducted in November.
- Twelfth Step Within candlelight meeting was held in December.
- Region Ten Representative will attend the 2010 Assembly.
- Retreat Committee has been formed.
- Four out of six groups have representatives attending Intergroup.

Issues and Concerns:

- Few members are doing active service in Intergroup meetings.
- How to keep newcomers interested in coming back after one meeting.
- There is only one man in OA in Adelaide.

Yours in service,

Julie

Adelaide Region Ten Representative



City of Adelaide

Lifeline - your meeting in a letterbox!

Not only does this magazine offer one of the most effective means of carrying the message of recovery to the still-suffering compulsive eater, it also provides members with a wonderful opportunity to give service and enrich their recovery. For more information check out the OA website at www.oa.org

AUCKLAND INTERGROUP

Number of groups: 9

Approx. number of members: 60

Intergroup Meets: Second Saturday each month except January.

Intergroup Positions:

Chair, Secretary, Treasurer, Literature Co-ord., Region Ten Reps (2), WSO Delegate (not filled), Serenity Editor, Infoline Co-ord., PI Secretary, Special Events Co-ord. (not filled)



Auckland Harbour

Intergroup Activities/Highlights:

- Auckland Intergroup's magazine, *Serenity*, is published monthly and includes the Intergroup minutes. Region Ten's NEWS SHEET appears 3-4 times a year.
- All groups are encouraged to have a good supply of brochures, newcomers' packs and literature available.
- The Region Ten Assembly and Convention was held in Auckland, October 2009, and was well attended. Profit was \$2783. CDs and MP3s from the Convention can still be ordered through Auckland Intergroup.
- We purchased 150 pens with six 12-Step slogans on them - these are available for \$5 each.
- Our Special Events Co-ordinator arranged an event on 19 December 2009 where the visiting Chairperson of the WSO Board of Trustees and a previous Trustee shared their experience, strength and hope. There was a very good turnout to hear their stories and welcome them to Auckland.
- Speakers share experience, strength and hope at Higher Ground and The Bridge Addiction Rehabilitation Centres nearly every month. We receive very good feedback from them. We have also spoken to Auckland University medical students' session on addiction and been invited to do so again this year.

Public Information:

- Public Information had a display area at an Australasian Conference on obesity which was held in Auckland and attended by 167 health care professionals working in the field of obesity. Most had not heard of OA so it was good to have

a presence. Ongoing free community notice adverts are placed with the Auckland City Council and in local papers. Paid adverts appear in the *Coffee News* brochure. Adverts are placed on supermarket notice boards, poster packs are handed out to groups and library displays rotate around the Auckland City libraries.

- A nation-wide TV3 current affairs show, *Campbell Live*, aired a five minute segment on OA, including parts of a meeting and three interviews with compulsive overeaters. It can be viewed at <http://www.3news.co.nz/Overeaters-anonymous-addresses-emotional-side-of-obesity/tabid/367/articleID/143642/Default.aspx>.

Intergroup Issues and Concerns:

- While Intergroup has grown in the past few years and there are more attendees at meetings, our ongoing problem is to get people who meet the position criteria to fill vacant service positions.
- Currently the changeover of service positions occurs in February and August however Intergroup is looking at changing it to March and September as there is too much of a gap over the Christmas period.
- Poor attendance at Intergroup by Group Representatives.

Yours in service,

Dinah and Debbi

Auckland Region Ten Representatives

CELEBRATE OA's 50th BIRTHDAY!

Join Sydney Intergroup for their

OA CABARET!

Saturday 19 June 2010

at the

DOUGHERTY COMMUNITY CENTRE

7 VICTOR STREET, CHATSWOOD

(About 20mins north of Sydney CBD)



SYDNEY INTERGROUP TRAVELS

JULY Saturday 17, Richmond Mini-Convention & Intergroup, starts 10am. (Approx. 1hr northwest of Sydney CBD).

SEPTEMBER

Saturday 18, Central Coast Mini-Convention & Intergroup, starting at 10am. (Approx. 1.5hrs north of Sydney CBD).

CANTERBURY INTERGROUP

Number of groups: 9 - Ashburton x 1
Christchurch x 6, Nelson x 2.

Approx. number of members: 60

Intergroup Meets:

Third Saturday each month.

Intergroup Positions:

Chair, Secretary, Treasurer,

Literature Co-ordinator,

Answer Phone Co-ordinator, Out-of-Town Co-ordinator, PI Committee

Chair, Tapes Librarian, Region Ten Representatives (3), Archivist, Group

Representatives.

Intergroup Activities/Highlights:

- All Intergroup positions are filled.
- We now have a third Region Ten Representative.
- A committee comprising many willing volunteers is busy organising the 2010 Assembly and Convention.
- An enjoyable OA 50th Birthday celebration event was held in January.

Public Information Committee Report:

The Christchurch Public Information Committee is a sub-committee of Canterbury Intergroup. We exist to carry the message of recovery in OA from anorexia, bulimia, obesity and compulsive overeating.

Some of the ways in which we carry this message are:

Public Speaking: We regularly talk about OA to clients at The Salvation Army Bridge Recovery Centre. We are part of a panel with other 12-Step fellowships speaking to fourth-year medical students. We speak at the National Addiction Centre as part of their module on addictive overeating for fifth-year medical students.

This year a report was published in the *New Zealand Medical Journal* entitled "Addictive Overeating: Lessons learned from medical students' perceptions of Overeaters Anonymous". The material for this report came from fifth-year



Akaroa Pier, Canterbury

medical students who had attended OA meetings in Christchurch from 2002 to 2007 as part of a compulsory component of the Addiction Medicine module of their medical training. Anyone interested in reading this report can contact Canterbury Intergroup.

Prison Visiting: We have placed OA posters in the local women's prison. The Prison Co-ordinator rings the prison fortnightly to ask if any of the women in the prison would like us to hold a meeting. We have a roster of people in OA with security clearance available to go to prison meetings.

Library Display: The library co-ordinator arranges with almost 20 libraries in and around Christchurch to display a collection of OA posters, pamphlets and cards. The schedule of libraries runs on an annual basis from February to November. The usual length of the display in each library is two weeks. Once a year we donate some OA literature to a library in the wider Christchurch area.

Doctors' Surgeries and Canterbury District Health Boards (CDHBs): We distribute OA's contact cards to doctors' surgery waiting rooms. We also distribute pamphlets to CDHB waiting rooms.

Community Flyer Drop: We ask for fellowship participation in distributing posters around the community with OA's telephone number on a tear-off tag at the bottom of the poster. The posters are bright yellow so they stand out on notice boards.

Mailouts: We regularly contact counsellors, dieticians, naturopaths, homeopaths, Community Groups, recovery centres, schools and Citizens Advice Bureaux offering pamphlets and in some cases speakers. Specific PI members look after each of these areas and rewarding relationships can develop which allow other opportunities, for example, being asked to visit and/or speak to groups on a regular basis.

Television, Radio and Newspapers: We regularly have a Public Service Announcement (PSA) played on television and radio as well as having an advertisement in several local newspapers.

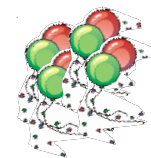
Posters on Buses: We have an agreement with a local bus company to display our A4-size posters in their buses for free as long as we put them up ourselves on a Sunday morning from 6am. Our posters end up in approximately 60 buses. We do this twice during the year, in spring and autumn.

These are just a few of the jobs we do. In total, we are committed to approximately 21 projects and we are always open to new suggestions. Because we are a small team we have developed a calendar which lists our projects and when they are due to be done. If you would like more information about any of our projects, a copy of our calendar, or if you have any suggestions we can be contacted via ocanterbury@yahoo.co.nz.

Kate H.

Canterbury PI Committee Chair

CANTERBURY'S BIRTHDAY CELEBRATION



Canterbury Intergroup gathered on Saturday 16 January 2010 to mark the 50th Birthday of Overeaters Anonymous and a belated 30th anniversary of OA in Canterbury.

Close to 50 people attended including a big contingent from Wellington, others from Auckland, Hamilton, Masterton, Nelson and the Gold Coast and a Canterbury member now based in Birmingham, UK.

The day began with our January Intergroup meeting, attended by many out-of-town observers. We played the Roseanne video on the origins of OA and then held two 90-minute afternoon sessions.

The first featured Di C, our Region Ten Trustee, and Jill H, a former Trustee talking on Region Ten and World Service Office developments, Kate H outlining the work done by Canterbury's PI Committee on carrying the message to the still-suffering compulsive overeater and Diana on OA's involvement in Wellington.

We then had our "Long-timers Session", which opened with an audio interview with Sue T, who founded the first OA meeting in Christchurch in October, 1979.

Sue was followed by our four longest-serving members; Leonie T, Kay M, Robyn S and Jan M talking about the early days of OA in Christchurch and their own experiences.

Everyone seemed to enjoy the day and agreed we should do it again for our 60th anniversary.

Tony S

Canterbury Region Ten Representative

DUNEDIN INTERGROUP

Number of groups: 4

Approx. number of members: 25

Intergroup Meets:

Every 3rd month.

Intergroup Positions:

Current filled positions:

Chairperson, Secretary, Treasurer.

Intergroup Activities/Highlights:

Meetings:

Wednesday Literature meeting averages 8 - 9 people.

Saturday Steps & Traditions meeting averages 4 - 6 people.

The attendance at both of these meetings has increased since last year. We have had approximately 10 newcomers in Dunedin since last year, and about a third are still attending meetings, which is very heartening.

Other Otago Meetings:

Oamaru: Monday night meeting continues with an average of 4 people.

Milton: a Wednesday night meeting has started up which averages 3 - 6 people.

Public Information:

We have revisited our PI posters and printed up a set which are a third of an A4 page each. These smaller ones seem to fit better onto poster sites. However, we currently have no PI Representative.

Finances:

We are pleased to have been able to contribute to Region Ten and WSO.

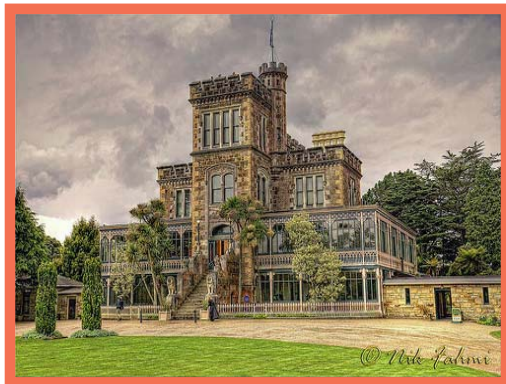
Literature:

We have received some donated literature and have started to loan this out, under the supervision of a member acting as librarian.

Yours in fellowship,

María

Dunedin Region Ten Representative



Larnach Castle, Dunedin

Practise these Principles OVEREATERS ANONYMOUS

17th Annual Region Ten
2010 Assembly and Convention

Wednesday 29 September to Sunday 3 October
at Rangī Ruru Girls School
Christchurch, New Zealand



The Assembly provides a forum for Overeaters Anonymous Region Ten Intergroups to discuss issues, share ideas and conduct the formal business of the Region.

The Convention is an opportunity for fellowship, as members from all over the region share their experience, strength and hope. There will be workshops, meetings and speakers throughout the weekend, celebrating the many ways “we practise these principles in all our affairs.”

Contacts

Jill H +64 3 337 4973 jillhb@globe.net.nz

Claire +64 3 377 7511 challey@clear.net.nz

WORLD SERVICE BUSINESS CONFERENCE 2010

A first time delegate's view

I have often heard and read about other members' experiences at the annual World Service Business Conference and been amazed that they have recounted just how rewarding it has been. Well, I too, have completed the five days with a greater depth of understanding and respect for this programme. I approached my trip to the WSBC with a little trepidation as I was aware of the responsibility of representing Sydney Intergroup within Region Ten as an elected delegate, even though I would be voting as an individual.

I took each day as it came along, and found that I was eased into the whole process with care and understanding. As a "green dot" first timer, it was very reassuring to have preliminary Q&A sessions and smaller informative explanatory sessions. Region Ten Delegates and our Region Ten Chair, Faith, sat together and their experience was greatly appreciated.

There were times when I had to check in with how I was feeling and the programme and member support was available at all times.

At Intergroup and Region Ten, I have voted on motions. But at the

WSBC when the door person calls "VOTING" and the room is sealed, and I sat quietly and listened, it seemed to take the group conscience to a new level. It was a very powerful experience.

The meetings available at the WSBC each day also supported my daily programme work. Further reports will be written detailing the outcomes of the voting, events and further committee work, but I wanted to convey to the fellowship a vote of thanks from me for this experience.

Jane
Sydney Intergroup WSBC Delegate

WORLD SERVICE BUSINESS CONFERENCE (WSBC):

The WSBC serves as the collective conscience of the Fellowship of Overeaters Anonymous. Held annually in April or May, this week-long meeting is attended by delegates representing OA Intergroups and Service Boards around the world. It is held to elect trustees, amend bylaws, adopt new business policies and provide information to delegates through presentations and workshops on issues that affect OA as a whole. (www.oa.org)

PUBLIC INFORMATION REPORT - PERTH

Following are some of the activities organised by the Perth PI committee:

- At the end of 2009 Perth members concentrated on sending media releases regarding OA to various media outlets.
 - Members organised an OA Information Day on 16 January. The day was highly successful and was attended by approximately 40 people. Three OA members shared their stories and members were available to chat and answer questions after the meeting.
- Other activities included leaving our local newsletter *Oasis Voice* in a public place and telling our OA story to someone who had not heard it before.
- Love and best wishes,
Trish
Perth Region Ten Representative

OA Brisbane Intergroup

*invite you to join us at the
2010 Convention to celebrate*

"50 Years, One Day at a Time"



Friday 8 - Sunday 10 October

QCCC Brookfield

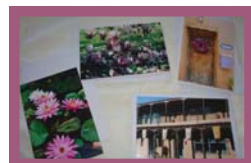
179 Gold Creek Road, Brookfield, QLD

For further enquiries phone: Lucy (07) 3824 5180 or Kath (07)3277 6742
or email: info@oabrisbane.org

Region Ten Fabulous Fundraising Items



Book Covers \$12
Fantastic fabrics to protect your books, small & large.



Photographic Cards \$3
Created by a member of OA, each with a programme slogan.

Book Bags \$15
With slogan.



7th Tradition Bags \$7
"Every group ought to be fully self-supporting declining outside contributions"



Slogan Pens \$5
Six programme slogans per pen. Refillable.

To place orders please contact:
Chris - Fundraising Chair chrisdf@ihug.co.nz
OR your Region Ten Representative.

OUTREACH STORIES

A new resource is now available on the Region Ten website aimed to help OA "loners". The site outlines a few members' personal experiences of travelling or being based far from OA meetings or Intergroups, the challenges they faced, and the hope they found in this fellowship.



For more information go to www.oaregion10.org under the "What's New" section or download the pdf at <http://www.oaregion10.org/PDFs/loners.pdf>.

50 YEARS OF OA RECOVERY

World Service Convention
26 - 29 August, 2010

Hilton Los Angeles
Airport Hotel
Los Angeles, California USA



Why would you go to the OA World Service Convention? Why, to gather with other OA members who are living a life of recovery from compulsive eating. To share with members from all over the world as we celebrate this programme that enables us to "live well and be well one day at a time."

The World Service Convention Committee has planned a series of meetings and workshops all aimed to interest, inform, and invigorate your programme.

Does this seem too much like hard work? Well, not with meeting/workshop topics such as;

Play it again Sam: What worked for me.

We've only just begun: Steps 1, 2, 3.

Great Expectations: The Promises.

True Lies: Body Image and Perception.

Supporting Cast: You and Your Sponsor.

In the Still of the Night: Prayer and Meditation.

So are you packing already?

For information on how to register online go to:
www.oa.org/world-service/convention.php

SERVICE BODIES CONTACT DETAILS

AUSTRALIA

Adelaide Intergroup
PO Box 206
UNLEY, SA 5061
Phone: (+61 8) 8224 0500
Website: www.oaadelaide.org

Brisbane Intergroup
PO Box 15015
CITY EAST, QLD 4002
Phone: (+61 7) 3839 5149
Toll Free: 1800 170 448
Email: info@oabrisbane.org
Website: www.oabrisbane.org.au

Melbourne Intergroup
GPO Box 1102J
MELBOURNE, VIC. 3001
Phone: (+61 3) 9521 3696
Email: admin@oa.org.au
Website: oa.org.au

Perth Intergroup
Overeaters Anonymous
2 Delhi Street,
WEST PERTH, WA 6005
Phone: (+61 8) 9420 7254
Email: Perth@OARegion10.org

Sydney Intergroup
PO Box 35
DULWICH HILL, NSW 2203
Phone: (+61 2) 9518 3004
Email: Sydney@OARegion10.org
Website: www.oasydney.org

JAPAN
Japan International Intergroup
3-25-7 Nishihara Jinno House
201 Shibuya-ku
TOKYO 151-0066
JAPAN
Email: oatokyo@gmail.org
Website: www.oaintokyo.org

NEW ZEALAND

Auckland Intergroup
PO Box 90380
Victoria Street West
AUCKLAND 1142
Phone: (+64 9) 376 3068

Hamilton Intergroup
PO Box 19128
HAMILTON 3244
Phone: (+64 7) 839 1599
Email: Hamilton@OARegion10.org

Canterbury Intergroup
PO Box 2451
CHRISTCHURCH 8140
Phone: (+64 3) 365 3812
Email: oacanterbury@yahoo.co.nz

Dunedin Intergroup
PO Box 6476
DUNEDIN 9059
Phone: (+64 3) 477 2255

Wellington Intergroup
PO Box 5332
WELLINGTON 6145
Phone: (+64 4) 384 8821
Email: oawellington@hotmail.com

JAPAN
Japanese Language Service Board
Flats Minami Aoyama #101
Minami Aoyama 3-14-26
Minato-ku TOKYO 107-0062
JAPAN
Email: japanlanguageserviceboard@gmail.com
Website: www.oaintokyo.org

Intergroup Chairs/Secretaries:
Please keep these details up-to-date by advising the
Region Ten Secretary and WSO of any changes.



Email: info@oaregion10.org

Find a meeting near
you at www.oa.org



Overeaters Anonymous (OA) is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

OA Region Ten includes countries and territories in Australia, the Far East, New Zealand, South East Asia and the Western Pacific Basin.

REGION TEN WORLD SERVICE BUSINESS CONFERENCE DELEGATE FUND

Region Ten has a WSBC Delegate Fund available to Service Bodies that qualify and wish to apply. Applications must be received by the Chair of Region Ten six weeks before Assembly.

To qualify, delegates should have one year's current abstinence and at least two years of service above the group level.

Together with the application form, delegates must submit a financial statement from the delegate's service body indicating its assets, tagged funds, prudent reserve, how much money is available to support your delegate, and funding required.

Priority will be given to service bodies that have not previously sent a delegate to WSBC. For more details, contact the Region Ten Chair or Secretary.

*God,
grant me the
Serenity
to accept the things
I cannot change,

Courage
to change the
things I can,
and
Wisdom to know
the difference.*

Disclaimer: Region Ten NEWS SHEET expresses the views and experience of OAers recovering in all parts of Region Ten. Opinions expressed in NEWS SHEET are not to be attributed to Region Ten or to OA as a whole, and publication of any article does not imply endorsement by Region Ten, Region Ten NEWS SHEET or Overeaters Anonymous, except where so indicated.