

Thank you to all, for your 7<sup>th</sup> tradition offerings that were used to send me to the World Service Business Conference and thank you to Pierce County Intergroup for reelecting me as your Delegate to World Service and allowing me the awesome experience of being your voice and vote for Pierce County. I attended the WSBC in Albuquerque, NM April 23-28 2018. I arrived early Monday morning. I met up with an OA member from a different IG at the airport. He was a green dot. Green dots are Delegates who have never attended WSBC before. We were able to share an Uber to the hotel. As I walked into the hotel, I felt confident, comfortable yet excited about what was in store for the next week. The first person I saw was Dora. She recognized me, hugged me and welcomed me. She is a physician from Brazil who was elected this year as a Virtual Trustee. She's a wonderful, charismatic woman and will do a wonderful job. I checked into my room and settled in. This was going to be the first year that I would have a roommate. It made me a little nervous to share a room with someone I didn't know but I had faith that it would all turn out well. Kate, my roommate, was from Montana and was one of two of my green dots. Mentoring a green dot is as fulfilling as being a sponsor. Kate walked in as a stranger but we parted as sisters in recovery. I learned so much from her, not only about program but about myself. This year in Albuquerque revealed to me much about my own personal growth. I was willing to keep an open mind, take in and process information and be able to adapt, adjust and accept situations in front of me.

I attended 4 workshops. The first on Monday night was titled 'Combining the Strengths of Virtual and Face to Face meetings. They encouraged us to try to implement hybrid meetings in our areas. They have had success in combining face to face meetings with cell phone attendance, conference calling, and video chat. The next three workshops were on Tuesday afternoon. They were titled 'Building a Foundation of strong abstinence and sponsorship, Building healthy service bodies, and Sharing "Carrying the message" successes and challenges. Ideas coming from those workshops included giving coins for things other than abstinence, 12<sup>th</sup> step work on the 12 day of each month, assigning a 'welcome buddy' for the first 12 days, make sure to greet and welcome each new comer and ask if it's ok to call them, ask members "what talents can you share?", define duties, divide responsibilities, have fellowship time after the meeting, call members on the 12<sup>th</sup> day of each month and several others successful measures.

I attended the 'All about conference' workshop with both my green dots. It was nice to get a quick refresher course. On Wed morning we participated in the Forum. The forum is an informative workshop sponsored by all the Region chairs. This year it was a Recovery Roadmap. Travelers came to our table and recounted the journey of their program including the pitfalls, hard times, and stumbles and how they overcame them. Points of interests on the map included Food Fantasy Island, Control Corner, Cravings Creek, Relapse Ridge, Worry Wharf and many other clever stops and bumps along the way. We share the same disease. Our stories may differ but we all have a common connection. It's our weaknesses that bind us to one another and we're able to find recovery thru the 12 steps.

My committee this year is Public Information. We are going to be combined with Professional Outreach and will be the PIPO committee. It was decided to set individual goals instead of breaking down into subcommittees. I feel like I have an easy task at hand. In the 5 years I have been involved at PCI level, we have never had a PIPO committee. So it makes sense for me to step up and chair a local committee. I also decided that I want to try to reach out to OA members who have not participated at the IG level before. I have enlisted one member so far and I will be reaching out to others. We will set a mission statement, brainstorm ideas and make them happen.

For the first time we had a chance to Meet and Greet the Makers. It was a chance for us to talk to the makers of motions that we would be voting on. It got off to a shaky start but with some quick thinking and tweaking it ended up accomplishing its purpose.

Thursday morning was our first business meeting. I have to admit I love the complete formality of it. It's an overwhelming thing of business, beauty, passion and unity. There were 188 voting delegates and 17 countries in attendance. This year Australia, Austria, Brazil, Canada, Costa Rica, England/UK, Germany, Greece, Ireland, Mexico, New Zealand, South Africa, Spain, Sweden, US and Venezuela were represented. We heard the Serenity Prayer recited in Spanish, English (Virtual Service), Greek, Irish-Galic, ASL and Swedish. There were 6 New Business Motions that were adopted on the consent agenda. Nomination speeches for various offices were given. I am always in awe and admiration of the candidates. They handle the Q&A session with grace and confidence. It's amazing to read their resumes and look over their years of experience. They are dedicated. We had four pamphlets for approval on the agenda. The pamphlet Welcome Back was withdrawn. To the Young person and Twelve Concepts of OA: an introduction was defeated. To the family of the compulsive eater was adopted. That evening I went to a workshop on Service, Traditions, and Concepts. The leaders to those workshops have such passion, that it's hard not to catch the "buzz". It makes me excited, willing and wanting more of what this program has to offer.

The elections took place on Friday morning. Pat O, having been appointed last year, was a shoe in for Region One. Neva S won Region Three and Dora won Virtual Services. Two new general service trustees are Bonnie L and Judy H. I also saw something that I had never witnessed before. An unopposed candidate did not garner enough votes to be elected into office. With the formality of the WSBC, there are policies in place that have to be met to be elected a Trustee. Region Six will now have a chair appointed by the board until next year.

These motions passed :

- Motion A to establish a special committee to research OA "front door" and data system
- Motion B created a statement on bariatric surgery
- Motion G ordinary & routine practice
- Motion J Unity Day rotating days between odd and even years
- Motion K IDEA day to be celebrated on the 3<sup>rd</sup> weekend in Nov.
- Motion L Sponsorship day to be celebrated on the 3<sup>rd</sup> weekend in Aug
- Motion M Clarifies existing policy on carrying the message
- Prop 3 Creation of a virtual region, Region 11. Because this passed, Prop 1,2,4,5,7 dealing with virtual regions also passed

These failed:

- Motion E to disband the Web/Tech committee
- Motion S Eliminate copyright restrictions on 'For Today'
- Emergency New Business Safeguarding members anonymity

Constant Agenda:

- Motions C, D,H, I, N, O

Withdrawn by maker:

- Motion F, Prop 6, 8, 9, 10

There were times of laughter and times of tears. Emotions were high at times but fellowship and respect were always present. Business was accomplished. There was a small group of men promoting 'men in recovery' this year. I think this movement is going to gather steam and I think we will be seeing a lot more men's issues coming to light and being brought forward. There was one 7 traditions offering. It raised almost \$16,000. Region 3 rose to call, took a look at their region's balance and donated \$10,000. It was so impressive.

I always love the Green Dot ceremony. It brings a tear to my eye. It's like graduation day. I was so proud of my girls. They did an awesome job. Their dedication and stamina were amazing. They served their IG's well.

The banquet on Sat. night is always great. Gifts were given to outgoing trustees. Bob, who had served as center mic all week, was our keynote speaker. He has an amazing story of recovery. It's always inspiring to hear how much people have grown in their program. Last but not least is the dance. The most fun always happens on the dance floor. I love seeing everyone let loose and decompress after having done business all week.

Region 1 is a tight knit group led by a wonderful chair, Beverly. We had 16 Intergroup/Service Boards represented at WSBC this year. That's 64%. I even had an OA member, from another region, say to me "I wish I was in Region 1." It makes me feel good that we are a fun, loving, caring and supportive Region and we project that. We are not a glum lot. No wonder we're #1.

Yours in service.....

Tammy