**Southeastern OA Region 8**

**Conference and Business Assembly**

**Plantation Florida**

**April 5-7, 2019**

It was certainly an honor to attend the April SOAR Business Assembly as a representative from Piedmont Intergroup. I wholeheartedly agreed with Katrina, SOAR Chair, “There is much to be said for experiencing the energy of working harmoniously on the business of OA with recovering fellows…talking, hugging, and sharing while getting the work done!” There were 39 voting representatives plus 4 virtual attendees. We are the first region in the world to have virtual representation. Notable information:

1. Business Motions:
   1. Bylaw and Policy and Procedure Manual modifications generally included efforts to clean up wording and to improve consistency between BL and P&P, and between WSO and SOAR.
   2. Motions to require board members/committee chairs/IG representatives to reside within the region if they are to receive financial assistance to attend assemblies.
2. SOAR has dedicated $2000 to help IGs in Public Information/Public Outreach efforts should we decide to do so in the Piedmont IG area.
3. There is now a clear Hosting Manual and lots of regional supports available to IGs for organizing a Regional Conference in our area should we decide to bid on sponsoring the event in 2021. Just saying…
4. SOAR Website Resources: [www.oaregion8.org](http://www.oaregion8.org).
   1. The RECOVERY HELP…button on the SOAR Website:
      1. Breaking out of Relapse video
      2. Calling all night owls (people willing to take calls at night)
      3. Online Sponsor List
      4. Mentor List – members wanting to connect with others to offer guidance and experience in living joyfully in recovery.
      5. Speakers – willing to provide ESH at meetings, workshops, and retreats.
      6. Workshop Resource List – contact list of OA’ers who have experience putting on workshops to promote recovery and are willing to share knowledge and resources.
   2. You may sign up to receive SOAR emails at [www.oaregion8.org](http://www.oaregion8.org) under “contact us” and “email sign-up”
   3. SOAR Podcasts are amazingly inspirational.
5. OTHER THOUGHTS AND IDEAS:
   1. What if groups are encouraged to consider using the new **Newcomer Pamphlet** as what the group reads and discusses when a new comer is present?
   2. What if PI coordinate a one-day workshop or phone conference to bring North Carolina IG members from Piedmont, Triangle, Triad, and the west to share ideas on what’s working?
   3. What if PI sponsors a workshop on regional support resources to individuals and to groups, including how to navigate the SOAR website? How to put podcasts on phone?
   4. What if PI organize a **Road Trip To Memphis** to the SOAR Convention in October by renting a van and sharing the expense among the fellows wishing to attend the convention activities? There were many great workshops/speakers/activities on the Convention Side.
   5. What if PI bulk orders OA 12&12 and the Newcomer Pamphlets to resale to local meeting groups to save shipping and to improve availability?
   6. What if PI included a brief “team building activity,” into the IG meeting schedule?
   7. What if PI solicited information from our groups on “What do you need from IG to make your meeting better?”
   8. What if PI clearly identify the time limits and expectations for committees for which we seek to find volunteers in order to better communicate and alleviate concern?
   9. What if PI creates/maintains a local speakers list available to speak at local meetings?

[Submitted 04/13/19 by Richard, Piedmont Intergroup Regional Representative]