

Overeaters Anonymous
2007 World Service Business Conference
Final Report to the Baltimore Area Intergroup
Mike Bernard, Delegate

The 2007 World Service Business Conference of Overeaters Anonymous, the 46th annual conference, was an inspiring and amazing event. This week-long conference in Albuquerque, New Mexico brought over 200 recovering compulsive overeaters together who are charged with the task of conducting business and acting as the group conscience of the entire fellowship. It is an honor to be a part of the body to help make decisions, exchange information, and bring back what I have learned to our Intergroup.

WORKSHOPS

Embodying the Joy of Recovery – April 30 - Workshop attendees were asked, “How do we embody our joy of recovery so we are a light garment instead of body armor?” Here are some answers that we shared:

- Sense of humor is very important.
- At the first meeting, we find out that we are not alone. That ray of joy and hope begins our recovery.
- The joy of this program continues when we carry the message of recovery to others. We must show up and sprinkle the seeds all over.
- To keep your program young, go talk to a newcomer.
- The best answer to the question of how long I’ve been in the program is “all day.”
- We have to take spiritual risks to live our lives to the fullest.
- I come to meetings because I want to, not because I have to. I want to grow old with all of you.
- It’s most important in OA to work with another.
- When we get through difficulties abstinently, we can help someone else.
- Be gracious no matter what.

12 Steps – Are They the Real Tools? – May 1 – Attendees were asked what relieves the symptom of compulsive eating, and what removes the underlying causes.

- What makes my life meaningful is when I pick up the 12 Steps.
- I take responsibility for the things I did in my life. This is self-esteem.
- Making amends gives me lightness of being, and it help lift weight off of me.
- I don’t have to feel isolated anymore because of my conscious contact with my Higher Power.
- Take the 12 Steps and 12 Traditions at face value. Guard them. Keep it simple.
- Helping others is the basis of recovery.
- The Big Book is the “how to” and the “why” to recover.
- Believe, live, and act in the Steps. We live through situations that used to baffle us.
- What relieves the symptom of compulsive eating are the tools and a plan of eating.
- I can’t recover without both the Steps and the tools.
- Do I want to get well? Yes! Then I must do the “™” steps!
- If you’re a food addict and have been taking excess food as “medicine,” and then just take the excess food away (via a food plan or other means), you’re an *untreated* food addict. There’s more you have to do to recover working the other tools and the 12 Steps, which are a much better treatment.
- “The Doctor’s Opinion” in the Big Book gives us a physical, emotional, and spiritual prescription. Read it!
- I choose to pray in the morning and at night. Pause, focus, and pray.

Guiding Sponsors Through the Steps – May 1

Those in attendance were asked about how the steps can be used to guide sponsors and sponsorees through a lifeline journey of spiritual growth.

- If it works for my sponsor, it might work for me, too.
- To work Step Two, there is no need to figure out spirituality or join a religion, just trust that a power greater than yourself will help you.
- Everyone can have any Higher Power that they want. That's brilliant!
- Do the 4th Step. We will see all those resentment. What's on that list is what drove me to compulsive eating.
- It's healing to be accepted by a human who knows everything about me.
- Steps Six and Seven – my part in my resentments: what did I do to set myself up to be victimized? What are the defects and the opposite assets? In these two columns is a blueprint for living.
- (In the Big Book 4th Step column format) The “fifth column” is what can I do differently? Behavior modification will help me live differently. The hard work is worth it. I got a whole new personality and a whole new life.
- A completed Fourth Step helps us write our Eighth Step – a list of persons we have harmed. We want to review the list and suggest amends with our sponsor to get a reality check.
- To amend we apologize, make restitution, assure others that we won't do it again, and change our behavior.
- A clean conscience is worth its weight in gold.
- Step 11 key word: IMPROVE
- Step 12 – do service. If I feel icky after doing it, do more service. At the end of the day I earn some self-esteem. We make the world better when we get our hands “dirty.”
- Abstaining from compulsive eating is the amends that we make to ourselves.
- Service reminds me that I have a primary purpose.
- If I need a sponsor – look around. It doesn't *have* to be someone who has what I want – anyone working the program will do.
- Invite our sponsorees to go through the steps with us quickly. They'll need to continue to work them, but get them involved.
- Sponsor when you're in the program for 30 days. Share to the level of your experience.
- The program is about learning who I am and learning how my Higher Power can work through me.
- Sponsoring keeps me honest because I cannot give what I don't have.
- Recovery is a process I get to keep practicing.
- I have to work this program because it works for me.

We Have Ceased Fighting – May 1

“How do we get better when circumstances don't?” attendees were asked.

- The 10th Step allows me not to have to beat myself up for what I did.
- We continue to take our inventory.
- We have a way to clean up our mistakes.
- It is evident that it is pointless to become angry, or to get hurt by people who, like us, are suffering from the pains of growing up. (OA 12n12, p. 90)
- “Such a radical change in our outlook will take time.” (OA 12n12, p. 92)
- I must check out my motives with my sponsor and others
- I have to understand my fears and respect other points of view.
- When I'm fighting, I don't get what I want or need.
- When I am able to abstain and work the steps, I don't have to blame anyone else. I can express love.

- I stopped fighting the idea that I needed help.
- The emotional and spiritual benefit of working the program is a greater “paycheck” than anything else.
- Find the busiest person who gets stuff done and turn to them for help.
- As long as I fight reality, my relationships suffer.
- OA keeps bringing me back to reality.

We Are the Message – What Message Are We Carrying? – May 1

The questions asked at this workshop were:

1. What do we present to the world emotionally, physically, and spiritually? Are any of these three more important than the others?
2. What does it mean to use attraction vs. promotion for what OA has to offer?

This is some of what was shared.

- Without recovery and service, I wouldn’t be who I am, and I love who I am today.
- If I get rageful, if I treat my spouse with anger, then I am not in recovery.
- I could not apologize before I joined OA and got into recovery.
- “Control” is not one of the promises.
- I was tired of the high cost of low living and was ready to do whatever my sponsor said.
- It’s a spiritual thing to call and report/commit my food daily.
- Recovery has given my life back today, I don’t have abundance in my mouth but in my life, I do.
- Tenth Step format – p. 86 of the OA 12 and 12 – perhaps list binge and “alcoholic” foods on there. Did I eat them today?
- It’s spiritual to care enough and act to tell someone that they it looks like he or she has put on weight and ask if I can help support him or her in recovery.
- We tend to become like the people we spend time with.

I missed a couple of the workshops due to scheduling conflicts or lack of energy, in one case. I have purchased the CD recording of the meetings, which will be given to the Intergroup for future use.

MEETINGS – These are the regular OA meetings that I attended during the week. There were a few others that I did not attend. I was blessed to be able to give service by leading three of these meetings.

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| ▪ Early Bird – Being on Time – May 1 | ▪ How to Live – May 3 |
| ▪ HALT – Doing God’s Will – May 1 | ▪ Gratitude and Giving Back – May 4 |
| ▪ Sacred Awe – May 2. | ▪ Dealing with Fear – May 5 |
| ▪ Gay, Lesbian, Bisexual, and Transgendered Experience – May 3 | ▪ Men’s Meeting – May 5 |
| | ▪ Funny Experiences in OA – May 5 |

HERE’S SOME OF THE WISDOM THAT I HEARD AT THESE MEETINGS

- I don’t always have a clue, others do. If I keep my mouth shut, I’ll learn.
- Service is the sandpaper that rubbed off the thorns of my personality.
- As an addict, I was a taker. In recovery, I give.
- “Early” is planning to plan ahead of time, so I can be one time – meal planning, going to a meeting, and giving service.
- If I can’t find God, I go to a meeting and I find God.
- If I get to the meeting less than 15 minutes before the beginning of a meeting, I’m late. If I leave less than 15 minutes after the end of a meeting, I’m leaving too early.
- I love the person I’ve become because of my program.

- God teaches me patience by being early.
- I wake up with a prayer or a song in my heart in OA.
- I pray when I wake up so I can hear what God has to tell me today.
- I just get on with what I have to do, especially when scared or intimidated, and then I'm free.
- If I'm not early or am late, it might be an indicator of a slow-burning resentment.
- When I'm agitated, I pause for a moment.
- God's will is to stop (and not eat) when I am hungry, angry, lonely, or tired.
- I'm learning to set and respect limits and relax.
- I am a food addict, that's my reality. I welcome the gifts of today – good and not-so-good.
- It's much easier to stay abstinent than to get abstinent.
- Sacred Awe: how cool is that?
- The crux of my recovery is, and I endeavor to live the crux of my life on, acceptance. Acceptance is the answer to all of my problems today.
- I can't be alone in my head without adult supervision.
- If I'm in the food, I won't experience sacred awe.
- Sacred awe is when I am so full of gratitude.
- FINE = Faith-filled, inspired, nourished, and elated.
- A gratitude list adjusts my attitude from the grumps to gratitude.
- Pages 86-88 of the AA Big Book tells us how to live our day.
- Ask that my thinking be divorced from self-pity.
- Stop at the intersection of agitation and worry – and pause.
- Meditation and prayer are integral to the fulfillment of the promises.
- If I remember to pause, it's always better.
- If I act more gracious and with dignity, all is better.
- PAUSE = Put aside upsetting situations: exhale.
- How I put things out is how I'm treated.
- What I found in OA is love and acceptance.
- I learned to become grateful for what I have.
- I don't have to feel sorry for what I've done as I have made my amends and learned.
- I don't need to be the queen of "pity city" anymore; I'd rather be a queen in recovery.
- I must stay in OA to give back what I have been given.
- I need a little extra help to be a productive member of the human race. Thank God that OA, for me is that help.
- If I am one of us (compulsive eaters), then I have the hope of all of us.
- We know in our heads that we are compulsive, but we have to be convinced to recover.
- I have in my life what I always needed and wanted in recovery: love, touch, and healing.
- Boy, do we pole vault over our mouse turds!
- I live my life as an abstinent member of the fellowship. I don't worry about losing my abstinence.
- I can still feel fear but today I function.
- Being still is the antidote for the addict: meditate, pray, stay still, be quiet, and be open.
- All fears are of three types: losing, of not getting, and what others think. There is a solution to all my fears in the Steps. It's spelled out in the AA Big Book.
- Retreat, regroup, and re-enter.
- I am an abstinent compulsive overeater.
- I have to deal with the fact of fear. Recovery does it!
- It's a joy to overcome the fear of people not liking me and healing my inner fears.
- I keep hearing how to deal with my fears in meetings.
- My spiritual life has blossomed by giving service.
- Surrender the fear, don't simply live with it.
- Courage is fear that has said its prayers.

- Fear can be an exciting journey to anticipate opportunities to come.
- When I am afraid, I can ask how I can use the experience and action to help others.
- It's okay to share not only my experience, strength, and hope, but also my weakness, fear, and pain. Going to and getting involved in meetings helps.

TRUSTEE / REGION CHAIR MEETING – May 1

The Trustees and Region Chairs met to discuss reaching out to youth in OA and to join OA, as well as the stigma of membership, strategic planning, and the plea to service bodies to keep our OA meeting lists current. Delegates were invited to sit in and observe.

YOUTH - The Region Chairs explored reaching out to youth in OA, and a full report will be available from the World Service Office. One Trustee asked if there was a focus on 18-25 year olds. The response was that the current structure of youth outreach does help, but there is a concern for young adults who might live with their parents or other family members and won't have control of the food purchased or will have transportation to meetings to be able to work a program. Perhaps we could take advantage of Internet technology, e.g. MySpace.com, to reach out and plant seed to technology-attuned youth.

Legal concerns with dealing with youth were also discussed. The best idea is to check with the World Service Office for resources and information, and then proceed with caution. It may also be helpful to check local laws and policies before starting youth meetings or events.

STIGMA - Another concern was over shame or stigma of membership and the fear that such shame is blocking the OA message. Discussion of last year's workshop about shame and stigma ensued and we were reminded that we simply go past the shame, feelings are simply feelings, and that we must tell our families and people about the program. Other responses included that as we grew in our program, shame and stigma seems to lessen and people felt freer to share. We cannot let our shame withhold the message. If might contribute to the death of someone else who needs to hear the message.

Another area of fear of shame is among those who have had or are considering bariatric or other stomach-banding or stomach-stapling surgery. We must assure people who have had or are considering this surgery that they are welcome in OA and can work a good recovery program.

STRATEGIC PLANNING – Starting at this conference, delegates and Region chairs will participate in strategic planning, recognizing that background planning begins with the Board of Trustees (BOT), who establish budgets first and determines what actions can be covered in those budgets. Delegate and chair participation in planning will continue into the future.

Delegate will receive the BOT plan at the Conference and are invited to participate in a meeting for input and to develop operational ideas. In August, the BOT and Region Chairs will form the operations plan. In November, the BOT will plan and approve the budget.

KEEP MEETING LISTS CURRENT – A plea is being sent to all service bodies to keep meeting lists current and contact information updated. I noticed that while we do a good job of this on our Intergroup website, some of our meeting and contact information on the World Service website is not updated. This will need to be addressed by the Intergroup.

REGION FORUM – May 2

The 200 delegates gathered together early that morning in groups of ten at 20 different tables. Our table assignments were on our nametags. Fortunately, my table six was in a prime location, near the front in perfect view of the speakers and the projection images. As an icebreaker, trustee Margaret Ann asked a series of questions – demographic, cultural, and societal – and asked people to stand up if it applied to

them. It was a demonstration of the vastness of diversity in everyone, even though we share the same disease and recovery.

The primary speaker, Gaston from Montréal, talked about his experience having a foreign native tongue. He expressed frustration that not all of the OA literature and the main website are in his native tongue of French. Also, there are no CDs or DVDs in French that are widely enjoyed by English-speaking members. He also said an additional burden on delegates to this very conference is that they have to know enough English to understand the workshops and the proceedings of the business meeting. Translation services need to be utilized more to reach out to the world to truly embrace diversity. He did state, though that the latest literature translated into French are “In Our Wildest Dreams,” (our OA history) and the meditation book, “Voices of Recovery.” Solidarity is essential to any minority. To this end, delegates from Canada, France, Belgium, and Switzerland have joined to form a French-speaking support and translation group.

Delegates discussed questions of diversity, how to recognize it but keep the main message of recovery in the forefront, and examination of hypothetical situations and possible actions that could be taken. We paired up and discussed how we feel different from others, and as we heard the other’s story, we had to report what we heard to the rest of our table.

COMMITTEE – UNITY WITH DIVERSITY – May 2 and May 5

I switched my committee membership from 12th Step Within to “Unity With Diversity,” partially because I did not realize that I had to sign up each year for a committee and thought that once I was on a committee, I was on until my term ended. By the time I tried to sign up for the 12th Step Within committee again, all slots were filled. I had already completed my 2006 commitment to confirm and update the information on the 12th Step Within Speakers List. This lists members available and willing to travel to meetings, conventions, assemblies, marathons, and other events to share their experience strength and hope. I also designed a flyer inviting this year’s delegates to join the list. At least 20 delegates had done so during the Conference, increasing the list size by 25%.

The Unity With Diversity committee is new, and seeks to address and respect diversity amongst our membership, yet adhere to Tradition One where we must stand together in unity. I joined the subcommittee that addresses Sexual and Gender Diversity.

The committee and various sub-committees created the following goals, with dates of action set:

1. CULTURAL DIVERSITY

- a. July 2007 - update meeting registrations to indicate handicap accessibility, sign language, Braille, or other accommodations.
- b. September 2007 - list meetings together of a common language, e.g. all Spanish-language or French-language meetings.
- c. May 2008 at the WSBC - create or obtain a language map of the world to enhance “b.”
- d. May 2008 at the WSBC - create a Diversity Kit, including Feb. 2007 *Lifeline*, new Black OA member pamphlet, basic OA info in multiple languages, our anorexia/bulimia pamphlet, and written material from other sub-committees. This will be distributed to all Intergroups.

2. SEXUAL and GENDER DIVERSITY

- a. October 2007 – Propose policy statement on diversity that will be included on the 2008 WSBC agenda questionnaire for consideration at the conference.
- b. May 2008 at the WSBC – create pamphlet for sexuality and gender diversity.

- c. Ask the Conference Literature Committee to help create a pamphlet, “How Sexuality Affects Our Disease, and How Our Disease Affects Our Sexuality.” Stories for the pamphlet will be written and collected for review for this pamphlet.
 - d. Ask that a future *Lifeline* issue be devoted to this topic.
3. PROGRAM DIVERSITY
- a. July 2007 – Create a Unity Day program on this topic.
 - b. May 2008 at the WSBC – Work with the Public Information committee to create a Diversity page on the OA World Service website.
 - c. Long-Term - Create a program diversity education plan for the fellowship

The committee met one last time on Saturday, May 5 and as a group has been asked to do the following:

- Write a 300-500 word articles or two on sexual and/or gender diversity for the committee that will be considered for *Lifeline* or a pamphlet.
- Ask our Intergroup and members to write articles to the question, “How do gender and/or sexuality affect your compulsive eating and how does compulsive eating affect sexuality and gender perceptions?”

BUSINESS MEETINGS – COMMITTEE REPORTS Q&A – May 3

In the first meeting, all delegates and trustees were introduced by state and welcomed. In the second meeting I got to participate in the opening by reading the 12 Traditions to the entire body. Various service committee reports reviewed, questioned, and approved. The reports are available in the WSBC Delegate book given at the conference, beginning on page 149.

CHAIRMAN’S REPORT

Q1: Is the Step-Study Report Available?

A1: Yes, online at www.oa.org.

Q2: Regarding virtual meetings, how much Internet control is placed to prevent harm and disruption?

A2: The same as face-to-face meetings, in general.

Q3: Will the new literature language translation procedures be available in the United States?

A3: Yes, but the initial translation procedure pilot will start in non-English speaking countries. Once it’s approved, it will be available worldwide.

TREASURER’S REPORT

Treasurer trustee Kayla Weingarten explained the new IRS rule that requires receipts for every single donation to count toward charitable deductions.

Q1: Do meetings have to follow this rule or just OA as a whole?

A1: Kayla will discuss this outside the Business Meeting with the delegate asking the question. Another delegate asked if a meeting can be set to discuss the IRS rule to all interested delegates. Kayla replied that one can be set, but it would be with the controller.

MANAGING DIRECTOR’S REPORT

Q1: How much is Lifeline’s operating deficit?

A1: \$60,000 per year. Lifeline is not considered a fundraiser, but a service.

REGION REPORTS

Q1 to Region 1: Can every region put together a recorded Speakers' Bureau like the Los Angeles Intergroup's? (See www.oalaig.org)

A1: Yes, Region 1 sends tapes, CDs, and files to small Intergroups, too.

COMMITTEE REPORTS

Q1 to the Board Approved Literature committee: Is it the intent of the committee to encourage groups to use the update Suggested Meeting Format in place of others where meeting group conscience changed formats may not adhere to the 12 traditions?

A1: Yes, but the format is, as always, suggested.

Q2 to the Convention 2010 committee: Can we announce where the convention will be?

A2: Official approval was just secured, and it will be at the LAX Hilton Hotel, Los Angeles, California, USA.

Q3 to the International Publications committee: Is there a list of literature titles translated, and into what languages?

A3: Yes, in Spanish, on the Literature page at oa.org. Other languages are on a list to do. In the boutique this week, a list of French language literature is available.

Q4 to the Media Outreach committee: How were OA films made to respect the traditions?

A4: They were done in such a way to prevent showing faces.

Q5 to the Media Outreach committee: Are they intended for TV or theatre release?

A5: Not sure, as it's a documentary and release methods are being decided.

Q6 to the Media Outreach committee: Are they available on the web?

A6: Yes, at www.inspirethemovie.com. We are trying to enter the film into the Sundance Film Festival next year.

Trustee Dexter Jeannotte explained that service bodies can apply for Professional Exhibits grants, which are explained on pp. 202-203 in the delegate book. Groups and Intergroups contribute to the fund.

Q7 to the Professional Exhibits committee: What was the attendance for the events receiving grants?

A7: Info is on the web at oa.org, but attendance, depending on the event, has ranged from 500 to 5000 to even 15,000.

Q8 to the Literature Committee: What is the source of the base of previous questions referenced in the Guide for Sponsors pamphlet?

A8: Varieties of the "30 questions" have been circulating. Many were reviewed, but not used due to copyright issues. The committee looked at OA literature instead for guidance.

Q9 to the Youth in OA committee: Is there a sponsorship pamphlet for youth?

A9: No, but there is a "starting Young People's meeting" kit available. A meeting and contact list is also available.

Q10 to Youth in OA: Regarding the 100 e-mails received expressing interest in Youth in OA, how many were young people?

A10: Most were parents or grandparents, though a few youth inquired. The Board decided to focus on the age 18-25 bracket as “youth.”

Q11 to Youth in OA: Speak to security issues around youth.

A11: The committee sought legal guidance on this. Some parental presence may be required for some meetings in some areas.

Q12 to Youth in OA: What’s being done to facilitate OA info in meeting places for youth under age 18?

A12: That’s being done at a local level. The committee is a clearing house for information, trying to connect different local bodies to exchange experience and information. The Cape Cod (Massachusetts) Intergroup, for example, has provided information about OA to local schools and guidance counselors.

Q13 to Youth in OA: There is confusion about the definition of “youth.” We were told that the WSBC considers “youth” age 18-25, but those are young adults, not youth.

A13: This age group is the youngest group that would not have potential legal issues, and was selected on those criteria.

Q14 to Professional Outreach committee: How much does the new Professional Outreach kit cost?

A14 from Lee Redman, Literature staff at WSO: This kit is mainly for professional exhibits, and for now cost is unknown, estimated to be \$3.50 USD. Professional Outreach grants include the cost of pamphlets.

Q15 to Professional Outreach: Can we outreach to treatment and medical facilities?

A15: Yes.

BUSINESS MEETINGS – PROPOSALS - May 3-5

- Proposal A-a - Conference Seal of Approval granted to new pamphlet, “Black OA Members Share Their Experience, Strength and Hope.” It will be available Fall 2007.
- Proposal A-b - Conference Seal of Approval granted to the updated pamphlet, “A Guide for Sponsors,” that adds 30 suggested questions that sponsors and sponsorees can use. Available as old stocks run out and reprinting is done.
- Proposal A - Motion to begin a Public Awareness Campaign - passed. Planning, budgeting, and selection of a firm will take place later this year with Board of Trustees and selected interested delegates.
- Four Region Trustees and three General Service Trustees were re-elected or elected.
- Proposal 1 – Outstates Intergroup of Nebraska and Wyoming requested a region affiliation change that would allow easier and less expensive travel arrangements to region events - passed.
- Proposals 7 and 8 – Change by-law wording to allow incorporation in New Mexico - passed.
- Proposals 2, 3, 4, 5, and 6 regarding how to recognize Virtual Media Groups (online and telephone meetings) in the OA service and representation structure - referred back to committee for further work and action at a future conference.
- Proposal 9 – Eliminate gender reference in the 12 steps - defeated.

STRATEGIC PLANNING MEETING – May 4

About 100 delegates broke into five groups to discuss possible strategic actions for OA to take in one, three, and five years to bring the message of recovery to others, strengthen our meetings, and facilitate long-term recovery and abstinence from compulsive eating. A lively discussion ensued with enthusiastic results. I joined the sub-group “Strong Meetings,” and got to serve as the spokesperson after our brainstorming session, where the group came up with about 40 suggestions to strengthen meetings. All ideas will be shared in the final conference report in late summer.

CARRYING THE MESSAGE OF RECOVERY – May 5

About 12 delegates met to discuss how we can carry the valuable information we received back to our service bodies and how we can incorporate them into our service work. Some of the suggestions made include the following:

- Send e-mail dispatches to the local service body daily during the WSBC.
- Offer to speak for ten minutes at meetings about the Conference and how it affects all of us.
- Do an article series in the local newsletter – a brief summary or details.
- Remember to tell everyone “what will this do for the fat kid on the bus.”
- Tell everyone what the fellowship decided and get excited about it – whether or not you voted in favor of it.
- Communicated what our Intergroup or service body get from this conference.
- Talk about the WSBC at meetings and what it’s like.
- Print copies of final reports on nice color paper and leave on literature tables at meetings, perhaps with a “Free – Take One” sign.
- Let people know several months ahead of time almost continually about the WSBC to increase awareness.
- Submit a formal, but concise report to the Intergroup.
- Delegates must remember to check their ego, as not everyone will be interested in the WSBC.
- The larger a report, the less people will look at it. Do a short and a long version of the report. People can then choose which version to read.
- Get into out to virtual meetings – phone and online – join and attend them and let them know about the WSBC proceedings. Ask members what they would like to see and perhaps develop motions for future conferences.
- Stress that there is access to tremendous recovery at the WSBC.
- Invite other members to run for WSBC delegate positions.
- Stress the international experience of the WSBC.
- Increase the thread of continuity. Outgoing WSBC delegates can coach and encourage incoming delegates.
- Service is not a substitute for recovery, but adds to it. Service comes at all forms and levels, and it is all equal.
- If I think you have something to give, I will ask you to give service. Make a challenge!
- Provide copies of the WSBC report to Service and Tradition workshops.
- Give copies of the report to each attending Intergroup rep.

As always, this was a fantastic conference, full of inspiration, hope, incredible recovery, and service opportunities. I am most appreciative of the trust that the Intergroup has placed in me to represent our local meetings and thank you for the opportunity to give service. It helps my recovery and I hope this will help yours.

Respectfully submitted,

Mike Bernard, a gratefully recovering compulsive overeater
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