



MESSENGER

THE BIENNIAL NEWSLETTER OF REGION SIX OF OVEREATERS ANONYMOUS

SPRING 2015

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EDITORIAL POLICY

The MESSENGER is the biannual newsletter of Region Six of Overeaters Anonymous. **The deadline for copy is May 31, 2015 for the Fall edition.** Material cannot be returned, nor can payment be made. All submissions to the editor must be signed, and when published will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. The MESSENGER reserves the right to edit all submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and the MESSENGER as your source. Courtesy copies of reprinted articles are appreciated. The opinions expressed are those of the writer, not those of Region Six or OA as a whole. Please address all submissions and correspondence to the MESSENGER via email to: newsletter@oaregion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated on page 2.

A Message From Your Region Six Chair

Today is Thanksgiving. My family gathered earlier today for its turkey dinner in the cafeteria of the hospital where my younger brother, B., is in the intensive care unit. He received his second bone marrow transplant a few weeks ago and, although there has been no issue of rejection of the transplant donation, it is a viral infection that has run rampant through his entire body that threatens to take his life.

Miraculously, he is more coherent and seems better than he did 24 hours earlier. The prognosis is not good, but a family friend who works at the hospital and who has been of support from the beginning says she has seen miracles before. So, tonight, I am thankful for the ability and willingness to pray for a miracle because there is nothing else I can do. I have learned powerlessness in OA and I have learned that there are so very many things that are not in my hands, among them my brother's life.

If I had not found my way to OA, this would be a day of bingeing, purging, and raging. Today, I just cry, because it is absolutely appropriate to do so. I try to bring comfort to my sister, G., and my other brother, D. I try to bring comfort to my sick brother's children, A., S., and S., and his wife, M. I learned how to put aside any differences I have with them, and there have been many, and to be of service. OA's having put that tool at my disposal, service, somehow, eases my pain which is very real, but does not consume me. It does not lead me on a path of self-destruction with food or the need to find obliteration or emotional annihilation.

I can accept the hugs and kindnesses of the nurses and doctors and assistants who are strangers, but today I can let them in and allow God's angels in human form to care for me. I do not have to tough it out and I no longer want to. I learned from all of you, my

dear fellows in OA, to accept that pain is a part of life.

My friends and fellows in OA have offered their prayers for my brother in whatever manner they speak to God. I accept all and am grateful for all on my brother's behalf. I write this as a letter to myself, because by the time it is published, God will have made his choice regarding my younger brother. He will be here on earth or he will be in heaven.

May I do thy will, always.

Diana G.
Region Six Chair

A NOTE FROM THE EDITOR

We've been working hard on making improvements to the MESSENGER and would appreciate your feedback. Please send any comments, in care of the Region Six Coordinator, at the addresses listed at the bottom of column two on page two. Thank you in advance!

HYPERLINKS: One of the features that we have added is the ability to click on certain text within the newsletter to automatically open your internet browser and take you directly to the website or document referenced. When used, this text will be presented in a blue color and underlined.



The Region 6 Convention Committee invites you to "Reach Out for Recovery" at the 2015 Convention. Join your fellow OA members for a weekend of recovery and fellowship from October 23-25, 2015 at the Hilton Hartford in Hartford, Connecticut. Details are available online at www.oaregion6.org/2015.

If you've been to Region 6 Conventions before, you already know there'll be lots of meetings every day. You'll hear experience, strength and hope from all of the provinces and states which comprise R6 -- Eastern Canada to the Northeastern United States -- maybe even Bermuda! And if you've never been to a convention before, make this your first.

Online registration is quick and easy. It is the preferred way to register because it will save you time, money, and postage. The price for online registration is \$45 until August 15, \$50 after August 15, and \$60 at the door. (Hotel reservations are separate from convention registration. Prices are online.)

We are always looking for speakers and for people to volunteer to do service in various capacities, including entertainment, leading workshops, merchandise sales, and hospitality. When you complete your convention registration, you will have the opportunity to indicate what kind of service you would like to do, and someone will get back to you with more information.

We look forward to seeing you at the convention in October!

Reach Out for Recovery

October 23 – 25, 2015

The Hilton Hartford
315 Trumbull Street,
Hartford, CT 06103

www.oaregion6.org/2015

WHAT IS REGION SIX?

Region Six consists of Overeaters Anonymous meetings and intergroups from the following geographical locations: New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Central and Eastern Ontario, Quebec, Newfoundland, New Brunswick, Nova Scotia, Prince Edward Island and Bermuda.

The purpose of Region Six of Overeaters Anonymous is:

To further the OA program in accordance with the Twelve Steps and Twelve Traditions of OA;

To maintain a communications center for Region Six;

To provide a forum for the selection of Regional and General Service Trustee nominees;

To provide unity of groups and organization of intergroups within Region Six;

To host Region Six marathons and conventions as deemed necessary by Region Six;

To work for OA as a whole within the region or committees appointed by World Service.

UPCOMING REGION SIX ASSEMBLIES

Hilton Garden Inn Albany Medical Center

62 New Scotland Avenue
Albany, New York, USA 12208
(518) 396-3535

2015

Spring Assembly April 18

Fall Assembly October 3

2016

Spring Assembly April 16

Fall Assembly September 24

REGION SIX CONTACTS

Please direct Region Six correspondence to:

Region Six Coordinator

P.O. Box 761
South Salem, NY 10590 USA
coordinator@oaregion6.org

Please mail Region Six contributions to:

Region Six Treasurer

P.O. Box 448
Arlington, MA 02476 USA
treasurer@oaregion6.org

Please make checks payable to:

Region Six OA

The following information allows us to properly acknowledge your group's contribution: **WSO Group Number, Meeting City, Meeting Day, and Time ;**

Your canceled check is your receipt. If you require a written receipt, either send your email address or a SASE (self-addressed, stamped envelope) with your contribution. The treasurer produces a contributions report for each Assembly and each representative receives a copy. Non-represented intergroups may request a copy by email from the treasurer.

Region Six is excited to be able to accept Seventh Tradition contributions online!

**It's Fast!
It's Easy!
It's Secure!**

Log on to www.oaregion6.org and click on "Contribute" to find out more!

The Region Six Finance Committee requests all intergroups encourage their member groups to utilize the online donation option (via PayPal) on the Region Six website for their group contributions. Additionally, intergroups are encouraged to include a direct link to the Region Six contributions page on their own intergroup websites. The online contribution process via PayPal is a fast, easy, and secure method to send contributions to Region Six while removing the additional step of sending by mail. Region Six benefits from online contributions by improved tracking and recording while eliminating the delay associated with the retrieval from the mailbox. As always, we thank you for your contributions and support in helping to carry the message of recovery.

**Thank you for your service,
support & contributions!**

Message From The Region Six Trustee

Hi, my name is Karin and I am a compulsive overeater. I am writing this article after a very busy fall of travelling and OA service. I just returned from the November Board of Trustee (BOT) meetings in Albuquerque, NM which was a very productive time. We approved the budget for 2015 and approved funding from the Delegate Support Fund for 17 intergroups to attend the 2015 World Service Business Conference (including 4 intergroups from Region 6). We approved the following documents and they are all available on www.oa.org:

- the abridged version of the pamphlet [What if I don't believe in God?](#);
- the revised [Budget Guidelines for Service Bodies](#);
- the revised [Fundraising and Prudent Reserve Guidelines](#); and
- the revised [Guidelines for Public Information Events](#).

We also approved a workshop called The Difference between Abstinence and a Plan of Eating that consists of a PowerPoint presentation, leader's guide, and handouts. This was a Strategic Planning project for 2014. I encourage you to spend some time on www.oa.org. There is a wealth of information on there and be sure to check out the [What's New](#) section. I also serve on three Board committees: Board Approved Literature, Convention 2016 and Conference Planning, which are all very active committees that met at the November Board meeting.

In fact, this has been a busy year for me as trustee. It involves a bit of travelling. I led five Service, Traditions, and Concepts workshops. It was a lot of fun getting to know members from around the region and to share my experience, strength, and hope and hear yours. I also led a retreat, attended two R6 Assemblies and four BOT meetings, and had a "Wicked Awesome" time at the Region 6 Convention in Burlington, MA. We broke some records this year in terms of attendance and money raised. A job well done!

The Twelve Traditions provide the principles that keep OA groups strong and

healthy and are vital for the growth and life of OA. Honoring the Traditions ensures the survival of the group and we need the group to survive because we can't recover alone. **Tradition Four** says "Each group should be autonomous except in matters affecting other groups or OA as a whole." [The Twelve Steps and Twelve Traditions of Overeaters Anonymous: A Kid's View](#) simply states, "Every OA group makes its own decisions, but our decisions must not harm other OA groups."

Tradition Four tells us that we can run our own affairs, as long as we cause no harm to other parts of the fellowship. Groups have the freedom to do what works best for them. We are free to decide what format to follow, what to read in the meeting, to have a break or not, have coffee, etc. Decisions are made by group conscience. We also need to keep in mind our obligation to other groups and to OA as a whole. This means adhering to all OA guidelines and following the group conscience of OA.

Groups that ignore the Traditions bring discord to the fellowship. Our Traditions exist to prevent problems. Some things that harm the fellowship are: disagreements in group meetings that take precedence over sharing recovery, limiting membership, having abstinence requirements to share at a meeting, accepting free rent, letting the church where the meeting is held have influence on the group, promoting non-OA approved literature to members, meeting time used to promote outside issues, breaking members' anonymity, or focusing a meeting on a topic not related to recovery from compulsive overeating which is our primary purpose. It can be that a group may break a tradition because they are not familiar with them. Members have a responsibility to speak up. If we don't, the survival of the group is threatened.

If we attend a group that may be breaking any of our Traditions do we stop to consider the newcomer? The newcomer's first impressions of OA may be molded by the group's attitudes and actions. What messages are we carrying?

At Service, Traditions, and Concepts workshops we talk about the Traditions as well

as abstinence, service, sponsorship, the Twelve Concepts, and any intergroup concerns. Let me know if you would like me to come to your area. There is no cost to your intergroup.

I am committed to abstinence and this program of recovery. Life does have its challenges. My beloved dog passed away in August and that certainly was a rough time but abstinence has never been a question.

The program works, it really does! I wish you all the gift of abstinence one day at a time. Life is good!

Karin H.
Region Six Trustee
trustee@oaregion6.org

OA Members Share

A regular column where we ask our fellowship to contribute their experience, strength, and hope. For this issue of the newsletter, the selected topic was:

HOW HAS TWELFTH STEP WITHIN WORK INFLUENCED ME?

I was sitting on a beach at a retreat, having slept through the session after lunch, when the retreat leader walked by. She had noticed my absence and told me we would go over my Fourth Step after dinner, and asked me to think of a resentment. Oh, I had one alright. But the thing is, she must have seen my outstretched hand even if I wasn't aware it was reaching. I can't say that I found my abstinence at that moment but it had a profound impact on my recovery. Someone cared about me and noticed me. I did meet with her after dinner and she continues to be an influence in my recovery and my life. Since then I have gone on to lose over 200 pounds and now have over 3 years of abstinence.

I see other people's outstretched hands; sometimes they are aware, sometimes they are not. It is difficult when I keep reaching and there is no one behind the hand to grab mine back. But I keep trying. I need to, for my own recovery. And there is no feeling better than hearing the story of one who "gets it," finally, in their Higher Power's time. My job is to share my Experience, Strength and Hope with all the energy, excitement and enthusiasm I can muster.

~Lyn C., Western Mass Intergroup

I called another OA member one early evening, one whom I hadn't seen at OA meetings for a while. She was just about to order dinner in a restaurant with another family member. She had been missing from OA meetings for a while and wanted to recommit before she ate dinner, to eat an abstinent meal that night. What I could do, after ending the call, was say a prayer for her.

~Anonymous

Many years ago, I spoke with a woman briefly after a meeting. She had been struggling with emotional and spiritual recovery, if not with the food. I have no idea what she said to me or what I said to her, but I am sure it was my Higher Power who spoke to her through me! Several weeks later she came up to me and let me know what a big difference I had made in her life. It was very humbling since I had no idea what a big impact HP and I had had. It could have been as simple as listening to her while she spoke and not judging her; perhaps hugging her and letting her know that she was not alone.

To me, there are two parts of Twelfth Step Within, which is carrying the message of recovery to those who are in OA and are still suffering. Often this is recognized because the member is not in meetings or has left the program. But I know from experience that it is easy to be suffering without showing it, on any or all of the three levels (physical, emotional, spiritual), and still be attending meetings. So my "hidden definition" of Twelfth Step Within is plain old "carrying the message of recovery within the rooms" whether it's to people who are temporarily out of the rooms or who still attend meetings.

Doing service of any sort reaches many members, and perhaps potential members as well. I have gone down the phone list for

a meeting and called everyone whether I've seen them or not; kind of an extended "we care list", if you will. I know when I receive a call out of the blue from a member, whether I know them or not, it ticks my day up a notch or two, even if I don't have time to speak with them. I know one member who calls me once in a while and asks me to read with her from one of our daily readers! What a wonderful service she does!

Sharing my experience, strength and hope at a meeting or on an email list helps to carry the message within the rooms (or along the wires), and it comes back to me as well to see how far I've come.

I think that OA members do Twelfth Step Within "work" much more than they realize it and they don't even think of it as "work." Just keep coming back and keep on "paying it forward!"

~Anonymous

At our recent Assembly in Albany, NY, we were asked to share on the effects of Twelve step within work - carrying the message to members who are suffering or to those who have left our fellowship. I have often wondered whether it is appropriate to call people who were not coming to meetings anymore, especially since when I did call, the person did not sound all that happy to hear from me. At times when I left a voice mail, I did not receive a call in response. But then at meetings I have heard people share their gratitude for receiving calls while out experimenting even if they did not respond to voicemails. I personally appreciate getting OA calls when I am suffering. It reminds me that we care for each other and that I am not alone. Thanks for the opportunity to share.

~Marilyn C., Montreal English IG

Bringing Twelfth Step Within Home to Our Intergroup

My name is Nancy K. and my fellow OA Leslie M. and I have had the privilege of representing SEACOAST INTERGROUP on the Region 6 Twelfth Step Within Committee. Our service at the Region level has led to more awareness of Twelfth Step Within action in our own community.

Leslie and I came back from the Region 6 Assembly and suggested that our intergroup begin a Twelfth Step Within Committee in our area. This resulted in more discussion at intergroup about meetings

closing and reduced attendance.

Intergroup sent out a survey which asked about members' experiences in OA. The results showed that many members (over 50%) were struggling with getting and remaining abstinent. In addition, many members did not have sponsors. These survey results lead to further "brainstorming" at our Intergroup as to how we could best "reach out to the still suffering compulsive overeater."

We passed out the flyer and suggested script that our Region 6 Twelfth Step Within Committee suggested for reaching out to members who are suffering, especially on the 12th of the month. Many of the meetings have included paper and pen in the "We Care Book" so members can write down names of those they'd like to contact. Now, the suggestion to call others on the 12th of the month is announced frequently at meetings.

Our Seacoast Intergroup decided, that instead of sending a rep to WSBC in Albuquerque this year, we would use the funds to present two workshops: (1) LIVING IN THE SOLUTION (focusing on Steps, Traditions, Abstinance, and Sponsorship) facilitated by our Region 6 Trustee; and (2) FREEDOM ISN'T FREE (focusing on abstinence and recovery), which will be led by a long-timer who has done service at the Regional level.

Our IG also decided to start a new meeting focused primarily on ABSTINENCE AND RECOVERY FROM RELAPSE. This format was decided on as a way to encourage and reach out to those who were having difficulty with their abstinence or with some aspect of their recovery. This meeting offers weekly speakers who've experienced some long-term recovery from compulsive overeating. The speakers share their experience, strength, and hope. It has been very well attended and we've seen people return to the rooms.

Our Intergroup Chair, has re-tooled the intergroup website to include member stories of what it was like, what happened, and what it is like now in recovery, as well as information about getting a sponsor and connecting with OA members in recovery. In addition, this website has links to Region 6 and World Service as well as local intergroups.

I really think our involvement on the Region level with the Twelfth Step Within

Committee has inspired us in concrete ways to move into action to extend the hand and heart of OA to the “still suffering compulsive overeater” in the rooms.

~Nancy K. & Leslie M., Seacoast Inter-group, Maine, USA

When I Got a Twelfth-Step-Within Call

After enjoying more than four years of beautiful abstinence from compulsive overeating, a difficulty appeared in my life that sent me into a tail spin. In my desperation, I let go of the abstinence I had, which made everything worse. After struggling for a few months to stay abstinent and face the difficulty without avail, I ended up leaving OA overweight and disappointed. I felt that I was let down by God and the program.

I went to another food program for a year and left that too. After that, I really didn't want anything to do with program, and I did my own thing until it became obvious to me that on my own I was a mess – I couldn't stop the constant cycle of dieting and bingeing.

So, out of pure frustration and unhappiness, I went back to OA and I wasn't happy about it. I was going to meetings but I wasn't working the steps and, of course, I kept bingeing every week. I was miserable. I had one foot in OA and one out. Since this wasn't working, I decided to get a sponsor, but she was not a good match for me since we never could connect to work the steps.

This was convenient, because all I wanted was to eat whenever and whatever I wanted and still be skinny. Going to meetings while bingeing was what I had done right before I left OA the first time around, so I was back to being disappointed in the program. I decided to give up on OA again.

I went back to my old routine of looking for a way to control my eating: reading books on how to eat like everyone else and still lose weight and diets. I also started seeing a mindful eating therapist while listening to motivational speakers. These things made me feel like I was gaining control but it was always short lived and became a cycle of restricting, eating whatever I wanted, then bingeing, then going back to restricting and so on, and so on. While all of this was happening I was unhappy, wanting to die because I couldn't trust myself; I didn't have the integrity and the will to master what I wanted so badly - to stop bingeing and get back to my natural weight.

One day I got a call around 8 a.m. from an OA member. I don't know why I answered the phone. That morning I was feeling down and so fed up with my compulsion, and it was my habit to avoid people at all cost when I felt like this. He called me to ask me how was I doing, and I told him truthfully what was going on. We spoke for a long while. I felt comfortable to speak to him truthfully because I felt and knew that he wasn't asking anything of me, he simply wanted to know how I was doing. He told me how he had felt the same way and how he had gotten better. Our conversation

was so open, and he sounded so well and sane and as if he had order in his life, that it made me want to try OA again. I wanted what he had. I committed to him to go to a meeting that day and I have kept coming back. It hasn't been an easy journey but I'm here. Slowly things have been getting better and I'm very grateful for his phone call and his willingness to help me.

I don't know why I had to go through such a difficult time or why I wasn't strong enough to get through my difficulty without falling apart and losing so many things that I valued, but I'm now in a good space, I'm slowly trusting God again. I hope that when bad things happen again, I can react in a different manner and hang on to God and the Twelve Steps of OA one day at a time.

~Anonymous, Toronto, ON, Canada

Help carry the message by contributing to the MESSENGER! Please send in your experience, strength, and hope on the topic for our next issue:

HOW DOES HAVING A SPONSOR AND/OR BEING A SPONSOR STRENGTHEN YOUR RECOVERY?

Please send your contributions, in care of the Region Six Coordinator, at the addresses listed at the bottom of column two on page two. If sending via email, please add the text “SPONSORSHIP SHARE” in the subject line. The deadline for your contribution is May 31, 2015.

Highlights of the Unapproved Region Six Fall Assembly Minutes

REGION 6 FALL ASSEMBLY

SATURDAY, SEPTEMBER 13, 2014

Hilton Garden Inn, Albany Medical Center, Albany, NY

Preliminary Business

An OA meeting was held 7:45-8:45am and first time representatives registration was held 9:00-9:15am.

Region 6 Trustee Karin H. held the new representative orientation and explained the procedures of the R6A to the new representatives in attendance.

The meeting was called to order at 9:50am by Chair Diana G. with The Serenity Prayer in English and in French by Kelly-Ann L. from the Outaouais French Inter-group. Diana welcomed

everyone to assembly today.

The Twelve Steps, Twelve Traditions, and Twelve Concepts were read by new representatives.

Announcements

Diana announced that there will be elections for R6 Board positions of Vice Chair, Secretary, and Treasurer and there will be an election for WSBC Reference Sub-Committee Delegates, and to affirm the R6 Trustee. The Trustee affirmation must be a paper ballot.

We also will be electing Chairs for each of the R6 Committees today at the committee meetings. She went on to explain the requirements for the committee chair position. She then introduced the chairs of each committee present today and had them

Highlights of the Unapproved Region Six Fall Assembly Minutes (cont'd)

pick up their paperwork for assembly.

Diana reminded the committees that Secretary Laura R. needed to receive all reports today by 5pm.

Diana announced that there will be two presentations at assembly, one from the Treasurer Kelly C. and one from Karen S. from the Youth in OA Committee.

Diana announced that we will be raffling off the R6 2014 Convention prizes and Lifeline today. There will not be any transferring of prizes.

Vice Chair – Debbie H. asked that if any of the reps have concerns with the hotel to let her know, as she is the liaison between us and the hotel. She went on to have everyone look at her report, where all committees will see where they are meeting today.

Trustee Karin H. announced there will be a meeting for the 2015 R6 Convention Committee at noon.

10:30a - 12:10p –Each committee broke out for their meetings

12:15 -1:10p –Lunch

1:15- 1:25p - Registration/Break

Roll Call

Laura called roll call R6A for September 13, 2014. Total R6 Representatives 54, R6Bd 6, which gives us for voting today 31 for Simple Majority and 40 for 2/3's Majority.

The Standing Rules were presented and adopted as presented. The agenda for today was adopted as presented.

Minutes Fall 2014 R6A

Laura R. asked if there were any corrections to the minutes. The minutes were accepted as presented.

Announcements

Introductions of Officers/Former Officers:

Chair Diana introduced the present R6 Board and had all former officers introduce themselves.

First time representatives, visitors, and service volunteers were introduced.

Volunteers

Center Mic: John C. (Western Mass. Intergroup); Minutes Approval: Jessie B. (Suffolk Intergroup), Amy J. (Greater Rochester Intergroup); Registration: Andrea F. (Greater NY Metro Intergroup), Lynn C. (Western Mass Intergroup); Tellers: Kelly-Ann L. (Outaouais French Intergroup), Sharon (Connecticut Intergroup); Timekeeper: Jen (Metro West Intergroup).

Officer Reports

Each officer gave a synopsis of their work for the region. Full

reports were available in the Fall 2014 R6 packet. They were available for download from the R6 Website.

Committee Reports

One member from each committee gave a brief report of the work their committee accomplished during the morning session. Full reports will be available in the Spring 2015 assembly packet. Summaries of the reports will be online in the MESSENGER.

The afternoon break included the writing session with the topic being given from the Twelfth Step Within Committee.

PI Caucus: The board met and discussed the recommendations from the PI Committee for the PI Blitz submissions. The board awarded PI Blitz funding to the Outaouais French Intergroup \$645.00 and Ottawa Intergroup \$1083.76.

New Business

Board Elections: Chair Diana explained the election process and explained the affirmation for the Trustee position.

After giving brief qualifications and answering questions, the following officers were elected: Vice Chair Barbara B. (Mid-Hudson Intergroup), Secretary Susan P. (Ottawa Intergroup), Treasurer (re-elected) Kelly C. (Mass Bay Intergroup). Trustee Karin H. spoke of her qualifications as trustee, answered questions, and was re-elected as R6 Trustee.

WSBC Reference subcommittee elections: Bruce R. (Ottawa Intergroup), and Lynn C. (Western Mass. Intergroup) were elected and Ann B. (Nassau Intergroup) will be the alternate.

Bylaw Motions/Policy Motions

MOTION #1

This bylaw amendment passed, changing the name of the Youth in OA Committee to the OA Young Persons Committee in order to better reflect the age range of the fellowship members to which the committee intends to be of service, and to be in alignment with the corresponding WSBC committee.

MOTION #2

This policy amendment passed, changing the name of the committee in this document as well, and updating the policy statement to better reflect the purpose of the committee.

MOTION #3

This policy amendment passed, giving the Region 6 Board the latitude to reschedule the date and/or geographic location of the Spring 2015 and Fall 2015 R6 Assemblies, in order to handle matters expediently when necessary.

Convention Committee Motion

This motion passed, giving the committee the "OK" to proceed with plans for Region 6 to host the 2015 Convention in Hartford,

Highlights of the Unapproved Region Six Fall Assembly Minutes (cont'd)

Connecticut at the Hartford Hilton, 315 Trumbull Street, from October 23rd to October 25th, 2015, allowing the furthering of OA unity, fellowship, and carrying the OA message of recovery, and giving Region 6 the opportunity to benefit from the funds raised by hosting the convention. Diana spoke of the theme for WSBC 2015 'Miracle of Abstinence' and described resources on the OA website.

The Finance Committee presented a skit to encourage the use of PayPal for contributing to Region 6.

The OA Young Persons Committee presented the NEW Young Persons Packet to all in attendance.

Diana presented Debbie H. (outgoing Vice Chair) and Laura R. (outgoing Secretary) with gifts from the Board for their service. Life Line Raffle Winner: Gilles (Quebec French Intergroup) R6 Convention Raffle Winners: Susan H. (convention registration), Dorothy M. (set of convention recordings), Bill C. (Whole Shebang: registration, full set of recordings, hotel package)

First Timers Ceremony

Diana asked the 1st timers to come up front and place their blue dots on their back. Diana then said, "You now have your 1st R6A behind you."

It was announced that as of 4:42p today we have 475 expected attendees for the 2014 R6 Convention.

Chair Diana G. closed the day of business at 4:45pm with the OA Promise.

Respectfully submitted by,
Laura R.
Secretary R6

Minutes Approval Committee

Jessie B., Amy J.

Debbie H. shared the dates for IDEA Day and Twelfth Step Within Day.

Decided that a long term goal of the committee is to increase awareness across our member intergroups of Twelfth Step Within resources available from both the Region and World Service.

Decided to work with the Newsletter Committee to invite OA members to write about the impact of Twelfth Step Within work on personal and/or group/intergroup level and to share Twelfth Step Within successes.

Decided to circulate a flyer inviting groups to recognize/celebrate IDEA Day within the Region. "What is your Intergroup Doing? Please tell us" and "What is your idea for IDEA day?"

Decided to redo the evaluation of the "Telephone on the 12th" program for December.

Decided to resubmit stories from "Telephone on the 12th" program to Newsletter Committee.

Decided to share the newsletter question with intergroups for possible submissions to the MESSENGER.

Decided to create a flyer about IDEA Day activities and submit to Debbie H. for review and circulate it to Region 6 intergroups via R6 Chair and Coordinator.

Decided to draft a memo of re-evaluation of "Telephone on the 12th" program and submit a request to Debbie H.

Decided to circulate a request to intergroups to participate in program evaluation via R6 Chair and Coordinator.

BY-LAWS COMMITTEE REPORT

CHAIR: JEFF S., SECRETARY: KAT N.

Diana G. as Chair and Anne as parliamentarian attended the meeting.

Bruce R. was elected as chair and Kat N. was elected as secretary.

Discussed modifying bylaw Article VII Section C III to lessen the restrictive requirements for eligibility for committee chair positions. A motion was passed to formalize a bylaw amendment for submission to the 2015 Spring Assembly to read, in part, "have attended at least one (1) previous R6A."

Discussed reviewing the attendance requirements (Article VI Section D) for officers. Anne pointed out that this bylaw is not a World Service requirement and could be changed. Diana G. stated that the current wording helps ensure that the officers have sufficient experience.

Committee Reports

TWELFTH STEP WITHIN COMMITTEE REPORT

CHAIR: TERRY G.; SECRETARY: AMY J.

Decided that the statement of purpose for the group be aligned and focused with WSO Twelfth Step Within Handbook.

Reviewed the "Telephone on the 12th" program and previous evaluation.

Committee Reports (cont'd)

Policy number 008 Section A was discussed. It's not clear when the start of a newly elected chair's term officially begins (this Assembly or the next) and when it ends. This will be reviewed before the next assembly.

Goals / Actions which will be completed by the next assembly:

Discuss a bylaw amendment that was drafted at the 2014 Spring Assembly to change the name of the Newsletter Committee to Web and Publications Committee. The amendment was not in the proper format, so it will be formatted properly and submitted in the future.

CONVENTION COMMITTEE REPORT

CHAIR: SUSAN P., SECRETARY: HELEN K.

Convention 2014 on track for Burlington (10/24-10/26) with 475 registrations and 330 room nights reserved, so we have met contract specifications.

No intergroup came forward for 2015. It was decided that a motion would be presented for the convention to be sponsored by the region as a whole. It will be held at the Hilton in Hartford, CT.

Committee continues to encourage intergroups to consider hosting future conventions. There is a lot of support available for hosting a convention; no intergroup has to do it alone!

Kara from Ocean and Bay Intergroup, R.I. will be chair of the Region 6 Convention Committee.

A goal was set to have a successful convention in Burlington, MA, and a goal was set to find a host for the 2017 Region 6 Convention, with suggestions of Nova Scotia or Bermuda.

FINANCE COMMITTEE REPORT

IN ATTENDANCE – CHAIR: DIANA G., TREASURER: KELLY C., & SIX MEMBERS.

TRACY L. (ROCKLAND COUNTY IG) WAS ELECTED FINANCE LIAISON, & ANSLEY VOLUNTEERED TO TAKE MINUTES.

Welcomed Region 6 Chair, Diana G., to oversee our committee meeting today.

Discovered that in the Policies and Procedures, the "Finance Chair" and the "Treasurer" are referred to as two separate people when in actuality it is one person. Diana said that the R6 Board could evaluate that bylaw and the committee could discuss how to word it and present a bylaw amendment.

Discovered a miscalculation in expenses for FY 2013-2014 and revised. Budget and Actuals were approved with that change.

Performed a spot check of contributions report and an expense paid and both had satisfactory backup documentation.

Discussed insurance for checking account and finances.

Concluded that Region 6 is in a healthy financial situation, after reviewing the finances.

Asked R6 Treasurer to send them a screen shot of financial statement.

INTERGROUP OUTREACH COMMITTEE REPORT (IGOR)

CHAIR: WAYNE R., SECRETARY: BARBARA S.

Discussed updating/revising the OA R6 Intergroup handbook. A subcommittee will send an updated version to the committee for review and subsequent discussion.

Discussed setting up an IGOR Google Group and decided to do this. It will include past and present committee members and Region 6 board members.

Discussed ways to increase awareness of IGOR. A subcommittee will brainstorm and present ideas to the committee during the next conference call. Intergroup officers will be contacted via email quarterly with IGOR updates.

NEWSLETTER COMMITTEE REPORT

CHAIR: JILL M., SECRETARY: BRANDON H.

Discussed how to maintain consistent communication throughout the year.

Discussed changing the committee name to Web & Publications Committee.

Discussed the need for outsourcing layout.

Discussed removing some of the more 'dry' info and replacing it with more personal content.

Decided on the question for the Region 6 Assembly to write about.

Elected Carmen D. as committee chair and assigned tasks to committee members.

Acknowledged as a goal that the MESSENGER would be published online and distributed via email.

Decided to hold a conference call to keep members up to date.

Decided to confirm that a motion to change the name of the committee was in progress.

Created a schedule for the Spring 2015 Messenger.

Committee Reports (cont'd)

Decided to publish the Spring 2015 Assembly question in the Spring Messenger so that members outside the assembly may participate in the writing.

PUBLIC INFORMATION/PUBLIC OUTREACH COMMITTEE REPORT (PI/PO)

CHAIR: BARBARA B., SECRETARY, MARY T.

Elected Mary T. as committee chair.

Read the purpose of the committee from the Policies and Procedures.

Determined that email discussions are the best way to communicate.

Discussed with Bruce from Ottawa (Women's Show) items, project, tracking, and reports to R6 PI chair.

Discussed with Carmen from the Outaouais French IG that Le Droit is the most read French paper, even in U.S. area.

Followed up on past PI Blitz reports sent to Barbara.

Determined that a review of the PI Blitz follow-up procedures were needed to consider modifying them.

The committee made a recommendation on PI Blitz submissions to the board.

Barbara will be asked to resend feedback on previously funded projects.

Discussed that it would be helpful to have a chair with a longer term; the rotation of this position has caused continuity issues.

Discussed that it would be helpful to survey Region 6 for ideas and best practices from low tech to high tech; what works and what doesn't. Decided to create a survey to offer at Spring 2015 Assembly.

OA YOUNG PERSONS COMMITTEE REPORT

CHAIR: ROBIN L., SECRETARY: KAREN S.

Elected Robin L. as chair.

Discussed the best way to get the brochures to intergroups not present at R6A.

Stuffed Young Persons packets which include the WSO packet, a cover letter, and a brochure.

Decided to review as long term goals: have these packets been helpful? Do delegates have any suggestions or additions to what the committee presented?

Excerpt from an article submitted to us by The Members of the Sunday Southwick OASIS Meeting:

Dear OA Brothers and Sisters,

On March 23rd, 2014 the Sunday Southwick, MA OASIS Meeting had the great pleasure of celebrating our 10th Anniversary. Our celebrations over the years have been delightfully fun to plan and participate in. We have a long tradition of singing songs, performing skits, and occasionally banging on drums and dancing to celebrate our anniversary. As the AA Big Book (pg. 132) says, "But we aren't a glum lot...We absolutely insist on enjoying ourselves."

This year's program included two song parodies of favorites from the groovy hippy era. We've submitted the songs here for your pleasure and hope you may enjoy some of the fun and inspiration we had performing them.

Since we are a bilingual region, we found that we were unable to translate these songs into French without compromising the message. We want to make them available to those who wish to have them, so if you would like a copy of these songs you can download them at the following link...

[Sunday Southwick OASIS Meeting Song Parodies](#)

If you have a printed copy of the newsletter or the hyperlink is not working, use this URL: <http://wp.me/agTvL-r6>

The MESSENGER is produced through the efforts of the members of the **Region Six Newsletter Committee**:

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