



MESSENGER

The Bi-Annual Newsletter of Region 6 of Overeaters Anonymous

Fall 2009

Message from the Region 6 Chair

Hi, my name is Karin and I am a grateful recovering compulsive overeater. Thanks to the program and the fellowship of Overeaters Anonymous I have been abstinent almost 18 years now and how different my life is today. When I first came to Overeaters Anonymous over 20 years ago I was over 200 pounds, totally obsessed with food and I couldn't stop eating. I came to OA to lose weight. I wanted to be thin but didn't really want to stop overeating. I certainly didn't come here for a spiritual awakening, even though I didn't understand what that was. I was looking for a physical solution. I thought all I had to do was lose the weight and my life would be great. I've learned since that the 12 steps are an inside job; that we heal from the inside out. The solution OA offers is spiritual and it took me almost 3 years to accept it. I didn't leave OA but I was in and out of relapse until I became convinced that I had a problem. I am powerless over food. I also became convinced that there is a solution – HP and the 12 steps.

Simple, but not easy. I do my best to work the 12 steps with my sponsor. One day at a time. I was at a retreat recently and the leader said that if you are not working on your program of recovery - you are working on your relapse. Well I certainly don't want to work on a relapse, so I keep using the tools to work the steps.

I am so very grateful for my recovery in OA. I am happy to give back to those who still suffer. I am also happy to be serving as the Region 6 chair. It is proving to be fun and I am learning a lot. Since the Spring Assembly I attended the WSBC in May in Albuquerque, NM. I am also a member of the Region Chairs Committee and we met in May and will travel again to Albuquerque in August to meet with the BOT. The Region 6 Board met by teleconference call in June to begin the process of planning the fall assembly. We are also in frequent contact by email. At the fall assembly we will make a few changes to the agenda based on suggestions from the fellowship at the spring assembly.

I would like to welcome Mary Rose to the Region 6 Board. She was elected Region 6 Trustee in May and she has already been hard at work in her new service position.

I am running for Chair again at the fall Assembly. I am beginning to feel like I am getting the hang of this position and would be grateful for the opportunity to serve for another term.

Thanks for letting me serve.

*Karin R. H.
Region 6 Chair
chair@oaregion6.org*

Serenity
in Stamford

OA Region 6
2009 Convention
October 23 - 25, 2009
Stamford, CT
www.oaregion6.org/2009

REGION 6 CONTACTS

Please mail R6 contributions to:

Zazu G.
R6 Treasurer
P.O. Box 3073
Milford, CT 06460 USA
Please make checks payable to: **Region 6 OA**

The following information allows us to properly acknowledge your group's contribution:

WSO Group Number
Meeting City
Meeting Day & Time

Your canceled check is your receipt. Your intergroup will receive an acknowledgment at either the next R6 Assembly or mailed with the next issue of The Messenger to your intergroup. Please ask your groups to be as generous as possible. Thank you for your support, service and contributions.

**THE MESSENGER is the publication of
Region 6 Assembly of Overeaters Anonymous
7 Porter Park
Cambridge, MA 02140-2107**

WHAT IS REGION 6?

Region 6 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 6 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 6;
- 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 6;
- To host Region 6 Marathons and Conventions as deemed necessary by Region 6;
- To work for OA as a whole within the Region or Committees appointed by World Service.

Upcoming Region 6 Assemblies

October 3, 2009
Best Western Albany Airport Hotel
200 Wolf Road, Albany, NY 12205
(518) 458-1000
www.sovereignhotels.com

April 17, 2010
Best Western Sovereign Hotel Albany
1228 Western Avenue
Albany, NY 12203
(518) 489-2981
Reservations: 1-800-528-1234
E-mail: gm@sovereignhotels.com

THE MESSENGER Staff

The Messenger is produced through the efforts of the members of the Region 6 Newsletter Committee. We are:

Debi G.....Chair
Harry W.....Editor
Elsa P.....Proofreader
Jill M.....Layout and Production
Steve M.....Web site and Publications Coordinator

Editorial Policy

The Messenger is the bi-annual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is the July 1 for the Fall Edition and January 1 for the Spring 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 6 or OA as a whole. Please address all submissions and correspondence to The Messenger via e-mail to: Newsletter@OAreion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated above.

*The Newsletter Committee could use your help. We need editors and proofreaders. You don't need to be perfect, just willing. For more information, please send e-mail to newsletter@oareion6.org
THANK YOU!*

Trustee's Message

Awaiting Your Word

Throughout the 2009 World Service Business Conference (WSBC), we described OA as an “inverted pyramid”. At the wide top, members guide the organization, forming groups, establishing local group conscience, and joining into Intergroups for projects too large for one group to do on its own. Geographically and now also virtually, Intergroups coalesce into Regions composed of 30-to-50 Intergroups. Finally, at the pointed bottom, each region contributes one trusted servant—a trustee—to form the World Service Board of Trustees (BOT) consisting of ten Regional trustees and six General Service trustees.

The ONLY way trustees receive their mission is by instruction of the OA membership, either when delegates from throughout the world meet yearly at the WSBC to review and update our policies and program, or when OAs within our individual regions call upon us for support, traditions understanding, and workshops. Trustees do not “direct” the membership in what to do; rather, the membership directs us.

Yesterday, a person new to program asked if I was too “high up” in the program to sponsor people. (Tell this to my sponsees who anchor *me* to the ground.) I explained to her my vision of OA as a large, packed coffee filter, and that my work begins when the messages from the membership filter DOWN. I often recall my Big Book sponsor’s dictum: “We are *all* bozos on the bus.” This riled me the first time I heard it; today it is a baseline truth for me. High up? I haven’t been high for fifteen years, celebrating my clean anniversary this July. Better than, or different from? None of us would be here if we did not suffer from this disease. I have little choice as to what caused it; today my one choice is whether or not to pick up the “simple kit of tools” that keeps me working the Steps to the solution I seek: recovery.

While doing the Big Book work that led me to recovery, my sponsor had said, “Anyone who has had as many relapses as you have had *must* do service beyond the group level! It is the only thing that will keep you abstinent.” From her lips to Higher Power’s ear, I have been giving service wherever asked ever since.

How did I become a trustee? At the 2008 WSBC, Dodie Hawkins—the chairman of the board at that time—announced an interim vacancy for General Service trustee (GST), the administrative group that supervises the work of the OA World Service Office, and that no one had yet applied for the position. When answering the application question “Why are you applying for this position?”, I wrote “Nature abhors a vacuum, and so do I.”

Unbeknownst to me, five other people also spent most of their night writing applications. With six candidates to choose from and a level playing field (all of us being abstinent compulsive overeaters offering service), the BOT took five ballots to finally select the new GS trustee: Joe Lawson, the former chair of Region 5. A year later at the 2009 WSBC, I was elected regional trustee for our Region 6.

I am not worried about filling *trustee-emeritus* Margaret Ann B’s shoes. I would not *think* of filling her shoes, as her feet are still in them and she is among us, working her program and her charm in service to us all. What I learned in watching her over the years is

how to live a serious commitment with great wit. When events get big—and they have, very quickly—I know she is there for insight and support, as are past trustees Dexter, Bob, Pat, Roberta...and my close abstinent program fellows, each of whom is a wellspring of counsel and consolation.

Thus, on my personal OA business card, I quote p. 132 from Alcoholics Anonymous, to remind me to wear this program both seriously and lightly: “*But why shouldn’t we laugh? We have recovered, and have been given the power to help others.*” The best way to keep what I have is by giving it away. As the poet says, “All lose, whole find.”

Grace of God, this is my trust, that as you ask for support, I might be of service: to you, to my own program, and to our region in OA events both small and great.

Mary Rose D.
trustee@oaregion6.org
4 July 2009

OA Members Write On: **How OA Service Has Helped Me To Be Willing** **To Get Comfortable Outside My Comfort Zone**

From the moment I began doing service in OA and people smiled at me, said thank you, and caused me to feel important, I became willing to stick with it and do even more service. I was so withdrawn and frightened when I joined OA, that my soul yearned for relief. The first time I became interested in service is when I heard our Intergroup rep give her report. I wanted to badly to be able to do that, and my sponsor said “stick with the winners and go ask her how she became a rep.” I was willing to turn my discomfort over to the care of my group, not having yet found my Higher Power, and when I gave my first Intergroup report after my first Intergroup meeting, my heart came alive and I knew there was hope for me to feel happy and to feel a sense of satisfaction. I’ve been willing, on a daily basis, to get out of my comfort zone for service, because service keeps me alive and abstinent. I am currently finishing my second term as Intergroup Chair, I am a R6 rep, and a World Service Business Delegate. Comfort zone? I’m happy, joyous, and free!

Andrea F., Greater NY Metro Intergroup

Every service job I took on in OA pushed me out of my comfort zone, because I was afraid of doing everything. Service has been a huge and strong force in my recovery. Growth has come with every job I’ve taken on. It’s brought self-esteem, good pride, and has given me new skills. It gives me confidence to take on more service because of the great feeling of being of service to other members and to OA that I love so much. I have all this and not “eating over” anything. Service has strengthened my abstinence for 30 years!

Judy C., Metro West Intergroup

Committee Reports

Region 6 Assembly – April 18, 2009

BYLAWS COMMITTEE

IN ATTENDANCE:

Chair, Bruce R (Ottawa), Penny C (So Coastal Ma), Walter B (W Mass), William G (New Hampshire), Gloria S, Mary Louise C, Di F (North Shore), Andrea F (Greater NY Metro), Barbara B (Southern Tier NY), Karin R (R6 Chair), Ann W (Parliamentarian)

DECISIONS MADE:

- Remove Motion #2
- Amend Motion #3 to remove the word “trustee”
- Remove Motion #4
- Refer Motion #7 back to committee

GOALS/ACTIONS:

- To be completed by next assembly
- Rework Motion #7
- Motion to adjourn, so the rest of the agenda was not discussed.

ASSIGNMENTS AND DEADLINES:

- None

CONVENTION COMMITTEE

IN ATTENDANCE:

Chair Charlie G (Nassau), Acting Secy Roberta L (Nassau), Jill C (New Brunswick), Linda Z (Greater Syracuse), Danielle S (Chair R6 2009 Conv.), Lee R (Co-Chair R6 2009 Conv.), Gil P (S Coastal Mass), Celeste K (Nassau), Camille T (Southeastern Conn), Cathleen P (Green Mtn. North), Marie M (Capital District NYS), Charlene G (Seacoast), MaryRose D (Greater NY Metro), Esther B (Connecticut), Judy C (Metro west)

ISSUES DISCUSSED AT MEETING:

- Convention 2008 Final Report- net: \$17,386.40 profit
- The only complaints were hotel being too small, food lines too slow.
- Positives: Barbara and Gil always visible.
- Some problems booking hotel have been observed - please contact comm. Chairs if there is a problem with Marriott booking.
- Speaker notification will be in mid September, please tell people who submitted tapes not to worry.
- 2010 Convention Proposal, Villa Roma was presented. No Intergroup has volunteered.
- Possible group intergroup convention again.
- Convention March 2011 as to combine 2010 and 2011 since World Service is having 50th Celebration July 2010.
- Snow concern. Possibility skip 2010 and have it 2011. Need volunteers. Region – Canada, Northern New England
- Danielle has volunteered to chair next convention in October 2010 if no one else comes forward.

DECISIONS MADE:

- Weigh stations so flow on buffet line will be quicker.
- Lee’s tapes will have a separate area to sell AA tapes as well as convention and OA tapes.
- Blurb advertising the economic breakdown will be added to the web site.

- Contact Experient again to find us some sites.
- Next Committee conference call June 17 @ 7P to look at proposals offered from Experient.
- Danielle Conv. Chair will book conference call; Dsmith3065@msn.com
- All previous convention committee members’ sites of prior R6 conventions will be contacted.
- Charlie will look into on-line registration.

NEW BUSINESS:

- Possible cruise for our convention? Bermuda 2011?
- Is there a fundraiser R6 can bring to World Service?

Meeting closed with OA Promise

FINANCE COMMITTEE

IN ATTENDANCE:

Chair Alyssa M (Greater NY Metro), Ray F (Greater NY Metro), Randie P (Ottawa), Rhea Q (Western Mass), Jean B. (Mass Bay), Zazu G (R6 Treasurer)

ISSUES DISCUSSED AT MEETING

- Reviewed “How to do the R6 Treasurer’s job” prepared by Zazu.
- Confirmed changes to treasurer’s spread sheet and expense procedures have been made.
- How to reimburse Zazu for stamps
- Reviewed Budget Motion (donate 15% of convention profits to WSO Rather than 10%.)
- Reviewed Budget
- Funding the translation for our R6 Web Site to French.

DECISIONS MADE:

- Zazu will purchase a roll of stamps for treasury use only.
- Reimbursements tied to the federal rate, but a date needs to be specified (Friday before Assembly)
- Adding a line item in the budget for translation of the web site

GOALS/ACTIONS:

- Each will review the How to doc and email Zazu revisions.
- Prepare a motion for revising delegate travel reimbursements including tolls.
- Revamp reimbursement forms and then have them available on line.

ASSIGNMENTS AND DEADLINES:

- Motion for reimbursement of delegates travel to be drafted by Ray F
- Zazu will work on revisions of treasurer forms.

IGOR (INTERGROUP/OUTREACH) COMMITTEE

IN ATTENDANCE:

Chair Lynn H. (Green Mtn. N), Secy. Mary S. (NYS Capital), Joanie M. (Nova Scotia), Madeline H. (Mid-Hudson), Mary Ellen W. (Mid-Hudson), Scott T. (Greater NY Metro), Denise M. (Ocean & Bay), Jeffrey A. (Western Mass.), Allison Mc. (Central Ontario.)

Committee Reports

Region 6 Assembly – April 18, 2009

IGOR COMMITTEE (continued)

ISSUES DISCUSSED AT MEETING:

- 1-2 conference calls to keep in touch
- Packets collated – Rough draft (3 Paragraphs) to IG/ non-affiliated groups to encourage attendance at R6 & WSO Business Conference.
- Application for scholarship fund to change format to make it clearer.

DECISIONS MADE:

- Chair- Allison
- Update contact list to R6 website .This to go to 1 person

GOALS/ACTIONS:

- Lyn will mail packets to IG & unaffiliated groups in USA and Canada
- Conference call- set up date and time. Jeff will manage conference call.
- Letter for follow- up to packets

ASSIGNMENTS AND DEADLINES:

- Discuss/change of form for scholarship fund (during conference call)
- Follow-up letter to IG's
- Contact IG's to start a dialogue to encourage them to come to R6 Assembly
- Scott to talk to Helen F about change of form.
- Jeff to set up conference call.
- How to get group reps to IG; you don't have to be a rep.

NEWSLETTER COMMITTEE

IN ATTENDANCE:

Chair Debi G (New Hampshire), Secy. Harry W. (NYMetro), Jill M. (New Hampshire), Elsa P. (New Brunswick), Steve M. (Webmaster and Publications Coordinator).

ISSUES DISCUSSED AT MEETING:

- Reviewed how newsletters are produced.
- Reviewed copy of last newsletter.

DECISIONS MADE:

- Elected Debi as Committee Chairperson.

GOALS/ACTIONS:

- Steve will contact French Intergroup about organizing French translation for next newsletter

ASSIGNMENTS AND DEADLINES:

- Typing up writing from today's: Elsa & Jill.....due 5/9
- Committee reports from Steve to Debi.....due 5/9
- Edit writing/committee reports from Debi & Harry.....due 5/16
- Proofreaders: Harry to Debi to Elsa & Nancy.....due 6/16
- To layout.....due 7/25
- Layout 1st draft.....due 8/1
- To Steve for printing.....due 8/15
- Printed and mailed.....due 8/22

PI/PO COMMITTEE:

IN ATTENDANCE:

Chair. Deb K. (Cape Cod), Secy Karla , Bettylou R. (New Brunswick), Hilda J(Mid-Hudson), Jean G (Central Maine), Michael P.(Metro West), Jane B. (New Hampshire),Carol B (Westchester United) , Crissa E (East Coast), Bernadette F. (Mass Bay), Gloria P. (North Shore), Beany K. (Mass Bay),Helene D (Queens Unity),Jon M (New Hampshire), Gloria P. (North Shore), Michael P. (Connecticut) Diana G. (NY Metro, R6 Board)

ISSUES DISCUSSED AT MEETING:

- Hilda, Mid-Hudson: Member reported that she did outreach during lap band operation post op sessions. She is looking into doing more of this in her area
- Gloria, North Shore: Her intergroup has given professional outreach packets to groups so that members can give them to their doctors
- Michael, Metro West: Reported that members from his intergroup consistently organize health fairs in his region.
- Deb, Cape Cod: There have been health fairs in her area and they are starting a mentorship program at a local high school to give support to struggling students
- Carol, Westchester: As our liaison to World Service, she reported that the WSO PI/PO Committee has posted successful Outreach Campaigns on www.aa.org. They are looking for more submissions.
- Jane, New Hampshire: Jane would like feedback on what results have come from the professional outreach pamphlet distribution. Please mail her at jane@janeblanchard.net
- Helene, Queens: Reported that her other intergroup (Nassau) has given lifeline subscriptions to local doctors and nutritionists office for them to put in their waiting rooms. They have also helped interested offices to order other literature to hand out to their patients.
- Diana, NY Metro: Reported that the PI Blitz – partially funded by region 6 – was a success. Their use of bus ads and Google ads over the holiday season helped spark a 99% increase in website hits (50% of those were new people) and 20 Newcomers at a Beginner's Marathon in January. They have also dedicated a webpage to Newcomers. They are planning on looking into using a Google grant to put pop-ups on other web pages that link to their webpage.
- Crissa, Seacoast: Reported great response from her area's use of professional outreach pamphlets

DECISIONS MADE:

- Carol and Michael reported that WSO does ask three questions on their PI Blitz Application:
 1. Is your Intergroup providing funding?
 2. How much?
 3. Is this funding in addition to the money you are requesting?
- The committee voted to include these questions in our Region 6 application.
- Karla and Diana, NY Metro Intergroup: Requested \$3200 for a PI Blitz that will reformat WSO ads to be particular to the Metro Region with the possibility distributing these ads for broadcast on

Committee reports continued on Page 6

Committee Reports

Region 6 Assembly – April 18, 2009

25 local channels.

PI/PO COMMITTEE (continued)

- The committee voted to allot \$2000 to Metro as members volunteered to do the service of editing and distribution. (Please Note: The Board voted to make \$3000 available to Metro in case the service could not be completed by volunteers. The board gave the deadlines of May 29th for editing and June 19th for duplication.)

GOALS/ACTIONS:

Short Term:

- The Chair will reach out, through email, to the committee three times (every two months) before the next assembly.
- The Committee will send an email to all the Region 6 Intergroups imploring them to submit application for the August 4, 2009 PI Blitz application deadline.
- Jane, New Hampshire has agreed to re-format the WSO PI application for Region 6 and get it up on the Region website.
- Members of the Region PI/PO Committee will report back to their Intergroups about what has been discussed at our meeting.
- One member will become the liaison between the committee and the webmasters throughout the Region. (Deb will collect email addresses for all the Intergroup contact people so that we can reach out for this information.)
- Jane will continue to collect results on the Prof. Pamphlet Outreach project.

Long Term:

- Three or more Intergroups will apply for the PI Blitz this year.

12 STEP WITHIN COMMITTEE

IN ATTENDANCE:

Linda K (Syracuse), Cindy C (Westchester United), Pamela A (Central Mass), Helen K (Mass Bay), June B (Mid-Hudson), Marge P (South Coastal Ma), Michelle R (Metro NY), Ann B (Queens Unity) Charlotte W (S Western Conn), Judy B (Ocean Bay), Carolyn C (Greater Rochester), Tina C (North Shore), Susan B (Greater Rochester), Joan H (Mass Bay), Laura R (R6 Secretary)

ISSUES DISCUSSED AT MEETING:

- Workshop for next assembly
- Convey mission of 12th Step Within Committee to Intergroup. Back to Basics, use of tools. Letter to be handed out at next Assembly.
- Present expanded version of the workshop at R6 Convention.

DECISIONS MADE:

- Carolyn will set up Yahoo Group for committee.
- Michelle will set up monthly conference calls
- Committee will work on preparing letter for Fall 09 Assembly.
- Back to basics – 1 suggestion per tool

GOALS/ACTIONS:

- Letters to Intergroup (Tracy/Tina) Back to Basics suggestions
- Develop workshop for Fall “Back to Basics”
- 12th of the month reach out to group members thru Intergroup

reminders.

ASSIGNMENTS AND DEADLINES:

- Linda and Tina will draft initiative letter
- Carolyn and Susan B will develop “Back to Basics Workshop”

YOUTH IN OA COMMITTEE

IN ATTENDANCE:

Chair Gary O (Central Mass), Francine C (Western Mass), Lisa F (Mass Bay), Sarah F (Green Mtn North), Sue S (Western Mass), Andrew F (Capital Dist Albany), Anne B (Westchester Unity), Alan B (New Hampshire), Laura R (R6 Secy)

ISSUES DISCUSSED AT MEETING:

- Discussed efforts to reach out to schools
- Need to find out liability from WSO
- Letter from Trustee Joe Lawson: about changing a meeting to a Teen friendly meeting.
- How to do an outreach

DECISIONS MADE:

- Contact Inter groups about considering having at least 1 meeting in their inter group earmarked as a teen friendly meeting.
- Meetings to carry literature – “To the Teen”, meeting lists,
- Outreach to libraries, school guidance counselors,
- Go to schools where they have an addiction module in their curriculum

GOALS/ACTIONS:

- How to do an outreach
- What issues to settle about a Teen Friendly Meeting?
- Finalize possible disclaimers (talk to Al-ateen groups)
- At Al-ateen (tween) - what is discussed?

ASSIGNMENTS AND DEADLINES:

- To find out from Joe Lawson, what the next step is from WSO?
- Email each member within the next 2 months to follow up on work within the committee
- Need to reach out to colleges

Summary of Elections, Motions and Votes

Region 6 Assembly – April 18, 2009

Motion 1: Amend Policy 006, Donation to WSO – When R6 has the prudent reserve equivalent to the cost of 2 assemblies, R6 shall donate 10%, 15% of the annual R6 Convention net profits to the WSO.

This motion was adopted.

Motion 2: Withdrawn (as there were not any changes of words to the bylaw)

Motion 3: Amend R6 Bylaws, Article VI, Section C as follows:

Present Text:

VI Nomination and election of officers and WSBC delegates

C No person shall serve more than two (2) consecutive terms of office with the exception of partial terms, until a one (1) year interim is met, whereby the person may then be re-elected.

Summary of Elections, Motions and Votes continued on Page 7

Summary of Elections, Motions and Votes

Region 6 Assembly – April 18, 2009

Proposed Text:

VI Nomination and election of officers and WSBC delegates

C Duration of service

1. No person shall serve more than two (2) consecutive terms of office in any one Board position, with the exception of partial terms, unless a one (1) year interim is met, where after the person may then be re-elected.

2. No person shall serve more than twelve (12) consecutive continuous years of office in any capacity as an Officer and/or Trustee of R6. Upon completion of at least one (1) year without an Officer and/or Trustee position the person may be re-elected.

3. No person shall be qualified to run for or serve in as an Officer or Trustee of R6 if completing the full term of service would result in that person serving as an Officer or Trustee of R6 for more than twelve (12) consecutive continuous years of service.

Amended to omit in #2 “the word Trustee”

Amended to omit in #3 “the word Trustee”

Reasoning for omitting “Trustee”, Trustee is affirmed by R6 and elected by WSO.

Passed as amended

Motion 4: Amend R6 Bylaws, Article V Voting body of the R6A, as follows:

Present text:

C. Each RR (or AR when RR is not in attendance) from an Intergroup shall be entitled to one (1) vote in Assembly not to exceed number entitled (IV.E) to that Intergroup.

D. Each RR (or AR when RR is not in attendance) from an Unaffiliated Group shall be entitled to one-tenth (1/10) of one (1) vote in Assembly.

Proposed Text:

C. Each RR (or AR when RR is not in attendance) from an Intergroup, possessing at least six (6) months of current continuous abstinence, shall be entitled to one (1) vote in Assembly not to exceed number entitled (IV.E) to that Intergroup.

D. Each RR (or AR when RR is not in attendance) from an Unaffiliated Group possessing at least six (6) months of current continuous abstinence, shall be entitled to one-tenth (1/10) of one (1) vote in Assembly.

This motion was not adopted. It needed 2/3's vote. This motion was referred back to the Bylaws Committee.

Motion 5: Amend R6 Bylaws, Article VI, and Section D as follows:

VI Nomination and Election of Officers and WSBC Delegates

D. To be eligible for election as a R6 Officer, a person ~~should~~ shall at the time of election.

1. Be attending OA meetings within R6 AND

2. Have current continuous abstinence from compulsive overeating of at least two (2) years;

And one or more of the following:

3. Have served as a RR or AR at four (4) of the last six (6) R6

Assemblies immediately preceding the election, OR

4. Have served as a RR or AR to the R6A at two (2) of the last four (4) R6 Assemblies immediately preceding the election and possesses two (2) years of recent service at the Intergroup Board level OR

5. Have attended three (3) of the last four (4) R6 Assemblies immediately preceding the elections.

This motion was adopted.

Motion 6 It is moved to amend R6 Bylaws, Article IX.B (Resignation and Removal of R6 Officers) as follows:

Present text: IX B Any R6 Officer may be removed by two-thirds (2/3's) vote of the RR and AR's present and voting at R6A. Four out of five members of the R6 Board may, for a grievous break of Traditions of R6 bylaws and Policy, suspend the member of the R6 Board until the next R6A at which time a vote for removal will be held. Where at all possible, notification shall be sent back to each intergroup and registered RR and AR prior to the next R6A.

Proposed text: IX B Any R6 Officer may be removed by two-thirds (2/3's) vote of the RR and AR's present and voting at R6A. Two-Thirds of the members of the R6 Board may, for a grievous break of Traditions of R6 bylaws and Policy, suspend a member of the R6 Board until the next R6A at which time a vote for removal will be held. Where at all possible, notification shall be sent to each intergroup and registered RR and AR prior to the next R6A.

This motion was adopted.

Motion 7: The By-Laws Committee proposes the following:

Proposed motion- “continuous and current” “Abstinence- Spring 2009

It is moved to amend R6 Bylaws as follows:

<u>Article</u>	<u>Section</u>
VI	D.2
VI	H.4
Vii	C.1
X	A.1.d.i

And the following policy: POLICY 006

To clarify the abstinence requirements in the R6A officer and trustee service positions must be both current and continuous.

These amendments will clarify that abstinence requirements in R6 officer and trustee positions must be both current and continuous.

This was a consent motion.

There was a motion to adopt the 2009-2010 R6 Budgets. There was line item change for the Internet and web service .This will be a 1x allotment. The use will be for translating the web site into French. Discussed how Zazu will reimburse for stamps. She will write out a check for them. Travel is tied to federal tax rate \$.55 per mile as of 1/1/09. We need to revamp delegate reimbursement forms. There will be a 1x \$3000 to WSO. The budget was adopted.

Together We Can!