



MESSENGER

THE BIENNIAL NEWSLETTER OF REGION SIX OF OVEREATERS ANONYMOUS

FALL 2015

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EDITORIAL POLICY

The MESSENGER is the biannual newsletter of Region Six of Overeaters Anonymous. **The deadline for submissions is November 14, 2015 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 Six or OA as a whole. Please address all submissions and correspondence to the MESSENGER via e-mail 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

FAREWELL FROM THE CHAIR

I've spent some time thinking about the tone and content of what should be contained in my final article as your R6 Chair.

I have learned that I never see the meaning of the lesson I am going to learn while I am in the middle of the task that teaches me the lesson. It is only in hindsight that I have ever understood the meaning of the events of my life.

Being R6 Chair has meant that I have been presented with a lot of tasks to accomplish, from the official ones outlined in the Bylaws to the many unnamed and unforeseen glitches which have cropped up along the way.

I think HP positioned me well to take on the changing nature of how R6 now conducts its business. In fall 2008, when I arrived on the R6 Board as Vice Chair, I looked around and felt that if I was uncomfortable having my committee meeting on another representative's bedspread, if I hated running around for half of my one hour lunch break trying to find a restaurant that would serve a suitable meal in time for me to return to the afternoon business session, then perhaps there were others at the Assembly who felt that way too.

By stepping up and being of service, using my position to repair the things about R6 Assembly that made me crazy and made attending R6 Assembly exasperating, I felt I could give to all of you as well.

Today, I'm glad that we take care of ourselves and stay in good hotels, have meals that work for us, easy online registration, and financial processes in place so that we function in a way that reflects the self-esteem and recovery for which we all work for each day. We publish our newsletter in English and French. We have a website that is the nexus of our R6 community. I got to witness and work with all of the people who accomplished these new undertakings.

R6 spends its money helping the R6 member intergroups on one level of service and

World Service on another. We even help our sister regions.

All R6 reps give their time, talent, and energies, not simply traveling two weekends each year to Albany, but as active, involved committee members who communicate and work throughout the year. You are the backbones of your respective home intergroups.

Emotionally, these past few years have been incredibly difficult. As I write, I am living in a strange uncertainty, awaiting a loss I cannot imagine but which will certainly arrive. However, instead of bingeing and purging and hiding in the food, hoping this difficult situation will simply go away, I have learned how to face reality squarely, and take on the next right task with God and all of you to back me up.

I have now spent more of my life abstinent and in recovery than out of it. As R6 Chair, I got to become friends with and appreciate all of my fellows who make it their business to reach out to others in program and to the newcomers who are looking for a solution to our common problem of compulsive eating. Someone asked me what it is like to be the R6 Chair and I said it is like planning an intergroup retreat all year long - there is always another detail. But if I did not have my service obligations securing me to OA, who knows how far I might have drifted away.

To my fellow R6 Board members throughout the years, thank you all for your generosity with your time and the gift of your remarkable talents. Together we did what I clearly could never do alone.

I am proud to be on a team of OA winners that, no matter what, I get to stick with and from whom I have learned and will continue to learn so very much.

In gratitude and in service,

Diana G.
Region Six Chair

BOSTON 2016
Massachusetts USA
 World Service Convention
 September 1-4

RECOVERY:
The Trail to Freedom!

Save the Date!

**World Service
 Convention 2016**
**“Recovery: The
 Trail to Freedom!”**

Boston Marriott
 Copley Place
 Boston, Massachusetts USA
 September 1–4, 2016

Lodging reservations
 open September 2015.

Convention registration
 opens January 2016

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

Holiday Inn Wolf Road

205 Wolf Road
 Albany, NY 12205
 (518) 458-7250

2015
 Fall Assembly.....October 3rd

Note: After the Fall Assembly, the name of the hotel will change to **The Radisson Hotel Albany**, although the location (address) and phone number will remain the same.

2016
 Spring Assembly..... April 16th
 Fall Assembly.....September 24th

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
 treasurerer@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

My name is Karin and I am a compulsive overeater. I am very grateful to be serving as the Region 6 Trustee. I was re-elected at the World Service Business Conference in May for a 3 year term. If you have ever been to WSBC you know that a candidate speaks for 5 minutes and the delegates ask the candidate questions for 10 minutes. Well, that was the longest 10 minutes of my life! I feel blessed to continue doing this service now that I have gotten my feet wet.

There were 190 delegates at the WSBC this year; 28 of them from Region 6. There were 22 countries represented. If you have never been, I highly recommend it. We made informed group conscience decisions for the good of OA as a whole. We approved 3 revised pamphlets: *A Program of Recovery*, *A Guide for Sponsors* and the [OA Handbook for Members, Groups, and Service Bodies](#). The delegates also approved a change of wording for the OA Preamble:

“Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

A new document is available now on the OA website to help us work all Twelve Steps called [Twelve Stepping a Problem](#) writing exercise. Also coming this summer, [Taste of Lifeline](#), a new book of collected stories from the pages of Lifeline magazine.

The Twelve Traditions are very important to the survival of each OA group. They provide the principles that keep the group strong and healthy, which is vital to the growth and life of OA. Tradition Five says “Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.” The principle of Tradition Five is purpose. Simply put from [The Twelve Steps and Twelve Traditions of Overeaters Anonymous: A Kid’s View](#), (which is a free [download](#) on oa.org), Tradition Five says, “Our main reason for being a group is to tell others how OA has helped us.”

It’s the group’s purpose to carry the message not just to the public but also to each other. Sometimes the person who is still suffering is in the rooms. We all need to hear OA’s message of hope and we all have

a responsibility to carry the message. Remember OA’s responsibility pledge is, “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

In the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* on page 145 it says, “We who have found a sane way of eating and living have a responsibility to make sure OA doesn’t become sidetracked.” We have found solutions to our problems in the Twelve Steps and Twelve Traditions. We can help a suffering compulsive eater where a normal eater can’t; we’ve been there. We can share our experience, strength, and hope on how we are recovering from compulsive eating through OA’s program of recovery. We have also learned that we can seldom keep the precious gift of abstinence unless we give it away. It is important to keep meetings focused on OA principles and not give mixed messages to newcomers. We have ONE purpose. Everything we do should come back to that. How is what I am doing helping to carry the message? Am I keeping it simple? What message am I carrying?

As a trustee I have a budget to travel around the region and facilitate workshops where we discuss the traditions among other things in more detail. Contact me if you are interested in having a workshop in your area.

I hope to see you in Hartford, CT, for the 2015 Region 6 Convention, Reach Out For Recovery, October 23-25. It will be a great event so plan to attend.

Currently my husband and I are renovating our kitchen. It poses some challenges with cooking and preparing food but I am committed to abstinence and this program of recovery so I am doing what it takes. It’s worth it! I wish you all the gift of abstinence, one day at a time. It is available to all of us and it works!

Thank you for allowing me to serve the fellowship.

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

My first sponsor seemed to be at peace. She glowed with kindness and health. She didn’t ever give orders but she was also pretty matter-of-fact about why she did what she did. She made me feel like recovery was possible for me. So I took her suggestions, even the one about raising my hand to sponsor once I had about a month of abstinence, even though I was pretty sure I wasn’t qualified to be a sponsor. She differed. I did as she suggested because she’d never steered me wrong.

Twenty-five years later, I don’t think she’s still in OA. I can think of at least five past sponsors who are no longer in OA.... but because of their loving guidance, I am. And I know that the kind, nurturing, honest (sometimes VERY honest) support of all these women strengthened the flame of desire for recovery in me.

My recovery has never depended on my sponsor, and I don’t take responsibility for my sponsees’ abstinence, either. But I don’t know how I would ever have kept my own abstinence if it weren’t for sponsoring and being sponsored.

It’s one thing to tell my sponsor that I’m going to do something, but if I tell my sponsee I’m going to a meeting, or that I’m going to text them photos of my meals while I’m traveling, or that I need to strengthen my Tenth Step practice, I know I will. I have enough of an ego that I can’t bear the thought of not walking my talk, or that I will have to admit I didn’t keep to my intention!

At 6:15 every weekday, my eyes open when my first sponsee call comes in, and for fifteen minutes I will focus on the solution found in OA. What a great way to start the day, to counter the hamster wheel of negative

projection that is my habitual mental state! Then I pray and meditate for thirty minutes, then another call. With some sponsees we read and discuss literature, with some we talk only once a week or so as I guide them through the Twelve Steps. I pray that they find what I've found. Sometimes they do, sometimes they don't; sometimes they find it with someone else. I'm not the right sponsor for everyone. But I've learned how to listen to them, and also how to listen to me - when my tone is harsh or impatient, I've learned to apologize and make amends. I've learned that I am not a mother, doctor, therapist, guru, marriage counselor, or boss. We are not necessarily social friends, either. We don't have to be.

What I do have to be is honest about my experience - I cannot share what I do not have. Having a sponsor and being a sponsor has "grewed me up," as a dear OA friend says, and has provided practical, daily support for a life of sane and happy - abstinent - usefulness, one day at a time.

~Anonymous

Having a sponsor helps keep me honest. My sponsor knew me from when I first came into recovery and knows when I am not being honest. I can talk to him about anything and he will listen and not judge.

Those two things, honesty and not being judgmental, is what helped to strengthen my recovery.

~Mary S., NYS Capital District IG

Being a sponsor lets me recognize my disease; because I see it in others, I recognize it in myself. If I see someone struggling with something, I know enough to work on it myself. Now, if I can spot it, I got it.

~Anonymous

The tool of sponsorship has been my lifeline in so many ways. My sponsor sometimes knows me better than I know myself and helps me make connections that I would never have made on my own. She is able to dig things out of me that I didn't know were there, unscramble my emotions that threaten to overwhelm me and sabotage my recovery, and help me put things in perspective. She is that lens that helps me re-focus on what is truly important. Being a sponsor keeps me

honest and committed to my program. By sharing my experience and hope, I constantly remind myself that OA is a *We* program, not a *Me* program. I cannot do this by myself and need to give it away if I am going to hold on to what my HP has given me.

~Amy R., Greater Rochester Intergroup

Having a sponsor keeps me accountable to a person who is unbiased and not living in my diseased head. As far as my experience goes, helping someone else make healthy food choices is much easier and much more obvious than choosing my own food. Also having a sponsor keeps me from being stagnant. My sponsor gives me structure and shows me the way through sharing her own experience. It allows me to learn to trust and rely on the program more than my own thinking. Sponsoring other people has helped me have a stronger program because I am constantly having to review my own program when I am making recommendations to my sponsees. I feel more responsible to go to my meetings and to stick with my disciplines. Relapse is less appealing when you have others relying on your abstinence.

~Jackee

Being a sponsor keeps me in touch with my recovery; seeing sponsees struggles and brand new victories reminds me of where I've been and how far I've come. Having a sponsor is vital-they are a support, guide, and structure all in one! Both being a sponsor and having a sponsor help bring the Twelve Steps into the small stuff of my life in ways that wouldn't otherwise happen without my commitments to them.

~Anonymous

Having a sponsee helps me be accountable to someone. Part of what kept me in my disease was winging it and making decisions by the seat of my pants, thinking I knew best. The problem was that my best got me to that place of hopelessness. Also, if I have a sponsor, I'm not isolating. She takes my hand and helps keep me on the path I belong on. When I'm starting to get off track, she is lovingly honest with me.

~Gloria H., NYS Capital District IG

My sponsor has educated me in the realness of OA. When I am off track, I have a safe place to say what I am thinking and in that way recognize the voice of the disease. Also to expect slips because I am not perfect and that is OK.

I hope that I can share this process when I get sponsees.

It's like, how can I not hear my own voice when I share with others? It works for me, so why would I not want to share the gift?

~Ginny

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

WHAT EXPERIENCE, STRENGTH, AND HOPE CAN YOU SHARE WITH NEWCOMERS AND OLD TIMERS ABOUT WORKING ALL 12 STEPS?

Send your submission via e-mail to newsletter@oaregion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated on page 2. If sending via e-mail, please add the text "OA MEMBERS SHARE" in the subject line. The deadline for your contribution is November 14, 2015.

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 to us via e-mail at...

newsletter@oaregion6.org

Thank you in advance!

HYPERLINKS: One of the features that we have added (and every newsletter issue may not take advantage of this) 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.

Highlights of the Unapproved Region Six Spring Assembly Minutes

REGION 6 SPRING ASSEMBLY

SATURDAY, APRIL 18, 2015

Hilton Garden Inn, Albany Medical Center, Albany, NY

OA Meeting/ Delegate Registration:

There was an OA meeting from 7:45-8:45am.

First time representative registration was held at 9:00-9:15am.

New Delegates Orientation:

Region 6 Trustee Karin H. explained the procedures of the Region 6 Assembly to the new delegates in attendance.

Opening Prayer/Welcome:

The meeting was called to order at 9:55 am by Chair Diana G. with The Serenity Prayer in English and in French. Diana welcomed everyone to assembly today.

Twelve Steps were read by: Cat C. - Mid-Hudson IG

Twelve Traditions were read by: Linda B. - Central Ontario IG

Twelve Concepts 1-6 were read by: Evangeline R. - Mid-Hudson IG

Twelve Concepts 7-12 were read by: Connie M. - New York State Capital District IG

Announcements

The Chair made the following announcements:

- There are 4 motions, 2 bylaws amendments, and 2 policy amendments to be voted on today.
- The 12th Step Within Committee is without a chair so the first order of business at their committee meeting is to elect a chair.
- The Bylaws Committee chair was unable to attend this assembly so the first order of business of that committee is to appoint an acting chair who will conduct the meeting today.
- The Committee Procedures document that was created in April 2011 lists the procedures for how each committee operates. A copy will be given to each committee to review and revise, if needed. If it cannot be completed today there is a deadline of August 4th.

Vice Chair, Barbara B., announced that lunch will be served at the Recovery Room on the 1st Floor. Wrist bands, which were given out at registration, are required to obtain the lunch.

Committee Meeting locations were announced.

There will be a Workshop later in the afternoon on *Abstinence vs. A Plan of Eating* by Karin.

Lifeline raffle – you must be present to win and it is not transferable.

Susan, the 2015 Region 6 Convention Chair, announced that the Region 6 Convention merchandise and raffle tickets will be available for purchase during the breaks.

OA literature is also available during the breaks.

10:20am - 11:55am - Each committee broke out for their meetings.

12:00pm - 1:00pm - Lunch

1:05pm - 1:15pm - Registration/Break

Roll Call:

Susan did roll call for the Region 6 Assembly for April 18, 2015.

There were a total of 48 Region 6 Representatives and 6 Region 6 Board members. Total voting was 54. A Simple Majority was 28 and a 2/3's Majority was 36.

Adoption of Standing Rules:

The Standing Rules were presented and adopted as presented.

Adoption of Agenda:

The agenda for today was adopted as presented.

Volunteers:

Center Mic Monitor - Margaret Ann B., Metro West IG

Timekeeper - Gloria H., NYS Capital District IG

Registration – Mary S., NYS Capital District IG & Andrea F., Greater New York Metro IG

Introductions:

Officers/Former Officers:

Margaret Ann – Region Coordinator, Chair, Trustee

Laura – Secretary

Don – Vice Chair

Karin – Vice Chair and Chair

Current Officer from World Service

Tina Collins – General Service Trustee

New Representatives:

Introduced themselves: Cat - Mid-Hudson IG,

Ginny - South Western Connecticut IG, Bennis - Metro

West IG, Jeanette - Ottawa District IG, May - Nassau County IG,

Jackie - North Shore IG, Ruth - Western Mass IG,

Linda - Central Ontario IG, Quinn - Southern Maine IG,

Connie - NYS Capital IG, Cheryl - Southern Maine IG.

Visitors:

John C., Western Massachussets

Martha P., Western Massachussets

Parliamentarian:

Ann Warner, Certified Professional Parliamentarian and a member of the American Institute of Parliamentarians

Minutes Fall 2014 Region 6 Assembly:

Diana asked if there were any corrections to the minutes. Lyn Casey advised that her name was misspelled in the Reference Sub-committee section – Lyn spelled incorrectly. The minutes were accepted as amended.

Minutes Approval Volunteers:

Mary S., Capital District IG & Claire D., Nova Scotia IG

Officer Reports:

Officer reports were distributed last week via email and made available online. Members were invited to ask questions of each officer.

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

Chair – There were two corrections to the calendar: the last date to register for the convention should be October 8th, 2015 and IDEA day should be November 21st. The list of scholarships to attend this assembly was missing the IG OA français de l’Ou-taouais award.

Vice Chair – no corrections.

Treasurer – Donation to World Service of \$4,310 (from the 2014 Convention proceeds) missing from report. Item #5 TD notified that in order to maintain Money Market status on the Money Market account some money had to be moved into it, so the decision was made to put the money from the convention into the account.

Coordinator – It was pointed out that the percentages in the Statistics from WSO don’t add up.

Secretary – Minutes are the Secretary’s Report – no questions.

Website & Publications Coordinator – Looking for more volunteers for the committee – Cat from Mid-Hudson IG asked if the Website & Publication Coordinator acts as an advisor to IG with their websites. It’s not part of his job description but George will provide any help that he can. Cat also asked for guidance on what can and cannot be posted on an IG’s website. The answer was that Karin, the Region 6 Trustee, would provide that information. Andrea F. from Greater New York Metro IG asked how to confirm if she is on speakers list. George advised her to send him an email and he would check.

Trustee – Karin advised that the [Strong Abstinence Checklist](#) has been made into a wallet pocket card which will be handed out at the workshop this afternoon. A new book called [Taste of Lifeline](#) will be available this summer. There is a new [Twelve Stepping a Problem](#) worksheet that will be given out at the forum at the WSBC. It will be available online after that. An OA App is being worked on and members can give information about what the top 3 things they would like to see in the App. In 2016 the World Service Convention is happening in Region 6 and bookmarks were handed out at registration. Karin is running again for Trustee at WSBC.

Committee Reports:

Bylaws, IGOR, PIPO, Finance, Convention, Newsletter, Twelfth Step Within, OA Young Persons.

One member from each committee presented their Committee Summary Report. Reports will be available at the next Region 6 Assembly in Fall 2015. A summary of the reports will be online only in The MESSENGER. Full reports will be in the Fall 2015 Region 6 Assembly packets.

Writing Assignment for the Newsletter:

How does having a sponsor and/or being a sponsor strengthen your recovery? Please send submissions electronically to the Website & Publications Coordinator or give handwritten pages to Carmen. Deadline is May 31st.

2:40pm – 3:00pm - Break

The 2015 Region 6 Convention Committee presented a skit: “You’re A Compulsive Overeater Charlie Brown.”

PI Caucus:

During the Break: The board met and discussed the recommendation from the PI Committee to award \$100 to NYS Capital District and \$1,615 to North Shore IG. The board agreed with the recommendation.

NEW BUSINESS:

BY-LAW MOTIONS/POLICY MOTIONS:

Item No. 1

PROPOSED R6 BYLAW AMENDMENT

ARTICLE NUMBER: VII

TO AMEND: *Article VII, COMMITTEES, Paragraph A, subsection 5*

Current Wording

Article VII - COMMITTEES

Section A - The Standing Committees shall be established at R6A in order to carry out the purpose of the Region.

A. The Standing Committees shall be:

1. Bylaws, Policy and Procedure
2. Convention
3. Finance
4. Intergroup/Outreach (IG/OR)
5. Newsletter
6. Public Information / Professional Outread (PI/ PO)
7. Twelfth Step Within
8. OA Young Persons

Proposed Wording

Article VII - COMMITTEES

Section A - The Standing Committees shall be established at R6A in order to carry out the purpose of the Region.

A. The Standing Committees shall be:

1. Bylaws, Policy and Procedure
2. Convention
3. Finance
4. Intergroup/Outreach (IG/OR)
5. ~~Newsletter~~ Web & Publications
6. Public Information / Professional Outread (PI/ PO)
7. Twelfth Step Within
8. OA Young Persons

Submitted jointly by:

Newsletter Committee

Contact: Carmen D., Committee Chair

Email: chiroangel@videotron.ca

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

Phone: 819-986-3136

and

R6 Board

Contact: Mary T., R6 Coordinator

Email: Coordinator@OARegion6.org

Phone: 914-763-1172

Intent: To more accurately reflect the manner in which the committee has been of service.

Implementation: Revision of R6 Bylaws at conclusion of R6 Assembly.

Cost: None.

Rationale: To accurately reflect the nature and duties of the committee as it now functions.

The motion was carried.

Item No. 2

PROPOSED R6 BYLAW AMENDMENT

ARTICLE NUMBER: VII

TO AMEND: Article VII, COMMITTEES, Paragraph C, subsection 3

Current Wording:

Article VII - COMMITTEES
Section C

C. Committee chairs shall be elected by the committees they serve with the exception of the Finance Committee Chair. The committee chair shall meet the following requirements:

1. One year of current continuous abstinence,
2. Be an RR or AR from a registered Intergroup,
3. Have attended two (2) of the three (3) previous R6A.
4. A vacancy of a committee Chair shall require that the R6 Board appoint an interim Committee Chair who shall serve until the next Assembly. Persons appointed as interim Committee Chair shall at time of appointment meet the requirements for election as a Committee Chair of R6 as stated above in Article VII, Paragraph C.

Proposed Wording:

Article VII - COMMITTEES
Section C

C. Committee chairs shall be elected by the committees they serve with the exception of the Finance Committee Chair. The committee chair shall meet the following requirements:

1. One year of current continuous abstinence,
2. Be an RR or AR from a registered Intergroup,
3. Have attended two (2) of the three (3) previous R6A.
4. A vacancy of a committee Chair shall require that the R6 Board appoint an interim Committee Chair who shall serve until the next Assembly. Persons appointed as interim Committee Chair shall should at time of appointment meet the re-

quirements for election as a Committee Chair of R6 as stated above in Article VII, Paragraph C. In the event that no qualified individual is available, the R6 Board shall have discretion to waive stated requirements and appoint to the vacant committee chair position.

Submitted by:

Bylaws, Procedure and Policy Committee

Contact: Bruce R., Bylaws, Procedure and Policy Committee Chair

Email: basicbruce72@yahoo.ca

Phone: 613-266-0852

Intent: To ease qualifications for candidates to run for chair of a R6 standing committee.

Implementation: Revision of R6 Bylaws at conclusion of R6 Assembly.

Cost: None.

Rationale: Currently, individuals who have missed two (2) of the three (3) previous R6A are ineligible to run for or to be elected as a chair of an R6 standing committee.

A motion for an amendment to the above motion (Item #2) was made by Ruth, Western Massachussets IG., seconded by Ginny, South Western Connecticut IG, as follows:

Current Wording:

Article VII - COMMITTEES
Section C

C. Committee chairs shall be elected by the committees they serve with the exception of the Finance Committee Chair. The committee chair shall meet the following requirements:

1. One year of current continuous abstinence,
2. Be an RR or AR from a registered Intergroup,
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Proposed Wording:

Article VII - COMMITTEES
Section C

C. Committee chairs shall be elected by the committees they serve with the exception of the Finance Committee Chair. The committee chair shall meet the following requirements:

1. One year of current continuous abstinence,
2. Be an RR or AR from a registered Intergroup,
3. ~~Have attended two (2) of the three (3) previous R6A.~~
4. A vacancy of a committee Chair shall require that the R6 Board appoint an interim Committee Chair who shall serve until the next Assembly. Persons appointed as interim Committee Chair shall at time of appointment meet the requirements for election as a Committee Chair of R6 as stated above

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

~~in Article VII, Paragraph C. In the event that no qualified individual is available, the R6 Board shall have discretion to waive stated requirements and appoint to the vacant committee chair position.~~

The chair asked for a vote on the amendment. The amendment did not pass.

A motion for a second amendment to the above motion (Item #2) was made by Carmen D., IG OA français de l'Outaouais, seconded by Quinn B, Southern Maine IG, as follows:

Current Wording:

Article VII - COMMITTEES
Section C

C. Committee chairs shall be elected by the committees they serve with the exception of the Finance Committee Chair. The committee chair shall meet the following requirements:

1. One year of current continuous abstinence,
2. Be an RR or AR from a registered Intergroup,
3. Have attended two (2) of the three (3) previous R6A.
4. A vacancy of a committee Chair shall require that the R6 Board appoint an interim Committee Chair who shall serve until the next Assembly. Persons appointed as interim Committee Chair shall at time of appointment meet the requirements for election as a Committee Chair of R6 as stated above in Article VII, Paragraph C.

Proposed Wording:

Article VII - COMMITTEES
Section C

C. Committee chairs shall be elected by the committees they serve with the exception of the Finance Committee Chair. The committee chair shall meet the following requirements:

1. One year of current continuous abstinence,
2. Be an RR or AR from a registered Intergroup,
3. Have attended two (2) of the three (3) previous R6A.
4. A vacancy of a committee Chair shall require that the R6 Board appoint an interim Committee Chair who shall serve until the next Assembly. Persons appointed as interim Committee Chair shall should at time of appointment meet the requirements for election as a Committee Chair of R6 as stated above in Article VII, Paragraph C. In the event that no qualified individual is available, the R6 Board shall have discretion to waive stated requirement #3 and appoint to the vacant committee chair position.

The chair asked for a vote on the amendment. This amendment did not pass and we returned to the original motion.

The original motion carried.

Item No. 3

NEW BUSINESS MOTION

MOTION:

Move that a section of item *No.014* in the *Policies and Procedures* be revised as follows:

Current Text:

DUTIES AND RESPONSIBILITIES OF THE R6A OFFICERS

PROCEDURE

F. The Website and Publications Coordinator shall:

1. Attend all R6 board meetings, R6As;
2. Oversee the publication and distribution of the R6 newsletter, the Messenger, and act as advisor to the Newsletter Committee;

Proposed Text:

DUTIES AND RESPONSIBILITIES OF THE R6A OFFICERS

PROCEDURE

F. The Website and Publications Coordinator shall:

1. Attend all R6 board meetings, R6As;
2. Oversee the publication and distribution of the R6 newsletter, the Messenger, and act as advisor to the Newsletter Website and Publications Committee;

Submitted by:

R6 Board

Contact: Mary T., R6 Coordinator

Email: Coordinator@OARegion6.org

Phone: 914-763-1172

Intent: To accurately describe the R6 Website and Publications Coordinator's duties to align with the revised name of the committee which the officer is assigned to advise.

Implementation: Revision of R6 Bylaws at conclusion of R6 Assembly.

Cost: None.

Rationale: Administrative housekeeping.

The motion was carried.

Item No. 4

NEW BUSINESS MOTION

MOTION:

Move that the text of item *No.038* in the *Policies and Procedures* be struck in its entirety and replaced as follows:

Current Text:

NEWSLETTER COMMITTEE

POLICY

The purpose of the Newsletter Committee shall be:

- A. To provide a forum summarizing the events of each Region Assembly
- B. To publicize, describe and identify OA activities within the Region.
- C. To make available the newsletter to each OA group in

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

Region 6, and to each Region Chair prior to the upcoming Region Assembly.

Proposed Text:

NEWSLETTER COMMITTEE

POLICY

The purpose of the Newsletter Committee shall be:

- A. To provide a forum summarizing the events of each Region Assembly
- B. To publicize, describe and identify OA activities within the Region.
- C. To make available the newsletter to each OA group in Region 6, and to each Region Chair prior to the upcoming Region Assembly.

WEBSITE AND PUBLICATIONS COMMITTEE

POLICY

The purpose of the Newsletter Committee shall be:

- A. To provide media summarizing the events of each R6 Assembly
- B. To publicize, describe and identify OA activities within Region Six.
- C. To publish and disseminate a newsletter via the R6 website and email.

Submitted by:

R6 Board

Contact: Mary T, R6 Coordinator

Email: Coordinator@OARegion6.org

Phone: 914-763-1172

Intent: To accurately describe the R6 Website and Publications Coordinator's duties to align with the revised name of the committee which the officer is assigned to advise.

Implementation: Revision of R6 Bylaws at conclusion of R6 Assembly.

Cost: None.

Rationale: Administrative housekeeping.

The motion was carried.

EMERGENCY NEW BUSINESS MOTION NEW BUSINESS MOTION

MOTION:

Move that the text of item No.08 in the Policies and Procedures be amended as follows:

Current Text:

POLICY NUMBER: 008

ORIGINALLY PASSED: 10/86

REVISION DATE: 04/11

ELECTION OF COMMITTEE CHAIR

POLICY

A. At the Fall Region 6 Assembly each Committee will elect their chair for a term of one year.

B. No person can serve as chair or acting chair for more than two consecutive terms (years).

C. The Region 6 Secretary will be responsible for announcing the Committees' Chairs in the minutes of the Fall R6A.

Proposed Text:

POLICY NUMBER: 008

ORIGINALLY PASSED: 10/86

REVISION DATE: 04/11

ELECTION OF COMMITTEE CHAIR

POLICY

A. At the Fall Region 6 Assembly each Committee will elect their chair for a term of one year.

B. Newly elected Committee Chairs shall assume their responsibilities following adjournment of that meeting

C. No person can serve as chair or acting chair for more than two consecutive terms (years).

D. The Region 6 Secretary will be responsible for announcing the Committees' Chairs in the minutes of the Fall R6A.

Submitted by:

Bylaws Committee

Intent: To clarify when the term of service begins and ends for each committee chair.

Implementation: Revision of R6 Bylaws at conclusion of R6 Assembly.

Cost: None.

Rationale: Historically, there has been some lack of clarity regarding when the committee chair assumes responsibilities.

Motion carried.

The budget was presented and approved.

The chair announced that the 7th tradition collection was \$277.45 going to World Service General Fund.

The chair announced that the Region 6 Fall 2015 Assembly will be convening at a new venue at the Albany Holiday Inn Wolf Road. There will be elections for the positions of Chair, Coordinator, and Website and Publications Coordinator.

4:00pm-4:20pm Break

Workshop by Karin (2:37pm)

Abstinence vs. A Plan of Eating

LifeLine Raffle was won by Quinn - Southern Maine IG

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

First Timers Ceremony:

Diana had all the first timers come up to the front of the assembly and had them place their blue dots on their back. Diana then said, "You now have your first REGION 6 ASSEMBLY behind you."

Diana thanked the board for all the preparation and pulling together to make the assembly go smoothly.

Register for 2015 Convention

Chair Diana G. formally made a motion to close the day of business at 5:31pm with the OA Prayer.

Respectfully submitted by,

Susan Peters
Secretary R6

Minutes Approval Committee
Mary S., NYS Capital District IG
Claire D., Nova Scotia IG

Committee Reports

BY-LAWS COMMITTEE

COMMITTEE CHAIR: JEFF S. (ACTING)
COMMITTEE SECRETARY: RICK B.

Attendance:

Jeff S., Acting Chair
Rick B., Secretary
Ann W., Parliamentarian
Diana G., Region 6 Chair
Claire D.
Dorothy M.

In Bruce's absence, and at the request of the Chair, Jeff acted as Chair and Rick acted as Secretary. The following issues were considered and decided at the meeting:

Review of proposal to amend OA Committee Procedures to be emailed to Bruce for review, consideration, and preparation for submission to the next Assembly.

Review of two Bylaws and the two Policy and Procedure

amendments to be voted on today.

Discussion of the recommendation to revise *Policy #8* clarifying the newly elected officers will assume their responsibilities at the end of that committee meeting. Policy change will be submitted today subject to time restraints. If not, it will be submitted at the next Assembly.

CONVENTION COMMITTEE

COMMITTEE CHAIR: KARA M.
COMMITTEE SECRETARY: HELEN K.

Committee Chair Kara opened the meeting with the Serenity Prayer. Ten members were present.

Issues discussed during the meeting:

The committee went over its Procedures, as requested by the Region 6 Chair. The group voted to include mention of a third party agency which negotiates hotel contracts for Region 6. We are currently in a contractual agreement with Experient. Members were reminded that there is a convention planning manual on the Region 6 website which exhaustively lists factors to be considered when selecting a venue for the convention.

We heard a Region 6 Convention 2014 update. Overall summary: it was a very successful convention. Six hundred two people attended, all the rooms for which we contracted were booked, all categories for fundraising exceeded expectations and the total profit for Region 6 was \$29,503.42.

The Region 6 2015 convention will be in Hartford, CT, at the Hilton Hartford Hotel on 10/23-10/25. There are 324 registrations so far. We were encouraged to promote the convention, using the monthly emails to share at meetings. Merchandise, raffles, speaker submissions, and low registration fees were all discussed.

In 2016, the Region 6 Convention will be supplanted by the World Service Convention being held over Labor Day weekend at the Boston Marriott Copley Place in Boston, MA.

The Central Toronto Intergroup is very interested in hosting the 2017 Region 6 Convention. There will be a formal proposal at the fall R6 assembly.

Goals and Actions which will be completed by next assembly:

The 2015 Convention Committee will continue to have monthly conference calls. The Central Ontario Intergroup will continue to look for a location to propose to the Region.

Assignments and Deadlines:

May 2 is the cut-off for keynote speaker submissions.

Respectfully submitted,
Helen K.

Committee Reports (cont'd)

FINANCE COMMITTEE

COMMITTEE CHAIR: KELLY (TREASURER)

Attendance:

Finance Chair + 4 members = 5 members total
2 no shows

Issues discussed during the meeting:

Cathy B. (MBI) volunteered to be Finance Liaise.
Proposed 2015-2016 Budget - approved for the upcoming year.
Discussed the changes made to the Proposed Budget; some items were increased or decreased to benefit the groups, i.e. increases in scholarships.

Discussed ways we can get the word out to the groups to attribute their donations to their group. The group number is either missing or the identifier is vague.

Discussed online contributions -- have not increased but will continue to spread the word.

Discussed how individual groups and Intergroups can get the 501C-3 status for their group or intergroup. These directions could be put on the Region 6 website.

Chair printed off a copy of the FAQs to group treasurers on the R6 website and we will go through this to determine updates that need to be made. This will be discussed at the Fall assembly.

IGOR (INTERGROUP/OUTREACH) COMMITTEE

COMMITTEE CHAIR: WAYNE R.

COMMITTEE SECRETARY: MARY S.

Issues discussed during the meeting:

IG handbook
IG attendance
Training sessions for IG chairs
Google group – Adam will do it

Decisions made:

Update handbook to match WSO's *OA Handbook*
Adam will take care of Google group
Wayne will send out documents

Goals and Actions which will be completed by next assembly:

Google list
Update OA R6 Committee report
Update handbook
Training session – IG chairs Fall of 2016

Assignments and Deadlines:

Google list invite – Adam
Update handbook – Don, Barb, and Buddy

OA YOUNG PERSONS COMMITTEE

COMMITTEE CHAIR: ROBIN L.

COMMITTEE SECRETARY: AMY R.

Issues discussed during the meeting:

Set up a phone meeting for young people
Make sure that every intergroup is working to set up a OAYP committee or meeting – need to contact intergroups to follow up on their progress.

Decisions made:

Contact each Intergroup with 3 questions
Did they get OAYP packet?
Do they have questions about it?
Do they have a committee or meeting?
Follow up with spreadsheet to coordinate all info / responses
Jackie will inquire with World Service OAYP Chair about phone meetings

Goals and Actions which will be completed by next assembly:

Have initial contacts made with each Intergroup – committee members divided up Region 6 Intergroup list and will get contact info for each group

Assignments and Deadlines:

2 conference calls
Sunday June 14 at 7 p.m.
Sunday August 16 at 7 p.m.

PIPO (PUBLIC INFORMATION/PROFESSIONAL OUTREACH) COMMITTEE

COMMITTEE CHAIR: CHUCK F.

COMMITTEE SECRETARY: JANE H.

Issues discussed during the meeting:

Bylaws reviewed, no changes required at this time
Roundtable sharing of PI/PO experiences from IG reps
How to track effectiveness of advertising

Committee Reports (cont'd)

Ideas Mentioned: Health Fairs, High Schools, Free Newspapers, PSA Radio Announcements, and Slides at local theatres.

Mike C. showed a Westchester United initiative for literature displays, more details can be found at www.oahelps.org.

The display is tracked and is followed up on to see if it needs to be refreshed.

Decisions Made:

Approved: Motion to spend our \$200 budget on WSO PI/PO posters to be given to each person attending the Region 6 Convention. We will ask to the Convention Committee to pay for \$200 worth of posters to be ordered with the OA literature for convention.

Approved: Recommend Capital District IG proposal for outreach to physicians for \$100.

Approved: Recommend North Shore IG proposal to fund bus ads and literature, requesting \$1,615 from Region 6.

Goals and Actions which will be completed by next assembly:

Communicate ideas by email in the future.

Request a web page as a housing ground for PI/PO initiatives so we do not reinvent the wheel.

Assignments and Deadlines:

Speak further by email, sharing ideas.

Mike will send slide of what Capital District IG has done.

Committee members took the suggestion back to their own intergroups to ask OA members to write about the impact of Twelfth Step Within activities and shared this with the Newsletter committee. This was accomplished and shares were published. We would like to offer this again. Timing is to be determined. Another way to bring Twelfth Step Within awareness is to have this be the topic of speaker meetings in December.

Flyer was sent out last fall following Assembly to Intergroup reps for IDEA day. The Committee would like to offer this again this year.

Call-a-thon (call someone on the 12th of the month to invite back into the rooms) was implemented. The Committee voted to continue to use the flyers and script for use to assist members in what to say on phone calls.

Assignments and Deadlines:

The flyer and script for the Twelfth Step Within calls will be circulated to Intergroup reps. This will be encouraged for monthly calls to past members.

Action: have IDEA Day flyer sent to committee for development to be returned to Chair by May 15. This will need to be submitted to the Board by June 1 for approval. Barbara will ask to have this flyer approval be put on the agenda. The goal is to send the flyer out to intergroups in early August.

Send out a flyer for IDEA Day (November 15) to intergroup representatives by August 1 with suggestions for events. This will allow time for groups to make plans for their areas.

TWELFTH STEP WITHIN COMMITTEE

COMMITTEE CHAIR: AMY J.

COMMITTEE SECRETARY: ROBIN H.

Decisions made:

Committee will send out flyer and script for Twelfth Step Within calls to Intergroup reps.

IDEA Day flyer will be submitted to Board for approval at their June meeting.

Committee will present updated procedures to the board
To encourage education of the purpose of Twelfth Step Within at ALL levels of OA.

To support and promote Twelfth Step Within concepts at a minimum of the following events OA Birthday, Unity Day, and IDEA Day.

To designate the 12th of every month has be designated as CALL-A-THON DAY.

Goals and Actions which will be completed by next assembly:

NEWSLETTER COMMITTEE

COMMITTEE CHAIR: CARMEN

COMMITTEE SECRETARY: JESSIE

Issues Discussed during the meeting:

The committee brainstormed different programs to create the newsletter layout.

Discussed results from R6 online survey about OA R6 website.
We talked about how to handle and collect responses to questions posted in MESSENGER (writing prompt).

Decisions made:

Jessie will be secretary for today's meeting.

Ann, Carmen, Jessie, and Ruth were assigned as proofreaders.

We will continue using conference calls in addition to email as communication.

Committee Reports (cont'd)

Goals and Actions which will be completed by next assembly:

- To create and distribute new calendar via email to committee.
- To have a conference call(s) to assess progress.
- To obtain a copy of the Policy and Procedures manual to discuss and create OA R6 committee procedures.

Assignments and Deadlines:

- Deadline to have MESSENGER available for Fall on website – September 5, 2015.
- We worked backwards to create a detailed calendar of deadlines to meet that deadline.



IT'S NOT TOO LATE TO REGISTER FOR THE 2015 REGION 6 CONVENTION!!!

Join your fellow OA members for a weekend of recovery and fellowship October 23-25, 2015 at the Hilton Hartford in Hartford, Connecticut. Details are available at oaregion6.org/2015.

You'll hear experience, strength, and hope from all over the Region.

The price for online registration is \$50 until October 8th and \$60 at the door. (Hotel reservations are separate from convention registration. Prices are online.)

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

Carmen D.
Chair & Editor

Ann B., Carmen D., Jessie B., and Ruth G.
Proofreaders

Carmen D.
French Proofreader

George H.
Website & Publications Coordinator

Mark M.
Layout