



# MESSENGER

*The Bi-Annual Newsletter of Region 6 of Overeaters Anonymous*

Fall 2005

## RIGHT TIME FOR RECOVERY

I've always had a pet, crackpot theory that the Twelve Step fellowships could never have started at any other time in our history, or any other place, because of ... technology.

Think about it! There's Bill standing in the lobby of the Mayflower hotel. On one side of him, the tinkling glasses and laughter.... on the other, pen and paper?! A carrier pigeon? He could send, maybe, a postcard for help? Thank goodness there was a telephone there, and a church directory, so that Bill could make that fateful phone call.

Fast forward to November 1958. Rozanne is home in LA, watching the local TV talk show *The Paul Coates Show*. The topic: Gamblers Anonymous, and Rozanne recognizes that she has the same problem as those gamblers.... perhaps the same solution will work for her!

I could go on with countless examples of how my recovery, and my effectiveness in carrying the message, has depended upon the movement of streams of electrons, bytes and packets. But I'm also aware that, as in so many of life's blessings, technology carries with it a downside as well.

Traditions Eleven and Twelve, as explained in our pamphlet *The Twelve Traditions of OA* as well as in our *Twelve Steps and Twelve Traditions* book, are quite clear as to how we should treat public media of communication when it comes to our fellowship: as marvelous tools of attraction, but not as vehicles to promote ourselves or to "sell" OA. And when we place an advertisement, notice, public service announcement, of our own creation or obtained from WSO, we have complete control of the message.

### WORLD SERVICE CAN HELP

But what about when we have no, or very little, control? Often reporters ask if they can attend a meeting, and write about us, especially around holiday times when many newspapers and TV news shows feature "battle of the bulge" stories. We may also contact them, and try to get them interested in a feature about us. Our experience shows us that the members of the press are usually quite sensitive to our requests that personal anonymity be respected; though their primary duty is to make for a story that will grab attention, they also know and respect our purpose. The World Service Office makes an excellent

"media kit" available, with information directed towards media professionals, that comes in an attractive folder; examples of articles, or press releases about local PI nights, share-a-thons or other information can be included. These all help to give journalists a clear, accurate picture of the OA program.

Still, most of us have experienced disappointment and even anger when we feel OA has been inaccurately portrayed in the media, or when attention is given to high-profile diet clubs or other methods of weight control, and OA given no mention at all. In just the last year, the TV sitcom *King of Queens* featured a character attending an OA meeting. Now, there's a cable comedy show that seems to be making fun of eating disorders.

What ought to be done?

Nothing. Overeaters Anonymous has no position on outside issues. And we have plenty of company among our Twelve Step fellowship fellows; who's been the butt of more jokes than drunks?

### WHO'S IN CHARGE?

What we can trust and rely on absolutely is a loving God as He may express himself in our group conscience. I can apply the serenity prayer: the serenity to accept that I don't edit *People Magazine*, the courage to change my attitude, so that my self-righteous indignation can give way; and the wisdom to know that sitting down to scribble a furious Letter to the Editor, filled with exclamation points, is probably not going to attract many who want what I have. (Speaking of the downsides of technology, through the miracle of the internet, it's easier than ever to make rash replies – just hit "send".) A very wise person said "Our best defense in these situations would be no defense whatever – namely, complete silence at the public level. If in good humor we let unreasonable critics alone, they are apt to subside the more quickly. But under no conditions should we exhibit anger or any punitive intent."

If anyone wants to take a look at what we are, let them find only this: "Welcome to Overeaters Anonymous. Welcome Home."

– Margaret Ann B., Region 6 Chair

**REGION SIX CONTACTS**

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**Please mail R6 contributions to:**

Sid B., R6 Treasurer  
P.O. Box 869  
Salem, Massachusetts 01970

Please make checks payable to: **Region Six OA**

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

- WSO Group Number
- Meeting Name
- Meeting Day & Time

Your cancelled 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 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 and Prince Edward Island.

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 Six. Specifically excluded is the endorsement of any outside enterprise as outlined in Tradition 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.

**The next Region 6 Assemblies are scheduled for:  
September 24, 2005  
April 8, 2006  
at the Quality Inn, Albany, NY located Route 9W, just  
south of Exit 23 on the NY State Thruway.**

**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 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 above.

**The Messenger Staff**

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

- Steve M. .... Chair
- Gil P. .... Editor
- Diana G. .... Newsletter Designer
- Pat F. .... French Canadian Coordinator
- Gaston L. .... French Translation Coordinator
- Howard ..... Committee Member
- Paul ..... Committee Member
- Bob ..... Committee Member

## TRUSTEE'S MESSAGE

Dear Fellow Region 6 OA members,

Hello, my name is Dexter and I am a compulsive overeater. At my latest visit to the doctor I was 103 pounds less than when my abstinence began over 13 years ago on March 22, 1992, through the grace of my Higher Power (HP). I had no higher power other than food when I came into OA. I found my HP through working OA's 12 Steps with the help of a sponsor. My process of working the Steps is an ongoing revelation of the universality of the principles of the Steps. The 12th Step tells me to "carry this message" of my "spiritual awakening as the result of these steps" and "practice these principles in all" my "affairs".

The Big Book chapter on the 12th Step, Working With Others, tells me my "job is to be at the place where" I "may be of maximum helpfulness to others". For me, "maximum helpfulness to others" requires that there be nothing present which diminishes my helpfulness. I need to be free of my character defects of selfishness and self-seeking for these character defects limit my helpfulness. If there is any self interest or self gain in my "carrying the message", I am limited by the need to measure my returns or gains. If I am getting ego strokes for my service or measuring my giving by counting heads, I am self-seeking and not giving at all. It is as much a part of my disease to fatten my ego as to fatten my body. Feeding my ego is as if I am getting paid for my services; it is also dangerous for my recovery.

Just as I need to be selfless in my service roles at whatever level I am serving, I need to be selfless in my service as a sponsor where I interact on a one-to-one basis. It's necessary for me to free myself from any investment in the result of my service as sponsor. As soon as I develop a need to change my sponsoree or feel disappointed or threatened by the way they manage their program, it is a sign to me that my own character defects have surfaced and that I am no longer giving my program away. I may have entered a state wherein I am trying to solve my problems by solving my sponsoree's problems. Using my sponsorees is a form of taking from them rather than giving to them. Similarly, I need to be aware of any attempt by a sponsoree to simply use me as a dumping ground because that is a taking rather than a receiving and is harmful because it is a dwelling in the problem rather than in the solution.

It seems to me that this process of giving freely applies to being a sponsoree as well. As a sponsoree, I am giving my sponsor the gift of being able to share their program. It is important to me that I not corrupt the interaction by taking credit

for being their sponsoree or pursue the relationship beyond the boundaries set by my sponsor. This idea also applies if I find my sponsor seeking something from me; such a need tells me that I am not receiving a gift and that I need to be cautious of the presence of self interest in my sponsor.

The first paragraph of the OA 12 & 12 chapter on the 8th Tradition tells us, "OA is built upon a foundation of sharing our experience, strength, and hope, one member to another, with no strings attached. This principle of giving freely to one another makes our Fellowship unique among programs for compulsive overeaters." For the "many hours of service to each other, sponsoring, speaking at meetings, ... other service work." "... none of us receives payment in money." For me, it is also important that I not take payment in other ways such as self-seeking ego gratification. I believe that taking any kind of payment puts me on a 'professional' basis and our 8th Tradition tells me that I must "forever remain non-professional".

I find that when I can be free of any need for positive payback, either by means of achieving a specific result or in praise for my service, or fearful of negative feedback because of fear that I will not be helpful or will alienate my listeners, I can share my program in a more open, honest, and useful way, coming closer to my goal of "maximum helpfulness to others".

– Dexter J., Region 6 Trustee  
Tel: 845-657-6915  
E-mail: oar6trustee@att.net

LIVE FREE AND RECOVER  
OA 4 ME

REGION 6 CONVENTION  
October 21-23, 2005  
Sheraton Nashua  
Nashua, New Hampshire

Information: Contact Pat at 603-746-4931  
<http://www.oanewhampshire.org/convention.htm>

## COMMITTEE REPORTS

REGION SIX ASSEMBLY - APRIL 9, 2005

### Intergroup and Outreach (IGOR) Committee Report

Present: Chair Chip B. (Western Mass IG), Bill R. (Nassau County IG), Peter G. (Metro NY IG), Lisa F. (Mass Bay IG), Lyn H. (Green Mountain North [Vermont] IG), Mort K. (Brooklyn Unity IG), Denise C. (Connecticut IG), Bonnie B. (Connecticut IG). Also present as mentor was Mark G., Region 6 Coordinator (South Coastal IG).

Chip read the IGOR committee report from the Fall '04 Region 6 Assembly. All committee members signed in. Mort volunteered to serve as secretary for the meeting.

Chip read the proposed agenda:

1. Region 6 flyer.
2. A quilt project.
3. Increase in scholarship funding by \$500.
4. Review for eventual approval of the Intergroup handbook.
5. Reaching out to intergroups, particularly those who have not been attending Region 6 assemblies, including advising (educating) intergroups on the importance of OA traditions.

Discussions were held on the five agenda items above, with findings and agreements indicated below:

1. Peter has been working on a Region 6 flyer. He will e-mail the proposed flyer to committee members and will solicit comments and suggestions. Denise volunteered to work with Peter to review flyers from other OA regions and possibly adopt some ideas for our flyer.
2. Lynn volunteered to prepare a "quilt" flyer by May 15, the text to be sent via e-mail to IGOR committee members. The flyer will explain that Region 6 will have a quilt made as a fundraiser and will raffle it off at a convention or other Region 6 event.
3. The committee agreed that Chip will present to the Region 6 board a proposal to increase by \$500 to \$1,000 – the scholarship money that can be made available to a small or underfunded intergroup to enable it to send a representative to the annual World Service Business Conference.
4. One section of the Region 6 Intergroup handbook is to be distributed to each committee member who would review that section for possible corrections, additions or revisions, with the ultimate goal of having a finalized manual ready for the Fall 2005 Assembly. Special attention will be given to internet inclusion and utilization by the intergroups.
5. Regarding item 5 on the agenda, Peter volunteered to prepare a blurb for inclusion in The Messenger on intergroups' attendance and participation at the Region 6 Assembly. We hope to reach out particularly to those intergroups who have not sent representatives to Region 6 assemblies for a period of time.

Considerable committee discussion focused on the importance of

OA traditions. It was recognized that many individual meetings and some intergroups give little attention to the traditions, failing to recognize their importance for promoting and keeping OA strong or that OA recovery is hampered at meetings which do not focus on traditions. It was agreed that both the proposed Region 6 Intergroup handbook (item 4) and Peter's contacts with intergroups (item 5) should stress the need to remind (educate) OAs on the importance of adhering to the traditions.

*Submitted by Chip (Chip22904@comcast.net)*

### *SERVICE AND RECOVERY-1*

Among the gifts I have gotten from doing service are:

- Confidence that I have a voice in the world;
- Understanding that witnessing my story counts;
- Opportunities to meet fantastic people;
- A chance to try out the grown-up skills of taking responsibility;
- Courage to engage in debate expressing opinions;
- Learning to be accountable; and most of all
- Intensifying my recovery with new bridges to program in all areas of my life.

*With love,  
– Eileen C. (NH IG)*

### YOUNG PEOPLE'S COMMITTEE REPORT

Present: Four people. The agenda was to set two and five-year goals.

#### Two year goals:

1. Every intergroup will have at least one meeting ready and willing to sponsor a Young People's meeting.
2. We will create a master list of contacts of advocates for Young People to be used to distribute OA Young People's literature.
3. We will create a link on every OA website for Young People.

#### Five year goals:

1. Every intergroup will have at least one well attended Young People's meeting run by Young People.
2. We will have the capacity to bring suggestions to WSO for the establishment of Young People's beginners' packets.

## COMMITTEE REPORTS

REGION SIX ASSEMBLY - APRIL 9, 2005

### FINANCE COMMITTEE REPORT

Present: Five members, including Officers Louise Y. (Greater Syracuse IG), Ray F. (Metro New York City IG) and Beth M. (New Hampshire IG), plus Sid B. (Region 6 treasurer) as mentor.

The Finance committee moves: "Starting with the 2006 convention, the hosting intergroup would receive \$1,000 or 10% of the net return to Region 6, whichever is less." This language should be added to the Convention committee Policy and Procedures and have a line item in the budget.

The Finance committee moves that the current Region 6 mileage rate of 22 cents per mile be increased to 25 cents based on the increased cost of gasoline. We've checked with the treasurer and there is enough money in the budget to cover the increases.

The Finance committee's strategic plan is to share expertise in budgeting and offer a budgeting workshop during the Fall 2005 or Spring 2006 Assembly and to share expertise on fundraising. Meg and Rhea will compile a questionnaire to go out to intergroups to gather information on their most successful fundraisers and prepare a short article for The Messenger.

**The five-year goal:** prepare a handbook on fundraising.

Per procedures, the Finance committee meets with the treasurer to review the coming year's budget at the Spring Assembly. At the Fall Assembly, the committee reviews the annual audit.

### BYLAWS COMMITTEE REPORT

Present: Temporary Chair Jeffrey S. (gslawyers@aol.com), Secretary Eileen C. (603-448-3423) and six others, including Region 6 Chair Margaret Ann B, as mentor, and Ann, the Parliamentarian.

We reviewed the Bylaws and Policies and Procedures and discussed the first 13 Bylaws, Policies and Procedures. We intend to report by the next Assembly on a simplification of the Policies and Procedures. We are endorsing the motion to amend the Policies and Procedures to permit the revised travel reimbursement. We will simplify the Procedures of the Convention committee, as well as delete Bylaws and Policies and Procedures that are generally ignored. The clearest example is a bylaw calling for an 8 a.m. daily prayer for a serene region. The committee feels that the prayer does not belong in the Region's Bylaws and Policies and Procedures.

We ran out of time. There is much more to review and we hope to have recommendations on this at the Fall Assembly.

### NEWSLETTER COMMITTEE REPORT

Present: Steve (Chair, Metro West IG), Diana (Greater New York Metro IG), Howard (New Hampshire IG), Gil (South Coastal IG), Pat (Intergroup OA de Quebec), Paul (Bronx IG), Bob (Western New York IG).

Meeting agenda: review the two and five-year goals of the committee. Howard read the summary of the Communications committee, which recommends the following:

1. The Newsletter Committee should shorten the committee and workshop reports in The Messenger and e-mails should be sent to appropriate members at the intergroup level, alerting them that the newsletter is available on the Region 6 website.
2. The committee needs to be sensitive to those who cannot or will not use the internet to access The Messenger.
3. All Region 6 information that is mailed should also be posted on the website and each intergroup should designate a downloader who can take this information off the internet. *(con't page 6)*

## SERVICE SERVES US

Without service, I would not be here. Obviously, without the service of those who paved the way, OA would not be here for me. More importantly, without my commitment to do service, I would probably slip away.

My commitment to serve on the meeting level gets my body to my meeting even when the weather may not be perfect. My IG commitment keeps me abstinent! I do not want to imagine having to call another OA and ask that person to do for me what I need to be doing – just because some bit of food happened to get in my way. So I side step that food and keep on working the Steps. And, my commitment to serve on a retreat or convention committee or as a Region rep gets me to these rooms and gives me so many amazing outcomes at recovery!

Sometimes my emotions may be acting up. Maybe fear is telling me to isolate. Maybe I am not as spiritually strong as I need to be and I am feeling "less-than." These things happen. It is precisely at those times that service pulls me through, gets me where I need to be and allows me to be present to hear how recovery is working around me and keeps me clean today.

– Arlene (Brooklyn Unity)

## COMMITTEE REPORTS

REGION SIX ASSEMBLY - APRIL 9, 2005

### NEWSLETTER COMMITTEE REPORT...CON'T

4. A board level Communications officer should be appointed to work on policy for the Region.

Four items were presented to the committee by the Region chair, which are to be incorporated into the Newsletter committee's goals and objectives:

1. Get the message out on traditions.
2. Attract newcomers.
3. Provide more downloadable information.
4. Provide outreach to shut-ins.

Discussion ensued regarding the appropriateness of the Newsletter committee getting involved in the areas of attracting newcomers and outreach to shut-ins. Diana suggested that we offer portals on the website that provide links, rather than write full articles in the newsletter on these subjects.

Pat agreed with the consensus of the committee to have a French-speaking member provide one article for the next newsletter – due by May 15, 2005.

#### Two year goals:

1. The first French Le Messenger issue was produced by French-speaking members, who translated the entire contents of the Spring 2005 issue of The Messenger. The next step is to provide content from the French-speaking OA community, which, as noted above, will begin with the Fall 2005 edition.
2. Expand The Messenger beyond news of the Assembly. Diana noted we incorporated seven individual comments from persons at the last Assembly into items in the last issue.

#### Two-year goals added today:

1. Solicit material on traditions from delegates, to be completed during writing sessions at the Assembly. We will first focus on articles regarding Tradition 6.
2. Shorten up the space in future editions that is devoted to workshop and committee reports, through judicious editing of workshop reports and printing committee reports in smaller type.
3. Continue to make the Messenger more attractive, both content-wise and visually.

#### Five year goal:

Reduce the cost of The Messenger by cutting down on paper distribution. The group conscience was to have Diana present to the Assembly a plan to poll the Assembly's attendees by the close of business today regarding their willingness to receive the newsletter electronically in lieu of on paper. The purpose is to reduce costs, which is likely to increase distribution and allow every member to subscribe who chooses.

### Convention Committee Report

Present: Chair Lee R. (South Central MA IG) and nine others.

A Cape Cod IG representative gave a wrap-up of the very successful 2004 convention, noting it netted \$17,682. There were 616 registrations, including 176 walk-ins.

The New Hampshire convention is progressing nicely and currently has 120 registrants. The banquet will have a prom theme, with the title "Reflections."

The Convention committee is in full support of a motion being proposed by the Finance committee to provide the hosting intergroup with 10% of net revenues or \$1,000, whichever is less. We see this as supporting our goal of encouraging intergroups to sponsor conventions.

We discussed the importance of keynote speakers having recovery on all three levels, with emphasis on spiritual.

No bids have come in for the 2006 convention but two reps are going back to try to sell it to their intergroup. As an action item to help promote convention bids, we plan to sponsor a workshop at the Spring 2007 assembly on the topic of preparing a proposal for a convention bid.

We established a **new long-term goal** "to investigate and report back to the Region regarding the feasibility of having retreats and marathons as Region 6 sponsored OA events."

The committee also established a strategy for the 2007 convention, which is the same year the World Service Convention will be in Philadelphia, to look at the feasibility of changing current policy as to when the convention is held.

*Submitted by Lee R., R6 Convention committee chair*

### SERVICE LEAVES HER AT A LOSS

Without service I would not have 12.5 years of recovery. I have a 120-pound (55kg) weight loss that I've kept off not only by doing service on a 1-to-1 basis but also by attending meetings and by participating at the Regional and now World Service levels. I recommend it also to my sponsees and all and sundry members.

*– Joan (Mass Bay Intergroup)*

## COMMITTEE REPORTS

REGION SIX ASSEMBLY - APRIL 9, 2005

### *Region 6 Recovery Convention!*

Do you want to kick your recovery up a notch? Are you struggling and need a weekend immersed in program to get back on track? Are you new and anxious to get started on the recovery process? Then join us for a weekend of inspiring workshops, motivating speakers, sharing, fellowship and fun at the annual Region 6 "recovery party."

Each year Region 6 reaches out to our fellowship and to those who still suffer by holding its annual OA Region 6 Convention. This year the convention is hosted by New Hampshire Intergroup and will be held at the Sheraton Nashua in Nashua, New Hampshire October 21-23, 2005. The theme for the Convention, "Live Free and Recover," is based on New Hampshire's official motto "Live Free or Die" – famous words uttered by New Hampshire's own General John Stark, to inspire his troops during the Revolutionary War. We who have known the hell of compulsive eating have the same choice: enjoy the freedom of recovery or face the living death of food addiction.

Convention weekend will be filled with fantastic workshops on abstinence, maintenance, relapse/recovery, emotional growth, the 12 steps and traditions and much more. Speakers from all over Region 6 will share their experience, strength, and hope with all who want to recover. Highlights include Friday night's Grand Opening and keynote speaker – and you don't want to miss the super talent show scheduled after the Grand Opening. The Saturday workshops include a Big Book Step Study and Back to Basics workshop. Oh, and be sure to pack your dancing shoes for the "Prom" after the Saturday night banquet and keynote speaker. Dress up is optional but what better time to "put on the glitz" and strut your stuff!

Convention is also a great place to give service. We need lots of huggers and greeters, workshop leaders and people to work at the hospitality and registration tables. So, be sure to sign up to do service when you send in your convention registration. Remember, service is slimming!

Come to beautiful New Hampshire! Enjoy the gorgeous foliage and spend a weekend surrounded by recovery!! Register by August 15, 2005 and take advantage of the reduced "early bird" registration fee. And, don't forget to register early with the hotel to secure your "room/hotel package!" Registration forms should be available at most meetings, or you can go to [www.oanewhampshire.org](http://www.oanewhampshire.org) or [www.oaregion6.org](http://www.oaregion6.org). You can also contact Pat S. at (603) 746-4931.

*Join us in New Hampshire to LIVE FREE AND RECOVER!*

### PUBLIC INFORMATION/HIPM COMMITTEE REPORT

Present: Twenty people representing 14 intergroups.

The committee set a **two-year goal** of creating a HIPM manual within the next two years. The committee also made plans to prepare a HIPM packet to present at the next Region 6 Assembly

We discussed five PI Blitz proposals, which is the most ever. The proposals were from Mass Bay, Cape Cod, Ithaca, Connecticut, and lower New York. Ideas included billboards, bus advertising, newspapers, and HIPM packets at specific hospitals.

### TWELFTH STEP WITHIN COMMITTEE REPORT

Present: Chair (for next six months) Mary Rose D. (Metro New York City IG), Acting Secretary Margie P. (South Coastal IG), Kevin (Greater Rochester IG), Sherry (North Shore IG), Cathy W. (Mass Bay IG), Joan (Mass Bay IG), Jill (Moravian IG), Dori (Southwest Connecticut IG), Sara (Western New York IG), Linda (Southern Tier IG), Virginia (Metro West IG), Sheila (Metro New York City IG), and Judy (Ocean and Bay IG).

Our group generated goals in two key areas, as well as the slogan "Give It Away." We focused on the concept of "In Reach" (as opposed to outreach) – reaching out to people in OA. Our goals centered on Sponsorship and Returning Members, as follows:

1. Generate more sponsors.
2. Develop and distribute Twelfth Step Within "Recovery Is Within Reach" (with In Reach) packets for returning members.

**Goal 1:** Give It Away = Generating more sponsors. We brainstormed ways of generating more sponsors. In addition to producing a Region 6 workshop on sponsorship, which is one of our goals, we came up with the idea of (a) contracting with our sponsees to make themselves available to sponsor a newcomer after 30 days of being sponsored and (b) generating a sponsorship packet for intergroups to put together and make available to meetings (like the newcomer packets are made available).

**Goal 2:** Recovery Is WithIn Reach. We set in motion a plan to develop and generate a Welcome Back "Recovery is WithIn Reach" packet. We want to develop a positive way of welcoming back members and increasing sensitivity in the welcoming back process. We are determining the contents and budget and are generating a cover letter for the packet, which we would give to each intergroup so it could then order the materials from World Service for distribution at the local level.

Region 6 Events are available on-line:  
[www.OAregion6.org/special\\_events](http://www.OAregion6.org/special_events)

## SUMMARY OF THE STRATEGIC PLANNING WORKSHOP

REGION SIX ASSEMBLY - APRIL 9, 2005

OA's primary purpose is to abstain from compulsive overeating and to carry the message to those who still suffer. Region 6's purpose is to further the OA program in accordance with the Twelve Steps and Twelve Traditions of OA, to maintain a Communication Center for Region 6, to provide a forum for selection of 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 the Region 6 Assembly and to work for OA as a whole within the Region on committees appointed by World Service.

Brainstorming ideas of what's most important for Region 6 to do elicited the following proposed goals:

- Help support the intergroups through increased flow of general and financial expertise and communication between the Region and the intergroups.
- Remain attractive and available to bring a newcomer into this fellowship.
- Get the message of the Traditions out into meetings, regarding policies on cross talk, outside enterprises, etc.
- Stress Tradition One: "...personal recovery depends on OA unity.
- Help intergroups communicate with newcomers through the website, Public Information ads, etc.
- Continue to reach out to the French-speaking groups and support translation efforts.
- Don't just tell people that it works but show them that it works; to give them hope by setting an example.
- Carry the message: More money should be made available for public information and advertisements.
- Have actual workshops training delegates to be prepared for attendance at WSBC, to preclude shell shock.
- Reach out to those who are backsliding and in relapse.
- Provide a forum like this and at conventions to include a wider range of the fellowship than just groups.
- Find out what other intergroups are doing in Public Information, fundraising, etc., throughout the year, not just at Assembly.
- Provide a forum for people to go from group to intergroup to Region 6 Assembly to World Service Business Conference.
- Provide a forum for support of intergroup chairs to get together.
- Take a look at how we could have more sponsors available in local areas.
- In the area of Public Information, become more active as ambassadors, going out and being visible and connecting with people.
- Emphasize outreach to shut-ins and those who are incarcerated.
- Hold a Region 6 workshop to get people together to show more recovery.
- Get a conversation started around honoring traditions and joining the national conversation about obesity.
- Continue to provide The Messenger and the Speakers List.

### *SERVICE IS SLIMMING*

I've heard it; I've tried it; I've proven it to myself: Service is slimming. I cannot very well represent my group on the intergroup level and the intergroup on the region level if my face is planted in a bag or a jar between meetings. I'd feel like a faker, if I were talkin' it but not walkin' it. I mean, how could I be representing OA on the one hand while the other hand is coated in sugar?

Service, then, keeps me on my food plan as well as on track emotionally and spiritually. The two-pronged result is that I stay in a normal body size and learn more all the time about how OA works. I become a more informed and ultimately more useful member.

In this way I am not only in OA but am a part of the process that insures the continued health of OA.

Now, If I mean what I've just written, I must put down the pen and start paying attention to the motions currently being discussed at the R6 Assembly I am attending at this very moment.

— Gil (South Coastal MA IG)



## SUMMARY OF MOTIONS AND VOTES

REGION SIX ASSEMBLY - APRIL 9, 2005

**Brief Introduction to the Motions:** The business of Region 6 is conducted at our assemblies each spring and fall. While no attempt has been made here to make these motions "exciting", please take on faith that conducting the business of Region 6 is very satisfying service. I hope everyone who takes the time to read this will have the opportunity to do this service. *(Steve M. Newsletter Chair)*

**Motion # 1.** Margaret Ann presented Motion # 1. The Bylaws committee moved to amend Bylaws Article VII, Section A (Committees) to eliminate section A.9 to reflect the current practice as there is not an Orientation committee. There were no pro or con speakers.

**Motion # 1 adopted by 2/3.**

**Motion # 2.** Margaret Ann presented Motion # 2. The Bylaws committee moved to amend Policy 002 (New Representatives) by eliminating Section B under "Policy" and amending "Procedure" by removing references to the Orientation committee. There were no pro or con speakers.

**Motion # 2 adopted by 2/3.**

**Motion # 3.** Margaret Ann presented Motion # 3. The Region 6 chair moved to amend Policy 013 (Scholarships), Sections A, B, C, and E. There were no pro or con speakers.

**Motion # 3 adopted by 2/3.**

**Motion # 4.** Sid presented Motion # 4 as the treasurer, on behalf of all committee chairs and the rest of the board. The motion seeks adoption of the budget as amended by changing Miscellaneous Carried Forward from \$7,790 to \$8,290, changing total revenue to \$35,790 (adds \$500). Other budget changes include: increasing Twelfth-Step Within committee from \$200 to \$600, Young People's committee from \$100 to \$200 and total expenses to \$35,790, giving us a balanced budget. Tina C. (North Shore IG) seconded the motion.

There were no pro or con speakers but a couple of questions. The budget requires a simple majority to adopt it and 2/3 to change it.

**Motion # 4 was adopted.**

**Motion # 5.** Karin presented a motion to set the dates for the 2006 Assemblies. The location will be here at this hotel in Albany. Spring Assembly choices are April 8 or April 22. All agreed that April 22 was too late so we voted on April 1 and April 8. April 8 was approved. For Fall Assembly, the choices were September 16 or October 14. September 16 was approved. Denise C. (Connecticut IG) moved to adopt April 8 and September 16 as the dates for the 2006 Assemblies. The motion was seconded by Larry (Mass Bay IG).

**Motion # 5 was adopted.**

**Note:** Motions coming out of committees have not been presented to representatives in accordance with the prior notice procedures, so they all require 2/3 vote in the affirmative to be adopted.

### THE REWARDS OF SERVICE

During a brief period of abstinence in the midst of a year-long relapse, I volunteered to do service on our intergroup's upcoming retreat. I was given CDs of the speaker who was to lead the retreat, so that I could become familiar with him.

I subsequently broke my abstinence, but started listening to the CDs. From listening to the CDs, I became abstinent and worked my way through the steps in about three months.

I am now almost six months abstinent and living in recovery. Even in times of duress, the food does not call to me.

How did this miracle come to be? I volunteered to do service.

— Anonymous

**Recovery Around the Globe**

Quality Inn Albany  
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Sunday Sept. 25, 2005  
9:00 A.M. Registration  
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Qualifications, Panel Discussions and More  
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Information at [www.oaregion6.org/special\\_events](http://www.oaregion6.org/special_events)

**Motion # 6.** Tina C. (North Shore IG) presented a motion to increase the PI/HIPM Blitz budget for 2004-2005 by \$1,000. The 2004-2005 budget had been reduced by \$1,000. The motion seeks an additional \$1,000, which would bring the yearly allocation back to the original \$6,000 per year as referenced by the Region 6 Bylaws. There were three pro speakers and one con speaker.

**Motion # 6 was adopted by 2/3.**

**Note:** Someone made a parliamentary inquiry to ask if we could table this vote until we learned what all the motions are, so we could make an informed decision. Sid said that all the motions that appear today are already considered in the budget and would not result in a change to the 2005-2006 budget. Someone asked if it would be out of order to combine all committee funding requests at once. The

## SUMMARY OF MOTIONS AND VOTES

REGION SIX ASSEMBLY - APRIL 9, 2005

parliamentarian ruled that we will need to vote for each request separately.

**Motion # 7.** Louise Y. (Greater Syracuse IG) presented the following motion: "The Finance committee moves: Starting with the 2006 convention, the hosting intergroup would receive \$1,000 or 10% of the net return to Region 6, whichever is less."

**Note:** A parliamentary question then was asked: Is a friendly amendment a con? The answer was that it's a friendly amendment.

**Amendment 1 to Motion # 7.** Mary Rose D. (Metro New York IG) moved that the motion be amended to say "will receive 10% of the net, up to \$1,000." Larry (Mass Bay IG) seconded the motion. There were two pro speakers and no con speakers.

**Amendment 1 to Motion # 7 was adopted.**

**Note:** There was one pro speaker to the main motion and no cons. A question was asked regarding why the 2005 convention is not included.

**Amendment 2 to Motion # 7.** Lee R. (South Central IG) moved to add (s) after intergroup to indicate there might be more than one. Diana G. (Metro New York IG) seconded the motion. There were no pro or con speakers.

**Amendment 2 to Motion # 7 was adopted.**

**Motion # 7 was adopted as amended by 2/3.**

**Motion # 8.** Louise Y. (Greater Syracuse IG) presented the following motion: "The Finance committee moves to donate an additional \$3,000 to the WSO in August 2005." There were three pro and three con speakers.

**See Motion #9.**

**Motion # 9.** Tina C. (North Shore IG) moved to table Motion # 8 until later in this Assembly so we can think more about it. Ruth (Greater Syracuse IG) seconded the motion. A motion to table is not debatable.

**Motion # 9 was adopted.**

**Motion # 10.** Chip B. (Western Mass IG) presented the following motion: "IGOR proposes an increase of \$500 for the 2004-2005 budget for WSBC Scholarship funding." The intergroup requesting the scholarship needs \$1,650 to go to WSBC and has raised some funds on its own. There were two pro speakers and no con speakers, but there was much discussion.

**Motion # 10 was adopted by 2/3.**

**Motion # 11.** Mary Rose D. (Metro New York IG) moved to increase the Twelfth-Step Within Committee budget to \$400 from \$200 for this year. Arla (Mid-Hudson IG) seconded the motion.

**Motion # 11 was adopted by 2/3.**

**Motion # 12.** Laura presented the following motion: "The Bylaws/ Policy and Procedures committee moves that the Region 6 mileage reimbursement rate in Policy 04 be changed from 22cents per mile to 37 cents per mile." Larry (Mass Bay IG) seconded the motion. There was one pro and one con speaker.

### *FROM RELAPSER TO RECOVERED*

My sponsor has advised me: For someone like me who has relapsed and returned three times, the only solution in the long run is service above the group level. She has what I want, and so I do as she says.

Quick question: What is the subtitle of the Big Book? Find that answer, learn that answer, understand that answer, and LIVE that answer. The subtitle of the Big Book is "How many thousands of men and women have recovered . . ." Note: not "are recovering," not "in recovery," but "have recovered." REALITY, PAST TENSE, FACT. Recovery as a DONE DEED. This is the first promise of the Big Book, right there on the title page, hidden in plain sight for all to see. When I work through the Big Book – deeply, exactly, precisely – recovery is mine.

– Grateful in service,  
Mary Rose D. (Metro New York IG)

Arrived in OA 31 years ago; aggregated years of attendance 12-plus years; abstinent, currently, eight-plus years; recovered, the promises come true, nine months

### *SERVICE AND RECOVERY-2*

I volunteered to do service on our intergroup's upcoming retreat during a brief period of abstinence in the midst of a year-long relapse. I was given CDs of the speaker who was to lead the retreat, so that I could become familiar with him.

I subsequently broke my abstinence, but started listening to the CDs. From listening to the CDs, I became abstinent and worked my way through the Steps in about three months.

I am now almost six months abstinent and living in recovery. Even in times of duress, the food does not call to me.

How did this miracle come to be? I volunteered to do service.

– Anonymous

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**Amendment 1 to Motion # 12.** Jeff moved to amend this motion to change 22 cents to 25 cents. Tina C. seconded the motion to amend. There were two pro speakers and one con.

**Amendment 1 to Motion # 12 was adopted.**

**Note:** The main motion is now on the floor. There was one more pro speaker and no more con speakers.

**Motion # 12 was adopted by 2/3 as amended.**

**Motion # 13.** Megan (Metro New York IG) moved to suspend for one time only Policy # 37 limiting PI/HIPM funding to \$3,000 per Assembly to allow additional funding for the Spring Assembly. Funding remains within the \$6,000 annual total. Cindy (Green Mountain North IG) seconded the motion.

**Motion # 13 was adopted by 2/3.**

**Motion # 8.** Returning to the tabled motion, the Finance committee moved to donate an additional \$3,000 to the WSO in August 2005.

**Amendment 1 to Motion # 8.** Bonnie B. (Connecticut IG) moved to amend Motion # 8 to say "donate an additional \$1,500 to the WSO in August 2005." Lisa F. (Mass Bay IG) seconded the motion to amend. There were two pro speakers and one con speaker.

**Amendment 1 to Motion # 8 was adopted.**

**Note:** The tabled motion, as amended to donate \$1,500, was brought back up..

**Motion # 8 was adopted by 2/3 as amended.**

### *SERVICE IN RECOVERY*

I am in OA because of service. Before I came into these rooms I was completely self-absorbed. I remember my first meeting — helping put out literature, helping to set up chairs. Service has made me feel welcome and a part of this organization.

Taking service as treasurer in a meeting kept me at that meeting week after week. Taking service in my intergroup as secretary and then vice-chair kept me coming. Service is what OA is made of.

They say you can't keep it if you don't give it away. Right? Helping others has taught me to help myself. Listening to my sponsees helps me remember where I have been.

OA, the 12 Steps and this amazing fellowship have allowed me to stop thinking of me all the time. I am much happier when I am giving to others.

– Tricia (SE Connecticut IG)

### *SERVICE AND MY RECOVERY*

Translated from French

Hello my dear OA members. I want to share with you about the importance of service in my recovery. Service is one of the eight tools of recovery. It is vital for me. I came into OA in June 2000, completely destroyed by the illness. I have abstained continuously ever since. It is a grace and I am very grateful to my Higher Power and to OA. I owe everything to OA. It's as if I had received a second opportunity to live. Service allows me to help OA to continue. My first day of abstinence, my sponsor told me that, if I wanted to remain abstinent, I had to help someone suffering from this terrible illness. In fear of the return of the food compulsion, I immediately took the phone to reach someone still suffering. My sponsor also told me that I had to do it every day, I have done so and it works, I am still abstinent! Serving through the 12th Step helps me to remember where I come from. Through the transmission of my experience, my degradation with the food stays fresh in my memory. This is very important, because if I forget where I come from, I will return there and I'll lose my life. I am so happy that I don't have to overeat compulsively. Life is beautiful and so much easier that I don't want ever to return to the hell that caused me to arrive at OA's door! When I'm asked to share at speaker meetings, I don't hesitate to say yes; it's very good for my recovery. Simply put, serving through the 12th Step allows me to remain abstinent.

Compulsive overeating is an illness of isolation. When I serve in OA, it takes me out of my isolation. Many a time when I did not feel like going to my meeting, either due to bad weather or simply and often through the wish to be alone and not see anyone, I went because I had a task to do. People were relying on me; therefore I had to let go of my isolation and go.

Service at meetings, either preparing the coffee, welcoming the newcomer or being secretary, helps me also to break down the fences that I had put around me due to the lack of self-esteem that I had. It shows me that "I can, I am able." I am not a good-for-nothing as I had thought I was. My self-esteem grows. It's wonderful to see that the OA members trust me; it helps me to trust myself! These are giant steps in my recovery!

I also serve at Intergroup, to give back to OA what I have received. It's vital for me. My abstinence is my priority! Service helps me to remember this truth in a wonderful way. Putting service at the heart of my recovery, my thoughts are directed in the good way -- that is to say, toward OA and not toward food. This kind of thinking is healthier for me! Thus, service in OA is essential for my survival! It keeps me alive, ensuring my recovery growth!

I thank OA for providing several service opportunities and thereby allowing me to stay alive in recovery!

– Isabelle (Intergrupe OA de Quebec)