



MESSENGER

The Bi-Annual Newsletter of Region 6 of Overeaters Anonymous

Fall 2008

To serve OA...it's doesn't have to be perfect

Hi, my name is Karin and I am an abstinent compulsive overeater. I have been abstinent for over 16 years now and have lost over 50 lbs. I am grateful to be serving as the Region 6 Chair although it is not something I ever saw myself doing. Actually most of the service that I do is not something I ever thought I could do. Before OA I was so full of fear and had so many feelings of inadequacy that I overate to push those feeling down. I stuffed my face, I never faced my stuff.

Now, with my recovery in OA, my self esteem has improved and I have dealt with a lot of my fears. I am able to do things today that were never possible before. God does for me what I cannot do for myself.

I only came to OA to lose weight. I certainly didn't come for a spiritual awakening, not that I knew what that was. I would have sold myself short if I hadn't grasped onto some of the many opportunities that are available in this program. Once I became abstinent and started working through the 12 steps, my life changed for the better. I started to get involved in service. Doing service never got me abstinent but it sure helps keep me abstinent.

I used to see people doing service positions and never thought I was good enough to do that. That is still my main issue – not feeling good enough. Turns out, that with my Higher Power's help I am good enough. This is a "we" program and I can rely on God and the fellowship for help. It doesn't have to be perfect.

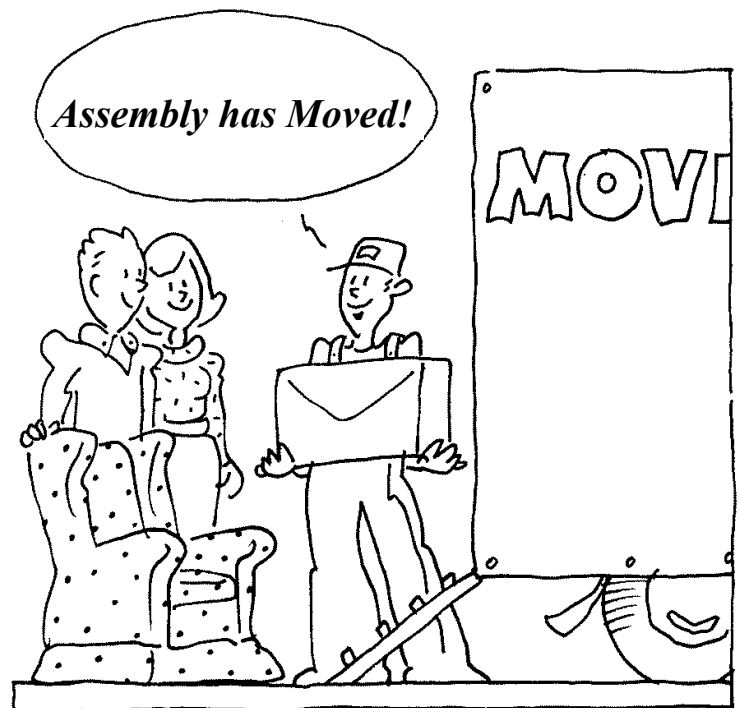
As Region 6 Chair I get to work with a great group of OA members on the R6 Board. I have traveled and met wonderful people. I have the opportunity to be on the Region Chairs Committee and serve with the other 9 Chairs. I have OA friends around the world. That's amazing! There is so much more to OA than losing weight. There are service opportunities for us all.

I have also had the privilege to lead OA retreats. I just came back from leading a retreat in MA. I am grateful that my Higher Power is using me this way. To help others go through the steps and the Big Book is an amazing experience.

Since the Spring Assembly in April I attended the WSBC in Albuquerque, met with the Region Chairs and lead a retreat in May. I am going back to Albuquerque in

August to attend a meeting with the Board of Trustees and the Region Chairs. Our Fall Assembly is in Albany on Sept 20th at the Best Western Sovereign Hotel. The Region 6 Board hopes that you like the new location in Albany. Hope to see you in the fall.

— Karin R.H.
Region 6 Chair
chair@oaregion6.org
613-828-4413



Don't miss a minute of the action! Be sure to come to our new location. Still in Albany!

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

REGION 6 CONTACTS

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Please mail R6 contributions to:

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

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

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

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

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

WHAT IS REGION 6?

Region 6 consists of Overeaters Anonymous meetings and intergroups from the following geographical locations: New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Central and Eastern Ontario, Quebec, Newfoundland, New Brunswick, Nova Scotia 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 6;
- To provide a forum for the selection of Regional and General Service Trustee nominees;
- To provide unity of groups and organization of Intergroups within Region 6;
- To host Region 6 Marathons and Conventions as deemed necessary by Region 6;
- To work for OA as a whole within the Region or Committees appointed by World Service..

**The next Region 6 Assemblies are scheduled for:
September 20, 2008
April 18, 2009
October 3, 2009**

**Assemblies are no held at the:
Best Western Sovereign Hotel Albany
1228 Western Avenue
Albany, NY 12203
(518) 489-2981
Reservations: 1-800-528-1234
E-mail: gm@sovereignhotels.com**

The Messenger Staff

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

- Gaston L. ----- Chair
- Marilyn C. ----- Editor
- Elsa P. ----- Proofreader
- Diane P. ----- Proofreader
- Clarissa ----- Committee Member
- Steve M. ----- Web site and Publications Coordinator

Editorial Policy

The Messenger is the bi-annual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is the July 1 for the Fall Edition and January 1 for the Spring Edition. Material cannot be returned nor can payment be made. All submissions to the editor must be signed and when published, will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. The Messenger reserves the right to edit all submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and The Messenger as your source. Courtesy copies of reprinted articles are appreciated. The opinions expressed are those of the writer, not those of Region 6 or OA as a whole. Please address all submissions and correspondence to The Messenger via e-mail to: Newsletter@OARegion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated above.

Trustee's Message

Service & Traditions Workshops

“Our group decided that because of group autonomy, since we all agree that we want to use this Hazelden book for our meeting, it’s ok.” “Our women’s body image meeting is trying to decide what to do when a man shows up.” “I went to this meeting, and they told me I couldn’t share because I hadn’t been abstinent for ninety days.”

I’m halfway through my third year as R6 trustee, and this is a good representative sample of the sorts of tradition-related matters I might hear in a typical week. Serving as trustee has been a great opportunity to really study and learn about how the traditions serve our primary purpose: how they keep groups united and healthy so we can keep carrying our message of recovery through the 12 steps.

When I was first coming around I learned that OA was a worldwide fellowship, and I learned that it had these murky things called “service bodies” and I figured there were authorities who ran things and determined what was ok and what wasn’t. That’s the only model I had for any organization: the bosses would tell us here on the folding chairs in the church basements how to do things. It was pretty confusing when I started learning about OA’s 12 traditions, because they didn’t fit into any model I’d ever heard of. I remember the first time I heard this reading of Tradition Nine in a business meeting: “OA ought never be organized’... and it never is!” [Guffaws around the room.]

Since we have traditions, which are a set of “customs, practices, and beliefs that are valued and handed down by a particular culture”, and not laws, which are “rules of conduct or procedure recognized by a community as binding or enforceable by authority”, when I am asked to take action by an individual or service body on a matter, I cannot “enforce” because I am not an “authority.” I can, as is part of my trustee job description, call to the attention of an individual or service body actions that are not in the spirit of the traditions. My role is to inform and educate and offer assistance, whenever possible.

One of the best ways I am able to do this is to offer to conduct a Service and Traditions Workshop. My budget includes funding for me to travel and provide handouts and literature for a full- or half-day workshop. The workshop is flexible in format and content, and includes discussion on the twelve traditions, on OA’s service structure (especially how to inspire members to join in the joy of service), and sponsorship.

These workshops were instituted as a way for the trustees to travel to areas where tradition conflicts were causing problems, or simply when requested by an area that was interested. I have very much enjoyed conducting them, partly because I so love the fellowship of my dear ones in Region Six, and partly because they so expand my understanding of and appreciation for our wonderful traditions.

I think they are so valuable because, well, they are a form of

self support: instead of looking to The Authority, as I always would in my old model of organization, for The Answer, the workshops encourage members to share and discuss and – usually – discover how much they already collectively know about these matters. Isn’t that really living the principles – to find our solutions in unity, rather than have them imposed on us from without?

What you can expect from a S&T workshop: a minimum of four hours (it’s not cost effective to transport the leader for a shorter workshop) of workshop, which can be tailored to your preferences. I will talk for eight hours straight if you let me (please don’t), or you may prefer a combination of my speaking with writing exercises and small group discussions, open sharing, Ask-It Basket, panelists if you have willing victims, even a fun game show, “Serve and Win!” (with valuable prizes).

What your intergroup must provide: you secure the hall, you do the publicity (I will happily assist with flyer design if necessary), you bring the bodies. It’s especially nice if I can be billeted (housed) one or two nights. I am happy to be fed but don’t have to be (I mean, I have to eat, but... I can fend for myself, in other words.)

My budget is made in October, so if you are looking for a S&T, it’s good to put in your request soon. If it’s for after May 2009, it will have to be scheduled with the new incoming trustee, since I’m out after WSBC 2009. Hope to have some takers, and thank you as always for allowing me to serve.

— Margaret Ann B.
trustee@oaregion6.org

A word about the Morning Workshop

Region 6 Assembly – April 12, 2008

The time normally used for our R6 Assembly workshop was dedicated to a review of concerns over past financial actions. The Board shared with R6 Assembly why they become concerned, what conclusions they reached and the recommendations for moving forward. The Board recommended that in keeping with our OA traditions and OA concepts of service, R6 Assembly take no action on these past concerns. Instead, R6 Assembly focused on forward looking actions intended to assure that our present and future finances are managed as the membership deserves.

Members' Write on Developing and Maintaining Trust in Recovery

Region 6 Assembly – April 12, 2008

NEVER KNOWN

OA has enabled me to develop and maintain trust at a level that I had heretofore never known.

From the moment I walked in I chose to be open and vulnerable every step of the way. I trusted that I would be safe at the meeting. I trusted that I could declare myself a compulsive overeater. I trusted the person who offered to be my sponsor. I trusted her suggestions and coaching. I trusted the Steps. I trusted what I heard and read. I have gone with everything in this program all the way, and that trust has been rewarded to a degree that I could never have imagined.

Mostly too I have given myself over to faith, trusting in my Higher Power to guide my progress in recovery and to move me toward the next right action. Before OA, faith was not present in my life. I trusted no one and nothing at my deepest core. I was a universe of one, and I was a one-way system with no real possibility for receiving love, guidance, fellowship – anything.

I knew not how to ask for help or how to accept it when offered. My world view was commensurately limited. I might have been experienced, but I was profoundly alone. Since program, I can trust Higher Power, program, people -- they all occur totally differently for me now. I now feel aligned with the universe, part of the flow, and blessedly not separate any more. I can receive rather than look askance with skepticism. I am related to people, more expansive and more fun. It is as if I have gone from black and white to color, or from vinyl to CD. Unlocking my capacity to trust has brought me a connectedness that keeps me choosing to trust when the challenges arise.

Thank you OA

— Catherine

DEVELOPING TRUST

The word that comes to mind is allowing (trust):

Allowing my fellows space, room to be where they are, when they are free from any judgment from me

Trusting they are being nudged toward recovery by their H.P. perfectly

Staying open, allowing life to unfold as it will

Trusting frees me to do what I need. It's part of my faith journey. I trust that if I invest in my own health (mental, physical and spiritual), progress will happen. I will be supported by the Divine.

I also realize, as part of my faith journey, that I know very little. I am certain of nothing. This allows me open space. The opposite of faith is certainty. I am committed to the learning process. I remain teachable. I take Good Orderly Direction (GOD) and humbly move toward new circles of new light.

— John B.W.

LIVE AND SPEAK UP WITH COMPASSION

My name is Harry, and I am a grateful recovering compulsive overeater. Developing trust meant remembering I could not do things on my own, especially OA recovery. I needed to rely on others' experience, strength and hope in order to recover. What I heard in meetings has changed my mind totally. A lot was about what I realized but had cast off. When I heard it said compassionately, I was

willing to listen rather than in my addict's mind way.

But the only authority in OA is a living God as I understand. Others cannot be totally counted on. They are human and need to be forgiven for their errors. I feel by cleaning my side of the field and remembering my recovery, I can show strength and hope to those who need help, and they can improve with time. Thus, I ultimately trust the program and group conscience to steer the boat of OA. Service cannot totally be handled by one person. We are encouraged to ask for help. I maintain trust by maintaining my program and speaking up for the Traditions and Concepts when needed.

— Harry W

EXPLAIN

There are several interpretations of this topic. When I think of trust in recovery, do I mean trust in other people, trust in Higher Power, or trust in my own recovery? It is really a three-fold question.

Do I trust in other people? Somewhat. I will have four years of abstinence in July, and I do trust people more than I did before program. My tendency for catastrophic thinking (“so-and-so isn't here; something horrible happened to them”) now has been diminished but not totally extinguished. I am more willing to believe that they were stuck in traffic and not killed by falling rocks or a drunken driver, but the thought may still have crossed my mind before I bought it.

Do I trust in Higher Power? Yes, very much so, more than in people. My Higher Power has helped me in many situations, and I have learned to look on every experience as a learning experience in HP communication. Does this mean I do nothing at all? No, I do my part and the rest falls into place. Maybe not quite as I imagined, but it all happens as HP wills. If something bad happens, prayer helps better than cursing.

Do I trust in my own recovery? Yes. If I can't stay abstinent for myself, nobody can do it for me. I try to avoid bakeries when I'm hungry. I do trust my recovery to pull me through situations. I've learned that there is nothing I can put in my mouth that will change the reality of a situation. Studying the Steps to learn my part in my problems has been a way for me to start making amends for past actions and guiding my future decisions.

In conclusion, I still have trust issues. Fear is the opposite of trust, and it ruled my life for many years. I am less afraid now and trust more easily.

— Jean B.

LET GO AND LET GOD

Understanding trust in my program was a learning experience for me. I had a very hard time trusting anyone before program. I had to learn about the OA program to understand that I had a Higher Power I could trust. I now understand that I can let go my issues about someone or some situation. I give the problem to my Higher Power through prayer. I don't need to sweat the things that will lead me to a binge. I let go and let God.

— Jeffrey A.

Committee Reports

Region 6 Assembly – April 12, 2008

BYLAWS COMMITTEE

In Attendance: Chair, Bruce R. (Ottawa District IG) + 4 delegates, Karin R- H. (Chair), and Ann W. (Parliamentarian).

ISSUES DISCUSSED AT MEETING:

- No emergency business motions were deemed necessary; discussed requirements for Board member suspension.
- Abstinance requirements for RRs and ARs ; term limits for Board Service.
-

DECISIONS MADE:

- Draft Bylaws motions; requirements for suspensions of R6 Board members.
- 6 month current consecutive abstinance requirements to vote at R6A; add “current” to Committee Chair abstinance requirements.
- Set a limit of 12 consecutive years for R6 board, but may act as mentor for current Board members.

CONVENTION COMMITTEE

In Attendance: Chair, Roberta L. (Nassau County IG) + 17 delegates.

ISSUES DISCUSSED AT MEETING:

- Convention 2008 (Plymouth - Discovery/October 24 - 26, 2008)
- Entertainment Committee - Talent show, bingo, DJ Saturday night - Plymouth Rock; photos if wanted.
- Raffle baskets needed (\$50.00 value); raffle tickets - drawing in September.
- 8 keynote speaker tapes (Keynote Speaker Selection Committee will choose 5).
- Radisson Hotel-rooms full; Best Western - 3 blocks away, and many restaurants.
- Convention 2009 (Syracuse - Serenity In Syracuse); Holiday Inn - off Thruway; phone meetings - get involved; date 4/24/08 @ 7:30 p.m.(EST), (517) 417- 5200, Code #12128.

DECISIONS MADE:

- Still need Hospitality Chair and Co-Chair for 2009 Convention.
- Still need Hosting Committee for 2010 Convention; Connecticut, Vermont, Maine, Berkshires, Ottawa, Toronto.

FINANCE COMMITTEE

In Attendance: Chair, Alyssa (Greater NY Metro IG), + 11 delegates, Zazu (Treasurer).

ISSUES DISCUSSED AT MEETING:

- Elected a new Secretary, Danielle S. Reviewed minutes from last meeting; accepted minutes as read. Reviewed the 3 motions for presentation to Assembly.
- Motion #1: performing the audit with the Vice Chair, and supply the latest completed tax form (s), current insurance policies, original financial documents (including receipts, bank statements and check stubs) and all other relevant documents for the audit. Amended the motion to include “with the Vice Chair and the Finance Committee”. Committee passed this amended motion.
- Motion # 3: act as liaison with accountants and IRS and ensure that the annual tax form is prepared and submitted to the IRS.

Zazu amended her motion to include the phrase, “to act as liaison with the accountants and federal, state and local tax authorities to ensure that the annual tax forms are prepared and submitted in a timely manner as required by law”. Amended motion passed by committee.

- Motion # 2 budget override motion: to add a line item for tax penalty amount of \$1660.00. Motion passed by the Finance Committee.
- Review emergency motions being presented by Board.
- Discussed checks and balances for accounting practices, such as having an independent financial audit and alternate ways of having the Treasury responsibilities and procedures.
- Reviewed the annual budget. Motion to amend budget to include an adjustment to the mileage reimbursement rate; from 25 cents to 35 cents per mile for the new fiscal year. Motion to include amended rate change was accepted by the Finance Committee.

DECISIONS MADE:

- We currently have our books reviewed by an independent accountant. The committee discussed the importance of having a full and complete independent audit, in order to assess the books, internal documents, internal controls and accounting practices.
- We have formed a subcommittee to first assess the scope of work for an audit, and second, to acquire RFPs for conducting a full fledged audit. This information will be brought to the committee at the Fall Assembly.
- Discuss a prudent reserve policy and what to do with excess funds. Will discuss this issue further.

IGOR (INTERGROUP/OUTREACH) COMMITTEE

In Attendance: Chair, Lyn (Green Mountain North IG), + ? delegates, and Helen (Coordinator).

ISSUES DISCUSSED AT MEETING:

- Awarding scholarships for Assemblies and WSBC; Region 6 Intergroup Handbook; communication tree - monthly committee communication between Assemblies.

DECISIONS MADE:

- Collated reports.

GOALS/ACTIONS WHICH WILL BE COMPLETED BY THE NEXT ASSEMBLY:

- Request clarification of monetary award for scholarship fund.
- Familiarize ourselves with the Region 6 Intergroup Handbook.
- Notice in newsletter to find out what works.

NEWSLETTER COMMITTEE

In Attendance: Chair, Gaston (IG OA Francais de Montreal), + 3 delegates and Steve (Website and Publications Coordinator).

ISSUES DISCUSSED AT MEETING:

- Discussed the need for release before 45 days prior to Assembly (per Board Policy Manual).
- Steve - reviewed current issue of The Messenger.

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Committee Reports

Region 6 Assembly – April 12, 2008

- Steve - discussed guidelines for submissions, summarizing the committee reports. Also discussed recommendation for summary for “financial concerns” discussion this morning.

DECISIONS MADE:

- Produce and distribute English and French editions of the newsletter.

GOALS/ACTIONS WHICH WILL BE COMPLETED BY THE NEXT ASSEMBLY:

- Publication and distribution of The Messenger in English, and French.

PI/PO COMMITTEE:

In Attendance: Chair, Deb K. (Cape Cod IG) + 12 delegates and Diana (Vice Chair).

ISSUES DISCUSSED AT MEETING:

- Deb K. elected PI/PO Chair.
- Metrowest IG going forward with APA PI Blitz in Boston from 8/14/08 to 8/17/08. Money to be appropriated by Region 6 and 3-4 intergroups.

DECISIONS MADE:

- Report Metrowest APA project; hear new proposals for PI Blitz.

GOALS/ACTIONS WHICH WILL BE COMPLETED BY THE NEXT ASSEMBLY:

- Michael to report on APA PI Blitz progress.
- Samantha to get survey information, for “How Did You Hear About OA” and “How To Evaluate A PI Blitz”.
- Syracuse reported on outreach PI Blitz; see bags to be given to pharmacy customers with Utica OA information on bag.

12 STEP WITHIN COMMITTEE:

In Attendance: Chair, Tina C. (North Shore IG) + 12 delegates, and Laura (Secretary).

ISSUES DISCUSSED AT MEETING:

- Mission historically; sponsorship summary; Convention; round robin discussion where 12 Step Within Committee members shared what their intergroups are doing regarding 12 Step Within activities.

DECISIONS MADE:

- 12 Step Within workshop at Convention, entitled, “Put The Hand In The Hand”.
- Call 5 members that haven’t attended OA meetings in a very long time; 12 Step Within begins in our own backyard.
- Many ideas generated for next initiative; list being sent to delegates regarding initiative topics to bring to their member groups to decide which topic to focus on at the Fall Assembly.

GOALS/ACTIONS WHICH WILL BE COMPLETED BY THE NEXT ASSEMBLY:

- Secretary to send out ideas to 12 Step Within Committee

members to poll their intergroups.

- Phone list to be completed to give out at the Convention workshop, “Put The Hand In The Hand”.

YOUNG PEOPLE COMMITTEE

In Attendance: Chair, Gary O’ C. (Central Mass IG) + 3 delegates, and Laura (Secretary).

ISSUES DISCUSSED AT MEETING:

- Change the name of the committee to “Youth In OA Committee” to reflect the World Service name change.
- What OA can learn about how to help young people from Al-Anon’s experience with Alateen meetings.
- Helpful ideas from an old (2001) Young People meeting format.

DECISIONS MADE:

- Disseminate information to intergroups about what literature is available for young people.
- Provide guidelines for outreach to schools and other youth-oriented organizations.

GOALS/ACTIONS WHICH WILL BE COMPLETED BY THE NEXT ASSEMBLY:

- Each committee member to obtain and review the Young People’s packet from World Service - deadline May 31, 2008.
- Review the World Service Young People’s newsletter to provide history - deadline May 31, 2008.
- Review Alateen literature - John by June 30, 2008.
- Find an Alateen contact person - Linda by June 30, 2008.
- Submit a motion this afternoon regarding committee name change.

Summary of Elections, Motions and Votes

Region 6 Assembly – April 12, 2008

BYLAW AMENDMENTS/POLICY MOTIONS

Motion 1 - This motion modified the current R6 audit procedures so they comply with accepted accounting practices. It was moved to amend Motion 1, to include the phrase “.....and the Finance Committee”, as the Finance Committee would conduct the audit with the Treasurer. The amendment was accepted, and the Motion 1 was adopted as amended.

Motion 2 - This budget override motion involved adding a line item in the 2007-2008 budget in the amount of \$1660.00. The money was allocated to pay the tax penalty levied on R6 for submitting Form 990-PF late. Motion 2 was adopted.

Motion 3 - This motion modified an R6 Bylaw so the Bylaw would specify that the R6 Treasurer will not only act as liaison with the accountants, but will ensure that R6's tax forms are prepared and submitted. Rosie (Greater NY Metro IG) presented an amendment to Motion 3 on behalf of the Finance Committee. It was moved that this motion be amended by striking the words “..and the IRS” and

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Summary of Elections, Motions and Votes

Region 6 Assembly – April 12, 2008

include the phrase “... and federal, state, and local tax authorities to ensure that the annual tax forms are prepared and submitted in a timely manner as required by law.” The amendment was accepted, and Motion 3 was adopted as amended.

Motion 4 - This motion clarified the R6 logo. Steve said the logo included the accent mark over the letter “e” in the word Region. A point of information was raised that the Assembly didn’t approve the accent mark on the logo. The motion addressing the accent mark was tabled from Fall ’07 due to lack of time.

There were concerns expressed that the accent mark would be confusing for English speaking members. Another delegate said it’s not an advantage to adopt this logo as official as it’s not as recognizable as the World Service OA logo. The advantages of adopting the accent mark would be that it would highlight the linguistic diversity of R6, and illustrates that R6 is a multi-national region. The Assembly voted to include the accent mark in the logo, and the Motion 4 was adopted as amended.

Motion 5 - This motion modified the R6 election cycle to have elections in the Spring and the Fall. There was debate, and the motion was tabled. It will be re-worked by the Bylaws Committee.

Motion 6 - This motion sought to establish an Intergroup Support Fund, which would be administered by the 12 Step Within Committee. There was a lot of debate, and concerns as to whether the Assembly was out of time. A suggestion was made that this proposal be referred back to the Twelve Step Within Committee so they could discuss it. This wouldn’t be done, as the TSW Committee hadn’t submitted the original proposal. It was then moved and seconded that Motion 6 be referred to the TSW Committee for discussion. This motion was voted down. There was another motion made to postpone the vote on Motion 6 until the next Assembly. The Parliamentarian explained that the time frame between Assemblies was too long. It would have the same effect to vote the motion down, and re-consider it at the next Assembly. Motion 6 was voted down.

MOTION TO ADOPT 2008/2009 BUDGET- Zazu motioned to substitute the one-page budget on bright green paper (2008-2009 budget) for the one that was mailed in the pre-Assembly packet. This was seconded, and approved. Zazu explained the increases on certain line items, and the creation of new line items such as Income Tax Penalty (ies). The delegates voted to extend the Assembly, as there were many budget questions and changes, as well as other business still pending. The budget was adopted as amended.

MOTION TO SET DATES FOR THE 2009 ASSEMBLIES - Diana presented the dates for the 2009 Assemblies. The delegates voted for April 18, 2009 for the Spring Assembly, and October 3, 2009 for the Fall Assembly.

BUDGET OVERRIDE MOTIONS/COMMITTEE MOTIONS - Zazu (Treasurer) presented an emergency budget override from the 2007-2008 budget on behalf of the R6 Board. It was moved that the Treasurer’s line item be increased by \$250.00 to allow for increased

expenses.. The motion was approved.

There were 3 other emergency budget overrides, and in the interest of saving time, Danielle S. (MBI) asked that the rest of the motions be considered together. The delegates agreed to this, and the following motions were approved:

- 1.) Add the income line item, “Donation For APA Convention” - \$1000.00, and increase the PI Blitz expense total by \$1000.00.
- 2.) Increase the line item “Professional Services To Recover Financial Records” by \$340.50.
- 3.) Increase the Newsletter Committee budget by \$250.00 to cover increased costs.

Gary presented a motion on behalf of the Young Peoples Committee. It was moved that the name be changed from “Young Peoples Committee” to “Youth In OA Committee” to replicate the change made by the World Service Youth In OA Committee. The motion was adopted.

FIRST TIMER’S CEREMONY - The new delegates were asked to stand, and the Assembly acknowledged their service with a round of applause.

Rock Solid Recovery in Plymouth Region 6 Convention ’08

October 24-26, 2008 Plymouth Massachusetts

Discover

1. To learn about something for the first time.
2. To realize or notice; come upon

Recovery

1. A return to good health.
2. The retrieval of something lost or stolen

Hear ye! Hear ye! It is high time to Discover, and Recover! Registration is now under way for Discovery ’08, the 2008 Region 6 Convention, to be held the weekend of October 24-26 in historic Plymouth, Massachusetts. The convention committee is hard at work to create a fabulous, fun and inspiring weekend for all who seek sanity, fellowship, and rock-solid recovery. Highlights to include: a wide variety of Topic-focused Marathon Meetings and Workshops (The 12 Steps, Abstinence, Spirituality, Relapse/Recovery, Maintenance and 100 lb. Emphasis, to name a few...), Powerful Keynote Speakers, Friday night’s “Open-Mic”/Coffee House and an original OA Musical Extravaganza, and Saturday night’s “Plymouth Rock” Dance, and/or “Pilgrim Bingo” You don’t want to miss this boat! (Rooms at the Radisson Hotel are filling up fast...) To find out more information and to register, go to www.oaregion6.org Anchors aweigh!