



MESSENGER

The Bi-Annual Newsletter of Region 6 of Overeaters Anonymous

Fall 2010

From the Region 6 Chair

Hi my name is Karin; I'm a compulsive overeater and gratefully serving as the Region 6 Chair. The tool of service is very important to my recovery in this fellowship. I have been in OA for 21 years now and abstinent for 18 years, and I believe that I have to do service to keep my recovery. It is the first "must" in the Big Book. By carrying the message we build up insurance against the first bite. Also by doing service I am giving thanks to OA for the most precious gift – abstinence. Abstaining from compulsive eating and eating behaviours is not always easy to do, but I do it one day at a time and with my Higher Power's help. I have a plan of eating that I follow and a plan for working the steps. I need to stay committed to my program, and I find that service helps me do that. I can't do the service I am doing if I am not abstinent. So I do my best to stay in fit, spiritual condition because I am not cured of compulsive overeating.

I attended a retreat recently where the leader suggested that we not let our service work replace working the steps. This was a good reminder. Service is a tool, but the personality change sufficient to bring about recovery from compulsive overeating comes from working the steps. We only have so much time in our lives and balance is something I still strive for.

I am very grateful to the people who came to the rooms before me and offered this program of recovery to all of us. I hate to think of where I would be without it. How exciting that OA celebrated 50 years of recovery this past August in Los Angeles!

Since the Spring Assembly I attended the WSBC in Albuquerque NM, met with the Region Chair Committee, and chaired a R6 Board teleconference call to organize the Fall Assembly. At the Fall Assembly on Sept. 25 we will be trying out online registration for delegates. We also have an OA meeting scheduled on Friday evening since more people are staying at the hotel. Please plan on attending the R6 Convention, "Believe in the Miracle," in Burlington, VT, Oct 22-24, 2010.

Thank you for allowing me to do this service. See you in the fall.

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

From the Region 6 Trustee

"We are people who normally would not mix."

"OA is a very big tent."

Remember that the highway is broad!

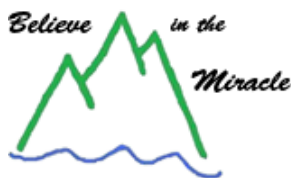
Dear Members of Region 6:

The more I witness this program, and the more I practice it, the less of a "long-timer" I feel; the more a beginner I feel. There is a depth to it, and a coherence that stuns me each time I experience another level of it. Much of it has to do with "surrender." Underlying this process of surrender is compassion: compassion for self, compassion for others.

Over the past six months, I have participated in, spoken at and led retreats, presented Service, Traditions and Concepts workshops, and attended trustee meetings and intergroup interventions. With others from our region, I served at the 2010 World Service Business Conference where, on so many levels, the earth moved. If there is a difference to be had or an emotional button to be pushed, *any* of these OA activities (not to mention weekly group attendance) will find a way to make that happen, to bring me face-to-face with *myself* and the discomfort, judgments, and shortcomings that I ask HP to remove. This program is not just saving my life from a disease that was killing me, it is teaching me how to relate to others with a kindness and generosity of spirit that I just could not muster while living in the disease. The OA program teaches me how to tolerate being myself even as I tolerate others being themselves as we work together in recovery. The traditions teach us about intimacy.

Note it is not "as we *vacation* together" or "as we *earn money* together" or "as we *discover a hobby* together"; rather, it is as we live the Twelve Steps and Twelve Traditions of Overeaters Anonymous. How do I do this, when all the words become rote and all the ideas blend together and I teeter on the edge of...boredom? To work the steps, the traditions, the concepts—to keep them fresh—I turn to the underlying principles of each. Is my behavior *honest*? Do I live in *integrity*? Am I *neutral* about issues that do not concern me? When people and events do not go my way, do I surrender? Do I practice *compassion*? Do I recognize that each event is a gift, guidance from HP? Just because I do not understand it, or especially when I do not agree with something, do I accept an ultimate authority greater than I? Or do I deny, undermine, contemn? (That last is from the Big Book: *Contempt prior to investigation.*)

Region 6 Trustee Message continued on page 3



2010 OA Region 6 Convention

October 22 - 24, 2010

Sheraton Hotel & Conference Center

Burlington, Vermont

"For every mountain there is a Miracle."

Whether you've scaled one mountain or a whole range in your journey of recovery, or are just beginning your trek, we invite you to join us for a weekend set to explore this very theme.

Believe in the Miracle of your OA Recovery

Visit www.oaregion6.org/2010

REGION 6 CONTACTS

Please direct R6 correspondence to:

Jeffrey Auer
R6 Coordinator
94 Vermont St.
West Springfield, MA, 01041
coordinator@oaregion6.org

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 of Overeaters Anonymous

Editorial Policy

The Messenger is the bi-annual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is July 1 for the fall edition and January 1 for the spring edition. Material cannot be returned nor can payment be made. All submissions to the editor must be signed, and when published will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. The Messenger reserves the right to edit all submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and The Messenger as your source. Courtesy copies of reprinted articles are appreciated. The opinions expressed are those of the writer, not those of Region 6 or OA as a whole. Please address all submissions and correspondence to The Messenger via e-mail to: Newsletter@OAreion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated above.

WHAT IS REGION 6?

Region 6 consists of Overeaters Anonymous meetings and intergroups from the following geographical locations: New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Central and Eastern Ontario, Quebec, Newfoundland, New Brunswick, Nova Scotia, Prince Edward Island and Bermuda.

The purpose of Region 6 of Overeaters Anonymous is:

- To further the OA program in accordance with the Twelve Steps and Twelve Traditions of OA;
- To maintain a communications center for Region 6;
- To provide a forum for the selection of Regional and General Service Trustee nominees;
- To provide unity of groups and organization of Intergroups within Region 6;
- To host Region 6 Marathons and Conventions as deemed necessary by Region 6;
- To work for OA as a whole within the Region or Committees appointed by World Service.

Upcoming Region 6 Assemblies

September 25, 2010
April 9, 2011
Best Western Sovereign Hotel Albany
1228 Western Avenue
Albany, NY 12203
1-518-489-2981
Reservations: 1-800-528-1234
E-mail: gm@sovereignhotels.com

THE MESSENGER Staff

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

Debi G.....Chair
Marlene, Debi.....Editors
Marilyn, Marlene, Michael, Dee, Charlotte.....Proofreader
Jill M.....Layout and Production
Bruce R.....Website and Publications Coordinator

*The Newsletter Committee could use your help. We need editors and proofreaders. You don't need to be perfect, just willing. For more information, please send e-mail to newsletter@oaregion6.org
THANK YOU!*

OA Members Write On: Today, For Me, Abstinence Means...

Abstinence means my life is going according to God's plan for me. In the beginning, it only meant sticking to a food plan – weighing and measuring my food. Calling my sponsor daily, making three phone calls a day, three meetings a week, reading literature and doing some writing.

But it has evolved into much more than that. It's meant surrendering my will to a higher power, listening for the answer when I ask God for help, doing service for others. I have received so much from doing these disciplines that I now have more of me to give away — and I now give away freely, not resenting it or feeling taken advantage of.

How wonderful to have a well so full that it's spilling over. Most of my anger and resentments are gone now. I have acceptance of others and can allow them to find their own path, not imposing my will on them.

My life is so different today, I love God, and I know he adores me – He's proven it on a daily basis.

Dee P., NH Intergroup

Today, for me, abstinence means peace, thank you God. My mind is no longer whirling about food. What can I eat next, where can I get it, where can I hide it, how can I eat it without anyone seeing me, etc. I can get on with living my life, one day at a time. I am hopeful now; I don't live in despair. My abstinence is a gift from God and I appreciate it and give thanks daily.

Marlene, Central Ontario

Today, for me, abstinence means the beginning of recovery. Recovery, not merely abstinence, is my goal. Abstinence means physical recovery but, oh, there is so much more to follow. Overcoming the hopeless state of mind and body has been my gift as the result of working the steps with my sponsor, my OA sisters and brothers, and my Higher Power.

My abstinence comes from studying the "Doctor's Opinion" in the Big Book. I believe that my body is "allergic" to certain substances. So I list those foods which caused me to binge in the past. I share these with my sponsor and with God and I ask for help to avoid them.

Thank God this has been my gift for 23 years. But I don't rest on my laurels. Instead I live one day at a time and my life is blessed.

Penny C., S. Coastal MA IG

Today, for me, abstinence means not binging, not eating comfort foods when I need comfort, and not eating processed sugar products. It also means eating slowly, and not "wolfing" my food down. Finally it means making healthy choices when traveling or away from my daily routine, and remembering it is O.K. to leave food on my plate if I feel full.

Lee R.

Today, for me, abstinence means another day of life. It means I can think and feel, and communicate with my inner self, my Higher Power, and others. I live in my 12 Steps and tools, and I walk with my Higher Power sitting on my shoulder.

Abstinence is doing service and practicing the principles of my Steps in all my affairs. It is living and letting others live their lives free from my judgments. It's remembering that love and tolerance is our code. Abstinence is leaving my comfort zone to try a new service that may appear difficult, and it's remembering that HP does not choose the equipped, he equips the chosen.

Abstinence is living happy, joyous and free. It is my humble gratitude to all in OA who have loved and supported me throughout the years.

Andrea F., Greater NY Metro IG

Today, for me, abstinence means peace of mind. I've been in the OA program for 5 1/2 years and one thing I've learned is that worrying doesn't accomplish anything. My abstinence includes more than my food because what drove a lot of my eating was anxiety. I would worry about things I had no control over, like the weather or the actions of other people. Now that I'm abstinent, I still have problems in my life, but I've learned to turn things over to my Higher Power rather than worry about them. Instead of worrying about the weather, I make a backup plan to allow for storms or other unexpected events. What other people do or don't do may have an impact on my life, but again, I turn it over. There is an old song that says that the wealthiest person can be a pauper compared to the one with a satisfied mind. Now that my mind is satisfied by something other than food, I'm a happier, calmer, and more productive person.

Jean B., Mass Bay IG

Today, for me, abstinence means having a food plan and following it with rigorous honesty, talking with my sponsor daily, sponsoring, attending meetings weekly, staying connected with OA members by phone on a daily basis, reading OA literature, showing up for life and remembering to let go and trust God with the outcome. This I do to the best of my ability one day at a time – each day.

Name withheld

From the Region 6 Trustee, continued from Page 1

God is running the world. I need not worry. Even if everything in me says "No!" even when an opinion, a vote, or even another fellow's mood does not go my way, God is *still* running the world. I do not have to. What a relief that is for me, as a trustee and as a member. Groups may live the OA message very differently; your program may differ widely from mine. And yet, at core, we have found the same solution.

It is not just the best way: Whatever needs to be done, the *only* way to thrive is to do it together. May we live in compassion, for others and for ourselves.

Warmly and in service,

Mary Rose D.
trustee@oaregion6.org

Committee Reports

Region 6 Assembly – April 17, 2010

CONVENTION COMMITTEE

Chair: Charlie G., Nassau County Intergroup

The purpose of this committee is to encourage intergroups to host the Region 6 convention, to raise funds for the convention, and to ensure continuity between conventions.

2009 Stamford Wrap-Up – Danielle and Lee

Danielle passed out Final Chair's Report. 593 people were registered for it. It was very successful in spite of many adversities. A binder was created to pass on information to the Region for future conventions, especially tips on negotiation with hotels. Behind the scenes there were lots of challenges with the food. In general the convention-goers were happy. Something new: on-line convention evaluations.

Ideally, the conventions should be planned two years out.

Intergroups are not stepping up to plan and host conventions.

2010 Burlington

Committee of 15 at this point.

- Website/Registration – 24/7 on-line registration for convention and hotel, a first for Region 6.
- Need literature chair, need poster/decorations chair. 13 confirmed French-speakers so far. Question about the projected budget; estimated higher.
- Hotel
- Raffles/Fundraising – Char emphasized the importance of promoting raffle tickets to members' home groups. Several convention-related prizes...
- Merchandise available to order online
- Talent Show
- Speakers – only 2 speakers have submitted CDs and today was the deadline. If people will get their CDs or MP3s to Danielle this week, they can still be considered. If someone has been a keynote speaker, that person is supposed to wait five years between engagements.

The committee will bring a motion to the assembly to extend the cut off for key note speakers. This was done through Policy #6. To read two weeks after the Spring Assembly.

New audio company, All-Star. All sessions will be recorded; sessions will be available as podcasts as well as on CDs. This needs to be made very clear to potential speakers. Legal issues – speakers give the right to use their qualifications to Region 6 but not the copyright – that's why the speakers' format encourages people to use fictitious names.

2011? Ottawa was putting out feelers... Boston ? (hint, hint) has been consulted and has the history of convention locations from the past.

Potential workshop for upcoming assemblies- How do you host a convention, and what's involved in being a convention chair?

IGOR (INTERGROUP OUTREACH) COMMITTEE

Chair: Lyn, Green Mountain Vermont Intergroup

The purpose of this committee is to promote communication and unity between Region 6 and the intergroups, to administer the scholarship program, and to increase participation at Region 6 Assemblies.

ISSUES DISCUSSED AT MEETING:

- Definition registered with WSO but not with Intergroups.
- Communicate with unaffiliated groups. Task accomplished.
- Sent out package and questionnaire to all those groups.
- How to encourage Intergroups to send delegates to assembly.
- Discuss stuffing envelopes: very important task accomplished.
- Email protocol, individual Intergroup invitation brochure.

DECISIONS MADE:

- Contact each Intergroup with questionnaire and invitation.

GOALS/ACTIONS:

- Two phone meetings before Fall Assembly.
- Send question suggestions to IGOR contact (Lyn H).
- Separate and contact Intergroups.

ASSIGNMENTS AND DEADLINES:

Committee has accomplished updating the scholarship application by separating the R6 request from the WSBC.

FINANCE COMMITTEE REPORT

Chair: Alyssa, NYC Metro Intergroup

The purpose of this committee is to prepare and present the annual budget for Region 6 and to establish practices for fund disbursement.

ISSUES DISCUSSED:

- Review How-To doc.
- Review revised reimbursement form.
- Update on new signature requirements – how is it working?
- Review of bylaws to see if we can clarify reimbursement wording.
- Review proposed budget.
- Currency used – issues of treasurer using multiple currencies. Need to use US Dollars only.
- Reimbursement for travel by means other than by car, or car rental.

DECISIONS MADE:

- Continue to work on the How To Doc - add section on forms.
- New bylaws amendments – three people with access to all accounts, reimbursement for mileage, changing terminology from Audit to Review.
- To add to treasurer Policy and Procedure that reimbursement and payments will be in US dollars.
- Reimbursement for travel by means other than by car, or car rental.
- Add a due date for the travel reimbursement form to be 30 days after Assembly.

Committee reports continued on Page 5

Committee Reports

Region 6 Assembly – April 17, 2010

FINANCE COMMITTEE REPORT (continued)

GOALS / ACTIONS

- Submit for consideration at September – have three people with access to ALL accounts with R6 name and funds.
- Submit mileage reimbursement amendment – to clarify verbiage.
- Submit amendment to change all occurrences of AUDIT to REVIEW.
- Add line 20 to treasurer duty – all disbursements will be in US Dollars.
- Work on a motion that will deal with reimbursing travel other than personal car.

ASSIGNMENTS AND DEADLINES:

- Jean to spearhead change of bylaws and policies and procedures for three-person access– Due to committee June 27.
- Alyssa to send out motion to committee regarding the reimbursements to committee.
- Janet to prepare amendment to change all incidents of AUDIT to FINANCIAL REVIEW.
- Alyssa to add line 20 to the treasurer's duties in policy and procedures.
- Randie to work on motion to include non-car travel.

TWELFTH STEP WITHIN COMMITTEE

Chair: Susan B., Rochester Intergroup

The purpose of this committee is to help carry the message of recovery within the fellowship and to reach out to members who have left the rooms.

ISSUES DISCUSSED AT MEETING:

- Convention participation
- Website usage
- Telephone conferencing
- Purpose of Twelfth Step Within committee
- Fall Assembly workshop

DECISIONS MADE:

- We will do a workshop on the tools at the 2010 R6 Convention.
- We will use website to communicate preparations for R6 Assembly.
- Tabled telephone conferencing until such time as we need it.
- Established "member at large" position to communicate with those who prefer not to communicate by computer.
- Will present a workshop on the 12 steps at Fall Assembly.

GOALS/ACTIONS:

- Convention workshop at assembly meeting
- Linda S, Pam T, and Susan B will create rating sheets.
- Carol will write script.
- Pamela will order 200 Tools of Recovery pamphlets, one Recovery from Relapse pamphlet, one Twelfth Step Within Handbook.

ASSIGNMENTS AND DEADLINES:

- For next Assembly: workshop on the 12 Steps.
- John B will create and coordinate.

NEWSLETTER COMMITTEE

Chair Debi G., New Hampshire Intergroup

The purpose of this committee is to provide a forum for summarizing the events of Region 6 Assemblies and to publicize events happening within Region 6.

ISSUES DISCUSSED AT MEETING:

- Translation of newsletter into French, including timing of publishing of both language versions
- Content of newsletter — is it inviting or dry?

DECISIONS MADE:

- We are going to do a French version online.
- We will add a blurb to each committee report, explaining what that committee's purpose is. To make room, we're going to trim the names of attendees to chairperson only.

GOALS/ACTIONS:

- Bruce will check on future logistics of translating services.
- We will publish an online edition of the Messenger in French.

ASSIGNMENTS AND DEADLINES:

- May 3: Deadline for electronic submission of assembly writing assignments (Marlene/Debi will edit)
- June 21: Minutes and committee reports submitted
- June 25: Submission deadline for officers' reports.
Copy is distributed to proofreaders (Marilyn, Marlene, Dee, Michael)
- July 9: English copy to layout editor (Jill)
- July 28: English layout draft complete, for proofreading
- Aug. 4: Complete English proofreading returned to layout; version sent to translator.
- Aug. 6: Final English layout to printer
- Aug. 13: English version printed and mailed
- Aug. 16: French translation returned to layout editor; French language proofing begins.
- Aug. 20: French-language proofing completed
- Aug. 31: French-language layout completed; posted to website

PI (PUBLIC INFORMATION) COMMITTEE

Deb K - Cape Cod Intergroup

The purpose of this committee is to inform the general public and professionals about OA, to help share ideas between service bodies, and to administer the PI Blitz program.

ISSUES DISCUSSED AT MEETING:

- The purpose of the committee
- Any ideas to share between groups?
- Leaving pamphlets at doctors' offices, placemats at diners, ads on buses, trains, CD purchased from WSO and ad placed on radio stations, health fairs, tear off in supermarkets, ads in local papers.
- PI Blitz proposals presented for decisions today.

Committee Reports

Region 6 Assembly – April 17, 2010

PI (PUBLIC INFORMATION) COMMITTEE *(continued)*

DECISIONS MADE:

We heard two proposals today.

The first proposal was for a booth and materials for the ADA Food and Nutrition Conference and Expo in Massachusetts. Metro West, Mass Bay and South Coastal Mass will be doing this blitz together. Steve M presented the proposal. Their logo will be “Eat Right.” He demonstrated the pen they will use as a giveaway. It is a fork that says “put the fork down” with the OA logo and website on it. The Intergroups will be funding some of this proposal.

The second proposal was from North Shore Intergroup. This Intergroup would like to purchase the CDs that WSO is selling to send to radio stations. The CDs come with a nice presentation package. Question as to would the Intergroup be willing to fund any of this? No, they weren't.

The committee voted to have the proposal that Steve presented be awarded \$2,825 and that the proposal North Shore Intergroup presented be awarded \$175.

ISSUES CONCERNING THE COMMITTEE:

Poster presented of the chocolate chip cookie with a bite taken out of it. By a vote six liked it, six didn't. It has been approved by WSO. Bring to Intergroups, make copies and use with your projects.

SHORT TERM GOALS

- Discuss projects and share them by email.
- Come up with more ideas for projects.

LONG TERM:

- Nothing discussed at this time except the idea of rotation of projects to get the word out.

It was announced that the TV PSA will be out May 1st.

YOUTH IN OA COMMITTEE

Chair: Andrew, NYS Capitol District Intergroup

The purpose of this committee is to carry the message of recovery to young compulsive eaters and to assist with the sharing of ideas among service bodies.

ISSUES DISCUSSED AT MEETING:

- How do we get youth involved in OA? Go to schools and discuss what a 12 Step program is and plant the seed. Good to discuss eating disorders in general, not just overeating.
- What is World Service's stance regarding Youth in OA? There is no firm stance or direction.
- Survey regarding how Intergroups are addressing youth in OA as well as youth meetings.
- Make colleges aware of OA.
- Write an article for *Lifeline* about youth in OA. Possibly bring *Lifeline* to high schools and/or colleges with contact information.
- The difference between the 18-25 age group and those under 18.
- Can OA help Michelle Obama's childhood obesity campaign?

DECISIONS MADE:

- Do we want to put out a flyer as guidance for Intergroups to deal with youth in OA?
- List of suggestions, logistic issues, consult principals.
- List of those that have done this. What has worked? At what age level?
- What was your experience with this?

GOALS/ACTIONS:

- Andrew will develop a suggestion sheet and send it out to Intergroups. Need to find out if it needs to be approved first.
- Alayna will use Survey Monkey to develop a survey asking what Intergroups have done.

ASSIGNMENTS AND DEADLINES:

- Andrew will have the suggestion sheet done and sent to the committee in May.
- Alayna will have her survey done by June 1.

BYLAWS COMMITTEE

Chair: Jeff A., Greater NYC Metro Intergroup

The purpose of the Bylaws Committee is to keep the Bylaws and the Policy and Procedures Manual up to date and available to Region 6 members, and to assist members with any proposed amendments to these documents.

ISSUES DISCUSSED:

- There is nothing in our bylaws to cover what to do if the Region 6 trustee resigns. A brainstorming session took place. No decisions were made. This issue will be considered at WSBC next week, and suggestions were solicited.
- There is a pending motion for the committee to work on, that addresses a one-year wait for a motion that was voted down by assembly to be presented again as new business.
- Region chair informs that they will put out a call for applications for the vacant coordinator position.

GOALS/ACTIONS:

- The Bylaws Committee has one big ongoing goal: keeping the bylaws updated. There is no need to establish specific goals.
- Region Chair informed that Motions 3 and 5 will form the consent agenda.
- All motions presented to R6 assembly were discussed and explained by the Bylaws Committee Chair and the Region Chair.

SPECIFIC DISCUSSION

- Bylaws change. Bylaws Subpart III. Meetings of Region 6 Assembly. It would need to be added as subpart III-F.
- The bylaws committee moves that in the event of any motion being rejected by vote of the assembly, it may not be renewed until the two ensuing assemblies have passed. This proposed motion was discussed at the bylaws committee meeting.
- The motion passes and committee will make this recommendation for a bylaw amendment for next assembly.

ELECTIONS OF OFFICERS

- Elections need to be addressed at the fall assembly.
- Yelisa R. was elected as Secretary.

Highlights of Minutes

Region 6 Assembly – April 17, 2010

Announcements

Steve M (Metro West Intergroup) presented a flyer for donations to support their professional outreach project. Several Greater Boston Intergroups are collaborating on this. The American Dietetic Association Food and Nutrition Conference Expo coming to Boston in November is anticipating about 8,000 professionals in attendance. The other intergroups working on this are South Coastal and Mass Bay.

Lyn (Green Mtn Intergroup) let the assembly know the convention 2010 website is now on line and ready for all to register.

Zazu (Treasurer) discussed donations Region has received and emphasized the importance of the group number being placed on checks. Zazu introduced a new expense form for delegates. The form will be handed out at the end of the day. It must be signed by the intergroup chair or intergroup treasurer for approval to be reimbursed.

Reports

Chair: Karin announced that the new agenda format has been well received. She called attention to the calendar for important dates: Convention 2010 in Burlington, VT, October 22-24, 2010. World Service Convention 50th Anniversary Los Angeles, California August 26-29, 2010. Deadline for scholarships, PI Blitz proposals and applications for officer positions is July 27, 2010. Karin used the idea Steve used last year. She asked the entire assembly to stand and then according to amount of abstinence had people sit down... the remaining that were standing were then told YOU are eligible to submit applications for Vice Chair (two year) position, Treasurer (two year) position, Secretary (two year) position and Coordinator (one year remaining of two years) position. Remember the scholarships that are available to Intergroups in need. Karin discussed the Forum the Region Chairs will be doing at the WSBC, on Wednesday, April 28. The topic will be "How Does Service Serve Us?"

Treasurer: Zazu reported our proposed income to be \$18,000 for the year. We have received \$17,000 at this time. We came in lower from the proposed budget income of the 2009 convention. That was \$6,000. Zazu announced we have received our non-profit status from the IRS; specifically, our 501c (3) is in place!! Grand applause was received by the assembly! We have received many donations without meeting numbers. We have also received four anonymous donations. Today's reimbursement rate is \$.50 per mile. Voting to take place later for the proposed 2010-2011 budget.

Web Site and Publications Coordinator: Bruce announced that the web site is now bilingual. Visitors find a bilingual greeting and can choose either French or English. Kudos to the translator we are paying, a very worthwhile expense. We had everything proofread for free. All of Region 6's documents will be translated by the Fall Assembly.

Bylaw Amendments and Motions:

Motion 1: A motion to fund the Region 6 Chair's attendance at the World Service Convention was entertained. This will provide representation of Region 6 for the business part of the WSC.

Following a small grammar change, the motion was passed as changed.

Motion 3 and 5 were voted on together as a consent agenda. It would take the money amount out of the Bylaws and place it in Policy and would maximize flexibility of financial support in the scholarship program and simplify the budgetary provisions of the PI/PO activities. The motions were adopted as presented.

Motion 4 was proposed to allow the Region 6 Chair to approve money to assist all regions (not only Region 9 and 10) having financial difficulty to have appropriate representation at the OA Region Chair Committee meetings. The amount was taken out of the bylaws and the motion passed to have the Region Chair review and approve the travel expense vouchers in consultation with the Region Chairs' Committee. The motion was adopted as presented.

Bruce R (Website and Publications Coordinator) spoke about the possibility of the Region purchasing a computer. This will be passed on to subsequent web site and publications coordinators, allowing the Region to have all documents centralized for ease of downloading and for all officers to access.

Dates for future Assemblies were voted on and decided as April 9, 2011 and April 21, 2012 for the Spring Assemblies and September 24, 2011 and September 29, 2012 for the Fall Assemblies.

Committee Motion: A motion brought to the Assembly by the Convention Committee to extend the deadline for keynote speaker applications for the R6 Convention to two weeks after the Spring Assembly. The Motion passed.

Proclamations: Laura R, PI Chair of the 2009 Convention, explained the proclamations received. She requested proclamations from the Mayor of Stamford, Connecticut and the Governor of Connecticut, and President Obama. We received beautiful proclamations from the Mayor and the Governor, which were displayed at the Assembly.

7th Tradition Collection: \$250 was collected today and will be sent to the WSO for the General Fund.

Tradition Workshop presented by Trustee Mary Rose D

The Problem of Abstinence: From Tradition Two: For our group purpose there is but one ultimate authority – a loving God as he may express Himself in our group conscience... The question was asked, "How does the abstinence of members inform or affect group conscience?" From Tradition Four: Each group should be autonomous except in matters affecting other groups or OA as a whole. The question was asked, "Does it make a difference to other groups or OA as a whole if an individual or your group itself is not abstinent?" and from Tradition Five: Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers. The following questions were asked, "How does the abstinence of a group's members affect its ability to carry the message?", "Does abstinence or lack of it make a difference in your communication with others?" Since each group has but one primary purpose – to carry its message, "What is R6 Assembly's message?" There will be a separate report of the results of the workshop. Much interesting discussion was generated!