



MESSENGER

The Bi-Annual Newsletter of Region 6 of Overeaters Anonymous

Spring 2010

Message from the Region 6 Chair

Happy New Year and all the best for 2010!

My name is Karin, I am an abstinent compulsive overeater, and I am serving as the Region 6 Chair. I was re-elected in October 2009 for a two-year term, and I am happy to do this service. As with any service I do in this fellowship, it enriches my program and I get to keep my abstinence (18 years now). Writing articles is not my favorite thing to do...I find myself procrastinating as the deadline approaches. I'm definitely out of my comfort zone here, but I have learned in OA that I don't have to like it; I just have to do it.

I have had a busy fall doing OA service. After the R6 Assembly, I led a weekend retreat, attended the Serenity in Stamford R6 Convention, then flew to San Francisco to meet with the Region Chairs and attend the Region 2 Assembly. What a wonderful experience! I truly enjoy being a member of the Region Chairs Committee. There are ten of us--we are a great team.

I am writing this article early in January, thinking about the year ahead. The Region Chairs are tasked with many items on the Board of Trustees Strategic Plan. These are important tasks that we can work on to strengthen Overeaters Anonymous in Region 6.

We need to continue to increase awareness of OA to the public, the still suffering compulsive overeater (both outside and inside the program), and the professional community. *We need to let people know that we are here and have found a solution.* There are at least four ways at our disposal:

1. Region 6 offers a Public Information Blitz program that funds intergroups to undertake public information activities in their area.
2. We also carry the message through the Region 6 website (which we are translating to reach our French community).
3. Our R6 annual convention (Burlington, VT, October 2010)
4. Two R6 assemblies, in April and October.

We need to work on increasing the number of newcomers who become abstinent and stay in the fellowship by having strong meetings. Ideally, strong meetings are *filled* with abstinent members and the meeting is based on studying the OA Twelve Steps and Twelve Traditions. Towards this end, we have handed out a copy of the *Strong Meeting Checklist* at the last few assemblies, and encourage each meeting to use it in thoughtful reviews of its practices.

Few of us would have been given the recovery we have without the support of sponsors guiding us through the OA program. Sponsorship is truly a gift from HP to help both sponsor and sponsee strengthen and keep their programs. It would be great to increase the number of sponsors in our region. Please give this service a try.

Another goal is to increase attendance at WSBC and the Region 6 Assembly – both are FUN! If you have never experienced the power of group conscience coming together in a region assembly, it is an experience not to be missed. Real financial need should not be a stopping point: Travel scholarships are available both at the region level and World Service level.

We also need to look at how we can help support intergroups/groups in Region 6 that are *struggling with recovery*. In working our Twelfth Step, our primary task is to carry the message. Yes, we need to attract the newcomer and let them know that we have a solution that works, but we also need to demonstrate within our fellowship that the solution is working.

I think we have our tasks cut out for us one day at a time, with Higher Power's help. How exciting, to be part of such a program!

The R6 Board meets in January by teleconference to start preparing for the April 17th Spring Assembly in Albany, NY. We hope to see *you* there.

Karin R. H.
Region 6 Chair
chair@oaregion6.org
(Canada) 1-613-828-4413

**2010 OA Region 6 Convention
October 22 – 24, 2010**

**Sheraton Hotel & Conference Center, Burlington, Vermont
www.oaregion6.org/2010**

"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.

REGION 6 CONTACTS

Please direct R6 correspondence to:

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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**

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

April 17, 2010
September 25, 2010
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

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@OAreigion6.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 6 Newsletter Committee. We are:

- Debi G.....Chair
- Harry W, Marilyn L, Imani R.....Editors
- Shelley P.....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!*

Trustee's Message

R6 Fall Assembly – Albany, NY (3 October 2009)
Serenity in Stamford R6 Convention (23-25 October 2009)
Board of Trustees (BOT) – Albuquerque, NM (19-21 Nov 2009)
Traditions Workshop NH IG Manchester, NH (13 Dec 2009)

A trustee's life is never dull. In my original application, I spoke of doing a 90-in-90 throughout my home Greater New York Metro Intergroup, where I experienced worlds-within-worlds of OA groups and members in recovery, walking widely varied paths, yet all trudging this road of happy destiny. As our former webmaster Steve M. often says, "OA is a *very big tent*." Truly. My hope in being trustee was to experience the wide swath of worlds within our broad region. Though it is still early in my service, you have not let me down. In all the events listed above, members throughout the region and trustees from across the world have shown me their smarts, their dedication, their hospitality, and their commitment to the OA program. In our questions, in our service, in our complaints, in our yearnings, I see one common desire: Recovery.

I speak words whose source I do not know. Someone asked how I came to be trustee; my reply, "I needed the work most." The more service I give, the more I bring myself to the rooms, anonymously sitting and listening to others. The more I am asked to speak, the more I feel that I need to listen. I have heard amazing words in these past months. "I have multiple addictions. Where should I go? *Go where the blood is*." "There is not a lot of mystery in subtlety. There is a *lot* of mystery in honesty." "The bottom-line task is to fill the God-sized hole within me." Our work in living and carrying the message is, indeed, God-sized.

I was assigned two topics at the 2009 Stamford convention: "Traditions: The Ties that Bind" and "Sexuality and Intimacy". In preparing my shares, the insight came to me that these topics were nowhere as divergent as they first seemed. The only requirement—the *only* requirement—for membership, is desire. Each Tradition has a principle behind it: Unity, Trust, Identity, Autonomy, Purpose, Solidarity, Responsibility, Fellowship, Structure, Neutrality, Anonymity, and Spirituality. If we take any relationship—parent/child, wife/husband, lovers, employee/supervisor, shopkeeper/customer, friends—*any* relationship, we can use the wisdom inherent in these principles and Traditions to strengthen and improve that relationship. Twelve Steps bring me to personal recovery; twelve Traditions teach me about intimacy with others.

From desire and intimacy within the traditions, it seemed a logical leap to uncovering these principles in the "Sexuality and Intimacy" workshop, ending with my relationship explorations via Tradition Eleven in learning how to "attract" rather than "promote." As I study the OA program and, like each of us, continue to understand it on deepening levels, I realize that each step or tradition may be studied alongside *any other* step or tradition, and that the principles and teachings of one can inspire further discovery of the meaning of the other. In the "mash up" of those two workshops, I was led to see in a way I had not previously noticed.

After the Stamford convention, I spoke at the BOT in Albuquerque about the possibility of OA producing a book on Sexuality, Intimacy, and Recovery. A proposal must be written before April, and the members of the Conference Literature Committee of the World Service Business Conference will decide whether OA should develop such a publication. The concept was well received, with the advisory that the OA focus must be on recovery.

Back in New York City, I was among the presenters at a local marathon on "Love, Sex, and Abstinence: Finding Intimacy in Recovery". Bearing in mind the caveat of the trustees that if we are going to talk about sexuality and intimacy in the rooms, then it should be in the context of recovery, this is what I tried to do.

At most meetings, we read from "How It Works" in Alcoholics Anonymous "Half measures availed us nothing." It seems to me, from my experience, that this is not totally the case: Half measures *avail*, but they do not give me the result I seek. I thought further, that if I am giving half measures to my food plan, then there is a good chance that I am giving half measures in my life. And if I am giving half measures in my life, then in seeking a relationship, am I really saying to another, "Hello, my name is ___, and I would like to offer you a *half measure* relationship?"

If, at the very depth, I want a full-measure relationship with another, then it seems that I first should be living a full-measure life. And if I want a full-measure life, then as a compulsive eater, the place to start is in living a full measure food plan. Here, for me, is the link between "Sexuality and Intimacy" and "Recovery". I know there are other ways to approach the topic. From my discussions with the other trustees, and from examining my own life, giving full measure to my food plan and to my program seems a very basic, program-focused place to start.

My prayer this day is "How may I be of service? How may I live, for this one day, a *full measure* life?" Each day, more will be revealed—more than I ever imagined. I am a first-year trustee, and receive the support of other trustees, sponsor, and members as I reason my way through this service. The spirit of this program is deep and it is strong. I am honored to participate in this great work that we do: to carry the message, and to live in recovery.

Respectfully, in service,

Mary Rose D

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 6 January 2010

OA Members Write On: Living One Day at a Time

Living one day at a time means surrender, safety, simplicity. I can do anything for one day that I could never believe I could do for a lifetime. I had always run my life way in advance—fears, resentments, hopes, dreams—there was never any way of making sense of any of it. One day at a time gives me the opportunity and strength to put names to my fears, my hopes and my dreams. It gives me the ability to sort out what needs to be addressed today and what can be put to the side for another day. Living one day at a time reminds me that all things are possible and shows me that more will be revealed one day at a time, with the help of my meetings, my sponsor and most of all my higher power.

Roz L. Nassau County

My disease had me living everywhere but here. If I wasn't stewing over mistakes of the past—I was obsessing about the future and how great my life was going to be on some magic day, I would be skinny and happy and everything would be perfect. Of course that never happened.

OA has taught me that the best (and only) preparation for a good tomorrow is living well today. I need to learn from the past to change my behaviors in the present. I don't need to plan the future—it may never come. I need to do the daily footwork for today and stick to my food plan—as my food sponsor says “the most important day of my recovery is today.” When I do that, I have peace, I can keep up with my life and responsibilities and I am grateful for all of my blessings.

Tobi H Nova Scotia Intergroup

Living one day at a time means that I can enjoy each moment, trusting in God's care for tomorrow and even the next moment. I don't have to worry about the past and fear about the future, as it will be exactly as it should be. Life is full of challenges, pain, joy and excitement. I'm cared for as I trudge the road to happy destiny. I've learned how to let go of fear, anger, tension and shame, and instead forgive, accept and trust myself with God's loving presence.

Cathleen P. Green Mtn North Intergroup

Living one day at a time means that taking a first bite can wait until the next day..and the next..The compulsion to eat can be held off, if just for a day. A slip one day doesn't mean more slips the next.

Looking far down my road to 150 pounds coming off was too big and impossible a challenge. But for one day, a quarter ounce gone or a scale number that stayed the same was a miracle itself. I found that life has to be lived second by second, hour by hour, day by day. Once I accepted that being abstinent is a process, not a quick fix, I learned to enjoy the journey and to live each day, grateful for OA, grateful for 12 steps, and grateful to be living in recovery.

Marilyn L.

I used to live in the past or in the future. I'd think about the “good old days” when I was “happy” or about the future, when life would be “perfect”. I apparently was living in a fantasy. Yesterday was never that good and life was never going to be perfect in the future. When I began my abstinence, I had to begin by saying “just for today” I will eat what's on my plan of eating, work my tools, and stay in Step 1. I can do anything for one day, and I learned that in OA. Staying in the day relieves me of worry and takes the pressure off me to remain “perfect” for the rest of my life. When I wake up each morning, I ask my HP to please keep me abstinent and to show me His will, just for the day. I ask to be of maximum service wherever I'm needed. When I stay in the day I gain my serenity. There are no regrets about the past or fantasies about the future. I am living in the present, in my body, heart, mind, and soul. I am in true communication with others. I am happy, joyous, and free, just for today.

Andrea F. Greater NY Metro Intergroup

Recently my husband and I decided to sell the house we have lived in for 22 years to simplify our lives as we move toward retirement. It is a retreat--a place to watch wildlife and listen to the birds sing. Panic set in. What kind of place would we move to? What did we need to get rid of? Should we contact family to see what they might want? Gradually, I came to. I was not living in the day. I was way ahead of myself. There's time to slow down, time to enjoy each day I am still here. Plan, yes, but not obsessively! I need to breathe--be present--be here now. That's what living one day at a time means to me.

Charlotte W.

It used to be scary to me (living one day at a time), because I would finish the thought with "tomorrow, I will eat my forbidden food." Now it is my safe harbor, a place I can rest and know that for today, I can be abstinent. Also, when I reached my goal it became the way to maintain my weight and gave me freedom from the obsession.

Debi G., NH Intergroup

Living one day at a time means starting my day by reaching out to my Higher Power by reading, meditation, and prayer. This helps put my ego in perspective, and hopefully reduces the clashes I have with others during the day. It involves putting things I am bothered by or beginning to worry about in my "God" jar. It means saying the Serenity Prayer before I respond to a person or situation that bothers me.

I am able to live one day at a time when I reflect on my day--on the things I did well and things for which I owe amends or that I could do better. It means praying before I go to sleep to thank my HP for my abstinence and my other blessings, and asking for forgiveness for things I've done that I shouldn't have or things I should have done and didn't.

Janet M.

I remember the lesson I learned from the morning glory flower. That flower only has one day. It just makes the best of it. One morning, I removed an older blossom blocking a new flower from opening. I watched the petals open right in front of me. I learned that the weight of the past needs to be lifted in order for a flower to bloom, and that applies to people, too. If I live carrying around my past like a dead weight, it will weigh me down. If I live focused on the future, I will miss the flowers blooming today. If I live today as today, I can be grateful for another day of abstinence and service. I can do more and be more by staying in the day today, rather than daydreaming about what I might do someday or steaming in past resentments.

Jean B., Massachusetts Bay Intergroup

What a joy to live one day at a time. I remind myself of this slogan over and over again. My usual habit is to obsess and obsess and worry about what happened yesterday, what I think is going to happen tomorrow, next month or next year. I avoided living in today because I did not want to feel, I did not want to think about all the craziness that I was living with in my active food addiction.

Of course I need to plan ahead - what groceries to buy in the store to maintain my abstinence, making commitments around future activities, saving money, etc. But my daily focus of time, energy and thoughts are on this minute, this day. How do I continue to live practicing our program, working our steps minute by minute and day by day? For me the 12 steps provide clear guidelines one day at a time. I pray to my Higher Power for the willingness to use them.

Marilyn C., Montreal

Committee Reports

Region 6 Assembly – October 3, 2009

BYLAWS COMMITTEE

IN ATTENDANCE:

Chair Jeff S (Greater NYC Metro Intergroup), Ann W (Parliamentarian), Bill G (New Hampshire Intergroup), Penny C (South Coastal Maine Intergroup), Di F (North Shore Intergroup), Walter B (Western Mass Intergroup), Mary Lou (Ocean & Bay Intergroup), Gloria S (Ocean & Bay Intergroup)

ISSUES DISCUSSED:

- Whether R6 should set minimum attendance requirements
- Scholarship requirements
- Alternate Trustee procedure

DECISIONS MADE:

- Add Bermuda to region
- Approve Board request on mileage

GOALS/ACTIONS:

- Prepare appropriate motions
- Circulate motions to committee members

CONVENTION COMMITTEE

DISCUSSED AT MEETING:

- Lee reported 320 people registered as of 9/20
- The committee discussed reviewing contents of the raffle baskets
- Raffles will be pulled quicker than previous conventions.
- The committee is still looking for talent
- Balance of convention treasury: \$7,932.98
- Online convention registration

2010 CONVENTION:

- We will use Experian for site recommendations
- The committee has looked at Burlington, VT and Portland, Me
- We recommend Sheraton, Burlington, VT, October 22-24, 2010
- Danielle will be Chair of the convention 2010
- Charlie will be Treasurer

ISSUES:

- 12th Step Within wants to see a procedure where there is a 2 hour “retreat” at annual convention

ELECTIONS:

- Charlie G was nominated and elected for committee Chair
- Lee R will be Secretary

FINANCE COMMITTEE

IN ATTENDANCE:

Chair Alyssa M (Greater NY OA Metro IG), Zazu G (Mentor; Treasurer), Secretary Jean B (Mass Bay Intergroup), Randie P (Ottawa District), Janet Mc (Western NY Intergroup), Rhea Q (Western Mass Intergroup), Ray F (Greater NY Metro Intergroup)

ISSUES DISCUSSED AT MEETING

- Review of Treasury books
- Reviewed motion to be presented today re: reimbursements and the Board’s suggestion.

- Current bylaws refer to “audit”. We do a review, not an audit. The bylaws should reflect that.
- Reviewed the “how to” doc which led to a question about purpose of second signatures on checks (cheques) and how to make it efficient and meaningful
- Fundraisers – what we have in stock and is the market flooded?

DECISIONS MADE:

- Submit the current motion with the corrections suggested by Board of Trustees and submit a new motion regarding total reimbursements not to exceed the current budget – current wording is confusing.
- Delegate travel reimbursement needs to be for IG’s in need. A request form needs to be created.
- We will continue to sell lapel pins at Assembly and Convention

GOALS/ACTIONS:

- Zazu to continue to update the “how to doc” and incorporate committee feedback
- 2 bylaws motions – a) simplify the wording of reimbursement b) correct bylaws to reflect “review” rather than “audit”.
- Create new form Request for Reimbursement for Delegates Travel and work on putting this and other forms on line
- Zazu will test emailing other Board members her intent to send out checks and attaching their positive responses to the checks and invoices/receipts as a substitute to the current process of a second signature (our requirement, **not** the bank’s). This will show Board approval in a more meaningful way than the current process.

ASSIGNMENTS AND DEADLINES:

- Zazu will update the bylaws for “review” and send a draft for new wording of the reimbursement with in budget. She will send to committee via email. We will work on the draft and have it ready for Spring Assembly.
- The need for new fundraisers will be addressed at Spring Assembly.

IGOR (INTERGROUP/OUTREACH) COMMITTEE

IN ATTENDANCE:

Acting Chair Lyn H (Green Mountain North Intergroup), Marie (Staten Island Intergroup), Mary Ellen (Mid Hudson Intergroup), Mary (NYS Capital District Intergroup), Secretary Bernadette F (Mass Bay Intergroup), Scott T (Greater NY Metro Intergroup), Denise (Ocean & Bay Intergroup), Jeffrey A (Western Mass Intergroup), Andrea F (Greater NY Metro Intergroup), Alison M (Central Ontario Intergroup)

ISSUES DISCUSSED AT MEETING:

- Decision to continue communications via email and 2 phone conferences before next R6 on Nov 22, 2009 and Feb 28, 2010
- Minutes read from the last meeting
- Redesigning scholarship application
- Reporting from members re: outreach calls to intergroup and non-affiliates
- Scholarship awards
- Budget increase for next year

Committee reports continued on Page 6

Committee Reports

Region 6 Assembly – October 3, 2009

IGOR (INTERGROUP/OUTREACH) COMMITTEE

Continued

DECISIONS MADE:

- Request budget increase for the next year
- To respectfully recommend that the board award scholarships to Ottawa Intergroup and Ocean and Bay Intergroup.
- Redesign scholarship application, split WSBC & R6 (Mary Ellen)
- To contact Bylaws committee in reference to the date scholarships are due and the minimum amount that can be awarded.

GOALS/ACTIONS:

- Applications for scholarships will be updated
- Bylaws will be amended and scholarship applications will match info in by-laws.
- To continue having committee members call 5 members or non-affiliated groups to encourage attendance at the R6 Assembly.

ASSIGNMENTS AND DEADLINES:

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

NEWSLETTER COMMITTEE

IN ATTENDANCE:

Chair Debi G (New Hampshire Intergroup), Jill M (New Hampshire Intergroup), Steve M (Website/Publications Coordinator), Marilyn L (Greater Syracuse Intergroup), Bruce R (Ottawa District Intergroup), Harry W, Imani R (Greater NY Metro Intergroup)

ISSUES DISCUSSED AT MEETING:

- Reviewed P&P, job descriptions, process for publication including the distribution of The Messenger and the translation into French.

DECISIONS MADE:

- Bruce will draft language for a motion to remove procedures of Newsletter committee and to forward to the Bylaws committee.
- Jill will take a straw poll to see which delegates have seen The Messenger to gauge effectiveness of delivery.
- Debi G was elected as committee chair

GOALS/ACTIONS:

- 1st draft layout Feb 8, 2010 to provide cushioning for printing.
- Consider removing procedures portion of the Bylaws and submit language to the Bylaws committee by the beginning of February 2010. Bruce will forward information to the Committee for decision to be passed along to the Bylaws Committee.
- Consider distributing the newsletter to intergroups (not group secretary) or send electronically so intergroups can distribute.
- Steve M will write up instructions for Newsletter printing/mailing

ASSIGNMENTS AND DEADLINES:

- Typing/editing by the end of Nov 2009- Marilyn, Debi, Imani
- Proofreaders done by Jan 7, 2010- Harry, Marilyn, Debi
- Layout of 1st draft by Feb 8, 2010 - Jill
- To the printer Feb 22, 2010

PI (PUBLIC INFORMATION) COMMITTEE

IN ATTENDANCE:

Chair Deb K (Cape Cod Intergroup), Recording Secretary Sandi G (South Coastal Mass Intergroup, Laura R (Mentor, R6 Secretary), Carol B (Westchester United Intergroup), Marilyn C (Montreal English Intergroup), Beany K (Mass Bay Intergroup), Mort K (NYC Metro Intergroup), Marie A (Staten Island Intergroup), Thea Z (Rockland County Intergroup), Helene D (Queens Unity Intergroup), Rosalind L (Nassau Intergroup), Hilda JB, Tobi H (Nova Scotia Intergroup), Michelle R (Metro NYC Intergroup)

ISSUES DISCUSSED AT MEETING:

- Carol B, discussed amending the applications for the PI blitz and funding questions for the Spring 2010 Assembly.
- The five PI blitz proposals were discussed at length:
 1. **NY State Capital District**- This intergroup had posters for buses in 2 transit areas within Albany.
 2. **Ottawa** – Advertising blitz requesting \$2032. The funding would be used for ads on buses
 3. **Westchester United** – Requested \$2250 for placemats in restaurants. They have been doing this on their own for some time.
 4. **Central Maine** – (3) PI projects (Lifeline, BBcard, Professional packets) budget \$1617
 5. **Metrowest** – 1 year subscriptions for 27 area libraries \$735

DECISIONS MADE:

- The committee recommended splitting the money \$4000 this year between Ottawa and the NY State Capital District Intergroup
- Deb K was reelected as chair for the next term
- Sandi G was nominated and elected as acting secretary for committee for the next term.
- It was proposed by the committee to request a budget override and submit a motion at the assembly today. The amount being to cover 3 proposals.
- Discussed IG financial statements are part of PI blitz proposals. To submit a motion at the Spring Assembly, that financial statements be attached to PI blitz proposals.

12 STEP WITHIN COMMITTEE

IN ATTENDANCE:

Susan B (Greater Rochester Intergroup), Diana G (Vice Chair) Mentor, Ann B (Queens Unity Intergroup), Beth B (Western Mass Intergroup), June B (Mid-Hudson Intergroup), Cindy C (Westchester United Intergroup), Pamela A (Central Mass Intergroup), Michelle R (Metro NY Intergroup), Barbara B (Southern Tier Intergroup), Helen K (Mass Bay Intergroup), Tina C (North Shore Intergroup), Carolyn C (Greater Rochester Intergroup)

ISSUES DISCUSSED AT MEETING:

- Assembly workshop (Carolyn, Susan)
- Telephone conference (Michelle)
- 12 Step within yahoo group for communication (oaer612thstepwithin@yahoogroups.com)
- Letter for Spring Assembly (Tina)
- Decline in committee memberships

Committee reports continued on Page 7

Committee Reports

Region 6 Assembly – October 3, 2009

12 STEP WITHIN COMMITTEE

Continued

DECISIONS MADE:

- We will determine success of assembly workshop and Carolyn will write a script to distribute to intergroups and at convention to encourage 12 step within work at the intergroup level.
- Ann will create a flyer to promote the service by mail/email program.
- Everyone will distribute information about upcoming telephone marathons.

GOALS/ACTIONS:

- Carolyn will write script
- Tina will write letter
- Ann will create flyer
- Recruit speakers for phone marathons (all)
- Recruit former members to yahoo website

ASSIGNMENTS AND DEADLINES:

- Susan will maintain phone contact with members who prefer phone to email.

YOUTH IN OA COMMITTEE

IN ATTENDANCE:

Chair Gary O (Central Mass Intergroup), Laura R (mentor; R6 Secretary), Alan (New Hampshire Intergroup), Anne (Westchester Intergroup), Andrew (Albany Intergroup)

ISSUES DISCUSSED AT MEETING:

- Liability, outreach to classrooms
- Spiritual experience of AA in BB, not God, good way to present to schools.
- Family involvement for those under 18 attend meeting not necessarily helpful.

DECISIONS MADE:

- Go to intergroup with ideas of outreach to health classes etc
- Be clearing house for intergroup and meetings for WSO position and policy information.

GOALS/ACTIONS:

- Look at youth in AA pamphlet
- Present ideas to intergroups
- Look at health classes in our area for outreach to schools

ASSIGNMENTS AND DEADLINES:

- Check with copy of letter and spread word through health classes (to superintendent at schools or principals)
- Look at Youth in AA pamphlet.

Summary of Elections, Motions and Votes

Region 6 Assembly – October 3, 2009

BYLAW AMENDMENTS/POLICY MOTIONS

Motion 1 – This motion changed the current mileage rate to the current IRS standard business rate in effect on the Friday immediately preceding the R6 Assembly. The motion stated that one vehicle would be reimbursed per Intergroup that had financial need and would be unable to attend without receiving funding. It also allowed for toll reimbursement. The motion was passed as amended.

Motion 2 – This motion proposed to change the requirements for voting to include abstinence requirements of at least six (6) months of current continuous abstinence. The motion was defeated.

MOTION FROM THE CONVENTION COMMITTEE

Motion 3 – It was moved to hold the R6 2010 Convention in Burlington, Vermont at the Sheraton Burlington Hotel and Conference Center, October 22-24 2010. Since no Intergroup has stepped forward to host the convention in 2010, the committee will support the event with help from members throughout the region. The motion passed.

MOTION FROM THE PI COMMITTEE

Motion 4 – PI Committee is requesting a budget override for \$2,149.00 to accommodate Central Maine, NY Capitol District and Ottawa Intergroups for three (3) terrific proposals. The motion passed.

BUDGET OVERRIDE MOTION (APPROVED BUDGET 2008-2009) It was moved to add the line WSO Translation Donation in the amount of \$226.00, to increase the 7th tradition estimate of convention net by \$33.64, and to increase the Bylaw Committee expense by \$2.30. Additional lines were proposed to be added for Convention 08 refund in the amount of \$1,000 and Convention seed money of \$100. The total amount of \$2,366.94 was passed. Note: 7th tradition collected at the fall assembly was \$226.

A Skit was presented by 12 Step Within Committee (Carolyn/Susan) The question was: What tool do you use the least? Lists were exchanged with another member and helpful feedback on how to use the tool better in recovery was shared.

We had time for a **workshop**!! The topic of the workshop was “Motion: That we Eliminate Tradition 1”, because how many of us really believe---and live—the Tradition that “personal recovery depends upon OA unity?” Members were asked to speak for and against the motion. It made everyone think about how they put the traditions into practice.

FIRST TIMERS CEREMONY- Karin-(Chair) asked all the first timers to come to the front and asked them to remove their blue sticker. Congrats to all.