



MESSENGER

The Biannual Newsletter of Region Six of Overeaters Anonymous
Fall 2011

From the Region Six Chair

Hi, my name is Karin, and I am a compulsive overeater. I have been abstinent for over 19 years, and I am incredibly grateful for the recovery that I have found in OA. This program saves my life.

This is my last article as the Region Six chair. I rotate out in September at the Fall Assembly. I have served as chair for over five years, and I have really enjoyed it. I have grown into the position, learned a lot, and I will certainly miss it. I have met many great people from around the region and beyond while doing this service. But I also know it is time for me to move on and allow someone else to have the pleasure. The OA Handbook talks about the importance of rotating service positions so that more members can share the rewards of doing service. It may be hard to step out of this OA service position that I love doing, but I'm sure it will be a step forward in personal growth. Service is the foundation of my recovery, and so I am moving on to another kind of service. I have volunteered to chair the 2012 Region Six Convention to be held in Ottawa and have been working with a convention committee to make this a truly international gathering.

As a board, we have accomplished a lot over the last few years. It is certainly a team effort. We have tried to make the regional assemblies more productive and efficient. Here are some of the changes we have worked on:

- changed the assembly agenda
- held center mic monitor training sessions
- translated our Region Six website into French (thank you to Bruce for coordinating this)
- reinstated our nonprofit status with the IRS (with great respect for our treasurer, Zazu)
- put more money towards scholarships to attend Region Six Assembly and WSBC
- increased the PI Blitz program funding
- introduced optional OA meetings for reps at assembly on Friday evening and Saturday morning
- launched online registration for assemblies (with thanks to Diana)
- purchased laptops dedicated to Region Six business (webmaster, treasurer and coordinator) which will be rotated to new officers upon election

Since the Spring Assembly, I have attended the 2011 WSBC, led a retreat on the Twelve Steps in Beacon, NY and chaired a teleconference call in June to prepare for the Fall Assembly. In August, I will attend the Region Chair Committee/Board of Trustees meeting in Albuquerque, NM. The new Region Six chair will travel to Colombia in November to attend the Region Eight Assembly and the Region Chair Committee meeting. What an awesome experience that will be to carry the message of recovery!

There is a promise that I love in the Big Book on page 100.

"Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!"

I'm glad that I worked through my fears about doing this service, followed through with it and put it in God's hands. It has been beyond my wildest dreams! I hope you will consider serving on the Region Six Board sometime.

Thank you for allowing me to serve the region. See you in Albany on Sept 24th for the Fall Assembly. Have a good summer.

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

I RECOVERY

Region Six Convention October 21 - 23, 2011

Crowne Plaza Hotel

White Plains, New York

www.oanyc.org/iheartrecovery

REGION SIX CONTACTS***Please direct Region Six correspondence to:***

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Please mail Region Six contributions to:

Zazu G.
 Region Six 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 Region Six 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 Six of Overeaters Anonymous**

Editorial Policy

The Messenger is the bi-annual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is November 14, 2011 for the spring edition. Material cannot be returned, nor can payment be made. All submissions to the editor must be signed, and when published will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. The Messenger reserves the right to edit all submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and The Messenger as your source. Courtesy copies of reprinted articles are appreciated. The opinions expressed are those of the writer, not those of Region Six or OA as a whole. Please address all submissions and correspondence to The Messenger via e-mail to: Newsletter@OAreion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated above.

WHAT IS REGION SIX?

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

The purpose of Region Six of Overeaters Anonymous is:

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

Upcoming Region Six Assemblies

September 24, 2011
Hilton Garden Inn Albany Medical Center
62 New Scotland Avenue
Albany, New York, USA 12208
518-396-3535

April 21, 2012 April 20, 2013 April 5, 2014
September 29, 2012 September 21, 2013 September 13, 2014

THE MESSENGER Staff

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

Charlotte Diana M.....Chair, Editor
 Judy L., Lorraine D., Marilyn L., Myra T.....Proofreaders
 Jill M.....Layout and Production
 Bruce R.....Website and Publications Coordinator

The Newsletter Committee could use your help. We need editors, proofreaders and someone to do layout. You don't need to be perfect; you just need to be willing. For more information on these positions, please send email to newsletter@oaregion6.org
THANK YOU!

From the Region Six Trustee

When the Spiritual Malady is Overcome

“When the spiritual malady is overcome, we will straighten out mentally and physically.”

Alcoholics Anonymous, fourth edition (p. 64)

In the past year, I have come to understand that the group conscience of our OA Fellowship as reasoned out at the World Service Business Conference (WSBC) is not exactly shouted out from the rooftops; rather, it *seeps* into our awareness over the course of the following months, at the region level, within intergroups and in our local groups. It seeps slowly, sometimes haphazardly, even fitfully (think “in fits and starts”)...sometimes with shock, often with awe at the workings of Higher Power as we reason out our recovery, step by step, together.

The decisions made at WSBC 2011 are as far reaching as they might be:

- a revised definition of abstinence, adding to the prior definition “while working towards or maintaining a healthy body weight”
- a written definition for our ninth tool Action Plan
- Action Plan itself reaffirmed as a tool by a substantially unanimous vote
- a new requirement that, for a group to call itself an OA group, it must register with the World Service Office
- the affirmation that each OA group should be guided by the Twelve Concepts of OA Service.

The underlying theme of much of our work was, and continues to be, recovering on spiritual, emotional and physical levels from the three-fold nature of our disease. Over many years and in many settings, the Fellowship has been reasoning out the urgency for including healthy body weight within the discussion of OA recovery. At the 2011 WSBC, the region chairs produced a brilliant forum titled “Celebrating Recovery.” From the gathering of almost 200 delegates, five teams of five players were selected to answer OA game-show questions on matters physical, emotional and spiritual. Each team received just the top of a stool, with openings into which to insert three legs that had to be earned: yellow for the correct physical answer, blue for the correct emotional answer and green for the correct spiritual answer. Whichever team rang its bell or buzzer first had the chance to try to “win a leg” for its stool.

Twenty minutes later, maybe 30 questions into the game, some stools had only *one* leg; another had three legs but they were *all blue* (emotional); while others had two yellow (physical) legs and one blue leg *but did not have a spiritual leg to stand on!* As the game progressed, it became clear that creating a stool with three differently-colored legs was not as easy as it seemed. One team had amassed five emotional legs before it earned its first physical leg, while a team with an excess of emotional and spiritual legs struggled to earn a physical leg to its credit.

This was a simple, fun game with a clear, visible message: without all three legs, the stool was unbalanced and incomplete. In my experience, without emotional and spiritual recovery, my physical recovery did not “hold.” Until 15 years ago, I had released and regained weight multiple times. While weight loss is not our only goal (OA Twelve and Twelve, p. 20), what would emotional and spiritual recovery mean if my stool could not support my excess weight when I sat on it?

The night after the game, before the WSBC vote to include “healthy body weight” into our definition of abstinence, a member argued that the quote from page 64 of the *Big Book* (see top) meant that, since our malady is spiritual, it is not our business to focus on the physical. How can this be, when what we are promised—*promised*—is recovery? For compulsive eaters, recovery means healing the distortions of our disease, which for many of us will involve weight change.

Healthy body weight is an outward sign of an inward reality. It is a promised result of three-fold recovery.

What does it mean then, if, after working my program to the best of my ability, my body does not show that outward sign? After working the Twelve Steps over a reasonable period, if I am not at a healthy body weight, then I should probably examine my three-fold program and tweak it...maybe physically, but maybe not: there may be nothing left for me to change about my plan of eating and my physical abstinence; the changes required may be emotional or spiritual. Emotional sanity is also an outward sign of an inward reality. Being a compulsive overeater, my first thought is usually about the food, but within the OA program of recovery, my *true* first thought should be three-fold, because the disease is three-fold and its recovery requires care at all three levels.

It is only one leg of the stool to think that “putting down the fork” is a physical act. It is so much more! Putting down the fork is an emotional commitment to recovery and the beginning of the vital spiritual experience that the OA program of recovery offers. In my recovery, I cannot settle for a one- or two-legged stool. It will not support me for the long journey. “When the spiritual malady is overcome, we will straighten out mentally and physically.” Indeed.

30 May 2011
Mary Rose D.
 Region Six Trustee
trustee@oaregion6.org

OA Members Write on: “To me, humility is...”

To me, humility is...

The knowledge that I am neither alone nor unique. In OA, I find others who struggle daily to maintain or continue weight loss. There is always the possibility that I will fall off my abstinent path, but that possibility is shared by so many other compulsive eaters, and I know I am not alone.

To me, humility is knowing that I am powerless over food. There's no way I can conquer that powerlessness by myself. It takes my HP, along with my OA program and my fellow compulsive eaters, to keep the powerlessness at bay.

To me, humility is seeing my character defects for what they are and not being afraid to admit that I have them.

Humility is a small word that has big results, if only I recognize it and appreciate it.

Humility is knowing that together in OA we can do what I could never do alone.

Marilyn L.
Greater Syracuse Intergroup

Humility to me means:

Realizing I'm not smarter, brighter or any better than anyone else – that we all are on the same journey, not as competitors, but as peers helping each other in our struggles and celebrating each other's accomplishments.

When I take my time to learn to listen and listen to learn from a fellow OA member, I realize how much I've learned, how much I can pass on as well and how much I still can learn.

Laura P.
Central MA Intergroup

To me, humility means...

To me, humility means acceptance: accepting myself and others as they are, one day at a time! It means joining in the hum of life, taking a chance, trusting HP. It means getting on the stage and singing, and not eating over it. It means giving someone a chance to get to know me. It means not thinking someone is above or below me. It means “coming down off the ladder of worth into the ring of fellowship with the HPs in the middle.” (ed. note: quoted from a share.)

It means coming to meetings 'cause I'm sick and getting well, not bad getting good. It means I'm spiritually growing or connecting. It means I don't eat no matter what. No matter what, I don't eat – today.

Francine C.

To me, humility is...

To me, humility is learning that I am not “terminally unique.” I am not special. I have a disease that I share with countless others. I can only recover from this disease one day at a time if I surrender my will and my life to my Higher Power. I must also serve my fellow sufferers in order to maintain the gifts I have received. Humility means if God asks (and God speaks through my fellows) I must say yes.

Ann B.
Queens Unity Intergroup

For me, humility means...

There is a Higher Power and I am not it! Humility began when I took my first step and recognized that I could not control my eating or create a plan of eating on my own that would work. Humility continued as I recognized that there is a power greater than myself who can and will restore me to sanity on a daily basis. I only need to ask. Humility also means I accept myself just the way I am at this time, in this place, no matter what. It is recognizing that my Higher Power has me here, just the way I am, for his reasons. I used to believe that living in humility meant defeat. But, oh! The opposite is true. I live in recovery when I know who I am and accept myself. It is strength. I humbly ask my Higher Power to restore me to sanity on a daily basis.

Andrea F.
Greater New York Metro Intergroup

For me, humility means...

I am teachable. I do not know everything, but I am willing to learn from others and most of all from my Higher Power. When I follow my Higher Power's lead, I never end up being disappointed. I have no regrets. I act sanely and rationally. I don't wish that I had done what I wanted to do in the first place. I know that my Higher Power wants what is best for me, whether I believe it at the time or not! And my Higher Power speaks to me often through others, either by their words or by their actions. So I need to remain teachable and listen to what others say, and pay attention to what others do, especially other OA members who have what I want!

Before OA, I thought I knew everything. If we disagreed, I was right and you were wrong. It was exhausting trying to prove I was right when I really wasn't. Today I know that I have a lot to learn, and I am willing to listen.

Jill M.
New Hampshire Intergroup

Committee Reports

NEWSLETTER COMMITTEE

Chair: Charlotte Diana Moslander

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

HIGHLIGHTS OF MEETING:

- Discussed processes used in the previous issue.
- The English newsletter will be put online as soon as it is ready with the French version to follow after translation.
- Will continue bulk mailing newsletters to intergroups; will explain the need to use first class postage rather than presort indicia.

TWELFTH STEP WITHIN COMMITTEE

Chair: Pam Tinker

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.

HIGHLIGHTS OF MEETING:

- Discussed the purpose of the committee and focused on: "to enhance and increase membership at all levels of recovery."
- Clarify that we are about enhancing recovery for ALL members, even those not currently struggling with relapse issues.
- Reviewed the workshop presented at the 2010 Region Six convention and saw that it increased interest in the committee
- Voted to offer a similar workshop at the 2011 Region Six convention:
 - an overview of Twelfth Step Within purpose
 - sharing ideas about ways groups, intergroups and individuals might work to strengthen recovery for ALL members
 - a sample group activity around the steps.

Discussed feasibility of creating and maintaining a sponsorship list at the suggestion of the Region Six board.

PI (PUBLIC INFORMATION) COMMITTEE

Chair: Susan P.

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.

HIGHLIGHTS OF MEETING:

- Final Report from Metro West IG was presented
- PI Blitz proposals discussed: Island IG, Greater NY Metro IG, Western Mass IG
- Recommended to the Region Six Board that full funding in the amount of \$1,470 be awarded to Island IG
- Recommended to the Region Six Board to award 1/3 funding in the amount of \$1,273 to Western Mass IG
- Recommended to the Region Six Board to award funding in the amount of \$2,040 to Greater NY Metro IG

Get the word of the availability of the PI Blitz funding out to intergroups.

BYLAWS COMMITTEE

Committee Chair: Anne B

Committee Secretary: Debbie H

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

HIGHLIGHTS OF MEETING:

- Will revisit policies of attendance requirements for Region Six trustee
- Will continue to revise and update Policy and Procedure Manual

IGOR (INTERGROUP OUTREACH) COMMITTEE

Chair: Mary S

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

HIGHLIGHTS OF MEETING:

- Discussed scholarships: qualifications, attendance at region level, recipient must be registered??
- Discussed mailing vs. emailing: Cost factors, intergroup to be notified so they may opt out of postal mail.
- Stuffed envelopes for unaffiliated groups. Lyn H will mail them
- Will amend the scholarship form
- Will encourage unaffiliated meetings to attend and to become affiliated.

CONVENTION COMMITTEE

Chair Lee: R.

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

HIGHLIGHTS OF MEETING:

Convention 2010:

- Profit- \$8298.82 (minus \$2500 seed money)=\$5978.22
- More income from merchandise that has not yet been sold
- 355 members 233 guests at hotel

Convention 2011:

- To be held at Crowne Plaza Hotel, White Plains, New York
- Chair: Diana G. (New York Metro Intergroup)
- Reduced number of workshops
- Registration to date
- Menus have been completed
- Keynote submissions

Convention 2012:

- To be held at Central Downtown Delta Hotel, Ottawa
- Chairs: Karin (Ottawa Intergroup), Gaston (Quebec Intergroup)
- Simultaneous interpretation in the ballroom
- French track
- Committee made up of people from all over region

Committee Reports (continued)

YOUTH IN OA COMMITTEE

Chair Alan B.

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.

HIGHLIGHTS OF MEETING:

- Discussed using tear-off sheets at local colleges and flyers
- Discussed sending information to intergroups on getting started with youths
- Discussed identifying teen-friendly meetings on meeting lists and websites
- Obtained details on the Long Island Children's Meeting to use as a resource for other groups
- Discussed talking to WSO about the legality issues
- May investigate history of Alateen and precautions they take
- Continuing to solicit responses to survey

Workshop

Mary Rose D. led a workshop in which attendees were divided into groups to brainstorm about possible barriers to service at the region and world service level. Barriers can be grouped as follows:

- Special needs/accessibility:
 - Mobility, vision impairment, financial
- Psychological:
 - Self esteem issues, people-related fear, complacency, fear of failure or being overwhelmed, OCD, control issues, weight gain, fear of the unknown.
- Religious: Sabbath observance, dietary restrictions
- Social:
 - Family, child care, lack of appropriate clothing, previous commitments, other volunteer work.
- Health/medical: Dietary restrictions, trying to get pregnant
- Work, including inability to get leave time approved
- Language
- OA-related:
 - Done enough service, only interested in grassroots service, had or heard of bad experiences, meeting requirements, not enough information, sponsor disapproval

Solutions proposed by the groups were:

- Creative video to describe fun and fearless reality of what happens at Region Six Assembly and/or WSBC
- Mentoring/service sponsorship at different levels
- Service videos, pamphlets, handbooks, workshops
- FAQ online, web conferencing, blogging
- Group travel, moving WSBC to other areas, getting dates out early to reduce conflicts. Link Region Six Assembly and convention.
- Fourth step inventory on fears
- Help members in speaking with HR departments.

Highlights of Unapproved Minutes

Region 6 Assembly – April 9, 2011

ANNOUNCEMENTS

Karin announced that the Bear Grand prize and the *Lifeline* raffle would be called at the end of the day.

OFFICER REPORTS

Chair – Karin announced that five intergroups received partial funding for WSBC 2011, and four intergroups received funding for today's Region Six Assembly. Karin discussed her work at the World Service level; the region chairs will be doing a skit on rotation of service at WSBC. The region chairs are also committed to promoting *Lifeline*.

Vice Chair – Diana has been working with Bruce, Jeff A. and Zazu to proceed in the direction of online information gathering and dissemination; payments for Region Six events, and the ability to make and receive Seventh Tradition contributions online. Diana explained the online registration and lunch purchase, how to get needed documents online and how to get committee reports to Secretary Laura R. There was a request for the Serenity Prayer by Tina C. There was a question about the online and paper registration motion from the Spring 2010 Assembly. It was explained that registration is either paper or online and lunch will be on line only.

Treasurer – Zazu explained the treasurer's report by breaking down the months and budget lines in which expenses have been incurred. Budget year runs from September 1-August 31. Make sure that groups place their group number on checks that are sent for contributions. She reminded groups about the PI Blitz money.

Coordinator – Jeff A reported on the statistics of affiliated and unaffiliated meetings. He strongly suggested that each intergroup check to make sure they are registered with WSO. There has been an increase in the number of unaffiliated meetings registering and participating with their local intergroups. There was a notice sent to all unaffiliated groups to ask if they would like to be affiliated.

Website and Publications Coordinator – Bruce reported that there are 18 intergroups in Region Six without a website. The French version of *The Messenger* is now on line. He reported how the Newsletter Committee has done another great job. The other major item to report is that oaregion6 is our new host server; this will allow us to use the email forwarding service. If your intergroup is without a website, Bruce would be more than willing to help.

Trustee – Trustee Mary Rose spoke about the journey upon which service has taken her in the past, present and future. Region Six will be sending 33 of 196 registered delegates to WSBC this year. There are 21 proposed bylaw changes and ten policy motions. A number of proposals involve our Ninth Tool, **Action Plan**, defining and/or renaming, or possibly rescinding it. This has been a tool since WSBC 2010. Other motions that have sparked interest are to revise the definition of abstinence, to amend "Co-Founder" to "Founder," and to amend the Conference Seal of Approval regarding AA literature to include only the BB *Alcoholics Anonymous* and the AA Twelve and Twelve. Mary Rose made delegates aware of two new PI posters in full color, which are available on the WSO web site.

Minutes continued on Page 7

Highlights of Unapproved Minutes

Region 6 Assembly – April 9, 2011 (to be voted on at Sept. 24, 2011 Assembly)

BYLAW AMENDMENTS/POLICY MOTIONS

Motions 1, 3 and 5 were simply of a housekeeping nature, primarily to move procedural information out of the policy and into the committee procedures manual. These were voted on as part of the consent agenda, and are omitted due to space considerations.

MOTION #2 Amend Policy Number 9: COMMITTEE REPORTS (referred to Bylaws Committee)

This motion was proposed to more accurately reflect current practices regarding committee reports, which are read orally to the assembly and then submitted in writing at a later date.

MOTION #4: Amend Policy Number 13: INTERGROUP SCHOLARSHIP FUND (referred to Bylaws Committee)

The intent of this motion was to more aptly describe the purpose of the intergroup scholarship fund.

MOTION #6 Amend Article IV: Membership of REGION SIX (adopted)

Adopting this motion removed the detailed definition of an OA group and instead states that the definition will conform with that in the OA, Inc. bylaws.

MOTION #7 Amend Article X: Region 6 Trustee Nomination and Selection (adopted)

Adopting this motion made the attendance requirements of a trustee nominee less strict, bringing them in line with those of other regions, as well as the Region Six board.

MOTION #8 Amend Article XI: GENERAL SERVICE TRUSTEE NOMINATION AND SELECTION (adopted)

Adopting this motion removed the region attendance requirement of a General Service Trustee, bringing the article into compliance with the OA, Inc. bylaws.

MOTION #9 Amend Policy Number 021: Location of REGION SIX Assemblies (adopted)

Adopting this motion removed the specific geographical constraint of 150 miles from Litchfield, CT and added various factors to be taken into consideration when choosing a location for Region Six Assembly.

MOTION #10 Amend Policy Number 014: DUTIES AND RESPONSIBILITIES OF THE R6A OFFICERS (adopted)

This motion removed the requirement for bonding and replaced it with the requirement for Directors and Officers insurance, to be obtained by the Treasurer.

MOTION #11 Amend Article XII: Finance Committee (adopted as amended)

Adopting this motion ensures that there are verifications in place for the proper and fair disbursement of Region Six funds, as well as to add additional access to Region Six treasury funds should the treasurer not be able to continue in their role. The amendment excluded Convention accounts from this policy.

BUDGET

Zazu, the treasurer, presented the assembly with the coming fiscal year budget and made a motion to adopt it. The budget was adopted as amended in budget lines: under Officer Service and Traditions workshop travel + \$1,000, Convention 2012 Seed Money \$2,000, Convention 2013 Seed Money \$3,000.

ASSEMBLY DATES: voted on by delegates
2013:

Spring Assembly April 20, 2013
Fall Assembly September 21, 2013

2014:

Spring Assembly April 5, 2014
Fall Assembly September 13, 2014

COMMITTEE MOTIONS

The Finance Committee moved to override the 2010-2011 budget (motion was adopted)

1. Add \$3,000.00 to newly created line COMPUTER, allowing board members to use and pass along computers to their successors.
2. Increase the WSBC Delegate Assistance Scholarship line by \$1,500.00
3. Increase the Scholarship Fund (Region Six Delegates) by \$600.00

The Convention Committee moved to amend Policy 006: Conventions (adopted)

Adopting this motion clarified that the Convention Committee recommends a convention, the Region Six Assembly votes on the convention proposal, and if an emergency occurs the Region Six Board can act accordingly.

FIRST TIMERS CEREMONY: New delegates (blue dots) were asked to come to the front of the Assembly. They were all acknowledged for their service with a round of applause. They then removed their blue dots.

SEVENTH TRADITION COLLECTION: Will be going to the Delegate Support Fund. The amount collected was \$153.00.