



MESSENGER

The Biannual Newsletter of Region Six of Overeaters Anonymous

Spring 2011

From the Region Six Chair

Hi, my name is Karin and I am a compulsive overeater. This is my last year serving as the Region Six Chair, and I am really enjoying it. I have been in OA for 21 years now, and abstinent for 19 of them. I got the service bug early on. It is something I enjoy doing, and I have learned that I can't keep what I have if I don't give it away. Many service positions come with a requirement of abstinence, and my commitment to doing service has at times kept me from eating. I feel much more a part of this wonderful fellowship because of service. I have met many great people, and I have to say that service is fun. I highly recommend it.

I was at a workshop recently; the topic was renewal in recovery. How do we keep recovery fresh and exciting? We go to the same meetings, see the same people and read the same literature, but it is this repetition that saves my life. The OA *For Today* book states, "Repetition is the only form of permanence that nature can achieve" and goes on to say "If we are to experience permanent recovery from compulsive eating, we have to repeat, day after day the actions that have already brought us so much healing." So I pray for the willingness to keep doing the "do" things. Going to a retreat or convention helps. I attended the World Service Convention in LA and the Region Six Convention in Burlington. Both events were a great boost to my program. It is fabulous to see people with so many years of abstinence sharing what works for them.

Since the Fall Assembly, I also attended the Region Chair Committee meeting in Iowa City, led a service and traditions retreat in St. Johns, NL, chaired a Board teleconference in January and prepared for the Spring Assembly. We will be doing online registration again for the next Spring Assembly.

Hope to see you all at the Spring Assembly in Albany on April 9, 2011.

Thank you for allowing me to serve our region. It has been my pleasure.

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

From the Region Six Trustee

NO ROOM FOR SHAME

"Healthy Body Weight" is the third rail of OA politics. This is the caution received about the motion that the Board of Trustees will submit to the 2011 WSBC agenda questionnaire, to amend the 1988b **Statement on Abstinence and Recovery** to read:

Abstinence in OA is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of working the OA Twelve-Step program of recovery.

"Healthy body weight" seems to be a no-brainer, an essential element of physical recovery within our threefold program whose purpose is to work with those with problems of obesity (OA, Inc. Bylaws, Subpart A, Article II). Seems. Yet a substantial minority among us are dead set against it. "We are not the Abstinence Police!" "Who am I to judge another's 'healthy' body weight?" "People's feelings may be hurt!" "Don't we have enough shame without shaming people around abstinence?"

There is no mention in the motion of "Abstinence Police," any more than Abstinence Police are enforcing the currently-existing policy. We often say that each person is the judge of his or her own abstinence. Similarly, each is the judge of her or his own healthy body weight. We recommend that members reason out a "healthy body weight" with a nutritionist, a medical professional, or some knowledgeable person(s) besides themselves, the same as we do when developing a plan of eating. Healthy body weight is a personal judgment, a concern that will—medical conditions aside—melt away in recovery. I have found that if there are Abstinence Police, they exist in my head, to the degree that I give them space. Others' opinions have only the power over me that I allow them to have.

Many members claim their abstinence under our current definition, yet they are obese or overweight by objective (and sometimes their own subjective) standards. For some abstinent people, their weight increases year after year, yet they state "the program works," even with visible indication to the contrary. There is no evidence of their working towards a healthy body weight. Medical conditions excepted, how does this come about? We come to OA desperate for a solution. We find a welcoming Fellowship and a degree of relief from our isolation. The desperation is held at bay, and the suffering lessens. For some, that is enough. The half-measures avail, except that the unhealthy body weight remains.

Region Six Trustee Message continued on page 3

I  **RECOVERY**

Region Six Convention October 21 - 23, 2011
Crowne Plaza White Plains - Downtown
White Plains, New York
www.oanyc.org/iheartrecovery

REGION SIX 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 Six 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 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

April 9, 2011
September 24, 2011
Best Western Sovereign Hotel Albany
1228 Western Avenue
Albany, NY 12203
1-518-489-2981
Reservations: 1-800-528-1234
Email: gm@sovereignhotels.com

THE MESSENGER Staff

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

- Dee P.....Chair, Editor
- Marilyn L., Charlotte Diana M., Gilles V., Myra T.Proofreaders
- 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 email to newsletter@oaregion6.org
THANK YOU!

From the Delegate Support Fund WSBC Scholarship Recipients

My name is Susan; I am a compulsive overeater. I attended the World Service Business Conference in Albuquerque, New Mexico from April 26th to May 2nd as the Ottawa District Intergroup delegate on a scholarship from Region Six. As a first-time delegate or "Green Dot" (we had a green dot on our name tags), I was matched up with a mentor, an experienced delegate who gives support and answers questions. My mentor was our Region Six Chair, Karin, which was awesome. Thank you Karin!

I attended the business meeting, where motions were debated and voted on and new trustees were elected. I became a member of the 2010 Public Information Committee. We set goals to improve the lines of communication with intergroups by creating a database with all of their contact information and by developing guidelines for a PI mentorship program where IGs with successful PI programs would help IGs looking for support with their PI programs. We watched the new TV PSA (public service announcement), and it is great. I attended the following workshops: Service, Traditions, and Concepts, 2010: Look Where We've Been and Where We're Going, Recovery Is Contagious! 50 Years, 75 Countries, Smiles of Service: We Are Not a Glum Lot, All About Conference, Parliamentary Procedure and the Forum: How Does Service Serve Us? I attended an OA meeting every day. It was inspiring to be around members with 25 & more years of abstinence. I felt like I belonged and felt the love of fellowship. The hot tub meetings were a real treat. Here are a couple of tidbits, as I remember them, that really touched me: "I haven't lost the weight; I know where it is, and I know how to get it back." and "We have an opportunity to remember God is with us every time we eat." I learned so much about OA and myself. I made new friends from all over the world, and I would encourage everyone to attend the conference at least once. Thank you for granting me the Scholarship and for allowing me to do this service.

In service,
Susan P.

Ottawa District Intergroup

Attending the 2010 World Service Business Conference in Albuquerque, New Mexico was a wonderful experience. I am incredibly grateful that I was given this incredible opportunity. I received a scholarship from the Delegate Support Fund, which made my trip possible and gave me the chance to do service at a much larger level than I ever thought possible. I met so many wonderful people from all over the world, people committed to recovery and to Overeaters Anonymous. It was great to get to know others doing service in OA and to see the lengths that so many are willing to go to strengthen OA and also to reinforce their own recovery in the process. Doing service at the World Service level was not only enlightening and fun, it also helped me in my own recovery. I encourage anyone who can take the time to do service at this level to do so. It is important that OAs from all walks of life and from all parts of the world have a say in the process of World Service. Not only did I learn a great deal, I also thoroughly enjoyed the entire experience.

Anne G.
NY Capitol District IG

From the Region Six Trustee, continued from Page 1

We say that we no more judge others' weight than we judge what is on their plates, but none of us works this program in isolation. We are aware of each other. We know what we see; we recognize recovery. A Fellowship practicing a strong program is a tremendous support to the individual member. A Fellowship that does not espouse physical recovery—that considers it a personal concern, decision, problem—will not survive. Our personal recovery depends upon OA unity. Can we remain true to our purpose if we deny that the OA program includes working towards or maintaining a healthy body weight?

Some argue that people's feelings may be needlessly hurt; others express the fear that, by our silence, we may be loving each other to death. Does Silence=Life, or does Silence=Death?

To address the question of healthy body weight is to open the box of *shame*. Most, if not all, of us arrive at OA having endured enough shame—from others *and from ourselves*—for a lifetime. The last thing we need is to be shamed within the rooms, rooms that are supposed to be safe and sane. I submit to you that *there is no room for shame in the OA Twelve-Step program of recovery*. There is no shame in rigorous honesty: What is, is. On Day One, when I found an interim sponsor, adopted a plan of eating, and became abstinent, *shame left my life*: There was no room for it, no cause for it.

On Day One, I had not released one iota of weight - not one gram or one ounce, but I had joined the broad highway, and I was on my way. On Day One, my psyche was a *ton* lighter, and it was only a matter of time before my physical body followed. The times since then that I have known shame were times I was in relapse, when I left the highway to do more research.

How is it that even *considering* this motion could become a cause for shame? If I feel shame when there is nothing to be ashamed about, at best I have a character defect to turn over to HP. If I still have physical recovery to achieve and I am living the Twelve Steps to the best of my ability, I have no shame because, one day at a time, I am healing. On Day One, I was obese and I was working toward a healthy body weight: *I was abstinent*.

The only place for shame is when my form (physical, emotional, spiritual) and my story ("I am abstinent," what I tell others, what I tell myself) do not match up. Shame is, in fact, a teacher: My shame tells me I know better. It calls me to accountability, either to mend my ways, or to unmask shame for what it really is: an expired emotion, an exhausting energy parasite, a sack of rocks that I no longer need carry. HP never gives more information than I can handle. When dealing with shame, "Trace it. Face it. Erase it," helps me achieve the recovery I seek.

By adding "healthy body weight" to the discussion, we address the elephants in the room: words and actions that do not agree; members who still carry shame even though they truly are living in recovery; the very human need to be surrounded by a strong fellowship committed to mutual recovery, and the emotional ache when that strength is lacking. I have a life-and-death disease. I am here to save my life. As rigorously honest as I can be, and always as lovingly as possible, I am also here to help you save yours. Together we can.

Mary Rose D.
Region Six Trustee
trustee@oaregion6.org
30 November 2010

OA Members Write on: Pick-a-tool : How has it supported my recovery

Action Plan: The ninth tool

The delegates at OA's World Service Business Conference (WSBC) 2010 created a ninth tool called Action Plan. It is the new guy on the block. I think it was promoted to this list because a lot of members use it. I do, and I think I always did.

OA members are free to interpret Action Plan as they wish. I believe the Action Plan is like the Twelfth Step: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. The spiritual awakening that comes from all the Twelve Steps permits us to carry the message. The Action Plan is the living result of all the other tools of recovery.

In part of the Overeaters Anonymous Statement on Abstinence and Recovery is "Abstinence is the **action** of refraining from compulsive eating and compulsive food behaviors." Many of us have found we can abstain from compulsive eating with the use of some or all the tools of recovery that help us practice our program of recovery. My Action Plan is 1) Having and sticking to my **plan of eating**, 2) **Sponsorship**: Willingness to share my recovery with other members of the Fellowship and stay committed to my abstinence, 3) **Meetings**: Where compulsive overeaters come together to share their personal experience and the strength and hope OA has given them. 4) **Telephone**: I contact others and thus break the isolation. I call and send email to my sponsors and other OA members frequently. 5) **Writing**: Putting my thoughts and feelings down on paper helps me to understand my actions and reactions better. 6) **Literature**: Reading literature daily further reinforces how to live the Twelve Steps and Twelve Traditions. 7) **Anonymity**: Anonymity offers me freedom of expression and safeguards me from gossip. 8) **Service**: This is a way to give back what I have so generously been given. Service is "a life of sane and happy usefulness."

The ninth tool, the **Action Plan**, for me is all of the above, thanks to OA and my Higher Power. I put my hand in yours, and together we can do what we could never do alone.

Gilles, Intergroupe OA de Québec

Service

It is difficult to choose just one tool. I have two favorites that have helped me maintain my miracle - a 180-lb. weight loss and more peace and joy than I ever thought possible. Those two are sponsorship and service. Both of these tools keep me connected to program and focused on recovery.

Since the assignment says "pick one," I will choose service. Of course, sponsorship is a form of service. Service keeps me out of the isolation I used to live in. Service keeps me connected to other loving, understanding people. Service has given me an opportunity to meet people from all over my local area, my region and the world - all who "get me" and love me. The people remind me I am not alone. I am not unique. I no longer suffer from "terminal uniqueness." Service keeps my recovery front and center even as I work to bring recovery to others. Service IS slimming.

Ann B., Queens Unity IG

Service

The tool I would pick is service. I've been abstinent in OA for six years, and what keeps me coming back is the opportunity to do service. The meetings I go to and my intergroup require abstinence of varying lengths for service positions. Thus, if I want to be an officer, or a delegate, or a committee chair, I need to be abstinent and stay abstinent. For me, this is a reward for doing something that is good for me personally. Abstinent, I am healthier in mind, body, and spirit. I enjoy

doing service because it gives me a chance to meet people and to talk with them. I am basically a shy person and not someone who would strike up a conversation with a stranger. But if I am helping to put chairs away or setting up literature, then I can talk to someone. I sometimes refer to myself as a poster child for doing service because that was my introduction to OA. For all that I have been given, it is my way of giving something back. If I can help a newcomer, talk with someone on the phone or give directions to a meeting, I am happy to do so. Other people did these things for me, and now it is my turn to pass it on. Service is something I mention to others when someone says they are struggling. For me, it gets me out of my own head (which is dangerous territory), and I get to feel good when helping others.

Jean B., Mass Bay IG

Meetings

The tool of meetings has supported my recovery yet again when I felt at sea, disconnected, fairly miserable, and not able to understand why. Mind you, I had not stopped going to meetings. I was going to three a week. But when I got sick and tired of being sick and tired, I committed myself to my recovery and upped my number of meetings to seven a week. My life started getting better immediately. I heard things I needed to hear; I said things I needed to say. I was in meetings where I felt good, and I was not at home or at work overworking, or compulsively playing computer games where I felt bad. I started feeling better and my food got better.

Finally, I was ready to really clean up my food and to do what worked for me in terms of a plan of eating. And it all started from going to more meetings. Thank you GOD.

Anonymous

Plan of Eating

A plan of eating is vital to my physical recovery in OA. By planning and preparing my food in advance, I can usually expect freedom from the compulsion that makes my life and quality of peace unmanageable. Each time I want to put that extra piece of cereal or green bean on my plate and don't act on it, I am made stronger against that "monkey on my back." My food plan consists of three meals a day plus a metabolic adjustment in the evening. I do not eat between meals. This plan of eating has kept me away from bingeing and abusing food for the past 9 ½ years.

I am told that I never have to relapse again - one day at a time—if I follow my plan of eating, work the Steps, and remain in fit, spiritual condition. My self will is the only culprit that stands between me and my Higher Power, who will grant me the gift of sane eating if I ask.

I have maintained an 87-pound weight loss, thanks to the OA Fellowship and my Higher Power. I am humbly grateful for this and the peace and spirituality I have been given.

Nancy H., Central Mass IG

Writing

Daily writing is invaluable. It helps me to regard my circumstances from a different perspective so that I adopt an attitude of gratitude. Writing facilitates channeling potentially destructive power - based feelings and motives into constructive loving behaviors. It can help me to remember who I am: a compulsive overeater, with all that implies. If I am honest, open-minded, and willing when I share my writings with my sponsor, my thinking can take a wholly different path. Thank you, God, for this illuminating and sustaining tool.

Hilda, Mid Hudson IG

OA Members Write On...Pick a Tool

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Sponsorship

Sponsorship has been useful in maintaining my commitment to my program. By being a sponsor and having a sponsor, I am accountable to others for the way in which I conduct myself. It also provides time during the day that is devoted to program. It helps me to have a baseline of honesty about food and everything else in my life.

Sponsorship helps me learn to relate to others better. I show them respect and undivided attention. I have learned to be tolerant of those who do things differently from me. I have learned to assume the best of others. On occasion, I have found it necessary to set boundaries against inappropriate demands. Through sponsorship, I have learned to appreciate having fellowship in my life.

Yana S., Metrowest IG

Service

Service keeps me abstinent by sharing my experience, strength, and hope - being present for the newcomer. Service gets me out of myself and helps me strengthen my communication skills. Service beyond the group level keeps me current with changes such as the bylaws, newly voted-in positions, new duties, etc., being made by WSO and Region Six. Intergroup service has given me the sense of confidence I once did not have.

Anonymous

Service

Service is my favorite and most vital tool. As a newcomer, 20 years ago, I was fascinated by an Intergroup (IG) Rep who came to my meeting and distributed new meeting lists, our monthly newsletter and announcements. She received attention and applause, two things I lacked in my life and that I was starved for. My sponsor told me to question the Intergroup Rep to find out how I could do it too. There was no abstinence requirement, and I could do an invaluable service. I became an IG Rep, and my self esteem and self confidence grew. As I attended our monthly IG meetings, I began to ask questions, and I voted. Over the course of my 20 years, the past ten of which have been abstinent with over a 100-pound weight loss, I have put out chairs, chaired meetings, was treasurer for different groups, went out speaking, joined several IG committees, became an R6 Rep and a WSBC delegate, and I am currently the chair of my intergroup. I was told, "You can't keep it unless you give it away." When I am feeling blue, I call another compulsive eater and ask, "How are you?" Then I ask if I can be of service to another. Service has kept me abstinent and has caused me to realize what a dynamic woman I really am. As I give to others, I receive so much more in return. I have been reborn.

Andrea, Greater NY Metro IG

Committee Reports

Region Six Assembly – September 25, 2010

NEWSLETTER COMMITTEE

Chair Debi G., New Hampshire Intergroup

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 COMMITTEE MEETING:

- Sending Newsletter to intergroups not represented
- How to avoid sending English newsletter to French groups
- Publishing English and French online

Committee Reports

Region Six Assembly – September 25, 2010

CONVENTION COMMITTEE

Chair: Charlie G., Nassau County Intergroup

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.

2010 Convention:

- R6 retains all rights to audio recordings three months after convention; each speaker receives a free copy of his/her own speaking engagement
- All speakers and service members need to be registered

2011 Convention:

- Motion on the floor that there be a convention in Westchester, NY hosted by Greater NY Metro Intergroup, October 22-24, 2011, Crowne Plaza White Plains - Downtown

Convention Planning for 2012:

- Karen R. volunteered to chair the 2012 Convention to be held in Ottawa. She has asked for support from Montreal French and English Intergroups and Ottawa Intergroup.
- Randi has volunteered to be the treasurer
- Last Ottawa convention lost \$2,000 - \$3,000, but Ottawa has more of a presence at R6 Assembly now

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 COMMITTEE MEETING:

- Committee communication will use a password-protected blog.
- Discussed encouraging intergroups to send stories about their intergroup to IGOR for publishing in *The Messenger*.
- Discussed having a table at the Region Six boutique introducing IGOR and giving intergroups a place to connect.
- Assembly packet will be mailed to non-attending intergroups and unaffiliated groups.
- Contact all intergroups to build relationships with IGOR.

FINANCE COMMITTEE REPORT

Chair: Alyssa, NYC Metro Intergroup

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

HIGHLIGHTS OF COMMITTEE MEETING:

- Financial Review – Diana visited and "instigated."
- Will prepare motions to remove being bonded from officer duties and responsibilities and to add to treasurer's responsibilities to ensure that we have Directors and Officers Insurance.
- Will create a new policy to ensure that all accounts and investments have three signatories and amend the current policy of two signatories on checks to the current policy of having a second officer approval.

Committee reports continued on Page 6

Committee Reports

Region Six Assembly – September 25, 2010

TWELFTH STEP WITHIN COMMITTEE

Chair: Cindy C.

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 COMMITTEE MEETING:

- Will present one workshop twice at Convention. Tina C. (with Pam T.) and Cindy C. (with Caroline and/or Susan?) agreed to facilitate the two workshop sessions.
- Workshop will focus on ways to do Twelfth Step Within work in groups and intergroups using the Tools of Recovery as a demonstration of one possible workshop.

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 COMMITTEE MEETING:

- Reviewed reports from PI recipients
- Discussed coordinating multi-region Google Word search project
- Awarded \$1,775 to Western NY for their presentation of their blitz project.

YOUTH IN OA COMMITTEE

Chair: Alan B., New Hampshire 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.

HIGHLIGHTS OF COMMITTEE MEETING:

- Safety speak vs. anonymity; Buddy system vs. sponsorship
- Required parent meeting happening at the same time and possibly parent education component
- Article for parents - *Healthy Eating and Dignity of Choice*
- How to get youth meetings started/teens interested if they can't go to adult meetings?
- Flyer to college health services
- Staying connected with technology
- Look at what other anonymous meetings are doing

BYLAWS COMMITTEE

Chair: Jeff S.

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 COMMITTEE MEETING:

- The committee will present a motion amending the Bylaws and Policy and Procedures Manual to delete committee procedures and create a new independent committee procedures manual.
- Will prepare a motion to delete the policy requiring daily prayer by all R6 members.

• Highlights of Minutes

Region Six Assembly – September 25, 2010

ANNOUNCEMENTS

Karin announced the new agenda has been well received and will be used today. Zazu explained the WSO multi-donation form. Make sure you have your Intergroup or meeting number, day of meeting and time. She then explained the request for funding to attend R6. It is intended for need and must be signed by your intergroup chair.

OFFICER REPORTS

Chair – Karin reminded delegates about the R6 and WSBC scholarships. She announced that our newsletter will be on the website, and it is being translated into French. She spoke about her work with the Region Chairs Committee, of which she is chair, and her work with the BOT Strategic Plan, the Forum and the Green Dot/ Mentor program at WSBC 2011.

Vice Chair – Diana is the hotel liaison. We have contracts for the next two (2) years with a slight cost increment each year.

Treasurer – Zazu reported that the treasury is doing well. We donated \$6,000 to WSO, plus \$1,113 which is 15 percent of the 2009 convention proceeds. She explained the budget is an estimate of money in and money out.

Coordinator – Jeff A. gave the delegates membership statistics for R6 and WSO. Region Six affiliated meetings decreased by 28 meetings, while unaffiliated meetings have increased by 13. Check your intergroup's meetings with the WSO list. WSO has seen an increase in registered meetings. This includes a 62.5 percent increase of phone meetings and a 53.3 percent increase of online meetings.

Website and Publications Coordinator – Bruce gave statistics on website hits. The French website has been running since April. The Bylaws and Committee Procedures have been translated into French. Bylaws are online and the Committee Procedures will be shortly. He mentioned he has a dedicated crew on the newsletter committee.

Trustee – Mary Rose let the assembly know that the final 2010 WSBC Report may be read and downloaded from oa.org. At WSBC this year, the delegates approved six pieces of literature: *To the Teen, Tools of Recovery, To the Family, Welcome Back, Questions and Answers* and *Sponsoring through the Twelve Steps*. Locally approved literature must follow guidelines in the *OA Guidelines for Locally Produced Literature*. Meetings must sell and display only OA Conference, AA Conference and locally-approved literature. WSBC established a Youth in OA Committee. The Board-Approved Literature Committee is proposing a sequel to the *Lifeline Sampler*. The Technology/Website Committee has developed and maintains a site: oagroups.org for intergroups without technology.

SCHOLARSHIP BLURB

Susan P. (Ottawa) spoke to and thanked the delegates for being able to attend R6 Assembly by submitting a scholarship form. She attended WSBC April 26-May 5 2010. She was a green dot and learned a lot.

Highlights of Minutes continued on Page 7

Highlights of Minutes

Region 6 Assembly – September 25, 2010

PI CAUCUS

Laura spoke to the board about the recommendation that the PI Committee has decided. It was decided by the board that Western NY Intergroup should receive \$775.00 for their PI Blitz.

ELECTION RESULTS

Vice Chair - Diana G.

Treasurer - Zazu G.

Secretary - Laura R.

Coordinator - Jeff A.

WSBC Reference Subcommittee members -

Nominated: Andrea F. - NY Metro, Beany - Mass Bay, Ann B. - Queens, Deb - Nassau, Camille - SE Coastal, Pam - New Hampshire.

Results: Andrea F. and Beany are the new Reference Subcommittee delegates.

BYLAW AMENDMENTS/POLICY MOTIONS

MOTION # 1 Amend Article X REGION 6 TRUSTEE NOMINATION AND SELECTION (adopted)

Adopting this motion allows a trustee to be affirmed by the Region Six Board in case of a vacancy. As the position of Region Six Trustee is a very important one, the region should have a transparent mechanism to affirm a trustee applicant when a vacancy occurs.

MOTION #2 [Split into 2a (Bylaws) and 2b (Policy)] Amend Article III MEETINGS OF REGION 6 ASSEMBLY (both adopted)

Adopting Motion #2a increases the lead time for voting on future Region Assemblies, as this is required for booking the hotels.

Adopting Motion #2b removes dependence on the site of the Region Six Convention when determining the site of the Assembly.

MOTION #3: Amend Region 6 Policy Number 38 NEWSLETTER COMMITTEE (adopted)

Adopting this motion simplified the policy to explain the purpose of the newsletter, and moved the logistics portion into a procedure.

MOTION #4: Amend Region 6 Policy Number 14: DUTIES AND RESPONSIBILITIES OF THE R6A OFFICERS (adopted)

Adopting this motion clarifies that payments will be made in US Dollars, as the Region Six budget is figured in US dollars, and logistics and expense prohibit doing otherwise.

MOTION #5 - Amend Region 6 Bylaws and Policy Procedures manual (adopted)

Adopting this motion, which removes the word "audit" and replaces it with the phrase "financial review," brings the wording in line with the actual process that occurs when the Finance Committee reviews the financial documents.

BYLAW AMENDMENTS/POLICY MOTIONS (continued)

MOTION #6 Amend Region 6 Policy Number 004 MILEAGE REIMBURSEMENT (adopted)

Adopting this motion allows for Region Six to reimburse non-automobile travel based on the cost of travel arrangements. The maximum amount received will be determined based on the automobile mileage calculation.

COMMITTEE MOTION

Convention committee moved to hold the 2011 Convention at White Plains, NY Crowne Plaza Hotel October 21-23, 2011 hosted by Greater NY Metro Intergroup. Motion was adopted.

MOTION FROM THE FLOOR

It was moved to allow delegates to continue registering for Assembly by mail. Motion was adopted.

WORKSHOP

Danielle S., the chair of the 2009 and 2010 R6 Conventions, with the help of Lyn H, presented a workshop to the Assembly. After we broke into groups, she said to all, "We are going on a journey." She had us think of a theme and a place. This was to generate excitement about conventions and to encourage us to consider hosting one in the future. Some of the themes were: Adventures in Newfoundland; Miracle in the Mountains in Bermuda; Happy, Joyous, Free – State of Recovery; Peace in the Berkshires.

The winners of the R6 2010 Convention raffles are: registration - Helen D. (Mass Bay), complete set of convention in CD or MP3 format - Marion B. (North Shore), total convention package - Harriet (Toronto).

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.

The Seventh Tradition collected will be going to the WSBC Scholarship fund. We collected \$177.95