



# MESSENGER

The Biannual Newsletter of Region Six of Overeaters Anonymous  
Spring 2012

## *From the Region Six Chair*

I have been running straight out of the gate since my election on September 24. I had already been wearing the hat of the Region Six Convention Chair, and it took my entire focus to make sure that the event would run smoothly for my first month in office. We had a few last-minute hiccups just preceding the event, but, thanks to the efforts of all of those who stepped up to do service, *I ♥ Recovery* proved to be an extremely successful convention. As of this writing, we do not have complete data; however, I can report that, of the 475 people who were pre-registered and paid, 402 attended. We had 103 walk-in attendees, for a total on-premises attendance of 505.

Greater NY Metro Intergroup, as the hosting intergroup, received a check in the amount of \$1,000, the maximum amount.

We still have a few bills to pay and expect income from other sources. For example, Region Six will receive money due from the recording company in January. However, we are estimating that Region Six is looking at approximately \$20,000 in revenue from this convention.

The response to the event itself, as gathered from the online evaluation survey, was extremely positive.

I want to thank everyone who worked so hard and well, not only from the Region Six Convention Committee and Greater NY Metro Intergroup, but also every individual who gave service. I am very clear that the success of this event was due to the fact that so very many people from all over Region Six participated, bestowing their individual talents, serving as speakers, moderators, raffle basket makers and ticket sellers, decorators, speaker and service coordinators, food liaison, the hospitality crew and registration desk personnel. Kudos to Nassau Intergroup for their special effort in that department.

Over the next few months, I look forward working with our new web coordinator, Devyn, to refashion the Region Six website into a genuine nexus of communication and resources for Region Six intergroups and individual members. Devyn and I worked well together on the convention. He is creative and detail oriented, a rare and valuable combination.

Lastly, I want to share my thoughts on my trip to Medellin, Colombia, where I attended the Region Eight Assembly/Convention (they have a combined business meeting and recovery event) for the Region Chairs Committee meeting. This was the first time that Region Eight had held an event outside of the United States. They met the challenge of having a bilingual event straight on, and, although it was challenging at

times, we all learned that a little patience goes a long way when one is hearing the message of recovery being translated from one language into another.

The Colombian National Service Board, an OA service body of extremely modest means, hosted the convention portion. Their lack of resources did not prevent them from carrying out an extraordinary job of planning, organizing and executing an event that in many respects would be exactly what one would expect of any OA special event.

However, the timbre of the event was unlike any other I have attended in my 30 years in program. The Colombians, through their special presentations, in dance, theater and music, most tenderly demonstrated that, most clearly, if we are to receive the gift of abstinence, it will be by complete surrender to Poder Superior.

Superior Power. Employing that specific English translation made it so very clear that our attempts at wrangling with the disease as one's "method of recovery" are, indeed, futile. But the most pleasant part of this awakening is how much more appealing the thought of turning one's will and life over to a power greater than oneself really is. The Latin American approach to program seems to be very much one of the heart. The love generated in those rooms during the convention portion of the event was impossible to resist. And during the assembly portions, it was clear that the delegates from all parts of Latin America were there to participate as full members in every business aspect of OA.

In parts of Region Six, a lot of what transpires between Fellows in the OA rooms is of the "tough love" variety. The dedication and passion demonstrated in the rooms at the Region Eight Convention made me feel proud and honored to be one of many recovering compulsive eaters around the world who are part of this truly international Fellowship.

Something that regularly brought tears of joy to my eyes was hearing "I Put My Hand in Yours" recited in Spanish. It seemed EVERYONE from the Latin American countries knew it well. I am hoping that in the very near future we in Region Six will have this invocation become as much a part of us as the Serenity Prayer because it is OA's very own.

**Diana G.**  
Region Six Chair  
chair@oaregion6.org

## 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 and Time

Your canceled check is your receipt. Your intergroup will receive an acknowledgement at either the next Region Six Assembly or mailed with the next issue of *The Messenger* to your intergroup. Thank you for your support, service, and contributions.

### **Editorial Policy**

The Messenger is the bi-annual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is May 14, 2012 for the fall 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@OAregion6.org](mailto:Newsletter@OAregion6.org) or via US Postal Service in care of the Region Six Coordinator at the address designated above.

*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](mailto:newsletter@oaregion6.org)*

**THANK YOU!**

## 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 21, 2012  
**Hilton Garden Inn Albany Medical Center**  
62 New Scotland Avenue  
Albany, New York, USA 12208  
518-396-3535

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

### **THE MESSENGER is the publication of Region Six of Overeaters Anonymous**

#### ***THE MESSENGER Staff***

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

Charlotte M.....	Chair, Editor
Dee P.....	Co-editor
George H., Judy L., Myra T.....	Proofreaders (English)
Nancy A.....	Layout and Production
Devyn C.....	Website and Publications Coordinator

## From the Region Six Trustee

### "I Don't Know"

It was a simple question from a friend. It was a medical question that I have answered many times over the years. But the years have taken their toll, and I understand more—and less—than I ever did when I was younger. So when my friend asked what to do, I saw this new self, gulped, and said, "I don't know." "I don't know: Ask your doctor." was my complete reply.

This is growth for me, being able to admit when I do not know the answer. Most times, I would take my best guess when I thought I knew what I really did not, and so I offered the wisdom of my ignorance without any warning labels attached.

My unwillingness to "not know" started young, as a 12-year-old at camp. I was the only (*ethnicity*) in the camp, and the unit of campers one year older was (*other ethnicity*). They wanted to make (*my ethnic*) dish and so I was called to supply my cooking expertise. I had never made the dish; in fact, at that age, I had never even eaten it.

Honored to be summoned by the older campers but having no knowledge of the recipe, I asked them, "Well, what are the ingredients?" They named them, one by one, X, Y, and Z. "How many people are eating, and how much X will each person eat?" This they knew. Knowing that, Y would be half again as much as X, and you never could have too much Z in this ethnic food...it was just not possible. Spices were easy enough: I could extrapolate from other dishes I did know.

Long story short: The campers interviewing me already had the information they required. What they needed were a few pointed questions to reason it out. From that conversation, they made a lovely meal at which I was a guest of honor. End of story: I never admitted I was clueless, received the boon, and—to top it off—was fed. I won the trifecta for a compulsive overeater.

This trustee letter can now go in two directions: The first is that I already have inside myself all the wisdom I need, which I can access if only I reason with another. Once I know the name of the dish, I can suss out the recipe. However, this does rely on a second truth: that I be willing to admit my ignorance, so others may guide me.

My Big Book sponsor tells me that "shame" can stand for "Should Have Already Mastered Everything." It is only recently that I have also understood that my need to know—to be the "master of everything," even at age 12 before I could possibly have had the time and energy to live it—is also part of my profile as a compulsive eater.

There is wisdom in knowing what I cannot do alone. In order to work the OA program of recovery, the one action I needed to take was to admit that I did not know: to admit my powerlessness—my bafflement—and that my life had become unmanageable. It was, basically, to walk up to shame, to walk past it, and say "I don't know," first allowing an OA group, then a sponsor, then the Twelve Steps themselves to teach me what I needed to recover.

Being Region Six trustee has been an experience beyond my wildest dreams. This is just not our slogan; it has been my trustee life. At first, I thought I needed to be trustee to really understand I was powerless over food. After two years, I realized I needed to be trustee to learn I was powerless over OA. Those are two powerful learnings.

A bigger learning is that "*I don't know*" is a complete answer. Even better than that? "*I don't know. What do you know? How can we reason this out together?*" Together we can do...

With gratitude and respect, in service,

30 May 2011

Mary Rose D.

Region Six Trustee

[trustee@oaregion6.org](mailto:trustee@oaregion6.org)

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### OA Members Write On: "Action Plan: How Do I Practice the Ninth Tool?"

✂ I have found that my whole day goes better if I have a plan of action. Of course, I have calendars and electronic reminders, but if I go over with my sponsor what I plan to do for that day, it's a thousand times more likely that it will happen. This is true not only for my food, but also for my primary relationship, for my job, for my other relationships. In other words, my program, which guides my whole life, works more smoothly and effectively when I use this recovery tool. Thanks so much to the delegates of the WSBC for giving me just what I needed.

-Beth B.

✂ At first, I assumed that the action plan only meant a plan to physically "move" my body-ahem! exercise. Now my version of action plan includes whatever I do to support my OA recovery—three meetings a week, talking with my sponsor/sponsees daily in addition to making connections with three other OA members, maintaining my relationship with God on a daily basis, asking for HP's help when I need it, not a "give me" request, but asking to be shown the direction He wants me to take time to breathe and think about my day - what I did well, and what I need to change, what amends I may need to make, and what things I am grateful for.

Whew! My day is full, but I know and accept that doing these disciplines will not only keep me abstinent, but also will change me, one day at a time, into the person I've always wanted to be.

Thank you, God, and thank you, OA. -Dee P.

✂ This tool has helped me to walk away from a problem in my home that can cause me to eat food that will trigger me into binging. I find a quiet place, say the Serenity Prayer, make a phone call or read one of my OA books. Since doing this I have learned how to accept the problems in my home and how to deal with them.

-Lorraine D.

## **OA Members Write...(cont'd)**

☞ The ninth tool is very helpful to me. It provides a focus and structure for my recovery work on the short-term (daily or even hourly) and long-term basis (service commitments). As a food addict, I am at times scattered in my thoughts, plans and actions. I also use the plan to make a commitment to myself, HP, sponsor and/or sponsees of what I am willing and committed to do to put my program into action.

Thank you for this opportunity to be of service,

-Marilyn C.

☞ I write down what I need to accomplish for the day. (Of course my list is always longer than the day! LOL). At the top I put... "First Things First." That way, when I get off track, and, of course, I almost always do, I am able to get back on track.

-Stephanie

☞ I practice my action plan by journaling.

I plan:

- My days = My meals planned and written down
- Tenth step = What I need to change
- Service for today =
- Read *Voices of Recovery* and write on topic
- Read *For Today* and write on what I read
- Abstinence = More honesty

This has helped me be more diligent in following my daily food plan and doing service. It takes about ten minutes each morning.

-Sue S.

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## **Committee Reports**

### **TWELFTH STEP WITHIN COMMITTEE**

Committee Chair - Jill C.

Vice Chair - Pam T

Committee Secretary - Heidi

Decisions made:

- Write an article on what Twelfth Step Within really is about to submit to *The Messenger*
- Investigate options for the committee at the 2011 Region Six Convention.

Goals/Actions

- Submit article for *The Messenger*
- Request space on Region Six website to store workshops and workshop suggestions.
- Re-educate members on purpose of Twelfth Step Within Committee.

Assignments and deadlines

- Article to *The Messenger* by November 11
- Convention Twelfth Step Within decision by October 1, 2011

### **FINANCE COMMITTEE**

Committee Chair- Randie P.

Decision: Present motions at Region Six Assembly today.

Goals/Actions

- Review books on Policy and Procedure
- Add to Procedure and Policy Manual complete contributions on an Excel spreadsheet

Barbara - Mid Hudson Intergroup elected new chair

### **PIPO (Public Information/Public Outreach) COMMITTEE**

Committee Chair: Steve Mayer

Committee Secretary: Cathy B.

Goals/Actions:

- Subcommittee formed to create "How To" outline for PIPO event organizers. Result to be published to Region Six website before next assembly.
- Creation of at least three PI blitz proposals before Spring 2012 Assembly.
- Publicize existing PI Blitz documents via article in *The Messenger*, and request that Region Six secretary distribute same article to groups/intergroups by email.
- Create PIPO mentor list, using model region speakers list as model.

### **BYLAWS COMMITTEE**

Committee Chair- Ann B.

Secretary - Debbie

Committee discussed and agreed to:

1. Read the policy and procedure statement of the committee.
2. Submit the prayer bylaw change by November 2011. The bylaw change will change the antiquated and unenforceable policy.
3. Secretary will forward changes to the committee members and then forward to webmaster.
4. Motions discussed are to align attendance requirements with trustee requirements.
  - Motion p. 6 VIIC3 - To read..."have attended one (1) previous assembly OR have one (1) year of Intergroup service.
  - Motion p. 5 D: eliminate #3
  - 4. To read: have served as a RR or AR at two (2) of the last four (4) assemblies inclusive of where the nominee is elected And possess one (1) year of active service at the Intergroup Board level.

## Committee Reports (cont'd)

- 5. To read have attended three (3) of the six (6) most recent Region Six assemblies AND have one (1) year of service at the intergroup level.

Goals - To have the motions submitted on time for the Region Six Spring Assembly

### **IGOR (INTERGROUP OUTREACH) COMMITTEE**

Chair- Lynne H.

Secretary - Mary S.

Decisions made: Angela is going to mail all the packets and send receipt to Zazu

Goals/Actions

- Set up conference call
- Patricia to email a blurb to the newsletter.
- Insert into pre-assembly packets a note about the scholarships.
- Contact intergroups not attending assemblies before the Region Six Spring Assembly.

Assignments and deadlines:

- Mary - workshop on scholarships/IGOR
- Patricia - mail blurb to the Newsletter Committee
- Patricia - coordinate outreach to intergroups
- Scott –
  - send a reminder email to scholarship winners, for them to send their receipts to Zazu.
  - maintain a list of intergroups that apply for scholarships.

### **CONVENTION COMMITTEE**

Committee Chair - Lee R.

Committee Secretary - Charlie G.

Charlie G was elected new chair

Goals/Actions:

- Explore the use of a board events coordinator as Region Two does to select convention sites and chair conventions.
- Appointed sub-committee will report recommendations for the revisions to the Region Six *Convention Planning Manual*.

Assignments and deadlines: by next Region Six Assembly:

- Have revisions proposed for the Region Six *Convention Planning Manual*
- Have a motion prepared to result in a better way of selecting future convention sites

### **R6 CONVENTION COMMITTEE REPORT**

Many thanks to all who worked so hard and well from the R6 Convention Committee and Greater NY Metro Intergroup on this successful event

Feedback on the survey has been extremely positive.

475 people pre-registered with 402 in attendance. 103 walk-ins. Total registered: 578. Total on-premises attendance: 505.

For hosting, Greater NY Metro Intergroup received maximum amount of \$1000.

All Star Media owes approximately \$1000, due January 2012.

With all bills paid, in the bank, R6 Convention 2011 netted \$18,162.96

Diana Gold

Chair

R6 Convention 2011

### **YOUTH IN OA COMMITTEE**

Committee Chair - Lisa F

Committee Secretary - Alayna C.

Decision: Resend survey to intergroups in Region Six

Goals/Actions:

- The new chair will talk to the website and publications coordinator about resubmitting survey, putting the link in *The Messenger*.
- Stay in contact every month or so.
- Analyze and disseminate results of survey.

### **★★NEW PROGRAM★★**

#### **PI/PO Committee Begins Blitz Funding Mentoring Program**

At the Region Six September 2011 Assembly, Public Information/Public Outreach Blitz funds went unallocated because no applications were submitted prior to that assembly.

To prevent this from happening in the future, the Public Information/Public Outreach (PI/PO) Committee has instituted a mentoring program that offers assistance to any Region Six intergroup in planning projects and, if needed, applying for PI Blitz funds.

Applications for funds must be emailed by or postmarked no later than 60 days prior to the Region Six Assembly at which the request would be awarded. The next assembly

### ★★NEW PROGRAM★★ *cont'd*

for which applications are still open is Saturday, September 29, 2012. The deadline for that application is Wednesday, August 1, 2012.

The PI Blitz Request Form can be found at: [OARegion6.org](http://OARegion6.org)> click on *Region 6 Assembly*> and scroll down to *PI Blitz Request Form* ([PDF](#)) or ([DOC](#)).

In the past, PI/PO Blitz funds have supported such projects as:

- *Is Food a Problem?* posters printed and placed in interior overhead positions of MTA New York City buses in 2008;
- Diner placemat program in Westchester and Putnam Counties in 2009/10;
- A display booth at the American Dietetic Association Food and Nutrition Conference and Expo during November 2010 in Boston; and
- Small-space advertisements asking “Is Food a Problem for You?” that ran for 22 weeks during 2011 in *amNewYork*, a commuter newspaper in New York City.

More information on other types of projects can be found at <http://www.oa.org/services-for-members/public-information-suggestions.php>.

Some other resources include a revised and updated 2011 version of the *Professional Outreach Manual*, which is now available from the OA bookstore, along with OA press kits and *The Courier*, the WSO's newsletter directed at the professional community. [www.bookstore/OA.org](http://www.bookstore/OA.org)

Region Six intergroups that would like to work with a PI/PO committee mentor should contact [coordinator@oaregion6.org](mailto:coordinator@oaregion6.org). The request will be forwarded to the PI/PO Committee. Please put “PI/PO Mentoring Program” in the subject line.

-John O.

#### ***Twelfth Step Within: It's Not Just About Relapse!***

Did you know that the World Service Office, Region Six and many intergroups have Twelfth Step Within Committees that are charged with supporting those of us *within* the fellowship who are still suffering? Does that mean only those members who are in relapse? Not to the Region Six Twelfth Step Within Committee, it doesn't! According to the *Twelfth Step Within Committee Handbook* (2010, p.2), one purpose of these committees is “to encourage OA members to maintain recovery and prevent relapse.” The Region Six Twelfth Step Within

Committee made a commitment to help all OA members strengthen and reinforce their programs. For instance, some members may not struggle with abstinence but need new strategies or perspectives on working the tools of the program. Others may need a little help getting beyond resistance to a particular step. Maybe some members would like support to be a more effective sponsor.

As your Region Six Twelfth Step Within Committee, we would like to encourage intergroups to consider forming Twelfth Step Within Committees to support groups and members by using some of the wonderful ideas provided in the *Twelfth Step Within Handbook* (OA, 2010) and at the Twelfth Step Within portion of the Overeaters Anonymous website at <http://www.oa.org/services-for-members/twelfth-step-within.php> Some intergroups and groups support members by providing workshops and retreats, encouraging the purchase and use of some of the literature geared toward strengthening recovery and encouraging groups to take actions geared toward the retention of members and the prevention of relapse. We should like to spread the word that the use of some of the Twelfth Step Within strategies can help to strengthen groups who can then help to strengthen the recovery of their members. So reach out to all members: those in relapse, yes, but just as important, those looking for help to strengthen their recovery. Without support, we are all just one bite away!

## **Highlights of Unapproved Minutes**

Region 6 Assembly – April 9, 2011

### **ELECTIONS:**

Chair Karin R. H. explained the election procedure. There was a request from the floor for a ballot vote. If there is a vacancy today, the board will appoint someone to the position. That procedure is as follows: email notice to all intergroups stating that there is a vacancy on the board. Applications must be sent to the Region Six treasurer by October 15, 2011. Bruce had withdrawn his application for Region Six chair, and Karin withdrew her application for trustee.

Each candidate spoke for five minutes, followed by the vote. (Tobi H., Nova Scotia Intergroup, spoke via Skype.) The following were elected:

- Diana G, Greater NY Metro Intergroup, Region Six chair.

### Highlights of Unapproved Minutes (cont'd)

- Tobi H, Nova Scotia Intergroup, coordinator.
- Devyn C., Greater NY Metro Intergroup, web/publications coordinator.
- Ann B. and Lisa F. Reference Subcommittee delegates. Beany K., alternate delegate.
- Mary Rose D. was affirmed as trustee candidate from Region Six

#### SEVENTH TRADITION

The amount collected to be sent to WSO for the Delegate Support Fund was \$143.93.

#### COMMITTEE MOTIONS

Finance Committee: four line items to be adjusted:  
(adopted)

\$845.00 to Translation

\$180.00 to Website/Publications

\$15.00 Orientation

\$ 30.00 Coordinator expense

MOTION #1 send \$7,500.00 to the WSO for the Delegate Support Fund ONLY. (adopted)

The purpose of this motion is to help other groups send delegates to WSBC. Amendment proposed that one half go to the Delegate Support Fund and one half go to the Translation Fund.

The amendment failed.

MOTION #2 increase the amount of officers' workshop travel and expenses by \$2,000.00. The new amount will be \$4,000.00 (adopted)

The purpose of this motion is to enable Region Six board members to travel for workshops when requested.

BREAK: Marcia, Greater NY Metro Intergroup was selling raffle tickets. The amount from the raffle ticket sales to date was \$1200.00

- A subscription to *Lifeline* was won by Mary, Greater NY Metro Intergroup
- 2011 Region Six Convention prizes were:
  - Registration
  - Complete set of Convention CDs
  - The entire package: hotel, registration, complete set of convention CDs, convention bear and convention lunch bag.

TRADITION DISCUSSION/WORKSHOP: Trustee Mary Rose D. presented a workshop on the topic, "What is your main concern/issue with OA today?"

FIRST-TIMERS CEREMONY: Chair Karin had the 14 "blue dots" come up to the front of the room. She thanked them for attending the assembly, then had them remove the blue dots from their name tags.

The meeting was adjourned with the Serenity Prayer at 5:44 p.m. by Chair Karin R. H.

*Respectfully submitted by:* Laura A. Rizzo, Region Six secretary

Minutes Approval Committee: Marilyn C, Montreal and Mary, NYS Capitol Intergroup.