



MESSENGER

THE BIANNUAL NEWSLETTER OF REGION SIX OF OVEREATERS ANONYMOUS
FALL 2012

FROM THE REGION 6 CHAIR

These last six months have transported me to the “interfacing” portion of my R6 Chair duties. Ultimately, I serve Region Six; however, as a member of the Region Chairs Committee (“RCC”), my duties include sharing how we do things within Region Six with my fellow region chairs and learning how the other nine OA regions carry the message of recovery and conduct business.

The RCC is tasked with preparing a forum for each World Service Business Conference (“WSBC”). This year, the RCC was tasked with drumming up awareness and interest in the TWELVE CONCEPTS of OA, which many people in our fellowship do not even know exist. As many have experienced at their home groups and intergroups, sometimes it is difficult even to get folks interested in the Twelve Traditions and how they are applicable to us as part of each of our journeys in recovery. The RCC used a combination of parody song, round-table discussions and feedback in the form of short skits and games that illustrated each of the twelve principles contained in the Concepts. Since all delegates participated in this experiential workshop, it made the learning process lighthearted and comfortable for attendees to understand rather quickly how the Twelve Concepts function toward keeping the business of OA on track and serving its members.

Addressing the theme for WSBC 2012: *Visions for the Fellowship*, the week was dedicated toward looking ahead, making OA stronger in four important categories.

This was organized under what was formerly called the Strategic Plan - now referred to as *OA's Action Plan* - which parallels our newest individual Tool of Recovery. Interestingly enough, it was at the joint meeting of the RCC and the BOT where we discovered that each service group had separately arrived at the same idea for the name change.

Not exactly one of the categories on OA's action plan, but the subject of one of the workshops and clearly at the top of our list is:

Abstinence: The Foundation of our Future

- If you're not working the Steps, you're on a diet;
- Steps and tools are the way to get abstinent;

- Using literature to stay abstinent; and
- Without abstinence, who will keep the program going and do service?

1. Strong Meetings: What Will it Take?

Structure, abstinence, welcoming newcomers, studying the Steps and Traditions in meetings, using the meeting as the place to “share the message, not the mess,” rotation of service.

2. Committed Service Bodies:

How Can Traditions and Concepts Help?

The *Traditions* keep our groups spiritually fit. The *Concepts* are about unity, reaching an informed group conscience and allowing everyone to be heard.

3. Public Professional Awareness:

Are We Communicating Our Message?

OA is “putting its money where our mouth is.” (EVERY pun intended!) By 2013, OA will have allocated an additional \$100,000 toward public/professional awareness.

4. Financial Health: Money Matters

To maintain financial health, we should not be afraid to talk about money. We need to clarify, specifically, the expenses of each group, and how money is distributed, i.e. World Service, Region, Intergroup. Keeping a prudent reserve and maintaining accountability are essential for financial health.

Continued on page 4 (Chair)

Region Six is excited to now be able to accept Seventh Tradition contributions online!

NEW

**It's Fast!
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Log-on to oaregion6.org and click "Contribute" to find out more!

REGION SIX CONTACTS

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Region Six Treasurer
P.O. Box 3073
Milford, CT 06460 USA
Please make checks payable to: **Region 6 OA**

**THE R6 TREASURER'S ADDRESS WILL BE CHANGING SOON
PLEASE LET YOUR GROUP TREASURER KNOW**

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.

If you require a written receipt, either send your email address or a SASE (self-addressed, stamped envelope) with your contribution.

The treasurer produces a contributions report for each assembly and each representative receives a copy. Non-represented intergroups may request a copy by email from the treasurer.

Thank you for your service, support and contributions.

EDITORIAL POLICY
The *Messenger* is the bi-annual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is November 14, 2012 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 email to: Newsletter@OAreigion6.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 29, 2012
Hilton Garden Inn Albany Medical Center
62 New Scotland Avenue
Albany, New York, USA 12208
518-396-3535

April 20, 2013; April 5, 2014; April 18, 2015
Oct 5, 2013; Sept 13, 2014; Sept 26, 2015

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.

- Dee P. (VT)Chair, Editor
- Leslie Z. (NH) Co-editor
- Myra T. (NY)Proofreader, English/French
- Lyn C. (MA)Layout
- Devyn C. (NY)Website and Publications Coordinator

We would like to thank Bruce R. (Ottawa) for his invaluable contribution to past Messengers. Bruce, we appreciate all your help.

FROM THE REGION 6 TRUSTEE

WHAT IS OA DOING WRONG, OR RIGHT?

The most frequent question asked of me as Region Six Trustee is “*Why is OA losing so many members?*” In historic surveys, our Fellowship peaked at 65,000 members, then over this ten-year period our membership dropped to 54,000 members. These days, I hear stories such as one about six new people showing up at a group, yet the following week, no one returns. It happens not just in one state, one region, or one country. This question has been asked throughout the world: “*What is OA doing wrong?*” If our message is *so strong, so cogent*, why isn’t our Fellowship growing? Why aren’t people beating down our doors to gain the recovery we have?

I have three thoughts on this, some my own, but first a compilation of the voices of others:

OA is the “mother ship.” Over these five decades, we have spawned—inspired, forced, inadvertently driven—numerous other Twelve-Step organizations, each in its own way offering a program of recovery from compulsive eating. An alphabet soup of Anonymous organizations comes to mind, six immediately, with others I simply do not know. Some require a specialized food plan, others a specific sponsor, still others a series of actions in order to become or stay a member. Universally, they take their “strength” in being “not OA.” (From AA: Question—“*What makes a new meeting?*” Answer—“*Two people, a coffee pot, and a resentment.*” Apocryphal? Yes. True? Probably.) How, when and where a person finds recovery from this disease is not my concern. *That* a person finds what s/he needs does interest me. OA has only one requirement:

“Benign relapse is a state of not knowing what is going on...”

Desire a desire to stop eating compulsively. Simply put, if in our fifty-two years’ existence we have “peaked” then lost 10,000 members, then at the same time countless other Anonymous groups have exited from the mother ship to provide the recovery their members seek. Quite often, members leave OA for those “greener pastures.” Equally often, after additional research, they return to our program of attraction. I don’t see that we are doing anything wrong. We carry the message for those who will hear it. That’s thought one.

The world of 2012 differs from the world of 1960. We have seen our Earth from outer space; the local has become global. In my 1960’s hometown of Brooklyn, New York, there were few restaurants, almost no non-American food restaurants, and hardly available fast-food. The culture relied on “three square meals per day”, and TVs were still mostly black-and-white, with color quite the innovation. We were not bombarded with TV food ads, coffeehouses on every corner, “sugar-free” (but calorie laden) snacks. 1960 was a different culture, a different time. The pressure today to consume—not just material goods but also food at every possible venue and every possible turn—is tremendous.

Nevertheless, a compulsive eater is a compulsive eater: 1960 or 2012, we who have this disease are up against it, facing social pressures and messages around us. While my

internal compulsion to overeat was no less in 1960, today the cultural complicity in making food available has, it seems to me, exploded. To support my recovery, I need 21st century physical, emotional and spiritual skills to negotiate the ever-present obvious and subliminal pressures to consume. That’s thought two.

Finally, I met a member “in trouble”—not being on a food rampage, not really being in relapse—just being looser, “more compassionate” about a food plan, about eating. Life had gotten larger, and—if truth be told—so had the member. Just a few extra pounds. Twenty. Maybe thirty. It was not relapse. If anything, it was a *benign* relapse. Not a break in abstinence, really. Well, some might say *forty* pounds, but a few pounds here or there? Who’s counting? The words echoed in my brain with the familiarity of truth: **Benign Relapse**. Not chronic relapse: *Benign Relapse*. Spoken with the assurance that there was a difference. If so, what is it, then? I have never heard it described or defined, so here is my attempt.

Benign relapse is my friend. Benign relapse tells me everything is, really, all right. It must be. I am working the Steps, I am attending meetings. I am working towards a healthy body weight, really I am. Gaining weight? Just a few pounds, and besides, my weight is none of my business.

I am doing service, working my program, never bingeing. Better yet: I am not what I once was. I’m not back at my top weight; therefore, I must be abstinent. Alcohol? I am not an alcoholic, so it is an outside issue for my sponsor. I may be above my healthy body weight, but because I am not a drunk, the empty alcohol calories don’t

matter. Some nights, they’re just pleasant fun.

Benign relapse is a state of not knowing what’s going on, yet it is (obviously to others) going on in my body. Benign relapse reveals itself to everyone else but me.

Benign relapse is the relapse that could not happen to me, because *I* don’t relapse. And yet, I don’t really have peace of mind. I take comfort and pride that my weight is not where it was; yet I refuse to see that it is not where it should be. Benign relapse tells me not to focus on my weight don’t even think about it, because as I work the Steps, the weight will take care of itself. Benign relapse would be fine, except for that small, insistent lack of peace of mind. I say, “There is a solution,” but if I am not visibly living it, how believable does my example make those words seem?

So we return to the initial question: “*What is OA doing wrong?*”

I cannot control the mother ship or the other Anonymi programs spawned from us. I cannot control persons, places, things or the entire cultural milieu in which I live (although I can walk down a different street). I can admit my powerlessness over food and compulsive eating, such

Continued on page 4 (Trustee)

CHAIR (cont'd)

The WSBC approved these four new pieces of literature:

- A totally new pamphlet with a familiar title: *Before You Take That First Compulsive Bite*.

- A revised pamphlet: *Sponsoring Through the Twelve Steps*.

- A revised pamphlet: *To the Newcomer*. This pamphlet includes revised *15 Questions* which appear in other OA literature.

- A new workbook based on the daily reader: *Voices of Recovery*. This new piece of literature is available only as a downloadable .pdf file for which an individual pays. This piece of literature is OA's first trial of distributing literature in a new way, allowing us to see what the demand is like for a new piece of literature without heavy financial investment.

One of the motions passed dealt with how OA as a whole is going to deal with AA literature, going forward. The WSBC has revised its approval to extend only to these AA materials:

Books and booklets with original copyright of 2010 or earlier; *AA Comes of Age; Alcoholics Anonymous (Big Book); As Bill Sees It; Daily Reflections; Dr. Bob and the Good Oldtimers; Experience, Strength and Hope; Pass It On; AA Twelve Steps and Twelve Traditions; AA in Prison; Came to Believe; and Living Sober*.

All Region Chairs are honorary Lifeline representatives. If each registered OA meeting purchased a Lifeline subscription, Lifeline would be operating in the black. I would like to encourage each and every meeting to purchase a Lifeline subscription.


I would like to thank the following people for their contributions to this article: Andrea F., Charlene V., Chauncey F., Glenda S., Nancy H., Natalie B., Scott T.

And thank you to all who give service to Region Six and the greater OA Fellowship.

I look forward to seeing you all in Ottawa for our Region Six Convention 2012: Recovery: A Capital Idea!

Yours in service,

~Diana G., Region Six Chair; chair@oaregion6.org

 To me, living in Step One means that I remember who I am, what my problem/disease is, and what my solution is. It means I admit I have a problem with food, I accept it as my reality and that I, by myself, am powerless over my disease, and finally I am willing to take certain actions (tools/steps) to keep my disease at bay and to keep me abstinent.

~Margie P., South Coastal MA IG

TRUSTEE (cont'd)

that each day I ask a power greater than myself for direction toward my next right action. I can work the tools of our program, as I remember my desperation at being seventy pounds heavier. I remember my emotional distortions and the havoc I wreaked on others. I remember being spiritually bereft, rather than spiritually protected, guided and held.

I can continue to do the basic work I did in those pink cloud days when I first returned from relapse. I can live in Step One, praying for awareness of the signs of benign relapse: waking up amidst crumbs is obvious. Getting complacent in my program, much less so.

Today I can be the best example of the Big Book that I am capable of being, emulating recovered members who have taught me how to live this way. It works. We have peace of mind. I believe that *OA is doing something right* with me, as I greet each day with the intention of living right, and of being right-sized. When we do this together, OA will persist. OA will strengthen. And when the sick and suffering come to hear *and see* our message, they too will realize that there is a solution.

~Mary Rose Dallal

Region Six Trustee; trustee@oaregion6.org

July 11, 2012

OA MEMBERS WRITE ON:**“What Does Living in Step One Mean to Me?”**

Living in Step One means surrendering on a daily basis. I've really come to know this surrender as joining the winning team. The more I continue to work my program and travel on my journey, the more gratitude I have for experiencing the powerlessness over food because that is what has given me a life, opened me up to the solution and a new way of living, truly beyond what I ever thought was possible. When I surrender, I win – big time! Nothing can compare to my relationship with my HP, which has given me this gift of abstinence. It keeps me showing up and living the dream one day at a time.

Thank you OA!


~Chiara I.




I am powerless. I get a daily reprieve based on my spiritual condition. If my life is unmanageable and I am not getting a daily reprieve, I ask myself, “How is my spiritual condition?” I improve my spiritual condition by admitting I'm powerless and asking for help from the fellowship and HP. Thus, surrendering eases my unmanageability. Today I ask, “Is it mine to manage? How is my spiritual condition? Do I need to surrender?”

~Anonymous

OA Members Write (cont'd)


 I never thought I'd see the day when knowing I am powerless over food would make me smile. Being powerless provides me relief from the battling I used to do trying not to pick up that first compulsive bite. Being powerless provides relief, a belief that by myself I cannot battle my eating disorder and unmanageability. I can "let go and let God" and turn to others in OA in fellowship, and know that "together we can do what we could never do alone." I no longer have to try to run the show. Every time I thought I knew better than others how to do things, I failed. My life became unmanageable and I found solace in food. Today I find solace in knowing that the job I have, for today, is to ask my Higher Power what He would have me do, and then to be of service to others to the best of my ability. In the manner of daily living I receive serenity, peace, clarity, humility and true happiness. Me? Powerless? You betcha! And I'm loving it.

~Andrea F., Greater NY Metro Intergroup

 I must always live in Step One. The whole foundation of my recovery, as well as growth as an individual and member of the various committees I am in, are totally dependent on Step One.


If I am not continually able to get back to my own base of "powerlessness," I will not be in recovery. But, I must also remember that "powerlessness" does not mean that I sit around and wait for life to happen. I have to also be proactive in doing the footwork necessary to be in recovery.

~Greg Y.

 The First Step helps me to be humble and to be honest re: the mess my life had become and could become again if I try to live it entirely via self will. I have a tendency to engage in magical thinking, and taking a close look at my food choices and eating behaviors helps me to enter reality, not with shame, but rather with honesty and humility and with full awareness of my need to surrender so I can receive the power I need to change.


It makes all the rest possible – admitting to self and HP how out of control I have been. No longer is denial an option, or rationalizing or minimizing. It helps me to see more clearly the connection between my compulsive overeating and my unmanageable life.

~Anonymous


 Living in Step One means surrendering my will to God's will and listening for Good Orderly Direction. Every time I take the reins, I lose control; I am not in charge. My job is to be quiet, wait for an intuitive thought or inspiration, then take action. The last piece is to stop short of trying to manipulate the results. That's God's job, not mine.

When I listen for the still, small voice of God, act promptly and appropriately, and let go of the outcome, I am acknowledging that I am powerless when I act in isolation and that I make my life unmanageable through my stubborn insistence to run the show alone.


~Gil, South Coastal MA IG

 We admitted we were powerless over food and that our lives became unmanageable. First: We together could do what we could never do alone. Living in Step One means to remember I have a disease of isolation. That I-llness starts with I, and We-llness starts with we. That carrying the message and not being too proud to ask for help are two ends or sides of the "we"...that OA is where I connected with my HP, which I sometimes call "US," or "Universal Spirit". Admitting my life was unmanageable and that I was powerless daily is to remember the desperation, agony, misery, anxiety, depression, physical symptoms, relationship problems and spiritual bankruptcy. I remember saying, "Just order the coffee, just order the coffee," and then ordering the sweet things that go with it. I'll just never forget the insane things I did with food and because of food. To me, living in Step One also means "getting," really "getting," that while food plans, exercise, medications, and surgery may be helpful to myself or someone else, that they are not a complete answer to my problems without the mental, emotional, societal and spiritual solution found in the OA Twelve Steps and the Fellowship.

~B.C., Rhode Island


 Living in Step One means I have to keep my memory green. When I came into program, it was absolutely clear that I was powerless over food and that it made my life unmanageable. Several years down the road, my challenge is to keep remembering that. I need to tell my story regularly, I need to speak to newcomers, I need to sponsor. When I do those things, I give myself a gift. The gift is the opportunity to remember how desperate I was, and how much better life is now. The gift is the chance to remain in recovery, One Day At A Time.

~Tracy L.

 "Living" in Step One teaches me to be constantly aware of my powerlessness over food, people, places and things. That, in turn, leads me to rely totally on my Higher Power to manage my life, including even the most minute details such as fitting pieces into my jigsaw puzzle.

When I live in Step One, I am given the gift of acceptance and find it easier to live life on life's terms. As a result, I am given a happy, joyous, and free life, one that I never thought I could achieve.

~Nancy H., Central MA IG

 "We admitted we were powerless over food, that our lives had become unmanageable." Yes – I am powerless over food – over people – over places – over things – over situations – over LIFE! As long as I live the Twelve Steps my powerlessness does not control me. When I live the Twelve Steps my HP is in control. But Step One is what I have to remember every day. If I do not accept Step One – I can not live in Step Three and Steps Eleven and Twelve. Then I go back to an unmanageable life. When I accept Step One, I accept myself as I am – a flawed human being. When I accept myself I can accept the love and help of my HP and my fellow flawed human beings.

~Ann B., Queens Unity I

COMMITTEE REPORTS

REGION SIX ASSEMBLY - APRIL 21, 2012

BYLAWS COMMITTEE REPORT

Chair: Ann B., Secretary: Tracy L.

Issues discussed during meeting:

- Reviewed methods of communication, accomplishments from Fall 2011 Assembly.
- Need for new policy motion brought up by Diana G.

Decisions made:

- New policy motion written.

Goals/Actions to be completed by the Fall assembly:

- Continue process of removing policies from bylaws and putting them in the policy section of the manual. All committee members are asked to go through the bylaws in the next two months.
- Confer by email to finalize proposed wording.
- Make Region Six Bylaws available in e-reader formats.

Assignments and deadlines:

- Have proposals finalized and formatted by July 1, 2012.

YOUTH IN OA COMMITTEE REPORT


Chair: Lisa F.

Issues discussed during meeting:

- Have a subcommittee to research current literature and Region Six practice.
- Focus on how to present new material and new ideas for youth outreach to Youth in OA, (eg. through schools, Youth in OA Blitz, PTA's, online, Intergroup newsletters (youth corner etc.).

Goals / Actions to be completed by the Fall assembly:

- The committee would find out if any literature for youth in OA exists. Possibility of creating and/or recreating literature for youth.

 "What does living in step one mean to me?" This question strikes fear into my heart. I'm not sure why. Except, of course, that I don't know the answer to the question. At lunch, the question came up about behavioral addictions vs. physical allergy addictions. I got out my Big Book and was underlining a number of phrases about "physical allergy," "once the first drink is taken," "one drink means another debacle," "the alcohol reacts differently," etc. as proof of a physical allergy. Imagine my shock at these next lines in the Big Book: "These observations would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. THEREFORE, the main problem of the alcoholic centers in his MIND, RATHER THAN IN HIS BODY" (Alcoholics Anonymous 4th ed., p. 23, emphasis mine). This "strange MENTAL blank spot" (Alcoholics Anonymous 4th ed., p. 42, emphasis mine) may be why I've often said recently "I don't crave food, I just see it and eat it." I think I'm pretty confused in my thinking about powerlessness – no wonder I'm struggling. I can pray – "God, please help me admit that I'm powerless over food and my life has become unmanageable. God, please help me learn how to live in Step One of Overeaters Anonymous. Thank you for bringing me this far – I trust in you to guide me in this."

~Anonymous

IGOR COMMITTEE REPORT

Acting Chair: Mary S., Secretary: Imani R.

Issues Discussed:

- Scholarship workshop for Fall Assembly 2012.
- Outreach to unaffiliated groups and intergroups.
- Ideas from other intergroups.
- Speakers for Idea Day.
- Proposed changes to WSBC scholarship application procedure.

Goals:

- Diversify applicant pool for scholarships.
- Reduce mailings to unaffiliated groups and intergroups.

Actions/Assignments:

- Mary will photocopy information for applying for WSBC scholarships.
- Linda Z. and Scott will develop a cover letter to accompany application information.
- Poll unaffiliated groups and intergroups to determine whether they would like to receive future Region Six mailings.

PI/PO COMMITTEE REPORT

Chair: Steve M., Secretary: Cathy B.

Issues discussed during meeting:

- Reviewed 4 PI Blitzes.
- Reviewed prior goals (2 of 3 met).
- Set goals for the coming period.

Decisions made:

- Recommend full funding of all four PI Blitz proposals (\$6900). The committee has suggestions for several projects.

Goals / Actions to be completed by the Fall assembly:

- Continue to seek PI Blitz proposals through pitches in the Messenger and via email from Region Six coordinator.
- Continue to offer PI Blitz mentoring including getting the word out.
- Create a post-PI Blitz "How-to" questionnaire.
- Survey IGs for what they are doing for PI/PO.

Assignments and deadlines:

- How-to Questionnaire, Beth and John.
- IG Survey, Ron T., Cathy B., and Greg.

TWELFTH STEP WITHIN COMMITTEE REPORT

Acting Chair: Heidi B., Secretary: Heidi B.

Issues Discussed:

- Distribution of Twelfth-Step-Within materials.
- Continue discussion for next Region Six Assembly goals.

Assignments and deadlines:

- Today: Debbie will research the best way to distribute Twelfth-Step-Within materials.
- Within two weeks: Margie will forward Twelfth-Step-Within footprints flier; Irene will forward Tools workshop worksheet to Heidi, who will then develop a PDF document.
- Within three weeks: Heidi will forward zip file to committee members and Region Six secretary (or other appropriate party).
- Committee will stay in touch via email and/or phone conference.

COMMITTEE REPORTS (Cont'd)

FINANCE COMMITTEE REPORT

Chair: Barb B., Secretary: George H.

Committee Statement of Purpose:

The committee discovered that it does not currently have a statement of purpose, so the following was drafted in group. This will be submitted to the Fall Assembly as a motion to include in the Policy Manual.

"The finance committee supports the Region Six Treasurer to ensure responsible stewardship through advising the Treasurer in the development of the annual budget at the Spring Assembly and annually reviewing the books and reports at the Fall Assembly in accordance with Policy #032.

Decisions made:

- Committee accepted Statement of Purpose motion made by Zazu.
- Alyssa M. volunteered to create the motion at the Fall Assembly.
- Went over basics of Fall review process and budget creation.
- Zazu explained yearly review and possible budget format.
- Jonathan moved to accept budget. Committee accepts.
- Compile and distribute electronic copies of existing workshop materials, worksheets and fliers.
- Inform IG's of updated conference-approved literature and encourage replacement with new versions.

Goals / Actions to be completed by the Fall Assembly:

- Within three weeks distribute to committee members aforementioned files.
- Within four weeks have same materials forwarded electronically to ALL intergroups via Region Six secretary.
- Long term: Develop ideas for a 12/12/12 Campaign.
- Consider workshop for 2012 convention.

NEWSLETTER COMMITTEE REPORT

Chair: Charlotte M., Secretary: Devyn C.

Issues discussed during meeting:

- Accomplishments - French layout completed for Fall 2011. Spring 2012 published, sent and posted on time.
- Accomplishments - Style Guide posted to Region Six Website.
- Need proofreader for French version. Drafts and deadlines sheet handed out.

Goals / Actions to be completed by the Fall assembly:

- Dee P. will become the committee chair for the Messenger Fall issue.
- Dee P. and Leslie Z. will be co-editors.
- Proofreaders to include full committee (English version).
- Email documents between committee members. Common Software to be Microsoft Word 2003 compatible. Files to be saved as .doc or .txt. Finals to be saved in .pdf.
- Myra T. will do the initial proofreading of the French version.
- Lyn C. will handle layout for English and follow up with the French version for Fall 2012.
- Committee to maintain consistent contact via email and phone.

Assignments and deadlines:

- Revised the calendar of Assignments and deadlines.
- Will need to add the French deadlines to Assignments and deadlines.

CONVENTION COMMITTEE REPORT

Chair: Marcia L., Secretary: Susan P.

Issues Discussed:

- Revision of Convention Planning Manual to clarify that the Region Six Convention Committee is responsible to get next convention site and maintain and update the Region Six Convention Planning Manual.
- 2011 Convention: Mary Rose shared information about the success of the Region Six 2011 Convention. The profit was \$19,000.
- 2012 Convention: Karin read her report. Stressed the point that people need to book their rooms. Travel documents required: passport or enhanced driver's license. Keynote speaker submission deadline is May 5th. Ottawa is an eight-hour drive from NYC, and two hours west of Montreal.
- Lack of committee members.
- 2013 Convention: emails have been sent to all Region Six Intergroups asking for proposals for 2013 but no responses have been received. A location and co-chairs are required. Albany was one suggestion.

Goals /Actions to be completed by the Fall Assembly:

- Review of the Convention Planning Manual.
- Develop a process so that committee membership is balanced.
- Have a proposal for the 2013 Region Six Convention.

Assignments and Deadlines:

- Marcia and Randie will review the Convention Planning Manual prior to the Fall Assembly.
- Mary Rose will ask the Region Six Board by April 28, 2012, to limit the number of members who can sign up for a particular committee. This is so that all committees are evenly populated.
- Marcia will request Co-Chairs for the 2013 Region Six Convention by April 21, 2012.

Region 6 Convention

THERE IS STILL TIME TO REGISTER!

October 26-28, 2012

Ottawa, ON CANADA

JOIN US!!

Sign up to do service!

Conventions cannot run without people to do service

Donate a Raffle Basket!

A most fun and creative service opportunity

Go to <http://oaregion6.org/2012/>

Recovery is a Capital Idea!



**Region 6 of Overeaters Anonymous invites you to
attend the bilingual Region 6
2012 Convention in Ottawa, Ontario, Canada.**

Hello Fellow OA'ers,

Ottawa Intergroup is geared up for you to come and enjoy Canada's Capital City this fall at Region 6's annual convention. The colours of the leaves will be beautiful, the workshops inspiring, the keynote speakers enlightening, the entertainment delightful and the fellowship heartwarming.

English/French interpretation will be available.

Registration Cost is \$50

Convention/Hotel Registration: www.oaregion6.org/2012/

For more information contact: R6Chair2012@oaregion6.org



Oct 26-28, 2012

Delta Ottawa City Centre Hotel,
101 Lyon Street, Ottawa

HIGHLIGHTS OF UNAPPROVED MINUTES

Region Six Assembly – April 21, 2012 (to be voted on at Sept. 29, 2012 Assembly)

Please go to website www.oaregion6.org for more detailed information and complete reports

Chair Diana opened the meeting at 9:58 a.m. with a deep breath and the serenity prayer said in English and French by volunteers.

PI CAUCUS - The Region Six BOT discussed the PI Blitz proposals that were presented and discussed during the PI Committee. The board took into consideration the committee's ideas. The following proposals were awarded monies: Central Ontario Intergroup -\$2000, Nassau Intergroup- \$1500, Western NY Intergroup \$1000, and Greater NY Metro Intergroup - \$2400. The intergroups awarded the monies were also made aware of the Region Six budget deadlines and reports expected when their blitzes are complete. Total monies awarded \$6900.

MOTION #1: Passes - Region rescheduled Fall 2013 Assembly.

MOTION #2: Passes - Policy of having daily prayer at 8:30 a.m. removed.

MOTION #3: Passes - Amendment to current policy regarding motions to be submitted to assembly.

MOTION #4: Goes back to bylaws committee - Easing requirements for committee chairs.

MOTION #5: Passes - Easing restrictions for nominations and election of region officers.

WORKSHOP - A very interesting workshop was presented by the Twelfth-Step-Within Committee. New Speakers List

Coordinator: Greg- Greater NY Metro Intergroup.

FIFTH TRADITION WORKSHOP – Trustee Mary Rose presented the Region Six delegates with the topic of “Guardian of the Traditions.” Tradition Five OA Primary Purpose to Carry Its Message. Question: Is there a message specific to your group which might differ from the message of a different group? Do you believe there is only the message? In either case what is the message?

The following is what some of the groups thought the message was:

There is a solution; the Twelve Steps; pathways to meetings; recovery through the Steps; combining messages of Step Twelve and Tradition Five; hope; message of physical, emotional and spiritual recovery.

SEVENTH TRADITION COLLECTION - \$281.

LIFELINE RAFFLE- Was won by Ann B. - Queens Unity Intergroup.

FIRST TIMERS CEREMONY – The Chair, Diana, had all first timers come to the front of the room. They were asked to remove their blue dots. Officially they are now longtimers - all 13 of them.

THE MEETING WAS ADJOURNED at 5:55 p.m. with the OA Promise led by Chair Diana.

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

Minutes Approval Committee: Myra T. - Nassau Intergroup, and Charlotte M.- NY Metro Intergroup