



# MESSENGER

THE BIENNIAL NEWSLETTER OF REGION SIX OF OVEREATERS ANONYMOUS  
**FALL 2013**

## ***FROM THE REGION 6 CHAIR***

Attending the World Service Business Conference for the second time as the R6 Chair really taught me how very different each experience at World Service can be. Last year, since it was my first time attending as the R6 Chair, I could barely manage to keep my head on straight.

At WSBC 2013, with a year's experience as the R6 chair and having fully participated as a member of the Region Chairs Committee, what came into full focus for me was how very important and VALUABLE our *differences* are. What we have in common, that we are compulsive overeaters, is what brings us together. However, in making OA the successful, functioning organization we are, it is the integration of each of our unique skills and experiences which allows OA to actually carry the message to all those who still suffer.

This appreciation became very clear to me in working on the Fellowship Inventory. Last year, when the Board of Trustees first presented the Region Chairs Committee with the theme *Searching and Fearless: A Fellowship Inventory* for WSBC 2013, it was all I could do to keep from rolling my eyes. I anticipated an entire year of boredom. What was really going on was an acute case of contempt prior to investigation.

The skills of my fellow Region Chairs and their ability to craft a series of questions, to patiently ask for and receive feedback through a series of pertinent questions which would really get to the heart of what OA was doing well (and what we were not) were tasks which I could never imagine myself doing. But I did not have to, as there were other members who could and would, gladly. When my feedback was asked for, *and only if I had something of value to contribute*, I did.

For OA to have a clear and accurate picture of where the organization stood, we would need some clear, hard data. When it came time to crunch the numbers that arrived as a result of the survey, I am grateful for the members willing to do this service.

I had taken on the job of writing the parody song which would introduce the Forum. The song was the simple part. But I wanted to make it approachable and entertaining. So, over the course of a few months, during the late nights when I could not sleep due to the many tumultuous events which were taking place in my life, I worked on the PowerPoint presentation. Researching the music, getting the lyrics to match the rhythm of the music, all of it was a pleasurable challenge and something I was looking forward to sharing with my OA fellows.

When the script for the Forum skit had been circulated the ideas and characters were clear but my instinct said that I should "punch it up." It just needed some pizzazz and chutzpah, y'know, a little snappier dialogue to convey what was goin' on.

My specialty! It was only at the very end of this project where my participation was required and my set of skills was needed. The entire project was directed by Higher -Power and not me.

For WSBC 2013, I also served as Coordinator of the Green Dot/Mentor program. It gave me the opportunity to communicate with and pair OAs from all over the world with one another.

I am also very pleased to report that as of this writing, six R6 Intergroups have held or plan to hold Sponsorship Workshops, made possible with funding from Region Six.

Regarding the Public Information (PI) Blitz funding, since the advent of the workshop on applying for funding, R6 has seen many more first-time applications from intergroups. This is very positive. One of the other effects, however, is that some applications for projects submitted by first-timer intergroups have been incomplete, off-target or requesting funds which are far beyond the R6 budget. As a reminder, the focus of PI Blitz projects needs to be about informing the general public or professionals and institutions working with compulsive eaters about our program. The target must be specifically within an individual intergroup's geographic area; currently R6 allocates \$4000 per assembly, a total of \$8000 per year, to be divided among ALL of the R6 intergroups that are applying.

Thanks to the following WSBC delegates for sharing their experiences with me via their reports: Beany K., Charlene V., Chauncey F., Don C., Lyn C., Glenda S., John H., Myra T., Nancy K., Nancy H., Steve M.

Yours In Service,

The one motion adopted at WSBC which affects all of us at every meeting is our new OA Preamble. Please make sure that this is what is read at your meetings.

*Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.*

*We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.*

*OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.*

*Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.*

**REGION SIX CONTACTS**

**Please direct Region Six correspondence to:**

Tobi Hutchings

ADDRESS REDACTED

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

**Please mail Region Six contributions to:**

Kelly C.  
Region Six Treasurer  
PO Box 448  
Arlington, MA 02476 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.

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.

**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 5, 2014  
Hilton Garden Inn Albany Medical Center  
62 New Scotland Avenue  
Albany, New York, USA 12208  
518-396-3535

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.

- Myra T. ....Chair, Editor, Proofreader
- Lyn C. ....Layout
- Daria H. ....Proofreader
- Jill C. ....Proofreader
- Carmen D. ....French Proofreader
- Devyn C. ....Website and Publications Coordinator

**EDITORIAL POLICY**  
 The *Messenger* is the bi-annual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is November 14, 2013 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@OAreion6.org](mailto:Newsletter@OAreion6.org) or via US Postal Service in care of the Region Six Coordinator at the address designated above.

## FROM THE REGION 6 TRUSTEE

My name is Karin and I am grateful to be serving as the Region 6 Trustee. I was elected as R6 Trustee at the WSBC in May after being appointed for 5 months. Even though I ran unopposed, I was nervous, standing there speaking in front of approximately 200 abstinent delegates. It has taken some time for me to get settled in and learn all that is involved in being trustee and I am happy to be doing this service. I was told that serving as trustee would change me and that I wouldn't want to miss this opportunity. I am doing things out of my comfort zone and learning so much.

The trustees are the guardians of the steps and traditions. A tall order I think! I believe we all have a responsibility to guard the traditions, to speak up when we see or hear something that is not in harmony with the traditions. Honoring the traditions ensures the survival of our groups. They provide the principles that keep groups strong and healthy – which is vital to the growth and life of OA. It begins with the first tradition. “Our common welfare should come first; personal recovery depends upon OA unity.”

This emphasis on unity is one of the greatest assets of our fellowship. Our lives depend upon it. If we are to continue to live and recover from compulsive eating we must have the continued support of our fellow members and OA groups where we have found acceptance and a sense of belonging. If the unity of the group is jeopardized, it may cease to thrive and could very easily fall apart. Individual members may drift away and leave the program. As it says in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* on page 110: “The unity of OA is a matter of life and death to us.” We can't recover unless there is a group. We need each other and the group to survive. Strength comes from the union of many. Together we can do what we cannot do alone so we need to place the welfare of the group above our own personal desires.

Tradition one also tells us to focus on our similarities, not our differences. There is room for more than one approach to recovery. Love and tolerance is our code. Our focus needs to be on what we have in common - the solution. Our source of unity is that we are all working the Twelve Steps of recovery.

As trustee I receive many inquiries and tradition questions from members in Region 6. Some examples are: Can an OA group display/use or sell non OA-approved literature? Is it ok to leave a cell phone on speaker at a meeting so another member who is not present can hear the meeting? Can we read the AA Promises from a typed sheet of paper at an OA meeting? Is it possible to have a perfume-free meeting? What is the philosophy of OA regarding people obtaining assistance with medications to control binge eating? Can a registered OA group use the AA Joe & Charlie Tapes or the Back to Basics format as the basis for a meeting? How to handle a disruptive member at meetings? What is the role/impact of AA literature in OA? Contact me if you are interested in responses to any of these questions.

There were 207 delegates at the WSBC this year, 33 of them from Region 6. We made informed decisions for the good of OA as a whole. We approved one piece of literature: **For Today, e workbook.**

The delegates also approved a change of wording for the OA Preamble:

*“Our primary purpose is to abstain from compulsive over-eating and to carry ~~this~~ the message of recovery through the Twelve Steps of OA to those who still suffer.”*

I hope to see you in Cleveland, Ohio for the 2013 World Service Convention; Recovery to Rock our World, August 29-Sept 1. It will be a great event, so if you are able, make plans to attend.

I am committed to abstinence and this program of recovery. OA's theme for 2013 is the Year of Abstinence Awareness. I wish you all the gift of abstinence, one day at a time. It is available to all of us and it works!

Thank you for allowing me to serve the fellowship.

~Karin H. Region 6 Trustee [trustee@oaregion6.org](mailto:trustee@oaregion6.org)

### OA Members Write (cont'd from page 8)

#### TOP TEN REASONS NOT TO ATTEND R6 ASSEMBLY

- You don't want an occasion to think more deeply about your recovery.
- You have no desire to meet other OAs from around the region.
- You don't want an opportunity to learn about the 12 concepts.
- You don't care about putting principles before personalities.
- You don't want to take out an insurance policy on your recovery by taking on a long-term service commitment.
- You don't enjoy fellowship.
- You don't want an opportunity to gain self-confidence by taking on challenges and learning new skills.
- You like passing up chances to use the tools of recovery.
- You only like associating with OAs who have short-term recovery and a cursory understanding of the steps.
- You don't want great ideas to take back to your IG and home meetings.

~Evan L., New York City Metro IG

Attendance at the Region Assembly enhances my personal recovery through the connection with other compulsive overeaters, the opportunity to do service beyond the Intergroup level, to share my experience, strength and hope with others and to bring back the message that OA is alive, well, growing and changing as we all are as individuals.

~Austine R., Central Mass. Intergroup

## REGION 6 SPRING ASSEMBLY

Saturday, April 20, 2013

Hilton Garden Inn Albany Medical Center, Albany, NY

**HIGHLIGHTS OF UNAPPROVED MINUTES**

Please go to website [www.oaregion6.org](http://www.oaregion6.org) for more detailed information and complete reports.

**Opening Prayer/Welcoming**

Region 6 Chair Diana G. opened the R6A at 9:50 am with the Serenity Prayer and then Carmen D. recited it in French. The Twelve Steps, Twelve Traditions, and the Twelve Concepts were read.

**Roll Call** – The total number of registered delegates was 57 plus 6 board members with a total of 63 eligible voters. Simple majority is 32 and 2/3's majority is 42.

**Introduction of officers/former officers** – Chair Diana G. introduced the present R6 Board members and had previous board members stand and introduce themselves.

**Introduction of Service Volunteers** – There were nine service volunteers.

**Introduction of New Representatives** – There were 12 new representatives.

Power Point presentation of former Trustee Mary Rose D. was shown. She passed away on December 27, 2012.

**Officer Reports** – given by **Chair**—Diana G.; **Vice Chair**—Debbie H.; **Treasurer**—Kelly C.; **Coordinator**—Tobi H.; and **Website and Publication Coordinator**—Devyn C.

**Committee Reports**-- Each committee chair came to the front of the R6A and gave a three minute synopsis of their report. Full reports will be available prior to the fall 2013 Assembly at the R6 website.

**PI Caucus**-- The board discussed recommendations from the PI Committee and decided to award PI Blitz funding to: NYC Metro- \$1600.00, Ithaca-\$1150.00, Suffolk- \$2225.00, and West. Mass.- \$380.00.

**NEW BUSINESS****Motions**—

Motion #1: Passes-Amend the current policy and procedures to allow the Website and Publications Coordinator to maintain the R6 speakers list.

Motion #2: Passes- Protect ownership of R6- owned recordings.

Motion #3: Passes- Provide a way for the R6 board to elect a chair to a committee if the individual does not meet the requirements.

Motion #4: Passes- Provide funds to IGOR committee to coordinate a comprehensive training session for IG Chairs.

Motion #5: Passes- Allow the minutes to be distributed within thirty (30) days of the Assembly to the Chair and Coordinator.

Motion #6: Passes- Incorporate policy wording around e-mail addresses on the R6 website to protect anonymity.

Motion #7: Passes- Give the Region 6 Board permission to investigate a place to hold the Fall R6A.

**COMMITTEE MOTIONS--**

**PI COMMITTEE:** Passes- Motion that the 2013-2014 OA Region 6 Budget be increased by \$485.00 to sufficiently fund request for PI Blitzes.

**CONVENTION COMMITTEE:** Passes- Motion to hold the 2014 R6 Convention on October 24-26, 2014 in Greater Boston, Mass. area.

**Finance:** Passes- Motion to adopt 2013/2014 budget.

**Schedule:** Passes- April 18, 2015 Spring Assembly; September 28, 2015 Fall Assembly.

**Workshop**-- Sponsorship workshop was lead by Karin H. and Susan P. The first ten IG's which hold a Sponsorship workshop, provide fliers with the R6 logo, and post their event on the R6 calendar will receive reimbursement from R6 for up to \$200 worth of expenses.

**Lifeline Raffle**-- Was won by Carmen D.

**First Timers Ceremony**-- 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 old timers.

The meeting was adjourned at 5:55pm by Chair Diana G with the Serenity Prayer.

Respectfully submitted by Laura R., R6 Secretary

Minutes Approval Committee: Glenda S., Amy J.

**OA Members Write (cont'd from page 8)**

Attendance at Region Assembly and WSBC is a major factor in my recovery. I look forward to coming to Region 6 and WSBC. I missed the Fall Assembly and I felt like a part of my recovery was lost.

I have gotten to know many people at Region 6 and WSBC and I love seeing everyone. For my intergroup, I bring back information gathered from Region Assembly and WSBC which allows us to remain on top of changes and new developments. I couldn't ask for a better way to recover--with the fellowship getting together, doing business, and giving back.

~Lisa F., MBI

By attending Region 6 Assembly, I get to be with "my buds" - who are interested in doing service at the regional level or higher. I get to meet new people, hear about new ideas which are being discussed and implemented. I take heart seeing and hearing and talking to others who are further along the path than I. I feel encouraged by sharing my experience, strength, and hope with others. I see the value of service, and I am willing to talk with others about participating in IG and giving service.

~Marlene B., Western Mass. IG

## Getting Started in Public Information Work

One of the most important functions of any OA intergroup is to carry out public information (PI) activities. After all, an intergroup's purpose is to do the *common* business and service work of its member groups. And carrying the message to those who still suffer from our disease is our primary purpose!

If you are part of a large intergroup, you may already have a committee doing this work. If, however, you have a smaller struggling intergroup, and you've never done this type of service work before, you may be asking how to get started.

One of the best places to start is OA.org (<http://www.oa.org/membersgroups/public-information-suggestions>). Here, you can find sample press releases and posters that you can tailor for local use: community health fair ideas, press and advertising examples, public service announcement tips for radio and TV stations (WSO has already done all the production work for 60- 30- and 15-second spots! You just have to buy them for your local stations), and many other ideas. OA also publishes a PI service manual which contains a wealth of information.

Our small-town intergroup has used several of the professionally designed 8x11" posters that OA provides, in order to create "tear-sheets", which we put up on community bulletin boards. A potential member can tear off a section of the bottom of the sheet bearing the OA website and local hot-line number. This is an inexpensive and effective way of "carrying the message". Also, it costs nothing to have the times and locations of our meetings listed in the newspaper calendar section. We also maintain a local phone line which features a short explanation of OA, a list of our weekly meetings, and the contact information for some of our members.

Region 6 also has had a number of creative proposals for their "PI Blitz" awards in past years. Intergroups with great ideas and short funds can get help from Region 6 by filling out a proposal (see [http://oaregion6.org/wptest/wp-content/uploads/2012/02/R6\\_PIBlitz\\_Request02192012.pdf](http://oaregion6.org/wptest/wp-content/uploads/2012/02/R6_PIBlitz_Request02192012.pdf)) and submitting it to the region coordinator in advance of the biannual R6 Assembly. Some of these have included: OA ads on restaurant placemats, ads on inserts sent with utility company bills and in newspapers, posters at high-traffic suburban train stations, and on the exterior of transit buses.

On the same OA.org web page, you can sign up to get, or be, a PI mentor. This new WSBC program aims to match up those service bodies which have had successful outreach and information campaigns with those seeking guidance. What a great idea!

One important reminder: If you are going to use the OA logo on any of your materials, you need to obtain permission from WSO first. See <http://www.oa.org/membersgroups/copyright-requests/> for more information.

Melissa F., Ithaca NY Intergroup

## COMMITTEE REPORTS

REGION SIX ASSEMBLY - APRIL 20, 2013

### PI/PO COMMITTEE REPORT

Chair—John O., Secretary—Evan L.

#### Issues discussed:

- How many email "touch bases" the committee should have between now and the next meeting.
- All Blitzes were reviewed and discussed.
- Reviewed Seacoast's proposal. However, their project was incomplete, it was not approved, and Seacoast will be asked to complete their proposal.
- Status reports from previous awards to South Eastern CT Intergroup and Nassau IG are needed.
- We need a list of previously successful PI blitzes and a short guide to show how to submit a proposal. Suggested that an article to this effect be written for The Messenger. Beth C. suggested there needs to be more online advertising and outreach.

#### Decisions made:

- We will have one email touch base/discussion thread, and circulate PI/PO Blitz proposals via email.
- Awards made: NYC \$3200, Ithaca \$1325, Suffolk OA \$2250, Western Mass IG \$380, for a total award of \$7155.
- We are requesting a budget override of \$485, so that the above awards, representing the maximum requested by each IG, can be made.

#### Goals/Actions to be completed by next assembly:

#### Assignments and deadlines:

- Evan L./John O. will email the group after the proposals have been received by the deadline of August 7, 2013..
- Beth C. will contact Seacoast to see if they are still interested/need more info/etc. Evan L. will forward Seacoast contact info to Beth C.
- A motion for a budget override will be completed and handed to the OA Region 6 Board ASAP, by Bruce R.
- Melissa F. will draft a PI/PO update and info article for The Messenger.

### BYLAWS COMMITTEE REPORT

Chair—Brandon H., Secretary—Heidi B.

- This issue is already addressed in the Standing Rules document and does not require a by-law/policy/procedure. The committee further agreed to add reference to Board activities to Standing Rules item "k."
- The committee combined items 12 and 13 of the P&P; removing item 12a altogether as it was considered confusing and redundant.

#### Goals / Actions to be completed by the next assembly:

- Add the word "board" to Standing Rules letter "k."
- Chair will prepare P&P amendment and submit to committee via email.
- Committee members to review, discuss, and approve via email.

## COMMITTEE REPORTS (Cont'd)

### CONVENTION COMMITTEE REPORT

Chair - Susan P., Secretary - Helen K.

#### **Issues discussed:**

- Susan clarified that the Region 6 Convention Committee's job is to keep the intergroup-level convention committee on track.
- Karin gave a report about the 2012 Convention in Ottawa and offered suggestions to the current committee. She also noted the Convention Planning manual has been revised.

#### **Decisions made:**

- The committee will make a motion to R6 to have the 2014 Region 6 Convention in the greater Boston area on October 24-26, 2014.
- Elections:
  - Co-chair of convention committee – Charlene.
  - Chair for R6 Convention Committee – Susan.
  - Secretary for R6 Convention Committee – Helen.

**Goals / Actions** to be completed by the next assembly:  
The short-term goal for the committee is hotel selection. The committee also needs a secretary and treasurer.

#### **Assignments and deadlines:**

- Conference call between Karin and Jean during the week of April 22, 2013.
- Committee conference call: week of May 6, 2013.
- Promotional materials, flyers, convention website, etc. for Fall Assembly 2013.
- Raffle tickets for Spring Assembly 2014.

A friendly reminder: please consider hosting the Region 6 Fall Convention 2015. It's not too soon to start planning!

### TWELFTH STEP WITHIN COMMITTEE REPORT

Chair – Stephanie, Secretary - Amy J.

#### **Issues discussed:**

- E-mail selected as main communication method.
- Supplement e-mails with conference calls as needed to support Action Items.
- The Scary telephone skit presented at the Ottawa Convention was well received. Stephanie noted many found the oversized telephone prop to be very helpful visually.
- Initiatives from the fall with the website fell through. Those members who took responsibility for it were not present. It was determined this would be redundant with the workshops & materials available on the OA World Service website.

#### **Goals / Actions** to be completed:

##### **WS Convention in Cleveland:**

- Get clarification of what WS 12 Step Within / Convention Committees have planned to address long-term members "old timers".
- Determine opportunities to support plan &/or develop own activity.

#### **Assignments and deadlines:**

- Develop a message from our committee about the availability of 12 Step Within. Share with Region by 5/26.
- Create a format from our Ottawa skit to share on 12 Step Within Site at WS level.
- Stephanie to follow up with Ann/Margie about existing format, willingness to put on together by 4/27.
- Piggyback on WS committee: Call someone you have not seen in a while on 12th of each month. Create a flyer on this to promote. Include five ideas of what to say/ share during the call. Mary willing to work on flyer. Share with committee by 5/12.

### YOUTH IN OA COMMITTEE REPORT

Chair - Lisa, Secretary - Kerry

#### **Issues Discussed:**

- Discussed minutes from Fall R6A. Realized that there was a miscommunication of the minutes given to the secretary and the minutes submitted were not entirely accurate.
- Focused on the reasons why the current members of the committee were interested in Youth in OA. Some information from AA was provided on how they communicate with teens and it will be reviewed.
- Discussed particulars of a youth-focused meeting in which a member from NYC is involved, how it was started, and how it is progressing. This member will send out the meeting format to help us bring this information to our IG's.
- Discussed a PI blitz focused on Professionals and Youth at one member's IG and we will get information on that as well.

#### **Goals:**

- At next IG meeting ask our groups to find out: Do we feel the need for our IG to have teen-friendly or youth-friendly meetings?
- If we do, do we have a teen-friendly meeting or a list of TF meetings in the area. (Found 2 phone meetings on oa.org). If not, are we willing to do that? Can we create a new meeting that is TF (go to a college?) If not why not...look at Tradition 3 and Trustee help.
- Create contacts...HS guidance counselor, nurse, health educator, also college RA's
- and mental health professionals.

#### **Assignments/deadlines:**

- Get info from WSO within 1 month to pass on to R6 group.

**FINANCE COMMITTEE REPORT**

Chair - Dexter J., Secretary - Karen S.

**Issues Discussed:**

- Reviewed statement of purpose, policy and procedure for the R6 Finance Committee.
- Reviewed the annual budget.
- 15% of net amount from the Ottawa Convention was sent to WSO.
- Many of the committees are not spending the money that has been proposed.
- Prudent reserve is in Money Markets accounts (\$20,000) Some of the groups' proposed budget has been lowered due to the fact that not all of the allocated funds had been spent during the previous year.

**Decisions Made:**

- Motion was made to accept guidelines as agenda for today's meeting. Motion passed.
- A motion was made to approve the amended budget, April 20, 2013. (The proposed budget for the Officer travel – Assembly was changed from \$4200 to \$4250). Motion passed.

**Assignments and Deadlines:**

- Dexter will speak with Tobi and/or Devyn to put a link on the Region 6 website for Paypal contributions. Dexter's deadline is May 31<sup>st</sup>, 2013, or by the next communication to Intergroups.

The Region 6 Finance Committee requests all intergroups encourage their member groups to utilize the online donation option (via **PayPal**) on the Region 6 website for their group contributions. Additionally, Intergroups are encouraged to include a direct link to the to the Region 6 contributions page on their own intergroup websites. The online contribution process via **PayPal** is a fast, easy, and secure method to send contributions to Region 6 while removing the additional step of sending by mail. Region 6 benefits from online contributions by improved tracking and recording while eliminating the delay associated with the retrieval from the mailbox. As always, we thank you for your contributions and support in helping to carry the message to recovery.

~Devyn

Website & Publications Coordinator

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

**It's Fast! It's Easy! It's Secure!**

**Log-on to [oaregion6.org](http://oaregion6.org) and click "Contribute" to find out more!**

**NEWSLETTER COMMITTEE REPORT**

Chair—Myra T., Secretary—Lyn C

**Issues discussed:**

- Reviewed accomplishments:
  - English version of Messenger was printed and distributed prior to Assembly as well as being available online;
  - French version was available online prior to Assembly.
- Established timetable for newsletter "assignments and deadlines."
- Discussed discontinuation of printing hard copy of French version. This had been done for bilingual R6 Convention in Ottawa.
- R6 is bilingual so Logo on newsletter is bilingual: that is why there is an accent over the 'e' in region.

**Decisions made:**

Chair--Myra T.  
 Editor--Myra T.  
 Lay Out- Lyn C  
 Proofreading/English-- Jill C.; Daria H.  
 Proofreading/French--Carmen D.  
 Typist: — Myra and Jill

**Writing Topic:**

*How attendance at Region Assemblies and/or WSBC enhances my personal recovery and strengthens my intergroups?*

**Goals/actions to be completed by next assembly:**

- Committee members to maintain contact via email and/or phone.
- Publish English and French newsletters in timely fashion prior to Fall 2013.
- Strongly request writings be in on time
- Send all writings to translator in June. Leaves plenty of time for layout.

**Assignments/deadlines:**

As determined by timetable.

**IGOR COMMITTEE REPORT**

Chair - Don C, Secretary - Samantha

**Issues discussed during meeting:**

- Motion #4: Intergroup Effectiveness Training Seminar to help strengthen and renew IG's.
- Everything in OA derives from individual recovery.

**Decisions made:**

- Amend motion: Seminar attendee is whatever officer in each IG chooses to send.

**Goals/Actions to be completed by the next assembly:**

- Appointed committee to manage seminar detail including communications, facilities, hotel, registration etc.
- Long term:
  - Tracking and measuring of training.
  - Make training ongoing for new IG officers.
  - Increase communication between R6 IG's.
  - Make workshops/seminar available to groups of IG's.in geographical proximity

**Assignments and deadlines:**

Conference call May 19, 2013

**MEMBERS WRITE*****How attendance at Region Assemblies and/or WSBC enhances my personal recovery and strengthens my intergroups?***

The friends I make doing service at Assembly and WSBC help me to truly feel that I am not alone. It supports my abstinence because I know that if I give up my abstinence, I also give up my service positions. When I participate at the Intergroup and group level my enthusiasm is contagious. The knowledge I share about what the Region and World Service do for its members helps them appreciate the importance of passing on our contributions and encourages them to do service above the group level.

~Susan P., Ottawa

It lets me know that when I think I'm still alone, there are even more people just like me from places that I've only read about or seen in a magazine. Being of service (it's not always about me) keeps me sane, happy, abstinent, and useful.

~Stephanie W., Queens Unity IG

I believe it enhances my personal recovery by keeping me connected by doing this awesome service. Service at these levels helps me to build credibility with my fellow OA's and I always try to encourage my local and intergroup fellowship to enjoy the gifts of doing service above the group level. So many gifts – just untie the ribbons.

~Anonymous

I have learned so much about how to run an intergroup meeting. Meeting people from all over Region 6 and running into members whom I have not seen in a long time are benefits of attending my region's assembly. The service is really good. I have learned much about how to work with people in committees. The best part is finding out new information to bring back to my intergroup.

~John C., Western Mass. IG

By being around other members of the fellowship and working toward common goals, my recovery is strengthened and renewed. Seeing people from other intergroups, even other states and countries, who all care enough about this program to give up a day or a weekend to attend Assembly (or a week to attend WSBC which unfortunately I can't do) is amazing. I am not alone in what I do, and I take what I have learned from those who have gone before me and pass it on to others in my IG who can't be here. There is a saying in AA that doing service keeps you sober. In OA it keeps you right-sized and in your right mind. I strongly believe that doing service above the group level enhances my program. The more we can learn, the better we can share program with others - and isn't that what program is all about?

~ Jean B., Mass. Bay IG

At Region 6 Assemblies, I am a voice from my intergroup. I feel important, worthwhile. Serving as a Region 6 rep increases my self-esteem, self-worth, and self-confidence. These are essential assets to my recovery. I serve my region with pleasure and enthusiasm. My service at the WSBC humbles me. I see OA members from all over the world, gathering together to express the group conscience of OA as a whole. My intergroup is strengthened by having its members cast their votes. Just as I feel "part of," my intergroup also has the opportunity to be part of. Rotation of service in my intergroup to the regional assemblies and WSBC keeps us strong, well-functioning. We are honoring Tradition Two, which speaks about rotation of service and group conscience. I am happy, joyous, and free and a large part of that feeling comes from being of service across the levels: group, intergroup, Region, and World Service. I am grateful to be abstinent for today, so I can continue to be of service in this capacity.

~Andrea F., Greater NY Metro Intergroup

When I first started to attend Region 6 assemblies, I was very moved by the number of people who gave up half of their weekend to volunteer for OA. It spoke volumes about their dedication to maintaining and sharing their recoveries. It certainly solidified my commitment to OA and to my personal recovery. After two years, I was fortunate to be elected as a World Service delegate and to attend the WSBC in Albuquerque, New Mexico. What an experience! I met people from all over the world, many of them old-timers and long-timers. Seeing how OA works was an amazing experience. We worked on all facets of OA: by-laws, literature, finance, etc. I could really see that OA functions from the bottom up. We had many meetings and workshops, and much exposure to the recoveries of people from all over the globe. When I returned home, I made a presentation to my intergroup about all that I had learned. The IG members were then able to present the highlights to each of their groups, so - thanks to the ripple effect - the wisdom of the WSBC was transmitted to the members of all the groups of our intergroup.

~ Anonymous

When I come to Region 6 Assembly I am reminded that OA is larger than I am, larger than my intergroup, and it is always nice to be reminded of this. It sparks my enthusiasm for service. I like being with people who want to be here, doing service to help spread the message so that other people can want to be here!

After being given the gift of going to WSBC, I get to bring back to my groups and intergroup an enthusiasm, excitement and energy I have never experienced before. I hope my written delegate reports can share some of the message that was presented—but really, I hope when I share my Experience, Strength and Hope at meetings I can BE the message: *if this is abstinence - yes, I want it!*

~Anonymous



This is a very important issue to think about since both require a lot of time, energy and financial resources of the fellowship.

For me personally, attending regional assemblies and world service business conferences has helped immensely in my recovery. I have met many longtimers, many members with long term abstinence. Each event has included workshops on relevant topics such as sponsorship, diversity in OA, etc. and I have learned a lot. It is also an incredible experience to participate in the professional, efficient and passionate discussions and decision-making of business issues in OA. I am always very impressed by the seriousness and commitment of each delegate and elected officers to do what is best for OA.

Whenever my recovery gets stronger, I am able to provide greater service to my IG, to the meetings I attend, to my sponsees and to all my OA contacts. Anything that improves my ability to live by the principles of our program, that reinforces my commitment to abstinence and to recovery, benefits me and the fellowship as a whole.

I am very grateful to my IG for allowing me to fill these service positions and to our region and World Service organizations that have organized such amazing growth opportunities. I encourage every member to do service above the group level and whenever possible to serve at the regional and world service levels. We have strong recovery to share and I cannot do it alone.

~Marilyn C., alternate region 6 delegate,  
Montreal English IG

Attendance at Region 6 and WSBC really does enhance my program. Being in a room with so many people who are just like me where food is concerned is such a pleasure. Eating amongst my fellow OA'ers strengthens me because I see so many others doing things that outsiders might think strange. We just get it. We meet people from outside our local area - even from other countries - but despite geographical, political, language, and other differences, we see how alike we are. The knowledge that I am no longer alone is reinforced. I am a part of a very large fellowship, and I am reminded that I am Welcome to OA - Welcome Home!

Ann B., Queens Unity IG

I am given a chance to be of service to my IG. I have made some new friends. I am made aware that OA is alive and well in Region 6. Working in this region helps me to practice unity and to be tolerant of others' programs. I have received much information about money that is available to intergroups and information that would be helpful to intergroup chairs. I have learned that Region 6 has a lot more support and knowledge than I would ever have guessed.

Anonymous

By being with others in recovery, I learn more about myself and I also see that my peers are human and willing to do service to keep OA going. It helps my intergroup to be informed about new things in OA and sets an example for others to do service.

~Anonymous