



MESSENGER

THE BIENNIAL NEWSLETTER OF REGION SIX OF OVEREATERS ANONYMOUS
SPRING 2014

FROM THE REGION 6 CHAIR

HAVING TO STEP A LITTLE HIGHER TO LAND ON OA'S 12TH STEP

OR

WHY OA 12TH STEP WORK AIN'T EASY, SISTERS AND BROTHERS

I customarily work on weekends so today, a Wednesday, was a day off. I wound up spending 85 percent of it in front of the computer, attending to OA trusted servant duties. There I was responding to an email that had a flyer attached that ran afoul of at least half of our Twelve Traditions. I received an email from and responded to a casting director who was looking for women who were pregnant and obese for a new reality TV show. She assured me that if I shared the names of people in OA who "might fit the bill" it would all be handled very tastefully, of course. Two months after our Fall 2013 Assembly, I was reviewing the hotel bill with the vice chair. R6 had so many events going on with so many charges here and there and still, I hadn't been able to ascertain whether the hotel had mistakenly included taxes on our bill even though R6 is a registered tax exempt organization.

I could find none of these tasks listed anywhere as the duties of the chair in either the R6 bylaws or in the R6 Officers' Handbook.

I realized we OA's do a whole lotta explaining of even the simplest actions we take in service of OA. So I got to thinking: *Why is being a member of OA so very different than being a member of the other Twelve Step fellowships?*

Not that it NEVER occurs, but we who have issues with food rarely find ourselves facing the possibility of imprisonment for the unthinking acts we have committed while under the influence of food.

I think it is important to realize that court systems in every state and municipality mandate attendance at either AA or NA meetings as conditions for probation or parole. Many people, although they may not have initially chosen AA or NA for themselves, eventually find that walking around free and just having to show up a few times a week and sign in, sit at a meeting, have a few cookies and a cup of coffee is a pretty darn good alternative to imprisonment, insanity or death. These alcoholics and drug addicts "have to go until they want to go." Furthermore, the legal system readily recognizes that Twelve Step programs are something that works and which everyone can "afford." The support and understanding is customarily there, on some level.

Problems with food rarely bring people into contact with the legal system, and we only have to look around to see there are millions of alternatives offered to deal with food and weight loss; some commercial, some offered by physicians. An ironic reality that we in OA have to face is that most of these alternatives WORK. Even we as long time, abstaining members of Overeaters Anonymous know that they DO work, because we've done 'em. HOWEVER, THEY WORK ONLY FOR A SHORT TIME.

We compulsive eaters have no external pressures to compel us to OA's doorstep. We only have our own internal pressures of misery — physical, emotional and spiritual — to motivate and

then (sometimes only very reluctantly) to have us cross the threshold of our first OA meeting. Even we, who are members of OA, don't quite realize what it is we've got until we've been here and abstinent a while.

Those of us who cannot control our food intake live in a world which still assumes that a little more willpower will do it. There are very few people these days who would tell a drug addict or an alcoholic to "exercise a little more willpower." Our "war stories" do not have the razzle-dazzle of crashed cars and broken noses that the media craves. Most of us did our eating, alone and silent, behind closed doors.

So, when I did have a little time for entertainment, what did I do? I went to see a small but excellent production of a play about Bill W. and Doctor Bob's efforts to get AA going. The essence of the play was that the people around them didn't understand what they were doing. Sometimes Bill W. and Doctor Bob didn't understand it themselves but they both clearly realized that if they stopped doing whatever it was they were doing — carrying the message of recovery to those who still suffered from their disease — they were in deep trouble. Oh, the constant explanations!

So now, what does that leave us with in OA? Our primary tool to continue to grow the fellowship of Overeaters Anonymous is the power of attraction. We simply have to keep working our program and sharing what we've got and doing whatever it takes to do so. Why? So we can remain abstinent. Although we in OA now have phenomenal literature and support from World Service, I believe that in some ways we in OA will always be explaining what it is we do.

Getting back to the duties of the region chair, I recollected an email discussion a few months ago among my fellows on the Region Chairs Committee ("RCC"). We were asked to share what our duties were as outlined in our respective regions. I passed along the official information contained in the bylaws and the handbook, but to one of my closer RCC cronies, I shared this — THE REAL LIST. I now share it with all of you.

"General Duties" of the Region Chair:

1. Hand Holding
2. Arm Twisting
3. Ego Soothing
4. Assistance to those suffering from Chronic Foot Dragging

And at the end of today I am grateful for all of it. Because even with all of today's annoyances I understand that this was G-d's way of keeping me safe and abstinent.

Thank you for the opportunity to be of service,

Diana S.

REGION SIX REMEMBERS ROZANNE

We are deeply saddened to report that OA's beloved founder, Rozanne S., passed away peacefully earlier this year. Rozanne began Overeaters Anonymous in California on January 19, 1960, and fulfilled her dream that it become an international organization. We are forever grateful to her for her vision, perseverance, and love, through which so many have found recovery from compulsive eating. Our thoughts and prayers are with her family and loved ones during this difficult time. Cards may be sent in care of the World Service Office. www.oa.org

(this version has been changed slightly to honor the request of Rozanne's family)

EXCERPTED FROM A MESSAGE BY JOHN K.

In 1960, Rozanne founded OA from the kitchen of her house. In 1999, she slowly removed herself from most OA duties, although she worked on getting the "Dignity of Choice" food plan pamphlet re-introduced to OA – and was on the Committee that wrote it.

Many of us would see her at Serenity Sunday, one of the few meetings she still attended until a few years ago. The main reason she liked it was that it didn't start until 10:30. Rozanne was NOT an early riser. Her last service in OA was working with me when I was editor of the 12 Stepper (L.A. Intergroup newsletter). She would help me proof the articles written. She joked that those of us from this generation seemed baffled by simple grammar. This was one of the things I loved about her. She was sharp – no, VERY sharp.

About a month ago, her cancer came back – and this time it was much more aggressive. She still continued her trips to the Beverly Center Mall, and we were there again a week ago Sunday. She was still smiling and having a fun time.

The end came very quickly and she was only really debilitated for a few days, and was in no pain whatsoever – no painkillers were needed. She died peacefully in her sleep at 12:30am Thursday morning.

I sit here thinking about her now, and if she is looking over my shoulder at what I have written, I'm sure she's shaking her head and rolling her eyes because of course, I'm sure I've gotten some of the grammar and punctuation wrong.

We'll all love you and miss you and never forget that you helped save our lives.

ROZANNE'S FAMILY'S MESSAGE TO OA

The family of Rozanne would like to send thanks to all the members of OA for all of their love and support to not only their mother, but to them. It has been a source of much happiness to know their mother was so loved by so many.

In lieu of flowers or other gifts, they ask that people give to OA in memory of Rozanne.

REGION SIX CONTACTS

Please direct Region Six correspondence to:

Region Six Coordinator
 One Powder Mill Square, #201
 Andover, MA 01810 USA
coordinator@oaregion6.org

Please mail Region Six contributions to:

Region Six Treasurer
 P.O. Box 448
 Arlington, MA 02476 USA
treasurer@oaregion6.org

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, and 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.

**SEE LAST PAGE FOR
 UPCOMING REGION SIX ASSEMBLY INFORMATION**

EDITORIAL POLICY

THE MESSENGER is the biannual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is May 15, 2014 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 email to: newsletter@oaregion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated above.

THE MESSENGER is produced through the efforts of the members of the Region Six Newsletter Committee:

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|---------------|--------------------------------------|
| Jill M. | Chair and Editor |
| Amy K. | Layout |
| Ron T., Ann B | Proofreaders |
| Carmen D. | French Proofreader |
| Brandon H. | Website and Publications Coordinator |

MESSAGE FROM THE REGION SIX TRUSTEE

Hi, my name is Karin and I am an abstinent compulsive overeater. I just returned from the November Board of Trustees (BOT) meeting in Albuquerque which marks one year now that I have been serving as trustee. How time flies! We did some good work together at the Board meeting. We made decisions about applications to the World Service Business Conference Delegate Support Fund and I am happy to report that six intergroups from Region Six are receiving funds which enable them to send a delegate to WSBC. It sure is a pleasure to serve with the other trustees. I am really enjoying doing this service and I have learned so much. A year ago I had a lot of fears about taking on this position, but thankfully I have a way to deal with my fears through the Twelve Steps.

I like to refer to “The Twelve Steps and Twelve Traditions of Overeaters Anonymous: A Kid’s View,” which is downloadable for free from [oa.org](http://oa.org/pdfs/a_kids_view.pdf) (oa.org/pdfs/a_kids_view.pdf). I like how it keeps it simple. Tradition Two says “**For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**” The kids’ version says “In our group, God is in charge and helps us help each other. There is no boss.”

Tradition Two tells us that the only authority in OA is a loving God as He may express Himself in the group conscience. This means that no one member “directs” or “controls” the actions of the other members of the group. No one is “in charge.” The meeting does not belong to anyone, except those who show up and participate. We are all just as much a part of the group as the oldest “old-timer.” Everyone’s opinions are welcome and given just as much consideration as anyone else’s in group discussions. Because we are all equals, the fellowship provides a sense of belonging to all members. Our leaders are but trusted servants, they do not govern. They have been entrusted with the responsibility to **serve** the group, not make decisions for it.

At a business meeting we listen with an open mind to everyone, including the minority opinion. Each group member has a right to take part in the discussions. Sometimes a newcomer can point out what everyone else has overlooked. When we vote we make a decision for the good of OA and trust that this decision we reach together is our Higher Power’s will. This is called an informed group conscience. We look for what is best for the group as a whole and, once decided, we accept the result even if it’s not what we personally wanted. Sometimes we make mistakes and may need to take another group conscience vote later on. We can discuss the same matter again and come to a different decision.

Tradition Two also talks about rotation of service. I think we have all learned that it is not good for the group or its leaders if one person holds a particular service position too long. Rotating service positions gives everyone a chance to learn and keeps us from excess ego. We all have a responsibility for the operation of OA. There is no “they” and “them” in OA, only “we” and “us.” It is important that I take my turn and not expect anyone else to do it for me. After all, this program saved my life!

Part of the region trustee’s duties is to lead Service, Traditions and Concepts workshops around the region. I just did three of these in the fall and I really like doing them. They are fun! What an opportunity to be of service to an intergroup. At these workshops we talk about abstinence, service, sponsorship, traditions, the concepts and any intergroup concerns. Let me know if you would like me to come to your area. There is no cost to your intergroup.

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INTERGROUP OFFICER TRAINING WORKSHOP

Each of Region Six’s 41 intergroup chairs was invited to participate in the workshop which was hosted by the IGOR (InterGroup OutReach) Committee. If an intergroup chair was unable to attend, another currently active, designated intergroup officer was encouraged to attend. The event was scheduled immediately preceding the R6 Fall 2013 Assembly in Albany, NY in order to encourage maximum attendance. Don C., current chair of Westchester United Intergroup and chair of the IGOR Committee, served as the workshop’s leader.

The workshop stressed how personal recovery on all three levels — emotional, spiritual and physical — serves to attract newcomers to our OA program and, in turn, transform those individuals into regularly attending OA members.

The basic question was: “Do we want OA to be available to the next generations of suffering compulsive eaters?” If the answer is “Yes,” then what can we as intergroup service bodies do to help?

Regarding what each intergroup can do, the following were included among the many suggestions:

- ◆ Offer regular workshops on sponsorship, plan of eating, abstinence and other tools free of charge.
- ◆ Announce a “Seventh Tradition” collection, inviting all attendees to share in the cost of the workshop by mentioning the specific expenses for the workshop.
- ◆ Employ technologies in geographically spread-out intergroups to enable those distant groups to participate (i.e. conference calls or video conferences).
- ◆ Rotate the location of the intergroup meeting.
- ◆ Publish newsletters and bulletins.
- ◆ Maintain speaker and sponsor lists.

A follow-up survey was circulated to those who attended. Some quality feedback was received, and Brandon H., our R6 Web & Publications Coordinator, crunched the data. Some of the comments mentioned the workshop’s leader:

- * He had a positive attitude and the ability to paint a hopeful picture for the future.
- * He offered very specific ideas about how to make meetings in areas stronger and how to improve the service of the intergroup.

Other comments were about the value the attendees received, including:

- * A wealth of knowledge and information.
- * How ideas have been implemented by struggling intergroups and how they became strong.
- * A broad spectrum of ideas which can be applied and modified for every intergroup.
- * Appreciation of the workshop leader.
- * The leader held the attendees’ attention.

On a personal note, I moved from a large, very active intergroup to a smaller, less active intergroup. What came to me, “God will determine that, so you must remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave.” (p. 164, Alcoholics Anonymous)

I attended this workshop. It directly inspired me to run for the position of intergroup chair at the last election. Here I am, at work, supporting and growing our intergroup and “creating the fellowship I crave” with God’s and the IGOR Committee’s help. I am blessed.

Millie L.
Chair, New Brunswick IG, Canada

**HIGHLIGHTS OF THE UNAPPROVED
REGION SIX FALL ASSEMBLY MINUTES**

Saturday, September 28, 2013

Hilton Garden Inn Albany Medical Center, Albany, NY

New Delegates Orientation:

Karin RH, the Region 6 Trustee, explained the procedures of the R6A to the new delegates in attendance.

Opening Prayer/Welcomes:

Diana G., the Chair, called the meeting to order at 9:56 am with the Serenity Prayer in French and then in English.

Diana welcomed all representatives and introduced the Region Chairs that were visiting: Meg M. (R4 Chair), Stephanie D. (Trustee Co-Chair RCC), Ruth D. (R1 Vice Chair), Denise C. (R5 Chair), Nancy J. (R2 Chair), Gloria L. (R8 Chair and RCC Co-Chair), Amy L. (R7 Chair), Susan S. (R9 Chair). The Twelve Steps, Twelve Traditions and Twelve Concepts were read.

Announcements:

The Chair, Diana G., read the requirements for committee chairs. Vice Chair Debbie H. announced where each committee would be meeting. She explained the procedure for lunch. Some of the Region Chairs would be speaking after lunch. Those that did not purchase lunch would be allowed to come in and hear the speakers after lunch. Debbie also went over housekeeping details.

Board Reports:

Diana introduced the R6 Board. Each officer gave a synopsis of what they have been doing in the region. Full reports were in the R6 Fall 2013 packet.

Treasurer: Kelly C. distributed the financial report and the donations report. She reported that there were a lot of donations marked "Anonymous," and that meetings should make sure their meeting number is indicated when making donations. PayPal charges a fee of 5% of our donations. Region donations are up 18.3% this year so far. Kelly said that Devyn has worked tirelessly to help her with the donation section of the website.

Coordinator: Tobi H. spoke of leaving her position. She had contacted WSO about unaffiliated groups within the region. Some were incorrectly registered. There was an IT problem at WSO. Five have been confirmed as registered now. Ithaca Intergroup is no longer registered.

Website and Publications Coordinator: Devyn C. has devised a plug-in on the website for the 60/30/10 donation breakdown. He thanked the Messenger committee (Myra, Lyn, Carmen) for all their work with him.

Region 6 Trustee: Karin RH announced that she has been officially elected as our trustee at WSBC.

Committee Meetings:

Prior to breaking up for committee meetings Diana asked for representatives on the Twelfth Step Within Committee to move to committees that needed more members. Committee Meetings were held, followed by lunch and sharing by members of the Region Chairs Committee.

Roll Call:

The assembly reconvened with the Serenity Prayer.

Roll Call was called by Laura R. 61 reps in attendance plus six board members; simple majority of 34 and 2/3's majority of 45.

Minutes:

Minutes from Spring 2013 R6A were presented to the assembly by Laura R. There was one correction from the floor by Susan P. (Ottawa Intergroup). Math addition for total of \$5355.00 not \$7155.00. Minutes were adopted as amended.

Announcements:

Devyn explained the process of obtaining a copy of the R6 Speakers List and how to be placed on the list. Debbie H. went over housekeeping details.

Chair Diana G. introduced the present R6 Board members and asked previous board members and trustees to stand and introduce themselves.

Thank you for your service!

Gifts were presented to Tobi, Devyn and Bruce for their work on the R6 Board. Introduction of Service Volunteers: There were seven service volunteers. Introduction of New Representatives: There were twelve new representatives. Introductions of Visitors: There were two visitors.

Committee Reports: Each committee gave a two minute synopsis of their committee work today.

Break/writing: The writing topic was "How do I apply rigorous honesty to my abstinence today?"

Convention:

The R6 Convention Committee had a skit for the 2014 convention: "Wicked Awesome Recovery," in Burlington, Mass. October 24-26, 2014. Discount early bird registration was available for \$25.00 until October 15th.

PI Caucus:

Three intergroups applied for R6 PI Blitz funding and were approved: Ocean & Bay \$620.00, Ottawa \$625.00, and Central Ontario \$2077.80.

Elections:

Diana G. was elected Chair, Lisa F. was elected Coordinator, Brandon H. was elected Website and Publications Coordinator.

Reference Subcommittee:

Diana explained the responsibilities of this position at WSBC. Nominated for this position were: Kelly C., Brandon H., Lisa F. Brandon and Lisa were elected and Kelly will be the alternate.

Assembly Dates:

Debbie presented the dates to vote upon for the 2015 and 2016 R6A. The dates for the next three years are:

2014: April 5 and September 13

2015: April 18 and September 26

2016: April 16 and September 24

Break: Three members of the Region Chairs Committee spoke at this time.

HIGHLIGHTS OF THE UNAPPROVED MINUTES

(continued)

Lifeline Raffle: Won by Randie (Ottawa).

Raffle of Vintage Bags from Ottawa convention: Won by Ann B. (Queens) and Terry (Central Ontario).

First Timers Ceremony: Diana had all the first timers come up to the front of the assembly and place their blue dots on their backs. Diana said, "You now have your first Region 6 Assembly behind you!"

Adjournment: The assembly adjourned at 5:02 pm with the OA Promise.

Respectfully submitted by Laura R. R6 Secretary

MESSAGE FROM THE REGION SIX TRUSTEE

(continued from page 3)

I encourage you to spend some time on oa.org. There is a wealth of information there. Recently I have referred many members to the following resources: Guidelines for Addressing Disruptive Behavior at Overeaters Anonymous Meetings, OA-Approved Literature List, Suggested Meeting Format, Strong Meeting Checklist and Sample Intergroup Bylaws.

It has been a busy year. I attended four BOT meetings, the World Service Business Conference, two Region Six Assemblies and the World Service Convention in Cleveland, and I led three Service, Traditions and Concepts Workshops and a Twelve Step retreat. I answered a lot of email inquiries from Region Six members. It has been very rewarding service and it is a pleasure to serve the fellowship in this way.

Thank you and I wish you all the gift of abstinence one day at a time. Life is good!

Karin H Region Six Trustee

COMMITTEE REPORTS**TWELFTH STEP WITHIN COMMITTEE REPORT**

Chair – Terry G., Secretary - Nancy K.

- Terry G. was elected chair and Nancy K. was elected secretary.
- The challenges of reaching out as well as communication within committee were discussed.
- Respecting group conscience and respecting traditions when reaching out to OA members were discussed.
- Discussed a memo for intergroups to accompany a flyer encouraging groups to achieve the long term goal of mobilizing as many members as possible to make Twelfth Step Within calls on the twelfth of each month. A plan was put in place for these items to reach the Region 6 Board for approval.
- Discussed how to increase intergroup awareness of Twelfth Step Within and the Region 6 and World Service Twelfth Step Within resources.

COMMITTEE REPORTS

(continued)

YOUTH IN OA COMMITTEE REPORT

Chair - Bill P, Secretary - Chris M.

- Bill P. was elected chair and Chris M. acted as secretary; Mary will be secretary after the assembly.
- Discussed using radio stations on campuses as a source of putting out the message.
- Discussed the importance of focusing on anorexia/bulimia as well as compulsive overeating.
- Discussed the need to disseminate telephone and online meeting lists and access information.
- Because of legal issues, the committee has decided to focus on high school students.
- Members in New Jersey have participated in college-aged health fairs and the committee will contact them.
- The WSO website will be investigated for information on Youth in OA.
- Youth phone and online meetings will be researched.
- The PI Committee will be contacted to see about getting funds for committee work.
- A tips pamphlet for teen friendly meetings was discussed, to be distributed to Region 6 meetings.

CONVENTION COMMITTEE REPORT

- The hotel contract is signed for the R6 2014 convention at the Burlington Marriott in Burlington, MA.
- All the chair positions are filled, but more volunteers are needed for the committees.
- Journals are being sold as a fundraiser.
- A host committee is needed for the 2015 R6 Convention; possibly Maine, Syracuse or Albany. Committee members will speak with them, suggesting they talk to the 2014 committee to find out how much fun it is and letting them know about receiving 10% of the profit of the entire convention up to \$1000.00. Assistance will be given when needed.
- The committee discussed and will investigate a Board position responsible for special events; other regions that have this position will be asked how it works for them.



COMMITTEE REPORTS (continued)

NEWSLETTER COMMITTEE

Chair—Jill M., Secretary—Ron T.

- Both English and French versions of the Fall Messenger were distributed in a timely manner.
- The website version of the Fall Messenger contained additional writings from members.
- The question for the writing topic was chosen.
- Our goal is the timely publication of the Spring Messenger in both English and French.

BY-LAWS COMMITTEE

Chair—Jeff S., Secretary—Dorothy M.

- Jeff S. (Greater NY Metro IG) was elected acting chair and Dorothy M. (New Hampshire IG) took on the task of secretary for the meeting.
- The committee reviewed a motion seeking to clarify the language which would differentiate between actions of the Finance Committee and the financial structure of Region Six. The motion has been submitted for consideration at the Spring 2014 Assembly.
- An amendment to Standing Rules Item K had been approved at the Spring 2013 Assembly but was omitted from those distributed for Fall 2013. The Region Six Board, as well as the committees, may submit new business motions after the published agenda items have been addressed.
- A member of one of the French-speaking intergroups requested that the Bylaws Committee contact the Website & Publications Coordinator to have all documents necessary for French-speaking intergroups translated into French and then kept up to date. The Region Chair, who is the committee mentor, researched this and it was determined that it would be prohibitively expensive to translate the bylaws and keep them current. The French speaking intergroups are welcome to translate the R6 bylaws themselves and have them approved by the R6 Trustee and published on the R6 website.
- The member of the French-speaking intergroups suggested that all non-English language materials be archived with WSO. The Region Chair's research determined that the approval of the WSO and the BOT would be needed, so this is a matter for the intergroups or the French Language Service Board to address directly to WSO.
- Guidance for protecting anonymity in email distribution of intergroup communications was sought; to protect anonymity, first and last names should not be used together in OA-related emails.
- Guidance was sought and given for updating individual R6 intergroup bylaws. It was mentioned that OA service bodies are working to remove procedural items from the bylaws themselves and placing them in a policies and procedures document.
- It was suggested that any proposed R6 amendments contemplated by R6 Intergroups be first submitted to the R6 Trustee for review, clarification and refinement.
- One member suggested that each R6 intergroup consider establishing an archive committee as Greater NY Metro IG has done.
- It was suggested that intergroups consider using USB or cloud backup for their documents, and that more than one member be given access.

PO COMMITTEE REPORT

Chair—Barb B., Secretary—Ron P.

- Barb B. was elected chair and Ron P. served as secretary.
- The PI Blitz Proposal Applications from three intergroups were read, and it was agreed they all met the criteria established on the application form as found on the Region 6 website.
- Ottawa District IG requested funding to focus on increasing referrals from Health Professionals via OA literature, posters and flyers.
- Central Ontario Intergroup proposed a series of ads in a daily free transit newspaper with a circulation of 1.5 million copies per day and a distribution area with an estimated total population of 8 million. They published a similar ad in 2012/2013.
- Ocean and Bay Intergroup from Rhode Island requested funding for the purchase and distribution of OA literature and flyers in local libraries, supermarkets, eateries and hospitals. The total area, including southeastern Massachusetts, has a population of about 700,000. All three proposals included plans for tracking the results of the campaigns and a method of reporting back to Region 6.
- It was suggested that committee members receive summaries of proposals along with the complete applications prior to meeting at assemblies to review the proposals.
- Another suggestion was a collation of the great advertising ideas, including graphics and text, for distribution to all intergroups to help with their local PI work in the future.
- Marlene explained that the application forms for PI Blitz funding are on the Region 6 website with appropriate deadlines. All applications are to be sent to the Region 6 Coordinator, who forwards them to the PI/PO Committee for review. The committee sends its recommendations on the merit and suggested funding for each proposal to the Region 6 Board.

IGOR COMMITTEE REPORT

Chair - Don C, Secretary - Samantha

- Don C. served as chair and Samantha H. served as secretary.
- Intergroup Officer Training and How to Build were discussed.
- There is a need for ongoing contact between intergroups for the exchange of information and possible coordination of events and outreach.
- Set up a network between past and present intergroup officers and IGOR members.
- As a follow up to the training, conduct a survey of intergroup needs.
- Follow up with the intergroups not represented at the Intergroup Officer Training.
- Assess/update the R6 Intergroup Handbook.
- Conduct monthly conference calls.

COMMITTEE REPORTS (continued)

FINANCE COMMITTEE REPORT

Chair - Kelly, Secretary - Denise O.

- Kelly, Region 6 Treasurer, chairs this committee and Denise O. acted as secretary.
- The use of PayPal for donations and available reporting were discussed.
- The reduction of paper files was discussed.
- A spot check of the finances was conducted.
- An email blast will be drafted to announce changes on the Region 6 website to facilitate PayPal contribution, and to attach a flyer for distribution.
- Research on best way to store financial records will be investigated with the bank and WSO.

MEMBERS WRITE

HOW DO I APPLY RIGOROUS HONESTY TO MY ABSTINENCE TODAY?

Rigorous honesty for me today is the direct result of being totally willing to go to any lengths by working the steps and using the tools. Surrendering to a Higher Power, I am given spiritual nourishment to apply rigorous honesty.

– Betty L, Nova Scotia Intergroup

I use my scale to weigh and measure virtually all of my meals. I find that this allows me the greatest possible freedom. I also use a clock to tell me the time before which I cannot start any of my three meals a day.

– Ron T

By staying accountable to my sponsor

By being a sponsor – being an example, for this I am responsible.

By turning my food over to my Higher Power and my sponsor every day and not taking it back. If I try to take it back I turn it over again immediately.

By never forgetting where I came from and writing a gratitude list each day.

By spending some time doing OA service each day. Have a plan and stick to it no matter what!

– In gratitude, a CT Intergroup member

By having morning conversations with God.

By working my program on all three levels.

By working with my sponsor and using all the tools.

– Anonymous

I share all my food secrets with my sponsor! – Anonymous

1. I weigh 3 meals per day.
2. I eat/consume nothing caloric between meals.
3. I eat only what is on my food plan.
4. I avoid sugar and flour and other trigger foods.
5. I weigh my body weekly and adjust my food (under the direction of my sponsor) if I'm overweight. (I haven't changed my amounts in over two years.)
6. I pray and do my readings, writing and quiet time every morning and apply the 12 Steps to my actions.
7. I take sponsee calls – all by 7 AM.
8. I call others in program daily, and take calls from others.
9. I attend 2 or 3 meetings weekly as well as attend other 12-step meetings.
10. I keep active in service.

(I do 1-5 perfectly, daily. I do 6-10 the best that I am able.)

“Our public relations policy is based on attraction rather than promotion”; therefore, I feel that physical recovery is the most effective way of carrying the message to the newcomer. “A picture is worth a thousand words.”

– Bill Partridge, New Hampshire Intergroup

Keeping Abstinence Simple

I work my abstinence exactly the same way I handle my sobriety...I hear it said that a compulsive overeater has a tougher task than an alcoholic, who simply needs to “put the plug in the jug” to stay sober. The compulsive overeater still has to eat three times a day, so the story goes.

Well, an alcoholic does not stop drinking; an alcoholic stops drinking alcohol yet continues to drink other liquids.

In the same way, a compulsive overeater – at least this one – stops eating alcoholic foods but continues to eat other foods in a moderate, healthy way.

And, just as the alcoholic never picks up a drink, not even on New Year's Eve or to toast a newly married couple, neither does a compulsive overeater ever pick up alcoholic foods – not at little Timmy's special birthday party or at Thanksgiving or other occasions.

To me, staying consistent with my food is practicing rigorous self-honesty regarding my abstinence.

– Gil P., SCMI

The Region Six Finance Committee requests all intergroups encourage their member groups to utilize the online donation option (via **PayPal**) on the Region Six website for their group contributions. Additionally, intergroups are encouraged to include a direct link to the Region Six 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 Six while removing the additional step of sending by mail. Region Six 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 of recovery.

WICKED AWESOME RECOVERY!

The Intergroups of Massachusetts Bay, Metro West and North Shore, and the Region Six Convention Committee welcome you to the 2014 Convention of Region Six of Overeaters Anonymous!

Join your fellow OA members for a Wicked Awesome weekend of Recovery October 24-26, 2014 at the Burlington Marriott Hotel in Burlington, Massachusetts. Details are available online at oaregion6.org/2014.

If you've been to a convention before you know there will be lots of meetings every day, and many members from inside and outside of our region will be sharing their experience, strength and hope. Over 200 people have already registered! If you've never been to a convention, make this your first!

Registration is quick and easy online. We prefer you register this way, and it will save you time, money and postage as well. The price for online registration is \$45 until August 15; after that date it will be \$50. Registration by mail is \$50, and the mail must be received by August 15.

We are looking for speakers and for people to help out in various areas such as entertainment and hospitality. When you fill out the convention registration form, please indicate what kind of service you would like to do and someone will get back to you.

We hope to see you in October; we'll have a Wicked Awesome time together!!

Wicked Awesome Recovery!
 2014 Convention of Region Six of Overeaters Anonymous
 Burlington, Massachusetts
 October 24-26, 2014
 See oaregion6.org/2014 for details!



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 and "Contribute!"

MEMBERS WRITE

HOW DO I APPLY RIGOROUS HONESTY TO MY ABSTINENCE TODAY? (continued)

I'm able to apply rigorous honesty to my abstinence today by staying fully involved in my program. Besides, who wants to turn his/her back on life in the fourth dimension!

– Ruth D.

I apply rigorous honesty to my abstinence today by submitting my food plan on a daily basis to my sponsor.

If I find that I made an error/had forgotten what I submitted, I contact my sponsor as soon as possible (typically via text message) to let her know of my error – or to resubmit (re-commit) my food.

Keeping my food “clean” with my sponsor’s help is allowing me to be abstinent and free of the food obsession – FOR TODAY.

– Anonymous

After thirteen years of abstinence, I had a binge one night, about 20 -30 minutes. I woke up the next morning and my thought was that if I didn't tell anyone, who would know? Well, I would know and my Higher Power would know. I would then “talk the talk” but not be “walking the walk.” The principle behind Step One is “honesty.” The principle behind Step Five is “integrity.” How could I live a lie, soothe my conscience, if I pretended it didn't happen? I prayed, as I usually do, that morning, and then called my sponsor. My gut told me to do it. My recovery told me to do it. I began day one again. Aren't we always at day one every single morning we wake up? In this new abstinence, which is a little under four months old, I feel reborn. I have clarity and a release from anxiety that I never had before, even with my thirteen years. I am blessed and thankful to OA for teaching me about rigorous honesty. It has never let me down.

– Andrea F, Greater New York Metro Intergroup

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

April 18, 2015

Sept 26, 2015

I PUT MY HAND IN YOURS

“I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.”

Thank you Rozanne, Rest in Peace.