



MESSENGER

THE BIENNIAL NEWSLETTER OF REGION SIX OF OVEREATERS ANONYMOUS

FALL 2014

CONTENTS

2014 Region Six Convention....1
Region Six Information2
Region Six Chair Article3
Region Six Trustee Report 4
Spring Assembly Minutes5
Committee Reports.....7
OA Members Share 9

EDITORIAL POLICY

THE MESSENGER is the biennial newsletter of Region Six of Overeaters Anonymous. **The deadline for copy is November 15, 2014 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@oaregion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated on page 2.

Nothing “Conventional” About This Convention!

WICKED AWESOME RECOVERY IS COMING TO BURLINGTON, MA

OCTOBER 24 –26, 2014

I remember my first Region Six convention. The year was 2004 and the location was Hyannis, Massachusetts. I had been a member for about two years and decided I would give the convention a try. I put two toes into the water that first year, opting to arrive early Saturday, attending the dinner dance and spending the night at a nearby motel, and returning the next day for the Sunday sessions.

A few things really stand out for me from that first convention experience. First, and no surprise today, are the people I met. I made friends that weekend that I’m still close to today. I remember Saturday evening’s keynote speaker (we are friends today, too). It was that weekend that I got drawn into OA service beyond the intergroup level as I was approached to take on the service of Region Six webmaster. I learned that, as a man at an OA convention, I was bound by tradition one (trust me on this) to dance at the Saturday evening dinner dance. What’s more, I discovered I could enjoy it.

Recovery is about more than putting down the food. It’s also about picking up life!

In the years since, I’ve been to most Region Six conventions, staying at the convention hotel so that I could

experience all that the convention experience has to offer.

This year, five local intergroups (Cape Cod, Mass Bay, MetroWest, North Shore and Seacoast) are joining hands to organize the OA Region Six convention at the Boston Marriott Burlington Hotel in Burlington, Massachusetts. Very conveniently located less than five minutes off Route 95 and five minutes from the Burlington Mall. This year’s convention promises to deliver three days of OA experience, strength, hope and fellowship.

Beginning Friday afternoon and continuing through lunch on Sunday, there will be member-led sessions covering the widest range of program topics. From God As We Understand God to 100 Pound Winners and, the always “sold out” Sex on Sunday Morning. There will be more than 50 sessions, including sessions appropriate for newcomers and seasoned long-timers.

Sign up for the hotel package (see www.oaregion6.org/2014 for registration and hotel information) and you get two nights in the hotel plus 5 meals, including the Saturday dinner banquet. All registered attendees are welcome to attend the keynote address and the dance after the banquet.

There will be raffle baskets, an OA boutique where OA groups and intergroups offer recovery-related merchandise for sale, and, of course, all the things a location like the Burlington Marriott has to offer

(cont'd from page 1)

including fitness facilities, indoor pool and whirlpool.

There are other attractions in the area, including historical sites like Minuteman National Historical Park and, for the shopping inclined, the Burlington Mall.

Whether this is your first OA convention or just your latest, you'll find abundant recovery in the OA rooms this weekend.

Please plan to join us October 24-26, 2014 in Burlington, MA for Wicked Awesome Recovery!



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

Jill M.

Chair & Editor

Jill C. & Ann B.

Proofreaders

Carmen D.

French Proofreader

Brandon H.

Website & Publications Coordinator

Mark M.

Layout

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

Hilton Garden Inn Albany Medical Center

62 New Scotland Avenue
Albany, New York, USA 12208
(518) 396-3535

2014
Fall AssemblySept 13

2015
Spring Assembly April 18
Fall Assembly September 26

2016
Spring Assembly April 16
Fall Assembly September 24

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 Six 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 & contributions!

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.

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 www.oaregion6.org and click on "Contribute" to find out more!

The R6 Board, R6 Bylaws and Twelve Traditions Are My Friends

It seems that when there are issues for the Chair to address or decide upon, they appear to arrive in waves -- nothing at all for weeks, sometimes months, and then the in-box is filled with emails that need immediate attention and action.

One of the hardest things to tell one's fellows in Overeaters Anonymous is *NO*.

When I receive a request to circumvent what has been agreed upon by group conscience I have learned to take a long, slow and deep breath.

When I first started doing service as Chair, I tried, at all costs, to see if there was a way to "make it happen." It would require multiple emails to members of the R6 Board, lots of discussions and voting. Ultimately, what would emerge is that the body of R6 had already made its decision in the form of its Bylaws and Policies and Procedures.

The group conscience of R6 as a whole is expressed within the R6 Bylaws and Policies and Procedures. According to the description of the Chair's duties, of the 22 items listed, item number 20 says *Promote overall unity and group conscience of R6*.

When I am tasked with making a decision, it must be on behalf of R6 and not what will make any one individual happy at that moment.

An example -- with regularity, as the date of an R6 Convention approaches, individual requests for refunds for registration fees begin to arrive; the closer to the Convention date, the more frequent the requests.

Would it hurt R6 to return one person's money? How about three people? By what date? What about processing fees that R6 will incur to return their registration monies? Who will pay for that? How do I approach that discussion? And the wheel just keeps spinning.

Let's refer to Tradition One, *Our common welfare should come first; personal recovery depends upon OA unity*.

The loss of the income, even including processing fees, clearly, will not hurt R6 financially. Making an exception for that one individual will, however, damage R6's integrity.

Any appearance of favoritism or preferential treatment hurts that individual's recovery and it also blemishes, what is expectantly, the rigorous honesty of the group and its trusted servants.

As one of those trusted servants, I have to be willing to accept the small wave of an individual member's discontent.

Today, when these requests come in, I resist a different urge, that of becoming incensed. *Didn't they read what was written? Why are they even asking?*

So, I still have to pause and take one of those long, slow and deep breaths. I know now to immediately ask for Higher Power's guidance; I read the applicable Tradition; I re-read the Bylaws, Policies and Procedures -- which is the group conscience of the R6, the group that I have been asked to serve; I inquire of my fellow R6 Board mem-

bers and am guided by their collective experience and wisdom.

Then, most importantly, I have to remember that I am dealing with compulsive eaters, impetuous people, who are just like me, who sometimes forget to think things through.

I summon up that line on page 164 in *The Big Book: The answers will come, if your own house is in order*.

Yours in service,



Diana G.
Region Six Chair

TRYING SOMETHING NEW WSBC FORUM 2014

As this year's Forum Chair at WSBC, I wanted to take a risk and try something totally different.

With Region Chairs Committee's vast knowledge, support and feedback, *Who Wants to Stay Abstinent? Play the Game and Stick with the Winners*, was a big hit.

What a gratifying experience to hear my fellow WSBC Delegates tell me how much fun they'd had and that they'd really learned more about OA recovery in the process.

OA Service - A Duty and a Pleasure!

Message From The Region Six Trustee

Hi, my name is Karin and I am an abstinent compulsive overeater. I just returned from the World Service Business Conference in Albuquerque. What a great week! It was filled with lots of business meetings, workshops, OA meetings and fellowship. It really is awesome to see how the group conscience of OA as a whole gets worked out. We also had a special memorial for Rozanne, our beloved founder. One thing I didn't get much of that week was sleep but it was worth it!

I have had a busy year so far as trustee. I have led workshops throughout the region, attended Region Six Spring Assembly in Albany and Board of Trustee meetings in Albuquerque, and by the time this is published we will be heading to the Fall Assembly. I plan to put my name in for trustee again, as I am enjoying this service so far and would like to continue.

The traditions provide the principles that keep OA groups strong and healthy. This is vital for the growth and life of OA. Honoring the traditions ensures the survival of the group. Tradition Three says "The only requirement for membership is a desire to stop eating compulsively." Simply put, from "The Twelve Steps and Twelve Traditions of Overeaters Anonymous: A Kid's View" (which is a free download on www.oa.org) it says "To be an OA member, all you have to do is want to stop hurting yourself with food."

Tradition Three tells us that there is only one requirement for membership. I don't have to follow a particular food plan, I don't have to be abstinent to attend meetings, I don't have to work the steps a certain way to be a member or even work them at

all – I just have to have a desire to stop eating compulsively. Honestly, when I first started coming to OA 25 years ago, I don't even know if I had the desire to stop. I did have the desire to be thin. But thankfully no one kicked me out and I finally did surrender and have the desire.

The purpose of Tradition Three is to ensure that the road will always be accessible to all who wish to travel it. Everyone is welcome. Anyone who says they are a member is a member and has the same rights as all other members. We want everyone to have the same chance for abstinence that we did.

Part of the definition of an OA group states:

"No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting)". Some meeting formats have an abstinence suggestion to share at a meeting but it cannot be a requirement if it is a registered OA group. There are also special emphasis meetings in OA but everyone is welcome even if they don't belong to the category towards which the meeting is geared. I am grateful for the unconditional acceptance that I experience in OA and that I found a home here many years ago. I still have the desire to not hurt myself

with food, one day at a time. Part of the regional trustee's duties is to lead Service, Traditions and Concepts workshops around the region. I have led three of these during the winter, and two were held at the end of May. 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. I love getting to know people around the region. It's a lot of fun!

I encourage you to spend some time on www.oa.org. There is a wealth of information there. Check out the [What's New](#) section where you'll find the Strong Abstinence Checklist, the Abstinence PowerPoint Presentation, the Unity with Diversity Checklist and some new podcasts.

I hope to see you in Burlington, MA for the 2014 Region Six Convention "Wicked Awesome Recovery!" October 24-26. It will be a great event so make plans to attend.

I am committed to abstinence and this program of recovery. It works, it really does! I wish you all the gift of abstinence one day at a time. Life is good!

Karin H.
Region Six Trustee,
trustee@oaregion6.org



Highlights of the Unapproved Region Six Spring Assembly Minutes

SATURDAY, APRIL 5, 2014

Hilton Garden Inn Albany Medical Center, Albany, NY

OA Meeting: There was an OA meeting 7:45am-8:45am.

Representative Registration: First time representatives registration was held 9:00am-9:15am.

New Representative Orientation: Region Six Trustee Karin RH explained the procedures of the R6A to the new representatives in attendance.

Opening Prayer/Welcome: The meeting was called to order at 9:59am by Chair Diana G. with The Serenity Prayer in English and in French. Diana announced Founder Rozanne S.'s death in January. She then asked those present to take a moment to think about how you found your way into OA because of Rozanne. Chair Diana G. welcomed all representatives and visitors.

The Twelve Steps were read by: Kat, Central Ontario Intergroup.

The Twelve Traditions were read by: Krista, Greater NY Metro Intergroup.

Concepts 1-6 were read by: Phyllis, Mass Bay Intergroup.

Concepts 7-12 were read by: Mark, SW Connecticut Intergroup.

Announcements:

Vice Chair Debbie H. announced the shuttle times, and asked that those with hotel concerns to please contact her as the liaison between R6 and the hotel. She explained that copying at the hotel's business center is limited to R6A business only.

The R6 Convention 'Wicked Awesome Recovery' will be held October 24-26, 2014 in Burlington, MA: The hosting intergroups, Mass Bay, Metro West and North Shore, presented a skit and listed the merchandise for sale in the back of the room: mugs, journals, and t shirts. Raffle tickets are available, as are flyers with raffle basket suggestions/guidelines and information for possible keynote speakers. Registration forms are also available, and registration can be done online or mailed in.

Diana reminded anyone going to WSBC to make sure you purchase and wear your t-shirts at the opening of WSBC.

Committee Meetings: Diana asked all committee chairs to come up to the front of the room and introduce them-

selves. She reminded the committees that Secretary Laura R. needs to receive all reports today by 5pm.

10:30am -12:10pm: Committee meetings were held.

12:15-1:10pm: Lunch break.

1:15-1:25pm: Representative Registration.

R6 Assembly reconvened at 1:30pm.

Secretary Laura R. called Roll Call.

Total reps present were 55, including the 6 board members. 31 votes are required for a simple majority vote and 41 for a two-thirds vote.

Adoption of Standing Rules: Clarification under Rule 'K', after the word Committee, the words 'and R6 Board activities' was inserted. The Standing Rules were then adopted as presented.

Adoption of Agenda: The agenda for today was adopted as presented.

Minutes Fall 2013 R6A: Laura R. asked if there were any corrections. The minutes were accepted as presented.

Announcements:

Debbie H. announced if you need a shuttle today please reserve in advance. She also explained how to get internet access today.

Diana announced the following:

WSO would like to increase the subscription of Lifeline this year to 10,000.

In memory of OA's founder, Rozanne S., WSO is offering three commemorative items: a CD, a DVD and a book. They are available from WSO Bookstore.

Strong Abstinence Checklist and Writing Exercise available from WSO web site.

Voices of Recovery Workbook is now available in hard-copy.

Subscribe to the WSO News Bulletins for all OA news.

Introduction of Officers / Former Officers.

Introduction of Volunteers:

Minutes approval committee: Mary S. - Capital District Intergroup, Buddy - Staten Island Intergroup;

Highlights of the Unapproved Region Six Spring Assembly Minutes (cont'd)

Timer: Beth M. – New Hampshire Intergroup;
Center Microphone: John C. – Western Mass. Inter-
group;
Registration: Andrea F. – Greater NY Metro Intergroup,
Mary S. – Capital District Intergroup.

Introduction of New Representatives: Chair called forward the new reps to introduce themselves:

Gina – NY Metro
Kat – Central Ontario
Amy R. – Greater Rochester
Howard – Mass Bay
Eileen – Mass Bay
Ainsley – NY Metro
Mark M. – SW Connecticut
Jane – North Shore
Marcy – North Shore.

Officer Reports: Full reports were available in the Spring 2014 R6 packet and for download from the R6 Website.

Treasurer Kelly C. distributed the financial report as well as the donation report to the representatives.

Committee Reports: Reports will be available in the Fall R6A packet. The R6 Messenger also summarizes the committee reports.

R6 PI Blitz Caucus: The board met, and with the PI Committee's recommendations awarded the following funding: Nassau County – \$365.00, New Hampshire – \$660.00, Ottawa – \$619.25

Writing segment: Jill C. of the Newsletter Committee announced the topic for today: How do I apply Tradition 1 to my life today?

NEW BUSINESS:

Bylaws/Policy Motions:

Motion 1, presented by Brandon H. as a previous chair of the Bylaws Committee, was carried. It amended the bylaws by striking Section XII and Section XIII and replacing with a new Section XII. The purpose was to accurately define the financial structure of Region Six in order to distinguish it from the function of the R6 Finance Committee.

Motion 2, presented by Jill M. as chair of the Newsletter Committee, was carried. It added Policy 042 to the

Policies and Procedures in order to provide for paperless distribution of the R6 Messenger.

The 12 Step Within Committee handed out their project: 'Twelfth Step Within Telephone Call Initiative' with their results from each intergroup in the region.

Treasurer Kelly C. presented the 2014-2015 budget to the R6A. There were a few errors in the budget line items. The grand total, addition error was corrected, the monies carried forward for the R6 Convention. The budget was then adopted as corrected.

Jean B., R6 Convention 2014 co-chair, introduced the committee working on the convention. Phyllis announced that if you don't take the meal package with the convention, you may purchase the banquet for \$50.00 thru Ticket Leap.

WORKSHOP

The workshop for today was presented by United Westchester Intergroup. This is a brief synopsis of the workshop.

We were advised that this is Part 1 of a five-part workshop. It is called "Abstinence and Honesty" and was interactive. One sheet of paper showed the cycle of addiction. The second sheet went through the 3 columns of different foods, preparing the groundwork for developing a 'Plan of Eating.'

Column A – Foods that you know are your heart of heart trigger foods.

Column B – Foods that may not be, but sometimes might be a problem.

Column C – Foods that clearly are not a problem.

The third sheet may be downloaded from the OA website. The sheet is titled "Strong Abstinence Checklist and Writing Exercise."

The Lifeline raffle was won by Jane – North Shore Intergroup.

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

Adjournment: Diana adjourned the Spring 2014 R6A at 4:22pm with the Serenity Prayer.

Committee Reports

TWELFTH STEP WITHIN COMMITTEE REPORT

CHAIR: TERRY G.
SECRETARY: NANCY K.

Reviewed memo and flyer created and distributed to IGs.

Reviewed survey that was distributed and results tallied.

Create text to accompany memo and flyer and forward for review and distribution will be sent again to intergroups.

Develop stories demonstrating positive outcomes of

Twelfth Step Within efforts for submission to Region Six Messenger Newsletter.

Reschedule telephone initiative survey for August 2014.

Create one page flyer for distribution to IGs on Twelfth Step Within document from World Service. Long term goal is to increase IG awareness of what Twelfth Step Within represents.

CONVENTION COMMITTEE REPORT

CHAIR: SUSAN P.
SECRETARY: HELEN K.

Discussed commitment to the committee's purpose which is to ensure conventions happen and to hold members accountable between assemblies.

No individual intergroup has come forth to host the 2015 convention, so the Convention Committee has taken on the challenge to do it.

An idea was presented to have the convention get out of the meal business; so many different food plans, almost impossible to accommodate them. Perhaps we could just offer the banquet and leave people to their own devices for the other meals.

2014 Convention will make a special effort to welcome newcomers. Metrowest Intergroup has voted to fund newcomer/walk-in registrations. This plan is still in the works with enthusiasm.

The program committee will consider more newcomer programming, mentors and greeters.

Karin R-H and Susan P. will follow up with deadlines and goals via conference calls and e-mails.

The committee will have a proposal for the 2015 convention ready for Fall R6A; Albany, NY is a strong contender for location and Susan P. is willing to chair it.

R6 will not have a 2016 Region Six Convention, as the OA World Convention will be held in Region Six that year, in Boston, MA.

IGOR COMMITTEE REPORT

CHAIR: DON C.
SECRETARY: AUSTINE R.

Committee will contact/follow up with unaffiliated groups.

Formed committee to Revise / Update OA Region Six Intergroup Handbook.

Decided to revise Region Six Travel Fund Scholarship Application.

Decided to promote the use of the IGOR Net email group and expand the membership.

YOUTH IN OA COMMITTEE REPORT

CHAIR: RANIA LEE
SECRETARY: GINA MARIE

Decided to create a suggested format for Youth in OA meetings and send it out.

Decided to offer tips on how to get Youth in OA meetings started.

Discussed where the intergroups are lacking for Youth in OA?

Decided to request \$100 from Region Six to order 50 Youth in OA packets; Karen would research this.

Decided to create a list of intergroups that are reaching youth.

Decided to create a cover letter with suggestions on youth outreach.

PI/PO COMMITTEE REPORT

CHAIR: BARB B.
SECRETARY: EILEEN RT

Discussed blitz proposals from Nassau County Intergroup, New Hampshire Intergroup, Ottawa Intergroup and will recommend approval of all three to the Board.

Determined that the committee is not receiving adequate feedback from intergroups which had received previous funding.

PI/PO will reach out to blitz recipients to provide support, gather interim information, and remind recipients of various deadlines.

PI/PO Chair will reach out to the blitz recipients one month out about the August 31 deadline for receipts being submitted.

Committee Reports (cont'd)

BY-LAWS COMMITTEE

CHAIR: JEFF S.

SECRETARY: KAT N.

Discussed proposed bylaw amendment dealing with the financial structure of Region Six.

Discussed proposed new business motion "modernizing" the methodology of R6 publications.

Considered the probability of working jointly with what is currently called the Newsletter Committee to create a bylaw and procedural amendment to Website and Publications Committee, depending on their preference.

Jeff will coordinate with Jill M., Chair of the Newsletter Committee. They will prepare a motion to send to the members of this committee for consideration at the R6 Fall Assembly, regarding changing the name of the Newsletter Committee.

Diana G. reported that the World Services Business Conference 2014 will be considering significant numbers of bylaw amendments, which if adopted will have to be adopted as amendments to our R6 bylaws. This issue will be considered at the next region assembly.

NEWSLETTER COMMITTEE

CHAIR: JILL M.

SECRETARY: JILL C.

The spring 2014 Messenger came out in French and English in a timely manner.

Discussed motion to have the Messenger only published electronically.

Discussed the tasks involved in creating the Messenger.

The question for the writing session was discussed and chosen.

The goal was set to provide timely publication of the Fall Messenger in both English and French.

Jill M. will remain committee chair and editor; Mark M. will be responsible for layout; Ann B. and Jill C. will be proofreaders; Carmen D. was not present but had previously volunteered to be the French proofreader.

Discussed maintaining a history of previous questions.

Discussed having more communication about the availability of the newsletters on the website.

Discussed changing the committee name to Website and Publications Committee and will work on this with the By-

laws Committee for the Fall Assembly.

FINANCE COMMITTEE REPORT

CHAIR: R6 TREASURER, KELLY C.

FINANCE LIAISON FOR BALANCE OF 2014: AINSLEY

Taxes are currently being done and expected to be completed on-time.

Noted that there was an issue with the total of Expenses of \$67,300.

Ainsley suggested we increase our donation amount for the year to \$22,250 to balance the budget.

An email was sent to intergroups in spring 2013 to encourage them to contribute online.

How can we encourage on-line contributions? Committee would like to send an email to intergroups asking them to put a link on their website that will go directly to the online contributions page for Region and WSO.

Amy will draft an email and send to R6 Treasurer by May 1.

Have a workshop/skit at Fall Assembly 2014 demonstrating how to donate online.

Tracy will write up a straw manuscript and we will circulate among the committee for feedback by June 1.

Treasurer position will be open for anyone interested in running who meets the qualifications and applications must be submitted to the board by July 15.

Document storage: still investigating possible vendors. Will work with Board to determine best vendor.

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."

OA Members Share

HOW DO I APPLY TRADITION ONE IN MY LIFE TODAY?

In the OA 12&12 it mentions how we honor a group's format. For instance, if the format states we have a three minute share - we have a 3 minute share. That's simplifying the concept of unity to me. Taking the traditions out of the meetings and into my life has given me a valuable tool that helps me get along with other in the world. I respect people's choice even if I don't agree with them. I've learned to become more open minded in my opinion, rather than remaining narrow minded and centered on how my ideas work out. When I work with others, I find happiness and serenity, even when I am in disagreement with them. The happiness and serenity stem from the feeling of being 'a part of.' It's important to me to not feel alone in the world. Practicing unity defeats isolation.

~Andrea F, Greater NY Metro IG

Tradition One for me is a reminder to listen and to pray for guidance before I speak and/or act. In group conscience meetings, Tradition One helps me to focus on what is best for the group and OA as a whole as opposed to what is best for me. Recently at a step meeting, a member proposed that we read Step one instead of the scheduled Step four because there was a newcomer present.

~Anonymous

When I make decisions affecting my home life i.e. Travel for OA, time commitments, large purchases, I need to consider and include my husband instead of assuming he's on board. I have to consider what's best for my whole family unit and not just what's best for me.

~Jill C.

OA is a very important part of my life. It has saved my physical life and expand my spiritual life. So needless to say the welfare of the fellowship is of paramount importance. Considering that, I make every effort to keep it healthy through participating in the group conscience.

~Anonymous

I have heard many times in OA that the traditions apply not only to the well being

of our fellowship and program but also to our personal lives. Tradition One refers to our common welfare coming first. This idea is very helpful when I am making decisions for my home, my family, my community. In my disease of compulsive eating, my welfare comes first. I think of me, me, me - my needs, my wants, feeding my distorted image of my self importance, self will run riot. This creates much discord in my relationships and much anxiety in my emotional life as I attempt to control the universe.

It was a relief for me to learn in program that my personal well being depends very much on unity. My husband, my kids, my friends and acquaintances benefit greatly when I can put the common good before my own desires. Tradition One is a great lesson in humility, in surrendering to a power greater than myself. I am doing something that I do not want to do and trusting that all will be well. The miracle of course is that this action results in another great abstinence day for me.

~Marilyn C., Montreal English Intergroup

I try to remember to apply the slogan, "Principals above personalities" to my daily life. It is always good for me to remember that I am not perfect either! If I hear rumors and gossip, I do not engage in those conversations, and I do not repeat whatever I may have heard others say. The "Golden Rule" is my ideal. When my own behavior falls short of these goals, I make amends and renew my commitment to doing the right thing because my recovery depends upon O.A. unity

~Anonymous

Live and Let live. We all come together because we all have this disease and we all want to stop eating compulsively. (Tradition Three) Our choice of a Plan of Eating does not matter. Our choice of Higher Power does not matter. What does matter is that I continue to work the steps, live the traditions, study the concepts and share my program with other compulsive overeaters.

~Western Mass IG

* I am here attending the Region Six Assembly.

* I did service as the secretary on the PIPO committee.

* We have regular business meeting of our OA group, where I typically take notes.

* By attending OA meetings and following the seventh tradition, I feel I am helping keep OA alive.

* As the PIPO representative from New Hampshire Intergroup I help.

~NHI

Since much of the service I do in OA involves business meetings, IG meetings, R6 committees and a Virtual Service Board, I am consistently challenged to keep my focus on "our common welfare" rather than pushing for what I think would be the best for any of the groups I'm involved with.

I am willing to stay as open as I can to feedback I might receive, pointing out that my passion for how I would see these groups progress may have crossed the line into not listening to instances of common welfare - including other people's feelings.

I am continually learning how to function as part of a team rather than as an individual with strong opinions. Even though I naturally start out believing in my ideas, my recovery is strengthened when I can step back and honor OA's unity through an appreciation of being part of the whole of OA.

~Samantha H, SWCT IG

Tradition One tells us that OUR welfare depends on OA unity. The tradition talks about OA unity but this concept can be (and should be) applied to, as Step Twelve puts it, "...all our affairs."

I live with a very sick man - sick on many levels. If I want to ensure what's good for me - my welfare - I need also care about my husband's welfare and therefore our common welfare. The path to achieving this common welfare is through unity. We must work together to reach our common goal of a peaceful home and marriage, even if we don't always agree on what that looks like. In order for me to have peace, I must be at peace. Sometimes I must compromise even when I don't want to.

This also works in the workplace. If I want to continue to have a job, I must do my part to create unity in the workplace. I don't always have to agree with management's position but after giving my opinion when appropriate, I need to accept what is best for everyone in order for everyone to experience a "common welfare"

~Ann B, Nassau & Queens Intergroup