Dear Region 6 members:

I’m look forward to seeing you in person, even with mixed feelings about the Spring 2024 Assembly. It will be my last Assembly as Trustee Liaison for Region 6, and I’m feeling sad. I also feel happy that I stepped up to serve, and that it is time for me to step down! My report below covers from the Fall 2023 Assembly until now.

Trustee Liaison work

As I end my 6th year as your trustee/trustee liaison, I have reflected on what this work has meant to me. Nothing has shown me my defects of character in quite the same way as service at this level. I’ve also learned so much from the people I’ve given service with; I feel I’m coming away from this service a better person.

I’ve attended 5 R6 Board video meetings. We will meet again the night before Assembly in Albany.

The in-person 2023 R6 Convention October 13-15 in White Plains, New York, titled “Welcome Home,” was fabulous. Everyone was so happy to be together again! Tons of thanks to the committee for their hard work!

The in-person 2024 R6 Convention will be held October 25-27 in Nashua, New Hampshire. Entitled Together We Recover, the planning committee has strong co-chairs and a robust list of committee chairs and volunteers! It promises to be fabulous, as R6 Conventions are, thanks to the hard work of many behind the scenes!

The Board of Trustees met in person in November and in February we had our usual virtual meetings. We’ve also met a couple of times with the Region Chairs Committee to do Strategic Planning.

This year I am serving as Region 6 Trustee Liaison again and also assigned to 4 committees: as Trustee Co-Chair of the Young People’s Committee; as a member of the Board Reference Manual (BRM) Review committee; as a member of the International Publications/Translations Committee; and as a member of the Conference Planning Committee. Each committee meets at least monthly.

Region Chair Kimberly and I meet weekly (16 times!) to discuss Region 6 issues and plan projects.

Kimberly and I also invite all Intergroup chairs and members, and any OA members, to meet with us in the Intergroup Forums to network and get to know and learn from each other.

Recent topics include a presentation on the challenges of being a French-speaking intergroup in a predominantly English-speaking region; the development of a successful Newcomer meeting; the results of a member survey about the schedule and topics for the 2024 IG Forums (100 members responded to the survey, 20 in French!); and the WSBC Agenda Questionnaire and the process for completing it in your intergroup. Future topics include Public Information campaigns that are effective, easy, and low cost (and they’ve worked!) and tips for getting people to do service.

Upcoming travel: I will travel to Albany for the R6 Assembly on 4/6/2024 and to Albuquerque for Board meetings and WSBC 5/5-11/2024. At the end of WSBC, I will no longer be a trustee!

What’s New at WSO:

Registration is open until March 27 for the May 7-11, 2024 World Service Business Conference, We ALL Belong: Welcome to OA. Conference Documents, hotel registration and more can be found at https://oa.org/world-service-business-conference/.

“The Twelve Concepts of OA Service Workshop” can be found in the Document Library under the categories “Service Body Resources” and “Workshop and Fellowship Ideas.” Find upcoming events on the oa.org Event Calendar. Browse OA events and use the submission form to post your event. It’s never been easier! https://oa.org/event-calendar/

Funds are available for groups to run a booth at professional health conferences. Apply for Professional Exhibits Funds at https://media.oa.org/app/uploads/2023/01/12085844/professional-exhibits-fund-

application-1.pdf

OA’s latest E-book, the Public Information and Professional Service Manual, contains outreach activities such as press releases, carrying the message to correctional facilities, health professionals, the military, and local news sources, all while protecting anonymity. And more. Find links at OA bookstore or through third-party e-readers.

This new OA letter template can be the first step in carrying our message to future health care providers. Find it at https://oa.org/assisting-medical-and-health-care-students-and-professionals/

Webmasters can learn how to make subtitles in 16 languages appear automatically when embedding OA Public Service Announcement videos on our websites. https://4cbgp.r.sp1-brevo.net/mk/cl/f/sh/WCPzyXJTZ7QY61h2gkCllZW1XVPcTRg2/c2iWDcTDoYO5

Documents about OA Literature have been updated. Find them at these links. OA Literature Order Form: https://4cbgp.r.sp1-brevo.net/mk/cl/f/sh/WCPzyXJTZ7YLA3uJ2pgRXJfogIIjj9IA/\_Q6Lmeq6lx0V. OA Literature Catalog: https://4cbgp.r.sp1-brevo.net/mk/cl/f/sh/WCPzyXJTZ7g8E67ZOvA7J3pbp5BqyquI/iDEzeyXs2StH. OA-Approved Literature List: https://4cbgp.r.sp1-

brevo.net/mk/cl/f/sh/WCPzyXJTZ7nvI8Kpl0dn4nzOxs4yEYWQ/qh033mhtXBYD

OA.org will soon have a new Seventh Tradition contribution portal, offering new features for OA members. If you’ve ever used oa.org/contribute to make a Seventh Tradition contribution, OA world services will soon send you an e-mail via info@oa.org inviting you to sign in to the new member contributions portal.

The new A Step Ahead news blog at https://oa.org/news-events/ is where we can find all world service news. Get notified of new posts via the WSO email newsletter and social media!

The application deadline for the Translation Assistance Fund, to assist the efforts of our Fellowship to translate OA literature, has been changed from twice a year to a rolling monthly basis (no deadline).

The Professional Community Courier has been updated to Issue III. It can be found at https://oa.org/professional-community-courier-2024/

The WSBC Young People’s Committee created a letter carrying our OA message to higher education staff, informing them of the hope that OA has to offer still-suffering student. It can be found here: https://oa.org/assisting-staff-responsible-for-student-well-being-at-higher-education-institutions/

New “Welcome” text has been added to the OA Suggested Formats. “Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are.”

The newcomer depends on accurate meeting information on oa.org. Check your meeting information at oa.org/find-a-meeting (FAM), and if you find a problem, submit an update via Edit a Meeting.

To set up an Automatic Recurring Contribution (ARC), visit oa.org/contribute. Members may also sign up for the ARC program by calling the WSO at 1-505-891-2664. By signing up with OA’s ARC program, members can give monthly or quarterly contributions automatically, using a credit card.

Serving you and Region 6 as trustee liaison has changed my life and my view of the world, in a good way! I am excited to see each of you in person at the Region 6 Spring Assembly, and I commit to continuing to work together with you to carry the OA message!