Welcome to the Spring 2024 Region 6 Assembly! In November 2023, I was appointed as a Vice-Chair, and I am grateful for the opportunity to serve and learn new skills.

My report includes updates on activities I’ve worked on over the last four months, updates on future assemblies and important information about hotel and Assembly logistics for this Assembly.

Upcoming Assembly Dates

2024: September 21st (Albany, NY)

2025: April 5th (on Zoom) and September 20th (Albany, NY)

2026: I will be proposing the following dates, to be presented during assembly: April 11th and October 4th

Board Mentor – Twelfth Step Within Committee

This year’s Twelfth Step Within Committee is focusing on learning more from other service bodies, discovering how to welcome people who are neurodiverse and creating a guide for Relapse Recovery workshops. A blog post was written around the work of the committee.

As a reminder, you can find information for members in relapse and for newcomers on the Region 6 TSW page: https://oaregion6.org/resources/12th step-within/

French Interpretation/Translation

Region 6 has three intergroups where the majority of the population is French speaking, so we have begun the work of providing interpretation at our Assemblies beginning with this Assembly. Therefore, the Assembly will be a bit different this year. We will need to ensure that we speak into the microphones, as what we say will be interpreted into French for those who are more comfortable in French.

Hotel Liaison

I’ve been working closely with our contact at the Hilton Garden Inn Albany Medical Center; the staff continues to work hard to meet our needs. Please let me know if you have any questions or concerns.

Additional information on the Assembly is available in emails from the Region 6 Coordinator and on the Documents page of the Region 6 website: Region 6 library — Region 6 of Overeaters Anonymous (oaregion6.org). We strongly recommend you print out all documents and bring them to with you!

The Albany Convention Bureau now provides restaurant and other information via their on-line visitors’ guide. The Discovery Albany visitors’ guide is available at About | Online Visitors Guide (albany.org)