

Region 6 Fall Assembly 2013 Report

Jill Meier

Assembly is now behind us, but as I've learned in OA, there is always something ahead of me to work towards, otherwise I stop growing!

NOTE: Even if you don't read the whole report, read the announcements at the bottom!

One big piece of news to come out of Assembly is that the Region 6 Convention is coming to Burlington, Massachusetts October 24-26, 2014! I'm really excited, because it's been a couple of years since I attended a convention, and I really miss getting that big jolt of fellowship and recovery. If you've never been, now's your chance! It's easy enough to be a "day-tripper" and just come for Saturday if you aren't able to stay for the weekend. Just imagine a really really big and really really long Sharathon and you start to come close to the feeling of a convention. And the more you attend events outside the scope of the intergroup, the more you meet new people and get to see them over and over as you and they keep coming back! Register now for the convention at oaregion6.org and you will get the lowest price you can. After October 15, the price goes up. I already registered; I plan to go, but sometimes HP has other plans, in which case it's a small contribution to the success of the convention and the far-reaching affect of that to OA in our area and beyond!

Although I had been in Albany since Thursday afternoon for the Training Workshop, the troops began to arrive en masse Saturday morning. Remember when I said the more you come, the more you meet people? Well, I really felt like I was with my "peeps." There were 67 voting representatives in the room, but if you add in the service volunteers and guests, the number goes up from there. These people all gave of themselves on a beautiful fall day in order to be of service to the membership of Overeaters Anonymous. That's what we're all about – carrying the message of recovery to the still suffering compulsive eater, both inside the rooms and outside the rooms. Region 6 is very strong. We have a very large presence at World Service, even though it is a long ways away. At Assembly it was mentioned that we are a large region geographically, but looking at the map of the OA regions, we aren't that big. But we are disproportionate in terms of the number of meetings we have, and the size of the meetings we have. And looking closer, a lot of those meetings and members are right here, in the extended "Greater Boston" area. When speaking with others, I am always grateful to live in an area of the country where OA is alive and well! I want to do my part in keeping it that way!

The morning was primarily spent in committee meetings, where the committees regroup after six months of working together on their goals and tasks, staying connected via email, conference calls and other new technology. For example, thanks to the work of the Public Interest/Professional Outreach Committee, funding is available from Region for intergroups to reach out to their communities. Eileen RT has prepared an application so that our intergroup can receive funding from this source. The Twelfth Step Within Committee supports increasing recovery within the rooms. Although helping those in relapse to recover is part of their mission, it is more than that. The IGOR Committee (Intergroup Outreach) was instrumental in providing the Officer Training Workshop that I attended prior to Assembly. Without the Convention Committee, there would be no Region 6 Convention! And the Newsletter Committee, of course, is self-explanatory. This is where I spent my time, because my Higher Power let me know it was where I could be of the most service. I have been on the committee before, but being chair is a new position for me and I feel I will learn a lot, and not just to keep my hand down!!

Lunch followed the committee meetings, and we had a special treat. The Region Chairs Committee meets three times a year, with one of those times being in conjunction with a Region Assembly. This year, it was our turn. Several times on Saturday we were treated to hearing the region chairs speak about their recovery and service. Among other things, the Region Chairs Committee presents a forum at World Service where delegates exchange ideas on a particular topic. For example, at WSBC this year, the forum was focused on "identifying areas in all levels of Overeaters Anonymous where we can strengthen our message and our recovery" and discussion questions were based on the 2012 inventory survey sent to the fellowship.

Elections were held for three positions on the Region 6 Board. We re-elected the chair, Diana G. The coordinator, who manages communication with and the recording of information about intergroup, is now Lisa F. The Website and Publications Coordinator is now Brandon H. It is interesting to note that there are three board members from Mass Bay Intergroup, which is not very far from us here in New Hampshire.

There were no motions, so we set dates for the next few years of Region 6 Assemblies, held raffles for a Lifeline Magazine subscription and leftover fundraiser items from the Ottawa Convention and ended early!

At every Assembly, the representatives are given an opportunity to do some writing in order to provide material for the Messenger, which is the Region 6 Newsletter. The writing can either be handed in after the Assembly, or emailed to newsletter@oaregion6.org. Although we are limited in the size of the hardcopy newsletter, the online editions of the Messenger can have unlimited size. All OA members are invited to send in their sharing by November 15. Please pass this along to your meetings!

The question is:

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

How do I apply rigorous honesty to my abstinence today?

Here are some announcements that were made:

- OA Region 6 Convention October 24-26, 2014 in Burlington MA! Register online by October 15 for the special low price of \$25 at www.oaregion6.org and follow the link to the Convention page!
- The For Today Workbook is now available in a soft-cover book as well as an e-book! Go to oa.org and visit the bookstore!
- Contribute to Region 6 and to World Service online via PayPal if you can
- Whenever you contribute, use the form provided online, and be sure your group number is on the form and the check!
- Be sure you use our new preamble 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.

Thank you again for this opportunity to be of service New Hampshire Intergroup, and as a result, serve OA as a whole by strengthening my personal recovery and participating in growth opportunities!!

Love and recovery,

Jill Meier

Region 6 Business Meeting – September 28, 2013

After the opening business reports I went to my committee meeting PI/PO (Public Information – Professional Outreach). Before we had really begun any reviews of Blitz Reports our mentor Laura R. came in looking for a qualified Chairperson for the “Youth in OA” Committee. I volunteered and was moved to the next room. The meeting was already going and ideas of how to obtain information to help attract young people were being discussed. Because I came in in the middle of it all, I felt pretty ineffective as a chair and the meeting sort of took on a life of its own. The members discussed communication with campus radio stations as well as investigation with regard to what might be available from other regions and World Service. We scheduled a Skype conference call for November 19th perhaps to continue our thoughts or maybe listen to someone from NJ who has youth experience. I’m not sure. I never really chaired the meeting or got caught up with the goings on.

I really don’t think there is much difference between the PI/PO committee and the Youth on OA Committee regarding the attraction issues, so other than my inability to chair, I expect I’ll learn a lot as time passes.

The afternoon session was filled with election of Officers & other service positions, followed by Officer and Committee Reports.

My favorite part of the day was lunch. Not the food in particular but we had three Region Chair speakers from all over the country, and one from Israel, who shared their experience, strength and hope for 20 minutes each. We had three more at the end of the day. They were all inspirational and examples of physical, emotional and spiritual recovery as well as active in service at Region and World Service levels.

The ride to Albany with Judy and Naisa was entertaining as well.

More specific minutes of the meeting, will be available on-line.

Respectfully submitted,

Bill P, Region 6 Representative