

## Region Six Fall Assembly 2014 Report

Jill Meier

Thank you once again for the opportunity to represent New Hampshire Intergroup at the Region Six Fall Assembly, which was held September 13 in Albany, New York.

I had the privilege of sharing my experience, strength and hope with another OA member who was considering attending Assembly as a guest. I attended as a guest when I first had the opportunity, so I felt qualified to share with her! To me, voting on motions and voting in the elections is just a very small part of the “assembly experience.” As a guest, I was able to participate in the “big picture” and to experience what it means to be gathered together with abstinent compulsive eaters from New England, New York and eastern Canada. Yes, Bermuda is part of Region Six, but unfortunately they didn’t send a representative.

So, what does it mean in terms of the “big picture” to me? When I’m at home, it’s easy to see myself as just a member of an OA group. We meet once a week and maybe connect in between. Maybe someone will offer to attend the intergroup business meeting and get a little bit more of “the picture.” A number of years ago, that person was me. I saw others willing to take the time to attend a business meeting (can you imagine?) and help strengthen OA within the area by managing tasks such as creating meeting lists and newsletters and planning events such as retreats and sharathons. I wanted what they had! Everything that we do at the business meetings helps us to carry the message of recovery that OA has to offer, and it makes no sense for individual meetings to do most of these tasks (see Tradition Nine). Another part of intergroup business meetings is for the different OA groups to connect with each other, to share what works and to ask for help.

Region Six Assembly consists of representatives from intergroups, officers who are elected to perform jobs at the region level and other OA members who come as visitors, either to observe or to help out. Don’t we know that there’s always a need for members to help out? (see Tradition Seven). For a little more context, there were sixty people eligible to vote. Again, to me the voting is not so important but at least it gives me a number to cite! There were maybe ten or so non-voting members as well. And what is the purpose of the assembly? See my previous paragraph but raise it up a level! What can we do as a region to help strengthen OA? We have committee meetings to share ideas that can trickle down to the intergroups and groups. We plan conventions so larger numbers of OA members can gather together and share their experience, strength and hope. We give, both financially and otherwise, to those intergroups that need help to become stronger, through scholarships to attend assemblies and World Service Business Conference and just through being there and sharing what we have. Basically, we carry the message of recovery together!

“So, Jill, what else is there to “the assembly experience” other than voting?” Well, thanks to my Higher Power, I was able to head west Friday afternoon and return Sunday morning. I was given six hours in my car to share with another OA member who was travelling with me. Yes, I do enjoy time alone in my car, but today there’s more to life than audiobooks ☺ I had two nights, a number of meals, two “formal” OA meetings and a large number of informal meetings with other OA members, which in essence was any time I wasn’t alone! When I spend time with a non-OA friend (of which I have a couple) we talk about lots of “this and that” and catch up. Somehow, when I’m with OA friends (and to some extent, you are all my OA friends), even when we talk about “this and that” and catch up, we end up sharing about stuff that matters, such as Higher Power, the steps, the traditions, the concepts, the tools, etc. And that’s because we don’t just go to OA meetings. OA is integrated into our lives! We live OA!

Another big part of “the assembly experience” is committee meetings. Much as I wanted to attend a committee where I didn’t actually have to “work” (my perception of all the other committees, although I am sure I’m a little biased) I needed to attend the newsletter committee to turn things over to a new committee chair/editor and to make sure they still kept doing things my way (just kidding!). The *Region Six Messenger* is our biannual newsletter, and the purpose of it is to share regional news with OA members in the region! Newsletter tasks were assigned to different members, and we discussed ways to make the *Messenger* more interesting. Even the

committee members admitted to turning to the last pages first to read the sharing before the business! During one of our breaks we are given a question to write on, and those responses are part of the newsletter. We are also trying to spread the word that all members can write on the topic and send it to the newsletter committee at [newsletter@oaregion6.org](mailto:newsletter@oaregion6.org) if they so choose. The deadline is October 31. The question was suggested by the Twelfth Step Within committee and is: **HOW HAS BEING ON THE GIVING OR RECEIVING END OF A TWELFTH STEP WITHIN CALL INFLUENCED YOUR RECOVERY?**

As I hope you all know, the 2014 Region Six Convention will be held October 24-26 in Burlington, Massachusetts! Be there or be somewhere else and wish you were there ☺ Details on [www.oaregion6.org/2014](http://www.oaregion6.org/2014). Register online by October 15 or register at the door! I can't explain very easily what a convention is about; you have to be there to understand it! But if you've been to a sharathon, imagine that as an all-weekend event with 200 or so people! I'll suggest that you read the front page of the latest newsletter for a better idea of what's in store for attendees; see:

[www.oaregion6.org/wp-test/wp-content/uploads/2014/09/2014\\_fall\\_messenger\\_090414.pdf](http://www.oaregion6.org/wp-test/wp-content/uploads/2014/09/2014_fall_messenger_090414.pdf)

As I said a year ago, 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! And, remember, 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!

Next year, the 2015 Region Six Convention will be held October 23-25 in Hartford, Connecticut. It's still an easy drive and well worth it! There will be no hosting intergroup; convention committee members have been recruited from the entire region! More news to follow after the 2014 convention is a "wish you had been there" event! And, as in the past, there will be "early bird" registrations available for a short time, so stay tuned!!

We were reminded at assembly that Region Six and World Service prefer online payments via PayPal. See [www.oaregion6.org](http://www.oaregion6.org) and [www.oa.org](http://www.oa.org) and follow the "Contribute" links for details! If you still want to send a check, use the form available online to be sure to include all relevant information, and include your group number on the form and on the check!

I mentioned above that Bermuda has yet to send a representative to assembly. I would love to have them send one, not just so we can have a convention there, but because it would mean that OA has grown in Bermuda enough for them to be able to send a rep and to have someone willing to be a rep! Region Six has a scholarship fund in order to support intergroups in sending reps to assemblies, but that's only part of what it takes. New Hampshire Intergroup has the funding to send four reps, and will pay for travel, one night's lodging, and one dinner. We only sent three reps. Please think about that!

I hope you've read this far, and I hope you're glad that you did! This was a different kind of report but HP made me do it!

As a final note, I want to share something that I heard recently. If you are asking yourself "where are the people with long term abstinence?" the answer is they are at Region Six Assembly and they are at World Service Business Conference. So, stick with the winners and come join us! And remember it's not all about voting!

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

Love and recovery,

Jill Meier