

Region Six Spring 2015 Assembly
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A total of 54 OA members (6 board members and 48 delegates) attended the Spring 2015 Region Six Assembly in Albany, New York on Saturday, April 18, 2015.

One of the highlights of the day was a one hour workshop titled ***Abstinence and A Plan of Eating*** which was presented by our Region Six Trustee, Karin H. In its entirety, this workshop is three hours in length and the entire presentation can be found on the OA website under Members/Groups>>Group Support or simply under Documents. Any OA group or service body is welcome to present it. The workshop is very “hands-on” and concrete in nature. The presentation explains the difference between Abstinence and a Plan of Eating so simply:

The definition of abstinence is the same for all members, but the details of A Plan of Eating for each member may differ depending on what compulsive food behaviors we engaged in while practicing our disease, such as overeating, under-eating, and purging. A Plan of Eating is a Tool to help the OA member to maintain abstinence, i.e., to refrain from compulsive eating and compulsive food behaviors and to work toward or maintain a healthy body weight. There are as many “plans of eating” in OA as there are members, and a plan may change over time for each member. *Dignity of Choice* has samples of some of the many plans of eating OA member’s use.

The worksheet “Is My Abstinence Strong Enough” was excellent. The overall message was “Abstinence 1st Without Exception” and there was a worksheet for that as well. This workshop, along with the recent presentation on Abstinence which is also available at no charge, demonstrate how serious OA is about the Strategic Plan, and the commitment to “Our Primary Purpose”. On a similar topic, the “Strong Abstinence Checklist and Writing Exercise” is now available as a pocket card.

The Convention Committee put on an original skit (Charlie Brown and his Friends) to promote the 2015 convention in Hartford, Connecticut. Raffle tickets to support the 2015 convention were distributed to the delegates to take back to meetings. Fundraising merchandise is also available, and may be ordered by mail and picked up at the convention. See www.oaregion6.org/2015 for details.

At each assembly, the Website and Publications Committee (previously Newsletter Committee) provides a question for the representatives to write about during the afternoon break or upon returning home. The question is: How does having a sponsor and/or being a sponsor strengthen your recovery? The writing is to be sent to webmaster@oaregion6.org by May 31 and responses are welcome from all members! Please put “OA members share” in the subject of your email.

The morning was spent in committee meetings:

Dorothy: I met with the Bylaws Committee who reviewed two bylaw amendments and two Policy and Procedures amendments to be voted on. All received a sufficient number of votes and passed. They are as follows:

1. The bylaw amendment changed the name of the **Newsletter** standing committee to **Website and Publications**.
2. A new amendment passed clarifying that in the event that no one meets qualifications to fill the vacancy of a standing committee chair, the R6 Board will appoint someone.
3. A new business motion involved administrative housekeeping in the Policies and Procedures to change the **Newsletter** name to **Website and Publications**.
4. The last business motion replaced the entire **Newsletter** Committee policy with the following **Website and Publications** Committee Policy:
 - a. To provide media summarizing the events of each R6 Assembly
 - b. To publicize, describe and identify OA activities within Region Six
 - c. To publish and disseminate a newsletter via the R6 website and email

In addition, the Bylaws Committee drafted a new policy change which received a positive vote clarifying the newly elected officers will assume their responsibilities at the end of the committee meeting.

Judy: I had the privilege to participate on the Finance Committee. The treasurer, Kelly C. led the committee meeting and 3 others besides myself participated. We reviewed each line item of the proposed budget that was subsequently approved by the Assembly. We discussed the importance of proper archiving of Region 6 records. Kelly has been championing a paperless accounting system. All invoices are electronic, either submitted electronically or scanned and hyperlinked to the detail transaction line of the ledger. For preservation purposes, an annual report is printed and archived along with all electronic records with an archive company contracted by Region 6. At the Assembly Budget presentation, Kelly mentioned that there was an additional \$10,000 that had been received after this document was completed. The largest portion of this, over \$8,000, was bequeathed to the Region 6 general fund by a long time OA member, Mary Rose. Kelly also reminded us that there is money available for Service and Traditions Workshops, presented by Region 6 officers, and that Intergroups are encouraged to take advantage of this opportunity.

Jill: As a member of the 2015 Region Six Convention Committee, I attended the Convention Committee meeting, which is a completely different committee! We reviewed our committee policies/procedures and updated them, as appropriate, to reflect current practice. The 2016 World Service Convention will be in Boston so there won't be a region convention that year. We discussed possibilities for the 2017 Region Convention. We discussed whether location or food was more important. Now I have your attention: we discussed whether convention attendees would prefer a "downtown" location (in the midst of city life) and go to restaurants for meals, or a more isolated area (a suburban or airport hotel, for example) where a meal plan was provided as part of the "package." This was an either/or, as we couldn't have it both ways if we were to hold the convention in the area that was discussed. More will be revealed as time moves on!

Respectfully submitted in OA service,
Judy, Dorothy and Jill