

October 2016 – NHI Committee Reports

Back to Basics Pat S.	See Workshop Committee October 2016 report.
Budget Nancy S.	<p>The Budget Committee will be meeting on Sunday, October 2nd right after the NHI Business Meeting to prepare the new Budget for the 2017 Calendar year. At that meeting, we review and discuss the draft of the 2017 Budget. The Budget is presented at the November NHI Business Meeting and voted on at the December Meeting.</p> <p>To help us come up with a realistic budget, we need all Committee chairs to submit budget requests and any questions for 2017 by September 30th.</p> <p>Membership on the Budget Committee is open to any member of NHI. Current Committee members are Elaine T., Peter L., Effie S., Claire P., and myself.</p> <hr/> <p>There is a new mailing address for donations to Region 6:</p> <p><i>Region 6 Treasurer</i> <i>PO Box 1792</i> <i>Westfield, MA 01086</i></p> <p>Please let your Meeting Treasurer know as soon as possible.</p>
Event Flyers Dorothy M.	The February retreat flyer and the October workshop flyer were approved. They will be available on the website for download and distribution.
Meeting List Diane L.	<p>Two changes to our meeting list:</p> <ul style="list-style-type: none"> • Hillsboro Monday night changed meeting time to 7PM • Wilder, VT Thursday Noon Meeting has closed. <p>We now have a total of 38 meetings, not including N. Hampton which remains on the WSO list.</p>
Promises Editor Sandy M.	Everything is going well.
Public Information Eileen RT	<p>The first 10 subscriptions of the Lifeline Subscription Project have been ordered. We are open to more requests - see the Lifeline article. NHI has a "demo" copy of the new Twelve Step Workshop and Study Guide. It will be at the October 2 meeting for you to see. We have ordered copies of the new Traditions pocket guide and updated brochure (#750), Is Food a Problem for You?"- hopefully these will be here to hand out.</p>

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<p>Region 6 Elaine T, Dorothy M, Claire M, Pat G</p>	<p>Region 6 Assembly - Albany, NY – September 24, 2016 New Hampshire Intergroup represented by 4 members: Claire, Elaine, Pat G and Dorothy In total, there were 50 representatives and 5 board members present = total 55 voting members We were informed at the meeting that effective immediately, the address for mailing meeting donations to r6 has changed. The new address is: <i>Region 6 Treasurer</i> PO Box 1792 Westfield, MA 01086 Please let your meeting Treasurers know this! <u>By-Laws</u> - Dorothy and Elaine participated in the By-Laws/Policies/Procedures committee - In lieu of the bylaw amendment to create a Unity with Diversity committee (withdrawn at the last minute), an Ad Hoc Unity with Diversity committee was established. This Ad Hoc committee will remain under the umbrella of the Twelfth Step Within committee. Dorothy was re-elected as Chair of the committee for the next year. <u>Public Information/Outreach</u> – The goal of the group is to put a link out on the website explaining to everyone how to apply for PI Blitz monies. There is \$4000 available annually (\$2000 per assembly). Cape Cod was awarded \$300, Central Maine \$475, and NY \$1225. Here are Claire’s notes from that Committee: <i>The committee opened with members briefly sharing their own group’s PI/PO initiatives. Some of these included:</i></p> <ul style="list-style-type: none"> • <i>Leaving display racks with 15 questions and business cards at Doctor’s offices, gyms, etc.</i> • <i>Advertisements in local newspapers</i> • <i>Health fairs; medical convention booths; other medical conferences</i> • <i>Flyers</i> • <i>Phone hotlines</i> • <i>Donating OA literature to local libraries</i> <p><i>Review of Current PI Blitz applications with the awards going to Central Maine IG \$475; Cape Cod \$300; and NYS Capital \$1225 - \$4000 per year, broken down to fall and spring conventions.</i></p> <p><i>Objectives for this committee:</i></p> <ul style="list-style-type: none"> • <i>Develop content for new PI/PO tab on R6 website</i> • <i>New form for evaluation of current Blitz activity – funds are awarded in US dollars</i> • <i>Procedure to track success indicators of current Blitz programs</i>
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New PI/PO initiatives: Individual, Group and Intergroup Blitz form needs to be simplified for application and process; development of follow-up forms for measuring effect of Blitz activity; website updates to be completed.

Finance – Pat G attended this meeting. The budget was reviewed and the “1-page fact sheet” about how contributions received by Region 6 are utilized was approved. This “fact sheet” will be out to Intergroups and meetings soon. A new finance chairperson was elected and she is planning a meeting with her committee in Oct to review policies/procedures.

Convention –2017 Region 6 Convention will be October 20-22, 2017 in Toronto, Canada. Passports are needed to attend. See the flyer for the “Super Saver” registration cost of only \$35 (Canadian) until October 16. The committee is looking for someone to host in 2018.

Web & Publication –

12th Step Within – The 12th Step Within Committee formed an Ad Hoc Unity with Diversity committee. They also mentioned that they’re working on a variety of things to help groups retain members. They’ll be putting a list of ideas together which will be posted on the R6 site, and something about a phone call script which would also be on the site, for following up with new members.

Ad Hoc Unity with Diversity Committee – This new committee was very impressive! One of the first things they noted was the WSO Unity with Diversity Policy which has some language that they suggest be added to all meeting formats. The second to last sentence See below.

“As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA’s Unity With Diversity Policy, which respects our differences, yet unites us in the solution

to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. Are there any compulsive eaters here besides myself? Something else they’re going to work on is increasing the committee’s own awareness of the diversity of the fellowship as it relates to our problems with eating, not just protected characteristics. Overeaters, Undereaters, 90-Day, Bulemics, etc.

A Region 6 Speakers List exists and was updated by the members present at the Assembly.

The WRITING TOPIC: How does doing service beyond the group level help my recovery? All submissions are due by November 23rd. Send to newsletter@region6.org (add “DOING SERVICE” in the subject line)

The PIPO committee did a skit followed by a workshop on Carrying the Message to Health Professionals. It was excellent and got us all thinking about how we can do a

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better job carrying the message to this group. I was thrilled to be able to tell the group I worked with about the Lifeline Subscription project. There were lots of good ideas and they gave us packets of information that we could consider using as part of a program to do just that.

Karen, our Region 6 Trustee gave a brief tradition workshop and made the following points:

1. According to the by-laws, the definition of an OA group does not include having any type of requirements for membership such as a specific food plan.
2. It is NOT OK to give non-OA announcements in OA meetings. It is a Break of tradition.
3. Newcomers are the most important people in the room. It is thus important to keep ALL Outside Issues OUTSIDE the meetings.
4. AWOLS are not OA. AWOLS should not be talked about/mentioned in OA meetings.
5. If you don't have a qualified OA speaker – use an OA recording (not an AA speaker). AA is an outside issue.
6. AA wants us to read their literature as it is written without substituting OA for AA.
7. The vacant General Trustee position was filled.
8. OA groups must register with World Service.
9. The OA program has a service structure as demonstrated by an inverted pyramid.
10. The 12 X 12 has been revised by a committee of 9 people and will be put together by February.
11. The World Service Office has 14 paid staff. OA has 6500 registered groups with 60,000 members in 80 countries.
12. The 2017 focus is Unity. It's a matter of life or death. One of its strongest assets is that there is no one right way – there are many meeting formats.

The body elected a new Vice Chair, Treasurer and Secretary. We also nominated Dorothy to serve on the Reference Committee at WSBC along with several other R6 representatives.

We also learned that we need to check our own ByLaws and change the definition of an OA group if we have specified it in them. The definition was changed at the last WSBC. Karin has offered to check our by-laws to let us know if we need to make the change; I'll send those to her to verify.

R6 will be publishing "Assembly Bytes" a summary of the goings on at the Assembly. It will be available soon on the R6 Website.

<http://oaregion6.org/en/>

Respectfully submitted,

Dorothy M., Elaine T., Claire M., and Pat G.

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<p>Retreat Sue W.</p>	<p>Our flyer has been approved along with online registration, and copies are available at this NHI meeting for us to take back to our groups. The event information is going on the website. Our next committee meeting is this week. Registration deadline is Dec 23 for taking advantage of the scholarship funds, and scholarship selection Jan 8th. The lower priced beds (quads) are only eligible for the lower scholarship amount. If beds are still available after the deadline we can take registrations up to Jan 27 (that may be fluid, too). Please get the word out to your groups about this Great Event happening in the February Winter, and that we gladly accept funds (before Dec, please) for the scholarship account!</p>
<p>Sharathons Pat S.</p>	<p>See Workshop Committee October 2016 report.</p>
<p>Special Project – Book Cover Kits Sandy M.</p>	<p>A committee member received a donation of bulky/chunky weight yarn. Due to the yarn thickness, the current mesh canvas (7 count) could not be used to make book covers. There is a mesh canvas (5 count) available that can be used for the bulky/chunky weight yarn.</p> <p>Intergroup needs to discuss ideas regarding what to do with unsold book cover kits.</p>
<p>Ways & Means Effie S.</p>	<p>Nothing new to report.</p>
<p>Website Doreen D.</p>	<p>Website and Email Logins</p> <p>All NHI Officers, Region 6, WSBC, and Committee Chairs have been given their user credentials to both log into the website and their NHI email addresses. Due to discrepancies in the only master list of NHI reps, at the October business meeting, other NHI members who currently do not hold any of the above mentioned positions will also receive their credentials to log into the secured section of our website.</p> <p>Also our MailChimp account which will allow our treasurer to send out communication to everyone on our list who wanted information from us was established in September. Training for the NHI Secretary regarding how to use MailChimp is scheduled to happen immediately before the October meeting.</p> <p>Retreat Information Online</p> <p>The information for our 2017 retreat will go live on our website the evening of the October meeting. Actual online registration will happen later in the week as a formal count of how many types of different rooms are available is needed to set it up properly. Until the web committee has that number, visitors to the site will be able to request they be notified as soon as online registration is open. Then once the registration is open, they will receive an email with a direct link to the retreat</p>

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information and registration on our site.

Suggestion: Giving Each Meeting its Own Anonymous Email Address for Public Meeting List Purposes

Earlier this year, the decision was made to have an anonymous version of our meeting list available in PDF form through our website. This no longer allows new people to contact someone at the meeting beforehand.

Understanding firsthand how helpful it can be for a newcomer to speak to someone at the meeting they are thinking to go to for the first time, the web committee would like to recommend that the NHI email addresses that were already created for the purpose of setting up logins for the secured section of the website for each meeting may also be used by each meeting's NHI Group Rep to receive and respond anonymously to such newcomers via email.

This would both protect members anonymity while still giving newcomers a chance to speak to someone who is involved in the meeting they are interested in, e.g. a meeting rep can then choose to get or give their personal information to the newcomer after the email has been received.

As for where these email addresses would be made available to the public, the suggestion is to have it exist on the website version of the meeting listing as well as could be added to the PDF that people download. And because it is an NHI anonymous email address, once added to both lists, it would not need to change when someone else becomes the rep of a meeting.

And for those meetings who do not presently have a meeting rep, their email address will forward to the Answering Service Chair for follow up until such time that a new group rep has been sent to NHI.

Suggestion: Recovery Blog

The other suggestion the web committee would like to put forth for discussion at this time is a establishing a recovery blog on the website. This blog would take the Promises a step further as there would be no limit to the amount of content someone could provide or deadline to submit their post.

And please do NOT misunderstand. The website committee is NOT bashing the Promises in any way. It is a wonderful and much loved vehicle to reach members; it simply has limitations that a blog doesn't have.

PLEASE NOTE: The infrastructure needed to create such a blog – as outlined below – already currently exists on our site, so there is no “learning curve” or “time intensive” work that needs to be done to make this happen.

Blog's Purpose

The purpose of the blog would be to provide another way for OAs to carry the

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message to those who are still suffering by sharing their experiences as they work the steps and participate in OA sponsored events.

How Blog Would Function

The following is how the web committee is proposing such a blog would work:

- OA members can submit their blog post either including their first name, last initial and city and state of where they are living OR they can submit it completely anonymously
- Blog posts are to be written from one's experience, not opinion, of working the steps
- Blog posts will not be limited in length as they are in the Promises (due to cost reasons)
- Blogs posts can be submitted at any time, e.g. there is no time limit to submitting like there is with the Promises
- Blog posts will be submitted 2 ways: 1) through a form on the website or 2) by sending us a hardcopy via US mail to the NHI's PO Box
- When submitting a blog post, the OA member must provide their name and a way for us to contact them just in case the committee needs to speak with them – e.g. typos, words appear to be missing, etc.
- Comments on blog posts can be activated, though before they will be posted to the site, the website committee will review each comment to ensure that a commenter's words are not aimed to cause harm – OR – comments do not have to be enabled at all

As for where this blog would exist on the website, on the home page there would be a "teaser" box with a button to read the full blog section, as well as, a button to submit a blog post. In addition, there would also be links on the left hand side of every page in the "Resources" section of the site to read the blog and submit a blog post.

Plea: We Need You!

The website committee chairman is looking for new web committee members as the other existing members for their own reasons are no longer available to help with the website. The activities in which web committee members would be asked to participate in are as follows:

- Make suggestions about enhancements to the website to continue to improve visitors' experience with the site
- Participate in discussions regarding suggestions

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	<ul style="list-style-type: none"> • Review and vote on any suggestions to be brought forward by the Website Committee Chairman to NHI as a whole • Review, approve, and or make suggestions regarding the committee’s report before it is submitted for the next NHI meeting • When needed, respond to email inquiries that come in from the site • If interested – in other word’s this is NOT a requirement to be on the committee – learn how to edit content on the website such as typos, updating the meeting list, adding events, etc.
<p>Workshops Pat S.</p>	<p>The Workshop Committee is happy to report that we have a sharathon scheduled for Saturday, October 29, 2016! It is entitled “Celebrating the ‘Big 3’ Abstintently and Sanely.” It will be hosted by the Hopkinton Tuesday 5:30 pm meeting at St. Andrew’s Episcopal Church in Hopkinton NH and will run from 9:00 am to 1:30 pm with registration beginning at 8:30 am. There will be three workshops (Halloween, Thanksgiving and Holiday Gatherings), run consecutively, with lunch and fellowship at 12:30 pm. The flyer will be distributed at the October 2 NHI meeting as well as posted on the NHI website. So-o-o-o-o spread the word and encourage everyone to come and devise a personal pro-active plan to help them Celebrate the “Big 3” Abstintently and Sanely!</p> <p>The committee also is in the process of finding sites and dates for the 2017 Workshop calendar. Since Concord seems to be the most central location for the various OA meetings throughout NH and VT, we are focusing our site search in the Concord area. Once the dates have been set, we will invite various groups to host the events. Stay tuned !!</p>