

OA Region 6 Assembly Report September 29, 2007

From
Samantha H. SWCTIG Region 6 Delegate

First I would like to apologize for not having done a proper reporting job after the last assembly, the Spring Assembly. It was my first time attending and I believe I was too overwhelmed by it all to be grounded enough to write the key points in an organized manner. Hopefully, I will do better this time and in the future.

Serving as an Intergroup Rep has given me a perspective on the power of the OA program and its potential to help many suffering compulsive eaters. It has helped my recovery by enabling me to come together with other OA members to plan programs and activities that might reach a larger group of suffering compulsive overeaters in and out of the rooms than I could ever hope to do by myself. I have chosen to serve on the PIPO Committee. I personally am excited by the possibilities that Public Information and Professional Outreach can let the wider community hear about the message of hope that OA offers.

While our Southwestern CT Intergroup has 47 affiliated groups, we only had 11 reps at our last meeting. While many individual OA groups (i.e. meetings) have their own requirements for a member to qualify to be a representative to Intergroup, our Intergroup's requirement is a Commitment to Abstinence and the working of the 12 Steps and 12 Traditions of Overeaters Anonymous. Intergroup meets every other month on the 3rd Wednesday of that month. So, I encourage Sponsors to consider, for themselves, and to encourage Sponsees serving as Intergroup Reps for their meetings.

So, when it was suggested I run to be a delegate from our Intergroup to the Region 6 Assembly, I was willing and excited to attend and learn about this next level of service in the OA structure. (I was running unopposed as nobody else was volunteering!) There are 10 Regions. These bodies serve as the liaison between the Intergroup Group Conscience and the World Service OA Group Conscience. Also, the concept that together, we can do what we could never do alone, also refers to the wealth of ideas garnered from other Intergroups, We can use these ideas to reach more suffering individuals in our community.

One of the things I would like to do is share some of the ideas I heard at from others at my committee meeting. As you can guess, I am working on the PIPO Committee (Public Information/ Professional Outreach).

Putting ads on placemats that are used in diners.
Having a really attractive placard about OA made that can be used at health fairs, etc.
Developing contacts with local school and their nurses
Running ads on the backs of buses
Running ads in local newspapers

I spoke about how we had pens made up with our website info on it – many heads nodded with approval and interest! I also spoke of our “Adopt a Doctor or Library” campaign. (I

hope we are still keeping up with our holders and making sure they are full with the questionnaires. I hope we are still thinking about new places to display them.)

For every 10 meetings or part thereof, an Intergroup is entitled to send one delegate to this Assembly. This means we are entitled to send 5 delegates. Out of 45 Intergroups, we are tied for 4th place in greatest number of meetings and delegate spots. There are many interesting committees, such as by-laws, financial, youth outreach, 12 Step Within, Convention Planning, Newsletter, etc. It would be great to have more people from our Intergroup participate. I am one person and therefore can only participate on one committee. The Region 6 Assembly meets twice a year near Albany. I would love some company! We could drive up together..... for 2008, the dates are:

April 12, 2008

September 20, 2008

Also, the OA Region 6 Convention 2008 will take place October 24-26 in Plymouth, MA. Copies of the registration form can be found at www.oaregion6.org and www.swctoa.org. Who would like to drive up with me?

Back to the Assembly –a short synopsis - the day began with writing and sharing in small groups about the impact of “judging” each other. Then there were committee meetings. Lunch. And in the afternoon, elections. Our very own, Zazu was re-elected to be Treasurer. It is truly amazing to watch her handle this incredibly challenging service position. Bravo – Zazu!

After the Assembly was adjourned, I spend a wonderful evening of fellowships with delegates from as far away as Nova Scotia and Toronto, Canada. To share recovery and service on this level is awesome.

Thank you for the privilege of representing you at Region 6. Please feel free to speak to me about any questions you have.

Sincerely yours in Recovery,

Samantha H.
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November 14, 2007