

## REGION 6 ASSEMBLY REPORT

I attended the Region 6 Assembly in Albany as our Intergroup Rep. on Saturday, September 20. 66 people attended from all over the Northeast, including reps from Nova Scotia, Montreal, and Ottawa in Canada, and people from all the New England states, plus others from various parts of New York. I enjoyed the opportunity to spend the day (7:30 am to 6pm) with so many fellows that share our peculiar relationship with food in its various manifestations.

I had time to visit with people I had previously met at other assemblies and talk with new people, including the delegates from the two other intergroups in CT.

### NEW 7<sup>th</sup> TRADITION PAMPHLET WORKSHOP

The morning workshop focused on a new pamphlet recently published by World Service that discusses the 7<sup>th</sup> Tradition. Here are some highlights of the presentation:

- Fear tells us that there will never be enough: enough food, money, security
- Putting money in the basket at each meeting is a tip to myself. Gratitude = Gratuity
- People keep extra money for themselves out of fear.
- “Fear of people and economic insecurity will leave us”
- Giving is an investment to the fellowship, so we can carry the message to the still suffering compulsive eater

There are various ways to give:

- Individual members can give at any level: meeting, intergroup, region, world service.
- Credit cards can be used with world service donations

Suggested strategies:

- Give \$3 or more at meetings
- Give at meetings plus a monthly contribution to world service equivalent to the amount you once spent on binges.
- Give at meetings and an annual contribution to world service for each year in program.
- Give at meetings and contribute to your intergroup in honor of a deceased member.
- Contribute to virtual intergroups (phone or online meetings).
- Make sure our meetings contribute to the intergroup, region, and world service.
- Give service, a form of self support which strengthens your recovery.
- Give as if your life depends on it.

-You can use matching fund programs from work if they are available.

-Individuals can give up to \$5000/year

-All contributions are tax deductible.

If you can't afford to contribute please keep coming back. This is most important.

### 2008 REGION 6 CONVENTION IN PLYMOUTH, MA OCT. 24-26

Over 300 people are signed up so far and more people are still signing up into the third “spillover” hotel. Friday night there will be an OA musical and open mike; Saturday night will be a dance or bingo; meetings and workshops throughout the weekend; plenty of camaraderie. Check the Region 6 website for more details.

## **2009 REGION 6 CONVENTION WILL BE IN Stamford, CT AND WILL NEED VOLUNTEERS**

### **OA BOOTH AT THE AMERICAN PSYCHOLOGICAL ASSOCIATION CONVENTION IN BOSTON AUGUST 2008**

Members of region 6 intergroups staffed an OA booth at the APA convention in Boston last summer. They provided professional outreach packets and encountered many psychologists who hadn't before heard about OA. They also noticed many people didn't come to the booth because they didn't need the program for themselves, although the intent was to introduce them to the program to recommend for their clients.

### **COMMITTEE MEETINGS**

After lunch we divided into various committees. The choices were: Finance, Newsletter, Youth in OA, 12<sup>th</sup> Step Within, Convention, Public Information, By-Laws, Intergroup Outreach.

#### **12<sup>th</sup> STEP WITHIN**

The mission is to help provide activities and share strength, hope and experience in OA, to keep people in program once they have found the rooms. We challenge everyone (not just those in relapse) to work our program on all 3 levels.

The committee has been actively offering information to intergroups in the region:

- 2 years ago we suggested a recovery from relapse workshop
- Last year the focus was on sponsorship
- This year the packet offered ideas on abstinence/recovery
- At the Plymouth Convention the 12<sup>th</sup> Step Within Committee is leading a workshop called "Put your Hand in the hand", including a skit
- The next project will focus on "Back to Basics" and the plan is to lead the morning workshop at the Spring Albany Assembly. The plan is to break into groups to discuss the following topics: tools, abstinence, steps, traditions and include questions for discussion. Also letters to Intergroups on these topics with suggested workshops will be presented.

#### **PUBLIC INFORMATION**

Suggested outreach to health fairs, schools (to nurses and counselors) (colleges or high schools), hospitals, radio show ads, cable TV, movie theaters, Lifeline subscriptions and literature to libraries, restaurant placemats.

- Region 6 is still offering money to intergroups for PI blitzes.

The other committees gave reports, all the officers gave reports on what they had been doing, new officers were elected, bylaw amendments were discussed, Steps, Traditions, and service Concepts were read, and other regular business was conducted.

Thank you for allowing me to represent our intergroup at this assembly. Don't hesitate to ask me if you'd like more information or if you'd like to attend with me next time, which is in April. We are allowed FIVE voting members because of our number of meetings. In addition, "guests" are welcome to attend.

- Samantha H.