



Overeaters Anonymous - Region 6

New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine,
Vermont, Central and Eastern Ontario, Quebec, Newfoundland,
New Brunswick, Nova Scotia, Prince Edward Island and Bermuda

***Please insure that this document is given to the person(s)
attending the Region 6 Assembly in Albany, New York.
The packet is also available online at OARegion6.org***

August 7, 2019

Dear Region Six Intergroup, Representatives and Alternates:

The Region 6 Assembly Fall 2019 on **Saturday, September 21** is quickly approaching! All Representatives and Alternates should review the attached materials so that our business can be carried out by an informed membership.

[Immediately prior to this Assembly, the Intergroup Outreach Committee is sponsoring an 11-hour Intergroup Renewal Officer Training Workshop for officers or people expecting to become intergroup officers. Intergroup Chairs should have received information about this Thursday night/Friday workshop already but if you have not been contacted, call the R6 Coordinator at 914-763-1172 immediately to discuss as space is limited and registration closes August 15!]

Included in this packet are the following documents to help your Intergroup Registered Representatives prepare for our upcoming Assembly:

- Credentials Report showing the number of groups registered to your Intergroup as of July 2019¹.
- Assembly Agenda
- Standing Rules
- Applications for elections for R6 Board positions: Chair, Coordinator, and Web & Publications Coordinator
- Unapproved Minutes and Committee Reports – R6 Assembly Spring 2019 – April 13, 2019
- Discounts for rail travel and other public transportation options, as well as maps and directions to the Red Lion Hotel Wolf Road
- Lunch menu

In keeping with R6's policy of paperless distribution of documents, the Officers' Reports and the financials will be emailed and posted online on or about September 14, 2019. Please be attentive and look for this mailing. As is the case with this Assembly Packet, if you want to have it for use in paper form, please print it out for your convenience.

The Red Lion Hotel Albany at Wolf Road has a 24-hour business center, but does not have a remote printing system. If you anticipate that you will need to print files from your computer, it is suggested that you bring a flash drive with you to transfer your documents so that you may print your documents via the business center's computer.

¹ Please note that some intergroups qualify for either increased or decreased representation at this Assembly based on the number of affiliated meetings within the intergroup; please review these credentials carefully and verify your meeting statistics.

ONLINE ASSEMBLY REGISTRATION:

We encourage all Representatives to register online. It is suggested that Representatives and Alternates register themselves to provide the most complete and accurate information.

Upon registering online, Representatives are asked to choose the committee on which they prefer to serve. **Committee assignments are made on a first-come, first-served basis.** If your first choice for committee is overbooked, you will be placed on your second or third committee choice to serve the needs of the Assembly. So that Representatives can best select the committee on which they would like to serve, please learn more about each committee's activities by reviewing the R6 Assembly Spring 2019 Committee Reports (attached).

[CLICK HERE TO REGISTER FOR R6 ASSEMBLY FALL 2019](#)

Substitutions for Representatives may also be made online no later than Monday, September 9, 2019 at 9:00 AM EDT.

The attached **Credentials Report** shows the number of registered meetings in your Intergroup, as of July 2019. As stated in Region Six Bylaws, "Each Intergroup shall be entitled to one (1) Registered Representative for each ten (10) groups or fraction thereof and sufficient alternates as shall be deemed appropriate by the Intergroup." **Please note that at our Spring 2018 Assembly, our Bylaws were amended to include an abstinence requirement of six (6) months to qualify to be a voting Representative for your intergroup.**

Please note that everyone needs to check in with the R6 Coordinator at the registration desk on the day of Assembly prior to entering the meeting room. You must register for THIS Assembly, even if you were a registered representative/alternate for previous R6 Assemblies.

- Anyone attending Assembly may *Register With Lunch* online. There is a \$10 charge per person for the catered buffet lunch; R6 is subsidizing the balance of the cost of lunch.
- There is also an option to *Register Without Lunch* at no cost for those who wish to bring their own lunch or eat elsewhere (hotel restaurant is closed at lunch).
- Only attendees who *Register With Lunch* will be admitted to the catered dining area.
- A hospitality room will be available for those wishing to bring a bagged lunch since only those who *Register with Lunch* will be admitted into the catered dining area.
- Lunch registration payments are non-refundable but may be transferred.
- Substitutions for Reps may be made online no later than Monday, September 9, 2019 at 9:00 a.m. EDT should you be unable to attend.
- Registrations may be made in person the day of Assembly, however, each person who wishes to register the day of Assembly shall give the Coordinator a signed statement from their IG Chair or other Officer (either hard copy or via email – digital signature is acceptable) – stating that he/she is a duly-elected or appointed Representative/Alternate of his/her Intergroup or unaffiliated group.
- The catered buffet lunch IS NOT AVAILABLE to those who register on-site. The hotel restaurant is closed for lunch however there are other restaurants within walking distance.

HOTEL INFORMATION: **Saturday, August 31** is the last day to make room reservations at the group rate with the Red Lion Hotel at the group rate of US\$99 (per night/per room for either two queen beds or one king bed, single or double occupancy; rates are subject to NYS and local taxes). After this date, the hotel will extend their best available rate to you.

Rooms have been reserved for Friday, September 20 and Saturday, September 21. We have requested as many rooms as possible to have refrigerators. Check-in time is 4:00PM and check-out time is 12:00PM noon.

The hotel offers *complimentary shuttle transportation to and from the Albany International Airport* for overnight guests, and there is *complimentary on-site self-parking*. There is no shuttle available from the train or bus stations.

ROOM RESERVATIONS:

You may make an online hotel reservation for a room(s) for Friday, Sept 20 and/or Saturday, Sept 21 with either two Queen beds or one King bed here: [Book A Room](#) or via the link on the R6 website. We have been advised that this link may not work on all mobile devices.

Important information on hotel reservation procedure—please read carefully

Upon landing at the Red Lion Hotel reservation page using the link above, **ADJUST THE check-in and check-out dates** (limited to Sept 20 and Sept 21) since it is pre-populated to check-in Friday and check-out Sunday!

If you require dates on either side of the contracted dates, please call 1-518-458-7250 to make your reservation; mention **Group Code OVER0920** to receive your Region Six Group Rate discount for the dates for which we have contracted.

Please Note:

- Friday, September 20 at 8:15 p.m. there is a regular OA meeting at the hotel, ending no later than 9:30 p.m.
- Saturday, September 21 at 7:30 a.m. there is a regular OA meeting ending promptly at 8:30 a.m.
- First Time Rep/Working Guest Registration is held from 8:45 a.m.-8:59 a.m. outside the Phoenix Ballroom (in the Phoenix Foyer).
- An *excellent* orientation presented by Beth B, our Region 6 Trustee, immediately follows at 9:00 a.m. in the Hudson Room and all New Reps are expected to attend; it is designed to make your first assembly experience as easy and fruitful as possible.
- General registration opens at 9:00 a.m. for returning Representatives, Alternates, and Guests.

Please forward information for your upcoming events (for OA holidays, retreats, PI outreach etc.) to the webmaster for updating on our Region Six website. These can be submitted online via this link: [SUBMIT EVENTS HERE](#).

Other downloadable forms and the OA R6 Calendar can also be retrieved at OAREGION6.ORG. This is an excellent site for our information and continuity.

Please make sure your Intergroup contact information is up-to-date; the most efficient way to do that is online at the World Service website at Intergroup Registration/Change Online.

Downloadable change forms are also available: INTERGROUP REGISTRATION/CHANGE FORM. Once you have completed the change form (online or printed copy mailed to WSO), please forward the change information to me via email (Coordinator@OARegion6.org) or by mail to:

R6 Coordinator
P.O Box 761
South Salem, NY 10590

This address will be changing after the elections at the Sept 21 Fall 2019 Assembly; an update will be provided by email to all intergroups

As a reminder, we encourage on-line 7th Tradition contributions to Region 6
<http://oaregion6.org/en/about-2/contributions-new/> **and World Service for reasons of both improved security and efficiency.** You are, of course, still most welcome to mail in your group donations. Please ensure that you are mailing your check to the correct address for the Region 6 Treasurer:

Region 6 Treasurer
PO Box 644
Peabody, MA 01960

It has been an honor to serve everyone in Region Six for the last five years (I was appointed my first year to replace a coordinator who had stepped down). The gifts that I have received as a direct result of this service are immeasurable...THANK YOU for this opportunity to give back a small part of what has so freely been given to me!

In Grateful Service, Love, and Fellowship,

Mary T
Region Six Coordinator

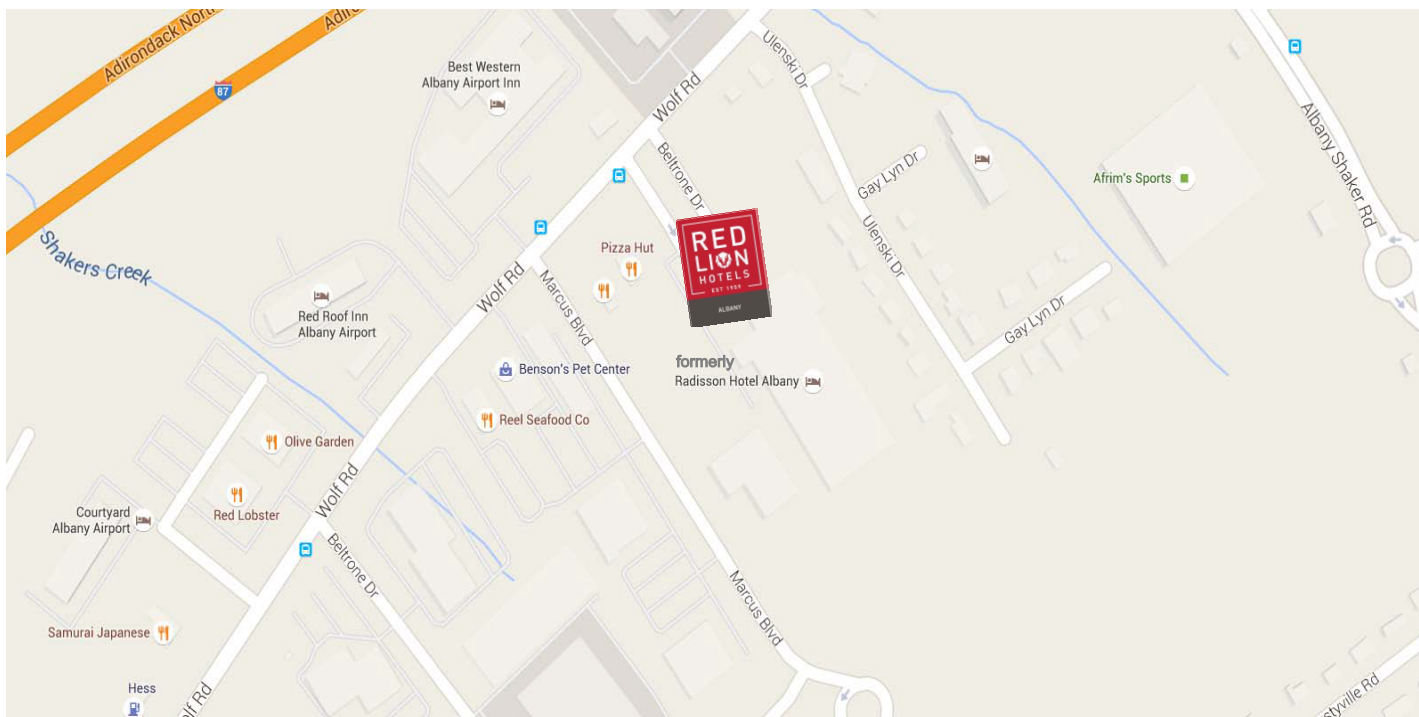
REGION SIX – 2019 CALENDAR EVENTS AND SCHEDULE

Day	Date	Event	Time
Tuesday	January 11, 2019	R6 Board Teleconference Call	7:00 pm
Tuesday	February 12, 2019	Postmark Deadline: Spring Assembly Motions, Scholarship Applications, PI Blitz Proposals	
Sunday	February 24, 2019	Unity Day (Pause to reaffirm the strength in OA unity at 11:30 a.m.)	
Wednesday	February 27, 2019	Assembly packets emailed and available online. Delivery via USPS to requesting Intergroups.	
Friday	March 22, 2019	Deadline: Group Rate at Assembly Hotel Red Lion Hotel on Wolf Road Albany, NY 1-800-333-3333 / 518-458-7250	3:00PM
Saturday	April 6, 2019	Officers' Reports emailed and available online.	
Friday	April 12, 2019	R6 Board Meeting, Albany, NY	7:30 pm
Saturday	April 13, 2019	R6 Spring Assembly Red Lion Hotel on Wolf Ave, Albany, NY	9:00 am – 6:00 pm
Monday-Saturday	May 6-11, 2019	World Service Business Conference Embassy Suites Albuquerque Hotel and Spa 1000 Woodward Place NE Albuquerque, NM 87102 Phone: 505-245-7100	
Tuesday	June 18, 2019	R6 Board Teleconference Call	7:00 pm
Tuesday	July 23, 2019	Postmark Deadline: Fall Assembly Officer Applications, Motions, PI Blitz Proposals R6 Fall Assembly Scholarship Applications	
Wednesday	August 7, 2019	Assembly packets emailed and available online. Delivery via USPS to requesting Intergroups.	
Saturday or Sunday	August 17-18, 2018	Sponsorship Day (Intergroup's choice of day to celebrate)	
Saturday	September 7, 2019	Deadline: Group Rate at Hotel Hilton Garden Inn Medical Center 62 New Scotland Ave Albany, NY	
Saturday	September 14, 2019	Officers' Reports emailed and available online.	
Monday	September 19, 2019	Deadline: Group Rate at Convention Hotel Crown Plaza White Plains 66 Hale Ave White Plains NY 10601 914-682-0050	
Friday	September 20, 2019	R6 Board Meeting, Albany, NY	7:30 pm
Saturday	September 21, 2019	R6 Fall Assembly Hilton Garden Inn Albany Medical Center 62 New Scotland Ave Albany NY 518-396-3500	9:00 am – 6:00 pm
Tuesday	October 8, 2019	Postmark Deadline: WSBC Scholarship Applications due to R6	
Friday-Sunday	October 18-20, 2019	R6 Convention- Crown Plaza White Plains 66 Hale Ave White Plains NY 10601	
Friday	November 1, 2019	Postmark Deadline: WSBC Scholarship Applications due to WSO	
Saturday or Sunday	November 16-17, 2019	IDEA DAY (International Day Experiencing Abstinence) Intergroup's choice of day to celebrate	
Tuesday	December 10, 2019	Postmark Deadline: WSBC Motions/Bylaw amendments to WSO	
Thursday	December 12, 2019	TWELFTH-STEP-WITHIN DAY	

REGION SIX – 2020 CALENDAR EVENTS AND SCHEDULE

Day	Date	Event	Time
Tuesday	January 7, 2020	R6 Board Teleconference Call	7:00 pm
Monday	January 20, 2020	Reservations for the 2020 WSO convention begins Renaissance Orlando at Sea World® 6677 Sea Harbor Drive 66 Orlando, FL 32821 USA (407-351-5555)	
Tuesday	February 18, 2020	Postmark Deadline: Spring Assembly Motions, Scholarship Applications, PI Blitz Proposals	
Saturday	February 29, 2020	Unity Day	11:30 am local time
Wednesday	March 4, 2020	Assembly packets emailed and available online. Delivery via USPS to requesting Intergroups.	
Tuesday	March 17, 2020	R6 Telephone conference	7:00 pm
Friday	March 27, 2020	Deadline: Group Rate at Hotel for Assembly Red Lion Hotel on Wolf Road, Albany, NY (1-800-333-3333)	
Saturday	April 11, 2020	Officers' Reports emailed and available online.	
Friday	April 17, 2020	R6 Board Meeting, Albany, NY	7:30 pm
Saturday	April 18, 2020	R6 Spring Assembly Red Lion Hotel on Wolf Ave, Albany, NY	9:00 am – 6:00 pm
Monday - Saturday	April 20 – April 25, 2020	World Service Business Conference Embassy Suites Albuquerque Hotel and Spa 1000 Woodward Place NE Albuquerque, NM 87102 Phone: 505-245-7100	
Tuesday	June 16, 2020	R6 Board Teleconference Call	7:00 pm
Tuesday	August 4, 2018	Postmark Deadline: Fall Assembly Officer Applications, Motions, PI Blitz Proposals R6 Fall Assembly Scholarship Applications	
Wednesday	August 19, 2018	Assembly packets emailed and available online. Delivery via USPS to requesting Intergroups.	
Thursday- Saturday	August 20-22, 2020	WSO Convention Renaissance Orlando at Sea World 6677 Sea Harbor Drive, Orlando, FL 32821 USA Phone 407-351-5555	
Saturday/Sunday	August 15/16, 2020	Sponsorship Day (3 rd weekend in August; celebrate either day)	
Thursday	September 10, 2020	Deadline: Group Rate at Hotel for Assembly Red Lion Hotel on Wolf Road Albany, NY (1-800-333-3333)	
Saturday	September 26, 2020	Officers' Reports emailed and available online	
Friday	October 2, 2020	R6 Board Meeting, Albany, NY	7:30 pm
Saturday	October 3, 2020	R6 Fall Assembly Red Lion Hotel on Wolf Road, Albany, NY (1-800-333-3333)	9:00 am – 6:00 pm
Monday	October 5, 2020	Deadline: Group Rate at Convention Hotel	
		Deadline: Convention Registration Online	11:59 pm
Thursday	October 8, 2020	Postmark Deadline: WSBC Scholarship & DSF* Applications due to R6 (both must be received for eligibility)	
Friday – Sunday	October 23-25, 2020	R6 Convention -proposed date	
Sunday	November 1, 2020	Postmark Deadline: WSBC Scholarship Applications (DSF*) due to WSO (<i>submitted by R6 Chair; see Oct 8 deadline above</i>)	
Saturday/Sunday	November 16/17, 2020	IDEA DAY (International Day Experiencing Abstinence)	
Thursday	December 10, 2020	Postmark Deadline: WSBC Motions/Bylaw amendments to WSO	
Saturday	December 12, 2020	TWELFTH-STEP-WITHIN DAY	

DIRECTIONS TO RED LION HOTEL ALBANY, ALBANY, NY



From the North - Take the Adirondack Northway (Interstate 87) SOUTH to Exit 4 (Route 155 West/ Albany International Airport). At the end of the off-ramp, turn LEFT on Route 155. Continue for approximately 1/4 mile to the next traffic light, and turn LEFT on Albany-Shaker Road. At the next light, turn RIGHT on Wolf Road. Hotel is about 1/4 of a mile down Wolf Road on the left.

From the East - Take Interstate 90 to New York, and continue on I-90 by taking Exit B-1 from Berkshire Spur of the NYS thruway. Follow I-90 to Exit 1 (Interstate 87). Continue on I-87 to Exit 4 (Wolf Road). Turn RIGHT off of the exit and follow Wolf Road. Hotel is 1/4 mile on the left.

From the West - Take Interstate 90 West to Exit 24. Continue on I-87 NORTH (Exit 1 out of the toll booths) to Exit 4 (Wolf Road). Turn RIGHT off of the Exit. Turn right onto Wolf Road. Hotel is 1/4 mile on the left.

From the South - Take the New York State Thruway (Interstate 87) NORTH to Exit 24. Continue on I-87 NORTH (Exit 1N out of the toll booths) to Exit 4 (Wolf Road). Turn RIGHT off the exit. Hotel is about 1/4 of a mile down Wolf Road on the left.

From the Airport - (Albany International Airport) Left out of airport onto Albany Shaker Road (NY-155) heading southeast. Just after ramp for I-87, turn right onto Wolf Road. Hotel is 1/4 mile on the left.

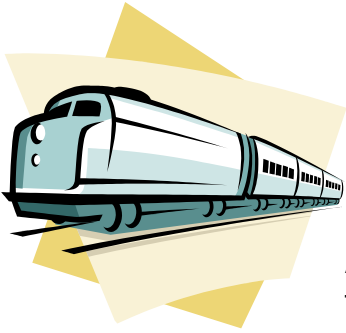
Or, call for complimentary Shuttle Service.



**205 Wolf Road
Albany, NY 12205
Tel: (518) 458-7250
Fax: (518) 458-7377**

Helpful Travel Arrangements

Kelly C., our R6 Vice-Chair, has been hard at work arranging discounts and shuttle services to make your journey to the R6 Assembly on September 21 less stressful.



The **Amtrak I Love NY 15% Discount** (below) is for travel **only within New York State** and is the **ONLY** discount available this year for rail travel to our region assemblies.

Amtrak offers this **15%** discount off the lowest available rail fare to and from Albany, NY (ALB) booking a minimum of 3 days in advance of travel. However, seats are limited at the lowest rate, so book early. You may book this fare via internet only and only via this web link:

[Click Here for Amtrak See NY 15% Discount](#)

Region 6 no longer has any other discount available for rail travel with Amtrak.

Rensselaer/Albany Amtrak or Downtown Bus Station to Hotel: 12.5 miles Taxi Charge (one way): \$30.00 approx.

BUS SERVICE: To Albany Airport via downtown Albany Bus Terminal

Red Lion Hotel Albany will pick up via shuttle from Albany International Airport. Greyhound and Trailways provide code-shared service between the downtown Albany Bus Terminal at 34 Hamilton Street and the AIRPORT BUS STOP located at: 737 Albany Shaker Road, Albany Airport, NY 12211
Click here: [Click Here for BUS SERVICE](#)
Be sure to select ALBANY ARPT as your destination.



Red Lion Hotel SHUTTLE SERVICE USERS:

1. Shuttle pickup/drop-off service is available only to and from Albany International Airport.
2. Upon arrival, please call the Red Lion Hotel Albany upon arrival. (518) 458-7250.
3. Return to the Airport by request. Please let the bellman know.
4. Earliest pickup/drop-off 4:00 AM. Latest pickup/drop-off 11:59 PM
5. Local shuttle service is available within a 2 mile radius of hotel.

It is always a nice idea to tip your driver.



NORTH: To Saratoga Springs

WOLF ROAD

SOMETHING FOR EVERYONE

MAP LEGEND

- Interstate Road
- Main Roads
- Secondary Roads
- State Routes
- County Routes
- Lodging
- Shopping
- Food/Beverage
- Services

Please see the back of this map for name, location and phone number of all points of interest.

WOLF ROAD
SOMETHING FOR EVERYONE

DISCOVER
ALBANY

25 Quackenbush Square, Albany, NY 12207

Phone: (518) 434-1217 / 800-258-3582

Fax: (518) 434-0887

www.albany.org



@DiscoverAlbany

SOUTH to New York City (Take I-87S)

(over)

This map is presented and distributed by



25 Quackenbush Square, Albany, NY 12207 / Phone: (518) 434-1217 / 800-258-3582 / Fax: (518) 434-0887 / www.albany.org

#	NAME	ADDRESS	PHONE	#	NAME	ADDRESS	PHONE
SHOPPING ALONG WOLF ROAD (SHOPPING KEY ON MAP)				51	Olive Garden	178 Wolf Road	518-458-8676
2	Bed Bath & Beyond	32 Wolf Road	518-437-0147	52	Outback Steakhouse	145 Wolf Road	518-482-4863
3	Colonie Center (Mall)	131 Wolf Road	518-459-9020	50	Panera Bread	65 Wolf Road	518-438-4307
4	Hannaford Plaza	96 Wolf Road	518-482-1085	53	P.F. Chang's	131 Wolf Road	518-454-0040
6	Pier 1 Imports	146 Wolf Road	518-459-5304	54	Pizza Hut	203 Wolf Road	518-458-1221
1	Talbots Outlet	5 Metro Park Road	518-482-4611	55	Professor Java's Coffee	217 Wolf Road	518-435-0843
9	Wolf Road Shoppers Park	145 Wolf Road		58	Red Lobster	170 Wolf Road	518-459-1040
LODGING ALONG WOLF ROAD (LODGING KEY ON MAP)				56	Reel Seafood Co.	195 Wolf Road	518-458-2068
10	Albany Marriott Hotel	189 Wolf Road	518-458-8444	57	Romano's Macaroni Grill	1 Metro Park Road	518-446-9190
12	Cocca's Inn & Suites, Albany Airport	2 Wolf Road	518-459-2240	39	Samurai Japanese Restaurant	158 Wolf Road	518-813-9555
13	Courtyard by Marriott Albany Airport	168 Wolf Road	518-482-8800	35	Scenarios/SureStay Plus	200 Wolf Road	518-458-1000
15	The Desmond Hotel Albany	660 Albany Shaker Road	518-869-8100	41	Scubber's Hot Wings	186 Wolf Road	518-729-2433
17	Hampton Inn, Wolf Road	10 Ulenski Drive	518-438-2822	60	Simpson's at the The Desmond	660 Albany Shaker Road	518-640-6094
107	Hilton Garden Inn Albany Airport	800 Albany-Shaker Rd	518-464-6666	98	Smashburger	81 Wolf Road	518-487-4099
14	Holiday Inn Express & Suites Albany Airport	16 Wolf Road	518-459-3600	74	Spicy Mint Indian Cuisine	145 Wolf Road	518-407-5999
19	Homewood Suites by Hilton	216 Wolf Road	518-438-4300	82	Starbucks	18 Wolf Road	518-435-9280
102	Home2 Suites by Hilton	10 Metro Park Road	518-482-4045	83	Starbucks	243 Wolf Road	518-482-2370
21	Hotel Indigo	661 Albany Shaker Road	518-869-9100	42	Subway	155 Wolf Road	518-446-1755
18	Red Lion Hotel Albany	205 Wolf Road	518-458-7250	61	Taco Bell	56 Wolf Road	518-459-7330
20	Red Roof Inn, Albany Airport	188 Wolf Road	518-459-1971	60	The Tavern at the Desmond	660 Albany Shaker Road	518-869-8100
104	SpringHill Suites by Marriott, Albany/Colonie	8 California Avenue	518-724-7999	29	Ted's Fish Fry	203 Wolf Road	518-454-9490
103	Staybridge Suites, Albany Wolf Road Colonie Center	39 Wolf Road	518-438-3300	95	Texas Roadhouse	105 Wolf Road	518-453-3444
11	SureStay Plus by Best Western, Albany Airport	200 Wolf Road	518-458-1000	59	Warehouse Grill & BBQ	219 Wolf Road	518-489-5227
16	Travelodge Inn & Suites, Albany Airport	42 Wolf Road	518-459-5670	85	Wired Coffee (Pioneer Bank Building)	652 Albany Shaker Road	518-650-7615
RESTAURANTS/FOOD & BEVERAGE ALONG WOLF ROAD				SERVICES ALONG WOLF ROAD			
22	99 Restaurant & Pub	107 Wolf Road	518-446-9909	62	Albany Med EmUrgentCare	98 Wolf Rd #16	518-264-9000
18	205 Lounge	205 Wolf Road	518-458-7264	65	Bank of America	133 Wolf Road	518-459-9003
23	Arby's	133 Wolf Road	518-482-1960	89	Berkshire Bank	98 Wolf Road	518-269-3920
26	The Barnsider Restaurant	480 Sand Creek Road	518-250-6486	94	Cap Com Federal Credit Union	4 Winners Circle	518-458-8986
30	BJ's Restaurant/Brewhouse	3 Wolf Road	518-375-3570	100	Capital Bank	65 Wolf Road	518-438-0046
31	Blu Stone Bistro/Hotel Indigo	661 Albany Shaker Road	518-869-9976	66	Citizens Bank/Hannaford	96 Wolf Road	518-438-5910
105	The Boil Shack	59 Wolf Road	518-621-1888	86	Complexions Spa & Salon	221 Wolf Road	518-489-5231
27	Bruegger's Bagels	98 Wolf Road	518-438-5014	84	CVS Pharmacy	465 Sand Creek Road	518-482-2835
28	Buca di Beppo	44 Wolf Road	518-459-2822	90	Exclusive Nail Salon	98 Wolf Road	518-489-8058
32	Capital Buffet	145 Wolf Road	518-489-8888	91	Fantastic Sams Cut & Color	98 Wolf Road	518-459-4955
48	Chats Lounge/Albany Marriott	189 Wolf Road	518-458-8444	67	FedEx Office Print & Ship Center	110 Wolf Road	518-482-9094
33	The Cheesecake Factory	131 Wolf Road	518-453-2500	63	Fleet Feet	155 Wolf Road	518-459-3338
34	Chili's Grill & Bar	60 Wolf Road	518-489-4664	69	Hannaford Supermarkets	96 Wolf Road	518-482-1085
25	Chipotle Mexican Grill	105 Wolf Road	518-438-7590	70	Hoffman Car Wash	460 Sand Creek Road	518-459-2045
36	Denny's	114 Wolf Road	518-458-1194	72	KeyBank	95 Wolf Road	518-482-6074
38	Dunkin Donuts	186 Wolf Road	518-454-9400	92	M&T Bank	125 Wolf Road	518-482-6595
40	East Wok Restaurant	98 Wolf Road	518-482-6782	77	Mobil Gas Station	88 Wolf Road	518-869-5354
106	Five Guys Burgers and Fries	131 Wolf Road	518-437-5171	73	NBT Bank	80 Wolf Road	518-437-4100
37	Golden Grain Gourmet Pizza	98 Wolf Road	518-459-3333	71	Pioneer Bank	652 Albany Shaker Road	518-730-3999
18	The Grille	205 Wolf Road	518-458-7264	78	Rudy A. Ciccotti Family Recreation Center	30 Aviation Road	518-867-8920
96	HoneyBaked Ham Company	69 Wolf Road	518-438-2200	93	SEFCU Bank	40 Wolf Road	518-452-8183
43	Hooters	70 Wolf Road	518-438-9300	64	Speedway Gas Station	156 Wolf Road	518-435-0612
97	Hong Kong Bakery & Bistro	8 Wolf Road	518-431-6520	75	St. Francis Chapel	145 Wolf Road	518-459-2854
45	IHOP	16 Wolf Road	518-459-7540	99	Sunoco Gas Station	656 Albany Shaker Road	518-459-4882
46	JT Maxies Bar & Grill	240 Wolf Road	518-435-1551	68	Trader Joe's	79 Wolf Road	518-482-4538
47	Koto Japanese Restaurant	260 Wolf Road	518-869-8888	76	Trustco Bank	34 Wolf Road	518-458-7761
80	Maharaja Indian Restaurant	10 Wolf Road	518-599-0571	79	United States Postal Service	1425 Central Ave.	800-275-8777
48	The Market/Albany Marriott	189 Wolf Road	518-458-8444	101	Whole Foods Market	Colonie Center	518-621-5300
49	McDonald's	106 Wolf Road	518-458-7053				
81	Moe's Southwest Grill	131 Wolf Road	518-489-6637				

*Discover Albany Partners are listed in BOLD. Last Updated January 2019

DIRECTIONS TO COLONIE CENTER

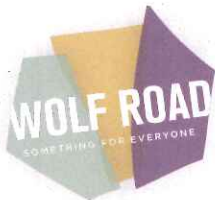
From the **North** take I-87 South to Exit 2E. Colonie Center will be on the left.
From the **South** take I-87. Stay in the RIGHT LANE and take Exit 2E, Wolf Road. At the end of the exit ramp, proceed straight through the stoplight. Colonie Center will be on the right.
From the **East** take I-90 to I-87 North and exit at Exit 2E, Wolf Road. At the end of the exit ramp, proceed straight through the stoplight. Colonie Center will be on the right.
From the **West** take I-87. Stay in RIGHT LANE and take Exit 2E, Wolf Road. At the end of the exit ramp, proceed straight through the stoplight. Colonie Center will be on the right.

DIRECTIONS TO CROSSGATES MALL

From the **North** take I-87 South to Crossgates Mall Road Exit.
From the **South** take I-87 North to Exit 24, go through tolls, take Crossgates Mall Road Exit.
From the **East** take I-90 West to Exit 1S (Route 20/Western Ave) to Crossgates Mall Road Exit.
From the **West** take I-90 East to Exit 24, go through tolls, take Crossgates Mall Road Exit.

DIRECTIONS TO STUYVESANT PLAZA

From the **North** take I-87 South to the end, then left on Western Ave (Route 20).
From the **South** NYS Thruway North to Exit 24 to I-87 South to the end, then left on Western Ave (Route 20).
From the **East** I-90 West to Fuller Road Exit. Turn left on Fuller Road and follow to Stuyvesant Plaza on the right.
From the **West** From I-90 East, take Exit 24 to I-87 South to the end, then left on Western Ave (Route 20).



Region Six Assembly Luncheon Menu

Saturday, September 21, 2019, 12:15 PM

On the indoor Patio, First Floor, Center of Hotel

CATERED LUNCH is only available IF you Pre-Register WITH LUNCH for \$10

- Online registration by Monday, Sept 9, 9:00 AM EDT is the only method by which R6 can guarantee availability of catered lunch
- It is available to ANYONE attending who preregisters and pays the \$10 charge online.

Hot Entrée

Vegetarian Chili with Assorted Beans & Vegetables

Brown Rice

Steamed Green Vegetable

Cold Platter

Sliced Turkey (fresh, not roll) & Swiss Cheese

Whole Grain & Regular Breads

Lettuce, Tomato, Onion & Pickle Tray

Salad Bar to include:

Field Greens, Tomatoes, Cucumbers, Shredded Carrots, Tofu, Tempeh, Kidney Beans,

Shredded Cheese, Cooked Egg Whites, Sliced Peppers, Black Olives, Croutons, Bacon Bits

Assortment of Low-Fat & Regular Salad Dressings

Condiments

Olive Oil, Vinegar, Reduced Fat & Regular Mayonnaise, Mustard

Dessert

Fresh Fruit Platter

Plain Yogurt

Beverages

Unsweetened Iced Tea, Diet Soda, Coffee, Hot Tea, Decaf



Breakfast

The Red Lion Hotel Albany offers two options for breakfast: a buffet breakfast for US\$15.95 or you may order off of the regular menu. These prices do not reflect tax or tip. A 10% discount coupon will be provided to overnight guests upon check-in.

Credentials Report*
Region Six Fall Assembly
Saturday, September 21, 2019

*as of July 2019

INTERGROUP	# of Affiliated Meetings	# of Reps Allowed	Vote 1	Vote 2	
Bronx IG	4				
Cape Cod IG	11				
Central Maine IG	8				
Central Massachusetts IG	15				
Central Ontario IG	58				
Connecticut IG	20				
Greater NY OA Metro IG Inc.	88				
Greater Rochester IG	13				
Greater Syracuse IG	13				
Green Mountain North IG	20				
IG OA Francais De L'outaouais	6				
IG OA Francais de Montreal	37				
IG OA Quebec	19				
Island IG	4				
Mass Bay IG	41				
MetroWest IG	26				
Mid Hudson IG	17				
Montreal English IG	5				
Nassau County IG	39				
New Hampshire OA IG	35				
North Shore IG	23				
Nova Scotia IG	10				
NYS Capital District IG	19				
Ocean and Bay IG	23				
Ottawa District IG	17				Number of affiliated groups in R6: 783
Rockland County IG	7				Number of unaffiliated groups in R6: 24
Seacoast IG	9				Number of groups in R6: 807
Seaway District IG	8				
South Coastal Mass IG	20				Number of intergroups in R6: 38
South Eastern Connecticut IG	9				
Southern Maine IG	12				
Southern Tier IG	4				
Southwestern Connecticut IG	28				
Staten Island IG	15				
Suffolk County IG	27				
Westchester United IG	24				
Western Mass IG	39				
Western New York IG	10				

AGENDA
REGION SIX FALL ASSEMBLY
SATURDAY, SEPTEMBER 21, 2019
BUSINESS SESSION 9:00 AM-6:00PM
RED LION INN, ALBANY, NY

7:45-8:45 am	OA meeting	Hudson Room
8:45-8:59 am	First Time Representative Registration	Entrance to Phoenix Ballroom-Mary-Coordinator
9:00-9:45 am	New Representative Orientation	Hudson Room-R6 Trustee Beth
9:15-9:45 am	Representative Registration	Entrance to Phoenix Ballroom-Mary-Coordinator
9:55-10:25 am	Opening Prayer and Welcome	Chair- Debbie
	Twelve Steps of Overeaters Anonymous	Volunteer 1
	Twelve Traditions of Overeaters Anonymous	Volunteer 2
	Twelve Concepts of Service of Overeaters Anonymous 1-6	Volunteer 3
	Twelve Concepts of Service of Overeaters Anonymous 7-12	Volunteer 4
	Announcements	Vice Chair-Kelly
10:30am-12:10pm	Committee Meetings	Committee Chairs
12:15-1:10 pm	LUNCH	INDOOR PATIO-first floor
1:15-1:25 pm	Representative Registration	Entrance to Phoenix Ballroom-Mary-Coordinator
1:30-2:30 pm	Roll Call	Secretary- Lynda
	Adoption of Standing Rules	Chair-Debbie
	Adoption of Agenda	Chair-Debbie
	Adoption of Minutes- Spring 2019 Assembly	Secretary- Lynda
	Announcements	Vice Chair-Kelly
	Introduction of Officers/Formers Officers/Trustees	Chair-Debbie
	Introduction of Service Volunteers	Chair-Debbie
	Introduction of New Representatives	Chair-Debbie
	Introduction of Visitors	Chair-Debbie
	Officers' Report	
	Chair	Chair-Debbie
	Vice Chair	Vice Chair-Kelly
	Treasurer	Treasurer-Karen
	Coordinator	Coordinator-Mary
	Web and Publications Coordinator	Web and Publications Coordinator-George
	R6 Trustee	Region 6 Trustee- Beth
	Committee Reports	Committee Chairs
2:30-2:45pm	Break- PI caucus-Writing session	
2:45-4:30pm	Elections	
	Motions and Amendments	
	Committee motions (time permitting)	
4:30-4:45pm	Break	
4:45-5:20 pm	Workshop	
5:20-5:35 pm	Traditions tune up	Region 6 Trustee- Beth
5:35-5:40pm	First Timers' Ceremony	Chair- Debbie
6:00pm	Closing	Chair-Debbie

STANDING RULES OF THE REGION SIX ASSEMBLY

- A.** In all deliberations, the group conscience is more important than the technicalities of the actual motion.
- B.** Children who are not OA members are not permitted on the R6 Assembly floor.

RULES FOR LIMITED DEBATE:

- C.** To be recognized, ALL speakers must speak from the center microphone stating their name and Intergroup. They will be limited to two minutes for each main motion or substantive amendment.
- D.** Two copies of motions of more than a few words MUST be provided in writing: one to Region Six Secretary; one to the Region Six Chair through the Parliamentarian.
- E.** Pro and con will be limited to three speakers for a main motion, and two speakers for each substantive amendment.
- F.** No main motion and all amendments to that main motion will last longer than thirty minutes in total, including discussion. At the end of thirty minutes the question will be called automatically.
- G.** The Chair will call on people in order; first pro and then con. Pros will line up on the right side of the room as you face the dais, cons on the left side.
- H.** To provide the opportunity for as many different representatives or alternates to speak during the assembly, the Chair has the right to recognize those members who have not had the opportunity to speak. If more than three wish to speak on one side of an issue, they will select from amongst themselves the three to represent them.
- I.** If a registered representative is required to leave the assembly for more than thirty minutes, a REGISTERED alternate from the same Intergroup may move up to Temporary Voting Representative until the Representative returns, provided that the transfer is made through the Region Six Coordinator.
- J.** No questions will be entertained from the center microphone until one pro and one con have been presented for each main motion.
- K.** New business arising from Region Six Committee and the R6 Board activities shall be brought to the Assembly floor after the new business included in the published agenda has been addressed. Such new business shall require a vote of two thirds in the affirmative to pass, because of the lack of prior notice to the assembly.
- L.** Cell phones, smart phones and other wireless electronic communication equipment must be turned off during assembly proceedings unless approved by the R6 Chair.
- M.** Eating is not permitted in the assembly business meetings or committee meetings.
- N.** Any committee wishing to bring an emergency motion to the Assembly in the afternoon session MUST present the motion in writing to the Board before lunch time. The Board must have time to review the motion before the afternoon session.

2019 Region 6 Spring Assembly
Saturday, April 12, 2019
Red Lion Hotel, 205 Wolf Road, Albany NY

OA Meeting/New Representative Registration

OA members met for a meeting at 7:45 – 8:45 a.m.

First time representative registration 8:45 – 8:59 a.m.

New Representative Orientation

Region 6 Trustee Beth explained the procedures of the Region 6 Assembly to the new representatives in attendance during the orientation that was held 9:00 - 9:45 a.m.

Representative Registration

Registration of representatives 9:15 – 9:45 a.m.

Opening Prayer and Welcome

The meeting was called to order by Chair, Debbie H.

Serenity Prayer – English - Debbie H.

Serenity Prayer – French – Francoise

12 Steps of Overeaters Anonymous read by – Doreen - New Hampshire IG

12 Traditions of Overeaters Anonymous read by – Gina – Staten Island IG

12 Concepts of OA Service 1-6 read by – Noel – Nassau County IG

12 Concepts of OA Service 7-12 read by – Beth S. – Greater NY Metro IG

Karin and Chuck – Convention is being held in White Plains, NY this October. This year we have 2 Meal Plans (4 and 5 meal options) available plus the Banquet. There is no convention merchandise available this year however the Intergroup's can use the Logo on merchandise for sale in the Boutique Room. Raffle tickets are being sold again as a fund raiser.

A reminder – Keynote Speaker submissions are due by April 29th.

Announcements

The chair made the following announcements:

- In September we will be electing a new Chair; Web & Publications Coordinator; Region 6 Coordinator
- There will be 3 Policy & Procedure amendments and 1 Motion to vote on today
- If you have any hotel problems, please see Debbie H.
- The Grill (hotel restaurant) is open for breakfast only
- The Bar Restaurant is closed all weekend
- There is a list of available restaurants for those that require it on the Albany table
- There will be a Lifeline raffle you have to be present to win

- Lunch will be served at the Central Atrium Patio on the 1st Floor.
- Next Assembly will be held at the Hilton Garden Inn.
- OA literature is also available during the breaks.

Committee Chairs

Finance – Karen – Capital room 3rd floor

Convention Committee – Megan – Hudson Room

Bylaws – Francoise – Phoenix Ball Room front left

PI/PO – Claire – Phoenix Ball Room front right

Web & Publications – Adam – 2nd floor Board room

12 Step Within – Bobbie -Phoenix Ball Room right rear

IGOR – Wayne – State Room 2nd floor

All received their Committee Lists

10:30 to 12:10p.m.

The meeting adjourned and all Representatives went to their Committee meeting rooms for the Committee meetings.

12:15 to 1:10 p.m. Lunch

1:15 – 1:24 pm Representative Registration and break

Serenity Prayer

English – Debbie

French – Kimberly – Connecticut IG

Megan – Nova Scotia IG

Roll Call

The Secretary, Lynda, explained the Roll Call procedure. There were 44 Representatives and 5 Board members present.

Adoption of Standing rules

Adopted as presented.

Adoption of Agenda

The Agenda was adopted as presented.

Minutes – Fall 2019 Assembly

The minutes were adopted with the following changes:

On Page 3 – Under the categories listed

Introduction of Former Officers/Trustees – Bruce – Web & Publications Chair not present

Current Trustees: Tina – General Service Trustee – she was a former GST
The minutes will be adjusted

Introduction of Current Officers:

- Debbie – Chair
- George – Web & Publications Coordinator
- Mary – Coordinator
- Lynda – Secretary
- Karen – Treasurer
- Beth – Region 6 Trustee
- Kelly – Vice Chair – Absent

Special Worker:

- Parliamentarian - Ann Warner, Certified Professional Parliamentarian and a member of the American Institute of Parliamentarians

Former Officers and Trustees:

- Karin H. – R6 Chair, Vice-Chair, Trustee
- Don – R6 Vice-Chair
- Dianna – R6 Vice-Chair, Chair
- Tina – General Service Trustee
- Beth - Secretary
- Karen – General Service Trustee

Service Volunteers:

- Cathleen – Western United IG
- Bobbie – Mass Bay IG
- Chelsea – Western United IG
- Wayne – Timer – Connecticut IG
- Karin – Centre Mic – Ottawa District IG
- Chuck – Central Ontario IG

New Representatives were asked to stand.

Officers Reports:

Officers reports were distributed prior to the 2019 Spring Assembly and are available on line. Members were invited to ask questions after each report was presented.

Chair –The chair explained the changes to the process of applying for scholarships to the WSBC in detail as applications for both scholarships must be sent to Region 6 by October 8th. IG's cannot bypass Region and go directly to World Service. If Region 6 runs out of funds Region 6 will forward to WSBC for review. 2018 scholarships were awarded in the amount of \$8020.00. No questions.

Vice-Chair – The new OA 12&12 and the New Comer pamphlet are available for sale. Please see Tina at the break. - No questions

Treasurer- No questions

Coordinator – No questions

Web & Publications – No questions

Trustee – No questions

Committee Summary Reports:

- Bylaws– Noel Nassau County IG, Secretary
- IGOR – Wayne Connecticut IG, Chair
- PI/PO – Blair Metro West IG, Secretary
- Finance – Pat G. New Hampshire IG, Secretary
- Web & Publications – Shannon Central Ontario IG, Secretary
- 12 Step Within – Rachel Cap Code IG, Secretary
- Convention – Amy Suffolk County IG, Secretary

Convention Committee

The convention committee presented a skit highlighting “Rooted in Recovery” in White Plains, NY, October 18-20.

They also are looking into organizing a side trip to Stepping Stones – the home of Bill & Lois Wilson.

Meal plan sales pay for the meeting space to keep the cost of attending the convention down.

Writing Topic

The writing topic for this assembly: In the spirit of the 7th Tradition, how do I support all my meetings, face to face and Virtual.

Please submit your writing to Web & Publications Chair or send to

R6webmaster@gmail.com to be selected for publication. This question can be taken back to your local OA meetings and submissions can be sent by email to the webmaster at r6webmaster@gmail.com.

PI/PO BLITZ

We received a request from Ocean & Bay IG for PI/PO funding for their Blitz campaign. This funding is approved in the amount of \$1200. Money is in the budget for groups who apply and provide a request on the PI/PO Blitz form on the Region 6 web site.

Bylaw Amendments/Policy Motions

Motion No. 1

MOTION: Move to add to annual budget charge line “Convention Scholarship” of \$1000 (4 \$250 awards) to attend the yearly Region 6 convention.

SUBMITTED BY: The Finance Committee
Contact Name: Karen C, Chair Finance Committee
Email Address: oar6treasurer@gmail.com

INTENT: To provide assistance to 4 Region 6 members to attend the annual convention who would otherwise not be able to attend.

IMPLEMENTATION:

1. A scholarship application would be filled out by applicant, signed by their Intergroup Chair and submitted to the Coordinator.
2. Deadline for application will be 60 days before the Fall Assembly.
3. Applicant must have 3 months of continuous abstinence; attend Region 6 meeting and have a financial need for the scholarship. Each applicant is the sole judge of the requirements.
4. Willingness to do service at the convention.

The Finance committee will review the applications forward recommendations to the board, and the scholarship recipients will be announced at the Fall Assembly.

COST: \$1000.00

RATIONALE: Region 6 provides scholarships to attend the business assemblies and World Service Business Conference. There are no individual scholarships for a member to attend a convention which focuses on recovery on all three levels, physical, emotional, and spiritual. The \$250 per applicant will not cover all expenses but will defray a large part of the expenses.

Presented by Karen C., Treasurer.

There were 3 members that spoke for this motion and 1 that spoke against.

Motion No. 1 passed – 45 Yes; 4 No – with a simple majority

Item No. 2 – Policy Change

ARTICLE NUMBER: Policy #006

TO AMEND: Policy & Procedures- Policy #006, Convention, Chair

Current Wording

Article # - Policy #006, Convention
Section # - Chair

The Chair/Co-Chair of the Hosting committee will come from the hosting area of the convention and will have at least one year of abstinence. The Regional Trustee will be an advisor to the hosting committee and the Chair/Co-Chair of the past hosting committee will serve as advisor.

Proposed Wording

Article # - Policy #006, Convention
Section # - Chair

~~The Chair/Co-Chairs of the Hosting Committee will come do not have to come from the hosting area of the convention. The Chair/Co-Chair and will have~~
~~at least one year of abstinence. The Regional Trustee~~
~~will be an advisor to the hosting and the Chair/Co-Chairs of the past hosting committee will serve as advisor.~~

The Chair/Co-Chairs of the Hosting Committee will have at least one year of abstinence. The Regional Trustee will be an advisor to the hosting committee and the Chair/Co-Chairs of the past hosting committee will serve as advisors.

Submitted by: Region 6 Convention Committee

Contact Name: Lynda B. Phone #: Email Address:

Intent: To have the bylaws reflect the current practices

Implementation: This will be an update to the R6 Bylaws at the conclusion of the Assembly

Cost: \$ 0.00

Rationale: Over the past few years the convention chair has not come from the hosting area. Region 6 has provided the Chair/Co-chairs for the conventions to assist the hosting intergroup. The convention manual has been updated to reflect this and this will bring the bylaws up to date.

Presented by Meghan, Chair of the Assembly Convention Committee

Amendment to wording by Kimberly: **The Chair/Co-Chairs of the Hosting Committee will have at least one year of abstinence. The Regional Trustee will be an advisor to the hosting committee and the Chair/Co-Chairs of the past hosting committee will serve as advisors.**

Vote on amendment – passed

Vote on item 2 Policy Change – passed

Item No. 3 – Policy Change

ARTICLE NUMBER: Policy #033

TO AMEND: Region 6 Policy Number 033 The Public Information/Professional Outreach (PI/PO) Committee

Current Wording

Article # - Policy #033

Section # - The Public Information/Professional Outreach (PI/PO) Committee

POLICY

The purpose of the PI/PO Committee is to:

- A) Inform the general public about our program;
- B) Inform professionals and institutions working with compulsive eaters about our program;
- C) Share information and resources, including acting as liaison with WSBC committees, with Intergroup's and groups;
- D) Assist in the formation and support of related committees at the Intergroup and group level; and
- E) Administer the PI Blitz program.

Proposed Wording

Article # - Policy #033

Section # - The Public Information/Professional Outreach (PI/PO) Committee

POLICY

The purpose of the PI/PO Committee is to:

- A) To inform the general public about our program Overeaters Anonymous (OA);
- B) Inform professionals and institutions working with compulsive eaters about our program; To inform and share OA information with healthcare professionals, institutions, clergy, community organizations, and people with compulsive food behavior;
- C) Share information and resources, including acting as liaison with WSBC committees, with Intergroup's and groups; To collect and share information and resources to support Regional, Intergroup and Group PI/PO activities;
- D) Assist in the formation and support of related committees at the Intergroup and group level; and To act as liaison with WS (World Service) Regions, Intergroup's and Groups;
- E) Administer the PI Blitz program. To assist in the formation and support of related committees at the Intergroup and Group level; and
- F) To administer the PI Blitz funding program which encourages Intergroup's to create, propose and implement public information/professional outreach activities and events;
- G) To create and support the execution of region-wide PI/PO campaigns, activities and events.

Submitted by:	Region 6 PI/PO Committee, Claire Mahr, committee Chair
Intent:	Carry the Message to expand the PI/PO activities in region to all with compulsive eating behaviors. The PI/PO committee encourages sharing amongst Groups and Intergroup's to help improve upon results of PI/PO events and campaigns
Implementation:	Implementation is an ongoing process but will include but not be limited to PI/PO committee sharing information amongst groups and creating materials and other suggestions for region-wide campaigns to be co-supported by Groups and Intergroup's.

Cost:	\$0.00 The committee will propose region-wide PI/PO campaign to the board that Intergroup's can participate in through matching funds or resources.
Rationale:	To broaden the definition of PI/PO to reach further into the communities and be more inclusive. To promote sharing among groups and Intergroup's. The PI/PO committee believes it will greatly benefit the fellowship to share this information amongst Intergroup's, groups and members. The fellowship will benefit from open discussion and quantified data on what has worked and has not worked in outreach, blitz, event, special campaigns etc. Additionally, the committee has proposed it be allowed to submit region wide blitz funding requests. The committee has collective experience that may benefit everyone and region wide participation would encourage collaboration and information sharing.

Presented by Clair, Chair of the PI/PO Committee

Vote on Policy Change: Passed

Vote on item 3 Policy Change: Passed

Item No. 4 – Policy Change

ARTICLE NUMBER: Policy 037

TO AMEND: Region 6 Policy Number 037 Public Information Blitz by adding a Procedure to the existing Policy.

Current Wording

Article # - Policy # 037

Section # - Public Information Blitz

PUBLIC INFORMATION BLITZ

POLICY

Region 6 Assembly encourages its member Intergroup's to undertake public information (PI/PO) activities within their geographic areas by sponsoring a funding program at each assembly to support PI/PO activities as meet the requirements given in the Committee Procedure.

Proposed Wording

Article # - Policy #037

Section # - Public Information Blitz

PUBLIC INFORMATION BLITZ

POLICY

Region 6 Assembly ~~encourages its member Intergroup's to undertake~~sponsors a funding program and encourages its member intergroup to undertake public information (PI/PO) activities within their geographic areas. ~~by sponsoring a funding program at each assembly to support PI/PO activities as meet the requirements given in the Committee Procedure.~~Funds are allocated each assembly in support of PI/PO activities that have been submitted by Intergroup's, using the requirements given in the Committee Procedure.

PROCEDURE

Blitz Fund

A) Application and reporting forms, which include Blitz proposal procedures, are down-loadable on the Region 6 website. These are the only forms that must be used.

B) Note that submission/application for funds does not constitute approval. Requests for funds are reviewed by the PI/PO Committee, and if meeting required criteria, are then recommended by the PI/PO Committee and submitted for Board approval.

C) Completed applications must be emailed to the Region 6 Coordinator 60 days prior to Region 6 Spring and/or Fall Assemblies:

1. Application information must be completed and signed by the Intergroup Chair or Treasurer.
2. Intergroup's must demonstrate partial funding of their project.

D) The R6 Coordinator will forward the he blitz Applications/reports to the PI/PO Chair and mentor 10 days after the application deadline.

E) The R6 Board recommends that all Intergroup's submitting applications will have a representative at the upcoming Assembly. In the event that no representative is present at the Assembly, the Intergroup must provide a phone number of the contact person who will be available to answer any questions on the day of the Assembly.

F) A representative of the R6 Board will notify all Intergroup's which have applied for funds as to their status via phone and/or email with 14 business days after the Assembly.

G) Intergroup's awarded funds must complete the Region 6 PI/PO Report Form (available on the R6 website), and provide receipts detailing the results of their project 30 days prior to the next Region 6 Assembly. Intergroup's are required to continue reporting if a blitz extends beyond one Assembly by submitting an additional PI/PO report form 30 days prior to the next Region 6 Assembly.
H) The R6 Treasurer will distribute awarded funds to the Intergroup's within 10 days after the Assembly.
I) Following Board approval, the PI/PO Committee will ask to post all PI/PO Blitzes on the R6 website, which can be reviewed by Intergroup's. Reports will be posted with names and phone numbers redacted to protect anonymity. This will be done within 30 days after the assembly.

Submitted by: Region 6 PI/PO Committee, Clair M.

Intent: To establish a procedure for supporting the awarding of PI Blitz funding, to encourage and enhance blitz participation and support sharing information about PI/PO amongst Intergroup's and Groups.

Implementation: The PI/PO committee will work collaboratively with the Region 6 Board, Web & Publications committee and Intergroup's to facilitate adherence to the procedure.

Cost: \$0.00

Rationale: There is currently no procedure in place in the Policy and Procedures manual for the awarding of blitz funding. The procedure allows for timeliness and uniformity in the administering the Blitz fund, and creates a process for future Region 6 Boards, PI/PO committees and participating Intergroup's.
In addition, there is no mechanism for collecting and sharing information amongst Intergroup's and members on what Blitz programs have worked, how they worked and what problems were encountered. The PI/PO committee believes it will greatly benefit the fellowship to share this information amongst Intergroup's and members.

Amendment: To add the words '**and receipts**' in section G after PI/PO report form.

Amendment vote: Passed unanimously

Voted on item 4 Policy change: Passed unanimously

Budget

The Treasurer, Karen c., presented the proposed budget explaining the changes. As well as pointing out the line item that was included for the Convention scholarships.

Vote: 48 For

1 Against

The 2019 Budget passed as presented.

Committee Motion

Megan, Chair of the Assembly Convention Committee moves to hold the 2020 Region 6 Convention in Burlington, Mass. The proposed date is October 23-25.

Vote: Passed unanimously

Reminders

All Travel Scholarships Applications for the Regions 6 Fall Assembly are due July 23, 2019

All applications for Service Board positions – Chair/Web & Publications/Coordinator – are due July 23, 2019

All motions to be presented at the Fall Assembly are due by July 23, 2019

2019 Fall Assembly will be held September 21st at:

Hilton Garden Inn

62 New Scotland Ave.

Albany

3:35 Break

7th Tradition

Our 7th tradition totaled \$203.00

Kimberly – Co-Chair 2020 Convention requested that no announcement be made about the proposed location as it is not confirmed and wait for the location announcement at the 2019 White Plains Convention in the fall.

Workshop – Karin H.

Karin brought the group up to date on the discussions to date on the restructuring at World Service. No decisions have been made at this time. This was an overview on all of the items that must be taken into consideration.

Tradition Tune-Up Discussion – Beth

A trustee is specifically given the role of being the custodian of the OA 12 Steps, 12 Traditions, and 12 Concepts of OA service. In my first 8 months as a trustee, I've received dozens of inquiries from members, many of them about actions in OA meetings and how they align with traditions and concepts. As a trustee, I answer the questions as well as I can, always running my answers by at least one other trustee to make sure I'm on the right track. Usually when someone breaks a tradition, it's because of lack of knowledge, understanding, or experience with it. But it's not only trustees who

are the custodian's of OA's legacies – as Tradition 2 states on page 102 of our new OA 12& 12," All OA members share a responsibility for the operation of OA." And in Tradition 9 on page 147 it says, "When Traditions are not honored, individuals have a responsibility to speak up – lovingly and clearly.... By speaking up when a Tradition is not honored, we help other OA members learn about these spiritual principles."

As registered OA groups we have an obligation to adhere to all guidelines, traditions, and OA policies and by-laws. We agree to it when we register our meetings. These guidelines, policies and by-laws are determined at the World Service Business Conference which is the group conscience of OA as a whole, according to Concept 2. We, as members and groups, make the decisions. You've all seen the upside-down pyramid that represents OA's service structure – the members in groups are at the top – they're in charge. Intergroup's and service boards serve the groups through group reps, regions serve the Intergroup's through their representatives at the 11 Region Assemblies, and World Service serves the Regions through the Board of Trustees, with the World Service Office serving all of us as paid employees.

These are the points that define an Overeaters Anonymous group:

1. As a group, they meet to practice the 12 Steps and 12 Traditions of Overeaters Anonymous, guided by the 12 Concepts of Service to OA.
2. All who have the desire to stop eating compulsively are welcome in the group.
3. No member is required to practice any actions in order to remain a member or to have a voice (which means to share at a meeting).
4. As a group they have no affiliation other than OA.
5. It has affiliated as an OA group by registering with the World Service Office.

The definition of an OA group clearly states that all members should have a voice in meetings, and Tradition 3 reinforces that by reminding us that the only requirement for membership is a desire to stop eating compulsively. Yes, groups are autonomous as long as their actions do not affect OA as a whole. Restricting someone from sharing is not in harmony with the definition of a group or Tradition 3. Newcomers or members in relapse may feel unwelcome, or may feel that they are not part of a meeting, if they're asked not to share. They may leave OA. A group conscience can decide to have a suggested requirement for sharing, but it can only be a suggestion, and they should consider the effect of that decision on newcomers and others, even if the intent is to share the strongest recovery message possible.

Another question that's come up a number of times is how old you have to be to be in an OA meeting. This is interesting, since Tradition 3 tells us that anyone with the desire to stop eating compulsively is welcome at an OA meeting. But because of liability issues, OA suggests that any person under 18 years old be accompanied by an adult, though not necessarily in the meeting room. In fact, OA now considers Young Persons to be between the ages of 18 and 30. The other thing we emphasize, since this question frequently comes from a parent, is that if someone younger than 18 comes to

an OA meeting, they will need to decide for themselves that they have a desire to stop eating compulsively.

I had a couple of questions about mentioning outside literature in OA meetings. In a Feb. 8, 2019, letter describing OA's trademark, under the signature of the Board of Trustees, the following was stated:

"LITERATURE - in order to maintain unity and honor our Traditions, it is suggested that only OA-approved literature be read at OA meetings. (See OA's Statement on Approved Literature, Business Conference Policy Manual, 2010a [Amended 2012].) OA's members and groups may speak of outside literature in nonspecific terms, but it is recommended that neither the title nor the author be named. "

Based on this, if I were to reference a short quote when sharing in a meeting or in a shared writing, I would paraphrase it rather than repeat it word for word, and I might say that it helped me immensely, but I would not mention where I read it or the program or philosophy it espouses. Anything other than OA would be an outside issue. We learn from the world around us, but we need to ensure that we're sharing our OA recovery in OA meetings.

I was recently asked about saying the Lord's Prayer as the closing prayer for a meeting. In this specific instance, two old-timers felt passionately that the meeting should continue using the Lord's Prayer. It is, of course, group autonomy that decides what a meeting's closing prayer will be. However, the 1993 WSBC, which is the group conscience of OA as a whole, voted as follows:

We, the 1993 Business Conference of Overeaters Anonymous, suggest that OA meetings and events be closed with one of the following: the Serenity Prayer, the Seventh-Step Prayer, the Third-Step Prayer, or the OA Promise I Put My Hand in Yours.

So the Lord's Prayer is not one of the closings suggested by the World Service Business Conference. The person that called me said that some people in the meeting, and some newcomers, were uncomfortable with the Lord's Prayer. Then she mentioned that someone had given her an article from the AA monthly magazine that explained that the Lord's Prayer wasn't really a Christian prayer but had originally come from Judaism, so she wanted to bring that article to the business meeting because AA literature is approved in OA, right? Actually, no, not all AA literature is OA approved.

2010a Amended 2012. The following policy statement was adopted:

Statement on Approved Literature

In accordance with our Traditions, we suggest that OA groups maintain unity and honor our Traditions by using, selling, and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA Conference-approved books, booklets, and all future editions thereof, with original edition copyright 2010 or earlier; and locally produced OA literature.

So the AA literature must be conference approved and with an original copyright earlier than 2010 – so that excludes this Grapevine article. Besides, Tradition 10 reminds us that OA has no opinion on outside issues – and both Christianity and Judaism are outside issues, as is non-conference approved AA literature!

This one wonderful phone call added another traditions tidbit. One of the old-timers that pushed for the Lord's Prayer had actually moved away and no longer attended the meeting in question – but she came back to add her voice and vote when the Lord's Prayer issue came up again. Obviously, Tradition 2 comes to mind: "For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." And what about Tradition 3, "The only requirement for OA membership is a desire to stop eating compulsively." Should this person who no longer attends the group be part of the group conscience? Concept Four tells us that "The right of participation ensures equality of opportunity for all in the decision-making process." The concept goes on to explain that each member has a voice on all issues, and every member has the right and responsibility to participate in the decision-making process, the group conscience, at business meetings. But it goes on to say "the extent of participation may be limited by established guidelines for a particular meeting. Every OA member can attend any OA business meeting as a visitor, but that does not automatically give them the right to vote. Voting may be limited by ground rules or bylaws to members who regularly attend the meeting.

Tradition 7 – fully self-supporting through **Automatically Renewing Contributions**

Lifeline Winner: Sean (Greater NY Metro)

First Timer Ceremony

The Blue Dots were recognized and are now seasoned Assembly Representatives.

Fall Assembly is at the Hilton Garden Inn in Albany, Friday September 20 and Saturday September 21.

May 5 to 11 is the World Service Business Conference.

Thank you to our guests, volunteers and Reps for all your service.

5:00PM Closing Prayer

COMMITTEE REPORTS

SPRING 2019 ASSEMBLY

BYLAWS

Chair: Francoise

Secretary: Noel

Issues discussed during meeting:

- Discussed what the committee does.
- Discussed purpose of committee.
- In addition to making sure bylaws are up to date the committee provides guidance regarding articulation/wording of motions and proposals from membership/service bodies.
- Offering assistance regarding motions from R6 Committees (not only related to bylaws). This would include virtual meetings. Updating policies using right formulations.
- Bylaws are up to date.
- PowerPoint is available (by Chair) to explain Bylaws procedure.
- Should include accessibility.
- IGOR to continue in the fall.

Decisions:

No new decisions.

Goals/Actions which will be completed by the next assembly:

To continue to be accessible to membership and committees'/service bodies regarding clarification. Sending PowerPoint for clarification.

CONVENTION

Chair: Megan

Secretary: Amy

Issues discussed during meeting:

- The Statement of Committee purpose was read.
- Reviewed 2018, 2019 and 2020 reports.
- Top issue – recording and sharing committee information; create a repository for our information so successive committees may access it.

Decisions made:

- Voted on motion for 2020 location.
- Voted on motion for housekeeping issue.
- Appointed Megan as chair and Amy as secretary with the understanding that elections will be held in the fall.

Goals/Actions which will be completed by the next assembly:

- 2019 hosting committee co-chairs will do a site visit soon
- We will likely have a contract by Fall Assembly for 2020

Assignments and deadlines:

Meeting Tuesday April 30th.

Megan will contact via email with any follow-up.

Committee is looking for 2021 locations.

Updates to convention manual made November 2018 available online on Region 6 website under Region 6 Convention planning documents (Assembly Page).

FINANCE

Chair: Karen C.

Secretary: Pat G.

Issues discussed during meeting:

- Correction to spring Financial Report for 2/28/19
- Reviewed changes being made in proposed budget today.
- Discussed the new business motion being present today.

Decisions made:

- Business expense from \$105 to \$466.88
- Vice-Chair line from \$466.88 to \$0.00

IGOR

Chair: Wayne R. (Connecticut IG)

Secretary: Beth S. (Greater NY Metro IG)

Issues discussed during meeting:

- Updating the contact list of Intergroup's and respective chairs
- Discuss content Renewal Officer training & educational
 - IG Renewal Officer Training Workshop preceding Fall Assembly

Decisions made:

- Who will contact which Intergroup for current contact information and outreach
- Renewal Officer Training Workshop 2019 Registrar – Erin B.
- Sunday night conference call day

Goals / Actions which will be completed by the next assembly:

- 18 calls divvied up for Region 6 IG contact list and outreach
 - Region 6 Renewal Officer Training Workshop attendance follow-up

Assignments and deadlines:

- May 15th Deadline for all new updates to IG contact list
- May 19th Conference call of IGOR committee
- June 15th Distribution of information on the Region 6 Officer Training Workshop

PI/PO

Committee Chair: Claire M (Nassau County IG)

Committee Secretary: Blair P (Metro West (MA) IG)

Claire M. opened the meeting with the serenity prayer 10:28a.

Issues discussed during meeting:

Claire M., hearing no objections from committee, will continue as chair of the PIPO committee through the beginning of Sept 2019 R6 Assembly.

Blair P. elected as secretary of the PIPO committee. Motion Kara, 2nd Laureen, no objections.

Kara thanks everyone for their service to amend these policies, it moves us in the right direction to disperse the \$\$ and to manage expectations.

Lynda advised 2 amendments to policy 037:

1. page 1: policy statement "Funds are allocated at each assembly in support..."
2. page 2: section F. ...phone and/or email within 14 business days after the Assembly."

Claire says these policies will come up for vote during the day today and will need 2 people to 2nd the motions after she initiates the discussion (if no one else from the Assembly 2nds motions). Joan will 2nd policy 033 and Blair will 2nd policy 037.

Discussion about new potential blitz proposals to be submitted by IGs for the fall.

Radio ad with voiceover for Nassau county radio ad: Created 30-sec radio ad & submitting 60-sec ad to be put on Facebook.

Accomplishments this past year:

1. policy 033 & 037 submitted to board
2. re-written blitz form & policy approved but not put online (now online)
created for board approval a modified (shorter) carry the message (CTM) workshop presentation. IGs requesting CTM workshop are listed below.

Worcester: 4/6/19

Portland area, Maine: 5/18/19 [Claire M.]

Suffolk IG (NY): 9/14/19 [Claire M./Blair]

Nassau county: TBD Sunday afternoon [Nate]

Rochester IG: TBD

2 other IGs want us to do them

Edited CTM workshop presentation

Claire M. indicated \$2000 is 2019 proposed budget for CTM workshop travel. Kara motion to approve all edits. Laureen 2nd, no oppositions, approved to go to board. Submit to Lynda soon to submit to the board electronically.

BLITZ proposals:

1. Ocean & Bay IG: Create display, get books into circulation at library (new 12/12, lifeline subscription, & OA story book), professional printing OA flyers with QR code & Ocean & Bay IG info; how did you hear about OA note / sticker to direct to local IG5 counties in R6, target 1 library in each county – pretty sure 1 library will accept
 - i. Drafted initial letter to target libraries that have the largest # of meetings
 - ii. Find out who will accept and at what time, once you get books in circulation, you can request books from other area libraries
 - iii. Traveling exhibit to move the exhibit to different libraries if many libraries express need

Joan recommends motion to approve, John 2nd, no oppositions, approved to go to Board - \$1200 to Ocean & Bay IG for this blitz.

Creation of PIPO News Flash subcommittee to communicate from R6 PIPO to IGs to submit proposals, CTM workshops [committee members: Joan, John, Kara (cannot chair), Claire M.]

Decisions made:

1. Claire M. will continue as chair of the PIPO committee through the beginning of Sept 2019 R6 Assembly.
2. Blair P. elected secretary
3. Edits made to the CTM workshop presentation are going to be recommended to board
4. Blitz proposal \$1200 for Ocean & Bay IG approved, Lynda will recommend to board
5. Creation of a news flash subcommittee to create PIPO news flash to announce important dates and initiatives of PIPO

Goals / Actions which will be completed by the next assembly:

1. News flash subcommittee - Communication from R6 PIPO to IGs to submit proposals, CTM workshop-Joan, John, Kara, Claire M. – members
2. Continue presenting CTM workshop for IGs

Assignments and deadlines:

1. Joan, John, Kara: News flash creation by 6/1/19
2. Claire M: CTM workshops 5/18/19, 9/14/19
3. Nate: TBD date CTM workshop Nassau County
4. Blair: send doodle poll for date of next meeting

Meeting closed with serenity prayer at 12p.

12th STEP WITHIN

Chair: Bobbie M.

Secretary: Rachael

Issues discussed during meeting:

- Scholarships available for facilitating 12th Step Within events
- Make up agenda of how to put on events
 - Tools Workshops
 - 12 Step Within day event
- Communicate via multi media text - MMS
- Each meeting sending out its own email on CCI site

Decisions made:

- Meeting June 17 at 7PM
- Doreen and Diane will research implementing MMS on her group level
- Have a 1 step event in each intergroup
- Would like to challenge each Intergroup to put on an event

Goals/Actions which will be completed by the next assembly:

- Have information to report from June 17 Zoom meeting
- Check with George about blitz about events invitation

Assignments and deadlines:

- June 17th agenda.
- 12 Step Within day – send out to each committee member

WEB & PUBLICATIONS

Chair:

Secretary: Shannon

Issues discussed during meeting:

- Selected the writing topic for this assembly
- Set dates for our 2 committee phone meetings

Decisions made:

- Updated our timeline for the remainder of the year
- Decided that the committee would nudge the board in advance of the due dates for their reports

Goals/Actions which will be completed by the next assembly:

- Will edit the R6 Assembly Committee Summary Report to include the Secretary's email address

QUALIFICATIONS FOR REGION SIX OFFICER

REGION 6 BYLAWS

VI. NOMINATION AND ELECTION OF OFFICERS

- A. Elections of R6A Officers, whose term has expired, shall be held at the Fall Assembly meeting and newly elected Officers shall assume their responsibilities following adjournment of that meeting to serve for a term of two years. The election of Chair and Coordinator will occur at the Fall Assembly in odd-numbered years. The election of Vice Chair, Treasurer and Secretary will occur at the Fall Assembly in even-numbered years.
- B. That the nominations of the R6A Officers shall be by application submitted to the Regional Coordinator sixty (60) days prior to the Assembly designated dates. Persons wishing to run for R6 Office are responsible for obtaining an application form from the R6 Coordinator.
- 1) All completed applications must be returned to R6 Coordinator postmarked no later than date designated.
 - 2) Copies of applications shall be submitted to each Intergroup forty-five (45) days prior to R6A where election is to take place.
- C. No person shall serve more than two (2) full consecutive terms of office with the exception of partial terms, until a one (1) year interim is met, whereby the person may then be re-elected.
- D. To be eligible for election as a R6 Officer, a person shall at the time of election:
- 1) Be attending OA meetings within R6; and
 - 2) Have current continuous abstinence from compulsive overeating of at least two (2) years; each person being the sole judge of his or her abstinence;
- And one or more of the following:
- 3) Have served as RR or AR at two (2) of the last four (4) R6 Assemblies immediately preceding the election, AND possess one (1) years of active service at the intergroup level **OR**
 - 4) Have attended three (3) of the last six (6) R6 Assemblies immediately preceding the elections.
- E. A vacancy of R6A Officer shall require that the R6 Board appoint an interim Officer who shall serve until the next Assembly elections. Persons appointed as interim Officers should at time of appointment meet the requirements for election as an officer of R6 as stated above in Article VI, Paragraph D.
- F. To be elected a nominee should be present at the time of election and must receive a majority vote of the voting body by paper ballot; prepared to respond to questions from the Assembly regarding qualifications, except in cases of extreme emergency with notice given to an Officer.
- G. If there is only one nominee for an office, election may be by majority voice vote.

DUTIES AND RESPONSIBILITIES OF THE R6A OFFICERS

POLICY NUMBER 014

- A. **The Chair of R6A will:**
- 1) Attend all R6 Board meetings, R6As and R6 Conventions;
 - 2) Shall cast the deciding vote in the event of a tie; (Article V, Section G of R6A Bylaws)
 - 3) Represent R6 in all matters involving outside enterprises;
 - 4) Prepare an agenda of business items for R6 Assemblies and R6 Board meetings;
 - 5) Chair R6As and R6 Board meetings in accordance with the R6 Bylaws;
 - 6) Co-sign financial documents if necessary or requested by R6 Treasurer and shall be bonded;
 - 7) Function as a fiduciary in conjunction with Treasurer in matters requiring allocation and disbursement of the funds provided for R6 business;
 - 8) Draft operating Policy and Procedures as directed by the R6A or the R6 Board or as required by business operations;
 - 9) Attend all R6 sponsored activities to represent R6 interests and support the activity (funding to be provided by R6);
 - 10) Draft and/or review all correspondence from R6 to outside enterprise;
 - 11) Attend World Service Business Conference as R6 Delegate;
 - 12) Attend all meetings of Region Chairs;
 - 13) Maintain contact with unaffiliated meetings and unrepresented Intergroups regarding WSBC and Region business;
 - 14) Submit a written article to each edition of the R6 Newsletter;
 - 15) Submit a written report to be distributed at each R6 Assembly;
 - 16) Sign R6A and R6 Board approved legal contracts between R6 and outside enterprises;
 - 17) Investigate and report to R6A on any Intergroup-raised issue affecting R6 as a whole;
 - 18) Interact with other Region Chairs to continually seek improvements in R6 service;
 - 19) Schedule Parliamentarian for R6A;
 - 20) Promote overall unity and group conscience of R6;

- 21) Be responsible for overseeing the implementation of Policy Numbers 008, 015 and 021;
- 22) Perform other duties as may be required by the R6A.

E. **The Coordinator of R6A shall:**

- 1) Attend all R6 board meetings, R6As;
- 2) Distribute copies of minutes, agenda, and any other material deemed necessary for proper coordination and functioning of R6 to all R6 Board Members, Intergroups, and R6 Trustee;
- 3) Maintain current RR and AR addresses and phone numbers and current R6 Intergroup and unaffiliated group listings in order to conduct OA business and for issuance of name tags at Assemblies;
- 4) Register Delegates and Alternates at R6 Assemblies;
- 5) Submit requests to the World Service Office for mailing labels as required;
- 6) Provide R6 labels for Committees to do their own mailings;
- 7) Develop with the R6 Board the annual schedule for R6A and R6 Board meetings;
- 8) Submit a written report to be distributed at each R6 Assembly;
- 9) Co-sign financial documents as requested by R6 Treasurer and shall be bonded;
- 10) Be responsible for overseeing the implementation of Policy Numbers 017 and 022;
- 11) Perform other duties as may be required by the R6A or delegated by the R6 Chair.

F. **The R6 Website and Publications Coordinator shall:**

- 1) Attend all R6 board meetings, R6As;
- 2) Oversee the publication and distribution of the R6 newsletter, the Messenger, and act as advisor to the Newsletter Committee;
- 3) Maintain or oversee the maintenance of the website established in the name of OARegion6.org (the Website) as webmaster, as provided in Policy #034;
- 4) Receive and disseminate all information received for posting on Website, as provided in policy #034
- 5) Receive, and disseminate all information necessary in order to maintain a current R6 Speakers List.
- 6) Submit a written report to R6 at each R6A regarding number of visits to web site, a topic for the writing session as described in Policy #030, and other matters of interest to the R6A
- 7) Maintain or cause to be maintained, all technical and aesthetic technologies of the operation of the Website in a smooth working order;
- 8) Be conversant regarding current and emerging internet technologies of benefit to the Website;
- 9) Act as liaison with the R6 Board, and R6 Committee Chairs to facilitate the distribution via the Website and/or Messenger of the minutes, agenda, and any other material deemed necessary for proper coordination and functioning of R6;
- 10) Perform other duties as may be required by the R6A or delegated by the R6 Chair.



www.oaregion6.org

Submitted for consideration at the Region Six Assembly in the Fall of 2019.
I am applying for a position on the Region Six Board of Overeaters Anonymous as:
Chairperson

Full name: Carmen D [REDACTED] _____

Address: [REDACTED] _____

[REDACTED] _____

Phone: [REDACTED] E-mail: [REDACTED]

Years in OA: 38 _____ Years of service above group: 35

Date continuous abstinence began: January 2003

*I certify that I have read the qualifications and duties of the office of
Chairperson and understand the responsibilities of such position.*

Carmen D [REDACTED] _____ June 14th 2019
Signature of Candidate Date

IMPORTANT

This form, when completed, must be sent to the Region Six Coordinator.

Type or print in black ink only. Do not write beyond the margins. Enter all information on this form. Attachments will be reproduced for circulation to the Regional Representatives.

Send to the Region Six Coordinator

By Mail: Mary T., R6 Coordinator, P.O. Box 761, South Salem, NY 10590

By e-mail: coordinator@oaregion6.org. For more info call 914-763-1172. This application must be **postmarked or electronically time-stamped** 60 days prior to the date of the Region Assembly. It is each applicant's responsibility to verify receipt of application. Additional copies of this form may be obtained from the Region Six Coordinator or downloaded from the Region Six website.

Summary of my OA responsibilities:

As an active member of OA, I have had a sponsor since my second year in OA. I sponsor several members and am actively working the steps with them.

Group (1982-present)

At various times and in different groups: chairing a meeting, secretary, treasurer, key person, 12 step within, contact person, group representative, speaker-getter, anniversary organizer and keynote speaker. Have also started new meetings.

INTERGROUP:

Was involved on the Ottawa district IG in the beginning since I started my recovery in English-speaking meetings. Different positions held—chair, special events coordinator, responsible for literature, phone coordinator. I have been the French/English liaison person now for about 3 years.

Approximately 20 years ago, was on the 3 member committee to start our French IG IOAFO—Intergruppefrançais de l'Outaouais-helped to establish our bylaws and procedures; have been on this IG til this past year where my mandate as R6 rep and WSBC delegate was finished. Also helped to establish our small website even though I was then much less computer savvy. I have been in this position for almost 9 years because in this position we can serve two four years mandate. (Since we don't have that many bilingual members, this position is difficult to fill). Other positions held on this IG—chair, special events coordinator, PI chair, phone coordinator. I am now chairing the IG renewal ad hoc committee.

I have also co-lead a few weekend retreats for the IOAFO for a group of 8 members.

REGION 6

Representative for the IOAFO for the last 9 years; attended at least one assembly per year, sometimes both. Sat on the Young People's committee for several years then on the Web and Publications committee for several years. Even when I could not attend the assembly, continued to be involved on the translation verification etc.

WSBC

Attended as a delegate four times between 2011 and 2019 about every two years.

Sat on the Young People's committee, the 12 step within committee and in 2019 on the Bylaws committee.

I can bring the following business, professional or other experience and skill to the Region:

Initially, I worked as a registered nurse, mainly with burn patients and in vascular and plastic surgery. I was often a team leader in charge of 5 to 6 employees. As shift work was difficult with a young family (12 hour shifts) I eventually went back to school to get my Occupational Health Nursing certificate. I then worked in a pulp and paper mill where I was in charge of the health unit. (Worked alone). I was in charge of first aid, taking charge of employees with a work related accident; planning the certification and recertifications for CPR and First Aid courses for the employees. Sat on the Health and Safety committee; presenting short health and safety information sessions ex: prevention of back injury.

Then for the last 20 years, while I was working as an Occupational Health Nurse part-time, I helped out at my chiropractor's office as an assistant and to this day have continued to work part-time as needed. I have established many procedures in this office and have trained many people. I will finally take my 3rd retirement from that job this coming December.

I do have good organizational skills and am detail oriented. I am a very structured person. I am a good listener in problem solving situations. I want to always stay teachable.

I do have a laptop and the necessary tools that I might need to accomplish this position.

I am also bilingual which could be an asset considering that R6 serves the French speaking members of the province of Quebec.

Raised 2 beautiful kids and I have 4 adult grandkids.

I would like to be a Region 6 Officer for the following reason(s):

My Higher Power has given me a strong affirmative feeling to submit my application. I feel I am ready for the challenge to do service at the region level. I've been granted time in my life to grow and give back to our fellowship.

I will finally completely retire in December from a 2 day a week job.

Very early on, service has been a very big part of my recovery. It has always been important for me to do service at any level; it's important also to continue to carry the message and to give back what I've been given so freely and unconditionally by other members involved in service. Over the years, I have developed a better understanding of the Steps and the Traditions.

If elected as Region chair, I look forward to deepening my knowledge of the Traditions and the Concepts.

Brief account of my OA story (Physical, Emotional and Spiritual):

I was a fat child, teenager and adult. I yo-yoed with diets starting at the age of 20. In the spring of 1981, I came in to OA at the age of 30, weighing a bit more than 200 lbs. I had stopped weighing myself. After a car accident ending up with a fractured pelvis, I ended up on bed rest for a period of about 6 months getting up only to eat in a standing position. I had heard about this program twice; the second time was from our cleaning lady. I came in the doors still walking with a cane; I had hit a physical bottom. Even though I felt a sense of belonging at my first meeting, it took me a year to really let go of my HP which was the food and start working my program. I got my first sponsor and started going to more meetings and to work the steps; as a result, the weight came off slowly and I came down to a healthy weight. I had to grow and change emotionally before I could deal with weight loss.

Life happens; in the summer of '86, my husband and I separated. Before that happened, I slowly slipped and slid with my abstinence. In the summer of '88, I moved in with my new partner on the Quebec side of the Ottawa River. I had not put any weight at that time, but food was still a problem. And then I started to neglect my program. Fortunately, I was always more often abstinent than not. I slowly put on about 40 lbs over a period of 10 years. I consider myself a relapse survivor. I'm very grateful that I never left OA and that I didn't put on more weight. I still continued to work my program and do service.

I have current continuous abstinence since 2003.

This past September, when my 93 year old husband passed away, I lost my appetite; for the first time ever in my life. Can you imagine for the first time, I didn't want/need to eat away my feelings of grief! After four weeks, my appetite started to come back and I asked God to help me continue to eat less. I now have lost some more weight.

I'm very grateful for the God-given 30 years with my latest husband in spite of an age difference of 26 years. I think he never fully understood my program but he respected the importance of it and of the service that I did. For the last 3 to 4 years I had become a caretaker, even though he was still autonomous till the last year of life when his health slowly deteriorated.

I have gone through the 12 steps many times in those 38 years; have done a 4th and 5th step many times. It is important for me to do things to refresh my program. This year, once a month I read and write on the principle of the month in the steps. In the next two years, I will do the same with the principles in the Traditions and the Concepts. I felt I needed to deepen my knowledge of the principles.

I live on a daily basis in step 10-11-12; God who is the HP of my understanding, is in charge of my life in its entirety. He speaks to me through my intuition which I'm in tune with now that I'm not burying my feelings down with food; and also through other members and sometimes even other people in my life. I have had a great life since in OA; lived through life-changing experiences some more easily accepted than others. I'm very grateful for my abstinence and recovery in OA. I am very willing to give back to the program and fellowship that saved my life. I'm ready and willing for the challenges this opportunity may bring.



www.oaregion6.org

Submitted for consideration at the Region Six Assembly in the **X Fall** Spring of 2019.
I am applying for a position on the Region Six Board of Overeaters Anonymous as:

COORDINATOR

Full name: **Kara M.** [REDACTED]

Address: [REDACTED]
[REDACTED]

Phone: [REDACTED]

E-mail: [REDACTED]

Years in OA: **10 + (one day at a time)** Years of service above group: **8+**

Date continuous abstinence began: **October 27, 2008**

*I certify that I have read the qualifications and duties of the office of **Coordinator** and understand the responsibilities of such position.*

[Handwritten Signature]
Signature of Candidate

23 July 2019
Date

IMPORTANT

This form, when completed, must be sent to the Region Six Coordinator.

Type or print in black ink only. Do not write beyond the margins. Enter all information on this form. Attachments will be reproduced for circulation to the Regional Representatives.

Send to the Region Six Coordinator

By Mail: Mary T., R6 Coordinator, P.O. Box 761, South Salem, NY 10590

By e-mail: coordinator@oaregion6.org. For more info call 914-763-1172. This application must be **postmarked** or **electronically time-stamped** 60 days prior to the date of the Region Assembly. It is each applicant's responsibility to verify receipt of application. Additional copies of this form may be obtained from the Region Six Coordinator or downloaded from the Region Six website.

Summary of my OA responsibilities:

GROUP

- Various service roles including key holder, room set-up, Secretary and Intergroup Rep (October 2008 – Present)

INTERGROUP:

- Ocean & Bay Intergroup Chair (January 2011 – December 2014)
- Workshop Leader for three Ocean & Bay Intergroup Mini-Workshops (January, February, June 2017)
- Panelist for Ocean & Bay Intergroup Workshops (May 2015, September 2017 and April 2018)
- Website developer and webmaster (March 2015 – February 2017 and April 2018 – Present)
- Newsletter Editor (June 2014 – December 2015)
- Co-facilitated the Women's Prison Initiative (bi-weekly OA meetings) at the RI Department of Corrections (August 2014 – May 2016)
- Designed the Ocean & Bay Intergroup Journal, a piece of local literature (2014)
- Designed the Ocean & Bay Intergroup logo (2011)

REGION:

- Region 6 Representative (2013 – present)
- Led retreats for various Intergroups including New Hampshire (2016), Greater NY Metro Intergroup (2016), Western Massachusetts (2017) and Montréal English Intergroup (2019)
- Served on the 2015 "Reaching Out for Recovery" Convention Committee (Public Information)
- Blessed to share my experience, strength and hope as a Keynote Speaker at two Region 6 Conventions (2014 & 2017)
- Co-led workshops at several Region 6 Conventions
- Written and performed in various skits to promote Conventions, Professional Outreach and Abstinence
- Currently serve on the PI/PO Committee

WORLD SERVICE:

- WSBC Delegate (2016 – present)
- Co-led workshop on "Responsibility of Abstinence" at the Conference (2016)
- Co-led workshop at World Service Convention in Boston (2016)
- Published in *Lifeline*
- I currently serve on the Conference-Approved Literature Committee (2017 - present)

I can bring the following business, professional or other experience and skill to the Region:

If you are looking for a fresh addition to the Region 6 Board, I have the talent and the energy to make a difference. I possess a myriad of personal and professional competences that include expansive writing skills, communications, and organizational skills. My background outside of OA include copy writing, PR, community relations, fundraising, event planning, graphic design, marketing and branding, art, and other creative endeavors—all of which I have lent in service to this program.

I was the director of communications for a non-profit in Providence, Rhode Island for nearly seven year, and I currently work as the parish administrator at a local church. Additionally, I have also been freelancing, consulting, and teaching since 2012.

My associates, colleagues, and OA fellows will tell you I am courteous, diplomatic, eager to learn, detail-oriented, and dedicated.

I would like to be a Region 6 Officer for the following reason(s):

I wish to continue doing service at the Region level, and taking on this responsibility will further enhance my program.

I will bring passion, creativity, leadership and recovery to the role. I am specifically running for Coordinator because the duties outlined are in alignment with my particular skill sets.

As Coordinator I will:

- **Receive, manage and distribute R6 correspondence including but not limited to minutes, agendas, Convention updates, Assembly information, etc.**
- **Maintain database of information on Intergroups, Unaffiliated groups, Regional Representatives, and Alternates**
- **Assist with tasks related to Spring and Fall Assemblies including registration, nametags, sign-in sheets, etc.**
- **Mentor the IGOR committee**
- **Collaborate and cooperate with the Board, IG Reps, and all OA Members to foster the spirit of Unity embodied in Tradition 1 of Overeaters Anonymous**

Brief account of my OA story (Physical, Emotional and Spiritual):

I'm Kara—compulsive overeater, recovering bulimic and sugar addict.

I never had a normal relationship with food. I was always a junk food junkie, preferring sweets over “real” foods. I love anything sugary or starchy. Today I understand that my body has an allergy to those foods, and I accept I cannot safely ingest them.

I was a chronic dieter and often restricted or over-exercised. At my heaviest, I weighed nearly 300 pounds. (On a 5 foot, 1 inch frame, that is *a lot* of body mass.) At my thinnest, I was hospitalized. I've vomited, taken laxatives or an excess of fiber pills. I've tried starvation and undergone major surgery. I'd restrict and purge. I repeatedly gained and I lost—both physically and emotionally.

I medicated my feelings with volumes of food, or I dieted and restricted to give me a sense of control. When I was in the throes of my disease, I violated my own rules and compromised my values. I would withdraw and become increasingly isolated. I was frequently depressed, hopeless, fearful, anxious or irritated. I developed digestive issues, had acute joint pain and was at risk for diabetes and heart disease. Even when I was mindful of some of these health concerns in my life, I kept on using food in a destructive manner.

I also could not stop *thinking* (obsessing!) about food—how much, when and where I would get it, eating, not eating it. There was no peace in my head when it came to food or my body image. For decades, I thought that if I was thin enough, all my problems would disappear. I thought it was only my weight that made life horrible.

I went to OA meetings in my early 20s but abandoned the Program when I lost some weight having convinced myself that I was “cured.” (Some might consider the period that followed a 15 year relapse.) In the fall of 2008, I went back to OA after years of continued disordered eating. It was humbling to admit I needed help. When folks said, “Keep coming,” I did.

I gave up sugar and white flour because, in my heart, I knew that was vital to my well-being. I kept doing what my sponsor and the Program suggested. I was honest, open-minded and willing. I did the footwork, and God took care of the rest.

With the help of a dedicated sponsor, dozens of service-minded people in the fellowship, a knowledgeable nutritionist, the support of my family, and my Higher Power, I have been able to release and maintain a 60 pound weight loss since I was struck abstinent on October 27, 2008. I had been willing to go to any lengths. I prayed, made phone calls, went to meetings, weighed and measured my food, listened to other OA-ers, and continued reading OA-approved literature. Most importantly, I began “working the Steps.” Because, let's face it, I had more than just an eating problem; I had a living problem, and the 12 Steps gave me a strategy for navigating life.

My OA story (continue here, if necessary)

These past 10 years, I have been blessed with abstinence, serenity, opportunities and friendships that mere words cannot describe. I have found my voice in OA, regained confidence and rediscovered my creativity. This program rescued my soul from despair and continues to save my life on a daily basis. I owe every blessing to a loving God, and I am forever grateful for this Program.

For these reasons and more, I want to give back what has so generously been given to me. I learned that many OA members who have strong recovery are those who do service. I can't keep what I don't give away. Service is my way of showing appreciation to my Higher Power for allowing me to live "happy, joyous and free." I do service as a way to say, "Thank you, God. Thank you for the gift of OA."

Lastly, I want to thank each of you in advance for your consideration and support. If it's Higher Power's will, I look forward to serving in the role of Coordinator for Region 6.



www.oaregion6.org

Submitted for consideration at the Region Six Assembly in the Fall of 2019.
I am applying for a position on the Region Six Board of Overeaters Anonymous as:

Website and Publications Coordinator

Full name: Chuck F [REDACTED] _____

Address: [REDACTED] _____

Phone: [REDACTED] E-mail: [REDACTED]

Years in OA: 8 _____ Years of service above group: 8

Date continuous abstinence began: February 15, 2011

I certify that I have read the qualifications and duties of the office of
Website and Publications Coordinator and understand the responsibilities of such position.

Chuck F [REDACTED] _____ June 20, 2019 _____
Signature of Candidate Date

IMPORTANT

This form, when completed, must be sent to the Region Six Coordinator.

Type or print in black ink only. Do not write beyond the margins. Enter all information on this form. Attachments will be reproduced for circulation to the Regional Representatives.

Send to the Region Six Coordinator

By Mail: Mary T., R6 Coordinator, P.O. Box 761, South Salem, NY 10590

By e-mail: coordinator@oaregion6.org. For more info call 914-763-1172. This application must be **postmarked or electronically time-stamped** 60 days prior to the date of the Region Assembly. It is each applicant's responsibility to verify receipt of application. Additional copies of this form may be obtained from the Region Six Coordinator or downloaded from the Region Six website.

Summary of my OA responsibilities:

Phone Contact List Committee Chair - Central Ontario Intergroup – 2013-2015 – Led team of service volunteers picking up phone messages.

Website Chair – Central Ontario Intergroup – 2015-2018

- Worked to redesign website
- Updated content as required
- Provided monthly reporting.
- Expanded audio file uploads.

Public Outreach – Central Ontario Intergroup – 2014-2017

- Worked on Health Care Professional outreach campaign
- Worked on Obesity Network Canadian conference, setting up a booth for the conference (2 years)

Special Events – Central Ontario Intergroup (COI) – 2012-2014

- Chaired COI convention (twice)
- Set up MailChimp as a way of communicating to our members.

Intergroup Rep – Various Meetings – 2011-Present

Secretary – Central Ontario Intergroup – 2016/17

Convention Chair – Region 6 – 2017-2019

- Chaired committees for the Toronto, Portland, White Plains and 2020 convention.
- Spread the message of recovery via conventions while raising funds for Region 6.

I can bring the following business, professional or other experience and skill to the Region:

I lead a team of writers who design digital content. This content includes: Website content, intranet content (over a Wiki) and chatbot content. Our team designs content currently for the largest website revitalization in the history of the Government of Canada.

We write user-friendly, accessible content, currently in both English and French. (Note: I do not know French and am not able to translate).

As a team of writers creating content, we are used to standard approval workflows, as well as using translators to get our content translated and approved.

As well, I handle internal communications (employee-facing) for over 900 employees. To do this, we create our documents using the same WordPress platform that Region 6 uses.

Part of my position is to create a monthly newsletter for the site.

In addition to website writing and internal communications, I also monitor and track Social Media responses/incoming messages for a company with over 2 million Canadian customers.

In my personal life, I have been a webmaster for an Ontario-wide Parent association as well as a regional Parent association. In addition, I have created four websites for small businesses, as well as maintaining those websites.

Below is a list of my current educational qualifications:

- BA in History/International Relations from University of Toronto
- Project Management Professional (PMP) Certification
- Writing for the Web Certificate from University of Toronto
- Business Process Design Certificate from University of Toronto.

I would like to be a Region 6 Officer for the following reason(s):

I would like to be a Web and Publications Officer as I feel that the responsibilities and qualifications align with my professional qualifications as well as my personal skill-set. To me, this is a natural next step in my OA service evolution.

I also feel that communications is a key aspect to what we do as a service organization. We need to be able to spread the message to those who need it. We need to be able to be agile and accurate with our communications. We need to be able to provide information in an effortless way. Like the plumbing in our homes, communications should be easy for our customers (the audience) to access.

I would also want to look at expanding what areas of communications we operate in. Can we move over to a mass-email system? Can we even start a social media account, and follow WSO's lead? These are questions we should investigate, and pursue (or not) depending on the situation.

Wanting to grow in my personal life, I want to learn more about dealing with people in all areas of my life. I was an isolator, so am just working now to diversify my interpersonal relations with members and non-members.

In short, I want to serve as I have been given a new life in OA, and I need to repay this, even in relatively small amounts, in service back to the members of OA. I know I can never pay back what the program gave me.

Brief account of my OA story (Physical, Emotional and Spiritual):

I walked into OA in February 2011 a 500+ pound wreck. I was disappointed that I was alive every morning that I woke up. Before OA, I realized that there were no solutions to my problems, that this is just me. I knew that I would die early, probably not being able to retire, and that was my fate.

When I walked into my first OA meeting, I found love, support and acceptance. I found that the little older ladies hugged me (why are they hugging me!?) and kept telling me to "keep coming back". I would listen to the stories in the book, and their shares, until something clicked.

I ate Program like I ate the food. I was underperforming on my job (surprise) and realized that I had time to listen to step studies at work. I found a food plan that fit for me.

Perfectionism delayed my 4th by a few months. Who else used a password-protected Excel sheet to do their 4th? But it worked, after two all-day sessions, the 5th was done.

Physically, I am right-sized, my doctor is happy with me. My kids are happy as I can lift them up and play with them as much as they want me to.

I try to live in 10, 11 and 12. I try to expand my spiritual program. I try to talk to my family before taking on service work (they approve of this application!). When something comes up, I talk to my sponsor. I inventory, and, again try to be a better person than I was yesterday.