



## **Overeaters Anonymous - Region 6**

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

### **Spring Assembly**

**April 2, 2022**

### **Minutes**

The Region 6 Assembly of Overeaters Anonymous was called to order at 10:30 AM by The Region 6 Chair with the Serenity Prayer, said in English, and in French by Marie of French Intergroup of Quebec.

The Region 6 Chair welcomed all to the Assembly.

12 Steps of Overeaters Anonymous were read by Linda of NY State Capital District Intergroup.

12 Traditions of Overeaters Anonymous were read by Elaine G of Greater Rochester Intergroup.

The 12 Concepts of Overeaters Anonymous were read.

Concept 1-6 were read by Willing P of Massachusetts Bay Intergroup.

Concept 7-12 were read by Donna G of Connecticut Intergroup.

Introduction of the Region 6 Board:

Kimberly-Vice Chair

Lynda- Coordinator

Karen C -Treasurer

Chuck- Web and Publication

Sue S-Secretary

Carmen- Chair

Ann W-Parliamentarian

Introduction of Hosts/Volunteers:

Karin H-Host

Bruce- Center Mic

Susan P-Cohost

Judy-Cohost

Kara-Volunteer

Sandy-Volunteer-Tech assistance

Introduction of Former Officers and Trustees- by show of hands

Introduction of 15 New Representatives.

Introduction of 2 guests, and 1 alternate.

Instructions for voting were reviewed by Host- reviewed process to “Raise Virtual Hand” on Zoom, and use of Yes/No buttons under Reactions.

Also explained purpose of Center Mic monitor.

Officers’ reports- Reports were sent to all representatives with the eblast and were also available on the OA website. They should have been reviewed by delegates prior to the assembly. Each Officer was presented, and time was allowed for questions. There were no questions.

Announcements were made by the Vice Chair:

The Fall Assembly of Region 6 will be held on September 17, 2022. **Board is considering a Hybrid Assembly, BUT THE DECISION AS NOT BEEN MADE.**

At the Fall Assembly, elections will be held for Vice Chair, Treasurer, and Secretary. Application must be emailed to the Coordinator by July 19<sup>th</sup>. Further information is available in the R6 bylaws.

There will be 2 groups of Raffles at today’s Assembly. The prize is The 12 Step Workshop Study Guide and The Participant’s Book for the Workshop Guide.

Assembly participants were reminded to stay logged into the zoom platform during the lunch break.

Power Point Presentation of the proposed plan for Restructuring of the Board of Trustees to be brought to the floor of the World Service Business Conference in late April 2022.

Followed by a Q&A with Cyndy L. from the Restructuring Committee.

Break for lunch at 12:45 PM.

Assembly reconvened at 1:30 PM.

Serenity Prayer was led by Carmen in English and Ann P from Francois De Outaouais, in French.

Vice Chair announced winners of first raffle drawing

Guests/Volunteers: Judy J.

Connecticut: Donna G.

Massachusetts: Ken LB

New Hampshire: Anne W.

New York: Amanda S.

PI/PO Blitz funds award decisions were announced by R6 Chair.

The Blitz funds award are as follows:

Connecticut IG \$3100 For Billboard

MetroWest IG \$1200 Hire Social Media Consultant

Westchester United: \$700 Website Update

## Committee Reports

- **By-Laws Committee- Jen K Rockland County IG-** clean up groups for entire bylaws. Goal to pick up where prior Committee left off.
- **IGOR – Margaret-** Key purposes were discussed, IGOR training 9/9-9/10, Committee members to reach out to assigned groups and maintain contact with group chairs.
- **PI/PO -Bruce P. Central Mass IG** -Beta methodology developed by committee to determine best use of discrepancy awards of Blitz funding. \$2,900 discretionary fund to be given to Web and Publication to use toward Google Ad Word Campaign. Goals: Blitz funding application review and revision, continue outreach to Intergroups to encourage Blitz funding applications.
- **Finance- Anne G. Central Ontario IG-** Reviewed details of proposed budget. Reviewed Motions to be brought before The Assembly later in the day, discussed increased expenses for the possibility of returning to face-to-face Assembly and WSBC in 2022/23.
- **Convention- Ann W. New Hampshire IG-** Discussed responsibility of chair, and elected assembly chair.  
Discussed pros/cons of virtual vs hybrid vs on site convention for 2022 and voted unanimously for virtual convention. Suggested dates are 10/21-10/23/22. Next actions review manual and update as needed. Pick theme and begin registration.
- **Web and Publication-Judy K-** Google AdWords campaign is spreading the message and the plan is to continue the campaign. New website up and running, looks good, but the website administrator is cumbersome and difficult to work with.  
Writing assignment is ready for later today.
- **Twelfth Step Within- Sue C Green Mountain IG-**  
Suggested Areas of Sharing:
  - ✚ Training New Sponsors.
  - ✚ Workshops for Sponsorship Toolbox
  - ✚ Newcomers Meetings
  - ✚ Breaking out of Relapse

### **Roll Call of the Assembly was done by the Region 6 Secretary.**

Parliamentarian announced the results: 45 Voting delegates, 6 Board Members for a total of 51 eligible Voters. Majority requires 26 votes, 2/3 requires 35 votes.

The Procedure to Yes/No for voting was reviewed by the Chair.

Assembly Standing Rules were approved as presented.

The Assembly Agenda was approved as presented.

The Minutes of the Prior Assembly were Approved without Correction.

The Minutes Approval Committee for the Spring 2022 Assembly will be Connie from NY Capital District IG, and Rob R Western Massachusetts IG

Debbie H from the R6 Convention Committee announced the recommendations of the committee is for the R6 Convention for 2022 to be held 10/20-10/23/2022, and for the Convention to be held virtually.

**Announcements** by the Vice Chair: World Service Business Conference dates are 4/22-30/2022. A "Meet and Greet" of Delegates to the Conference from Region 6 is scheduled via Zoom on 4/14/2022 at 7PM to be hosted by the R6 Chair and Vice Chair.

There will be Workshops for the Conference on Friday and Saturday 4/22 & 4/23

The next Forum will be on Sunday April 24<sup>th</sup>.

Review of R6 Calendar, and how to place events on the calendar.

**15 Minute Break, with Writing Assignment** from The Web and Publications Committee: How has the change of format of communication for OA meetings affected your Program?

Explanation of Poll Voting was given by the Zoom Host.

R6 Chair explained the Consent Agenda.

Items 1& 4 are on the Consent Agenda.

There was an objection, and Item 4 was removed from the Consent Agenda, and placed on the agenda.

The Consent Agenda (Item 1) was approved unanimously.

Item 2 was presented, and then amended (Revised). Passed as Revised Motion  
46 yes/1 no/ 3 abstained

Item 3 Motion made by Diana G to Refer to Finance Committee: Motion to refer passed 42 Yes/1 No/6 Abs

Item 4 as Amended by Mary T. passed 48 yes/0 no/ 1 abstention

2022/23 Budget was presented by Karen C, and questions answered. Passed 44y/0 no 1 abstention

R6 Assembly dates 2024 Board meeting April 5<sup>th</sup> Assembly April 6<sup>th</sup> 39 yes/3 no  
Board meeting September 20, Assembly September 21, 42 yes/2no

World Service Business Conference 2024 not scheduled yet –probably in May

Kim of IG OA Francois de Montreal brought to the floor the Region 6 Convention for 2022 will be held Virtually the Weekend of October 21-23.

There were no questions, and the Motion passed 44yes/1no.

Vice Chair announced winners of second round of raffles:

New York	Raquel
New Brunswick	Millie
Ontario	Margaret G.
Quebec	Marie France D.
Vermont	Sue C.

First Timers Ceremony was performed by chair.

The Chair thanked volunteers and participants.

Assembly was adjourned at 4:30 pm with The Responsibility Pledge.



## ITEM #1 Passed

### R6 NEW BUSINESS MOTION, SPRING 2022

New business to be placed on the R6 Assembly Conference agenda can be proposed by any registered R6 Intergroup or R6 committee and shall be submitted to the coordinator postmarked or be date and time stamped through electronic transmission 60 days before each Assembly. The R6 Board may also submit new business.

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**MOTION:**

*Move to combine Policies 044 and 045*

**SUBMITTED BY:**

*R6 Finance Committee*

*Contact Name: Karen C.      Phone #: (857) 363-1619      Email Address: oar6treasurer@gmail.com*

**INTENT:**

*The intent is to consolidate existing information into one policy.*

**IMPLEMENTATION:**

*The only implementation is to update the verbiage of the Policies and Procedures.*

**COST:**

*None*

**RATIONALE:**

*It makes sense to have the full procedure concerning the budget in one place.*

Move to update verbiage as follows:

### **R6 COMMITTEE BUDGET REQUESTS & BUDGET APPROVAL**

Forty-five (45) days prior to each Spring Assembly, the Chair of each R6 Standing Committee (Article VII Section A, R6 Bylaws), shall submit in writing, requests for funding for the upcoming fiscal year.

An R6 Committee budget request exceeding the previous year's approved budget by ten (10%) percent shall present documentation and rationale outlining its proposals for the upcoming year. The Treasurer will make worksheets available for each R6 Committee to support its budget request.

If no written request for funding is received forty-five (45) days prior to Spring Assembly, in consultation with the Finance Committee and the R6 Board, Treasurer shall determine each R6 Committee's allocation for the upcoming budget.

**As presented by the R6 Treasurer, the proposed budget shall be adopted or defeated by an up or down majority vote of the R6A**

POLICY NUMBER: ~~045~~  
ORIGINALLY PASSED: ~~09/17~~

### **~~ADOPTION OF THE R6 BUDGET~~**

~~As presented by the R6 Treasurer, the proposed budget shall be adopted or defeated by an up-or-down majority vote of the R6A.~~



## ITEM #2 – Passed as amended

### R6 NEW BUSINESS MOTION, SPRING 2022

New business to be placed on the R6 Assembly Conference agenda can be proposed by any registered R6 Intergroup or R6 committee and shall be submitted to the coordinator postmarked or be date and time stamped through electronic transmission 60 days before each Assembly. The R6 Board may also submit new business.

#### MOTION:

Move to create a Policy and Procedure for Digital Communication within R6 as follows:

##### Proposed Wording

##### DIGITAL COMMUNICATION

###### Policy

Region Six of Overeaters Anonymous fully aligns its own digital communications policy with understands the importance of the suggestions outlined in the OA World Service publication, Guidelines for Anonymity in the Digital World as attached via internet link above and stated here: <https://oa.org/app/uploads/2021/08/guidelines-for-anonymity-in-the-digital-world.pdf> and will let all OAR6 Officers and Representatives know how to access the document.

###### Procedure

- a. Upon election or appointment to a position in service to OAR6, all Officers and Representatives ~~shall familiarize themselves with~~ will be provided information on how to access the document Guidelines for Anonymity in the Digital World.
- b. The R6 Web & Publications Coordinator will maintain a working internet link on the Region 6 website ~~(contained above)~~, to the current version of the OA document, Guidelines for Anonymity in the Digital World. ~~Minimally, an annual spot check will be performed 90 days preceding each R6 Fall Assembly. When known revisions to the document occur, the link referred to above is to be updated as soon as possible.~~
- c. A link to (or hard copy) of the document Guidelines for Anonymity in the Digital World shall be provided to new R6 Representatives ~~during~~ as part of the new Representatives orientation.

#### SUBMITTED BY:

Greater NY Metro IG; Contact: Andy P., [Treasurer@oanyc.org](mailto:Treasurer@oanyc.org) Phone #: 646-823-4506

#### INTENT:

*To protect each member's anonymity, ensuring that those who provide OA service beyond the intergroup level have an understanding and working practice of utilizing digital communication tools while maintaining anonymity for all parties.*

#### IMPLEMENTATION:

*As outlined under Procedure, above, please review World Service Publication **Guidelines for Anonymity in the Digital World** cited in the section entitled, Procedure above and attached hereto.*

**COST:** None

#### RATIONALE:

*A widespread lack of knowledge regarding utilizing digital communication while maintaining all 12 OA Traditions. Emphasis on upholding of one's own and others' anonymity both within OA as well as in communication with entities outside of OA.*

Email submission is preferred: [Coordinator@OARegion6.org](mailto:Coordinator@OARegion6.org)





**SUBMISSION OF PROPOSED R6 BYLAW AMENDMENT, SPRING 2022**

Amendments to R6 Bylaws may be proposed by any registered R6 Intergroup or R6 Committee and shall be submitted to the R6 Coordinator postmarked or to be date and time stamped through electronic transmission 60 days before each Assembly. The R6 Board may also submit proposed bylaw amendments.

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**ARTICLE NUMBER: #16**

**TITLE: Officer Expenses**

**TO AMEND: Section B #3 b-c**

**Current Wording**

Region 6 will reimburse an Officer for prudent travel expenses to and from each Assembly:

b. Car rental - Region 6 will reimburse an Officer for the use of a rental car, gas for that car, tolls and parking fees. Rental cars should be used when an Officer's car is not mechanically sound or when there is undue hardship to the Officer's family without a car (i.e., a leased car, or a working couple needing the car for work). It is the responsibility of the Officer to obtain the least expensive rental package.

c. Plane - Region 6 will reimburse the lowest possible airfare for an Officer to get to and from Assembly. Flying would be necessitated if the Officer resides at a distance greater than six (6) hours driving time from the Assembly, or if the Officer has a medical condition that would preclude them from driving. An advance may be obtained to purchase airline tickets.

**Proposed Wording**

Region 6 will reimburse an Officer for prudent travel expenses to and from each Assembly:

b. Car rental - Region 6 will reimburse an Officer for the use of a rental car, insurance coverage should the officer not have auto liability insurance, gas for that car, tolls and parking fees. Rental cars should be used when an Officer does not have a car, when the Officer's car is not mechanically sound, or when there is undue hardship to the Officer's family without a car (i.e., a leased car, or a working couple needing the car for work). It is the responsibility of the Officer to obtain the least expensive rental package.

c. Plane - Region 6 will reimburse the lowest possible airfare for an Officer to get to and from Assembly. Flying would be necessitated if the Officer resides at a distance greater than six (6) hours driving time from the Assembly or if the officer has a medical condition or disability that would preclude them from driving. An advance may be obtained to purchase airline tickets. As an alternative, the officer may also be reimbursed for bus or train ticket regardless of distance.

**Submitted by:**

*Region 6 Bylaws Committee*

Contact Name: Amanda Smith Phone #:917-359-2705 Email:

[recoveringme123@gmail.com](mailto:recoveringme123@gmail.com)

Address: P.O. Box 782, Planetarium Station, NY, NY, 10024

**Intent:**

To ensure that otherwise qualified candidates for the Board do not face a barrier to doing service at the Region 6 level due to disability or not owning a personal vehicle. Further, to add in options for alternative forms of transportation, such as trains and buses.

**Implementation:** No actions would need to be taken to implement this change.

**Cost:** Since officers have their own budget, this generally would not have a great impact on cost. When it arises that a disability related accommodation needs to be made for air travel to a place that is less than 6 hours' driving distance, the Officer who needs this accommodation will notify the Treasurer so that adjustments to the budget can be made as necessary.

**Rationale:** OA members who have disabilities that preclude them from driving, as well as non-car owners who are otherwise qualified to serve on the Board should not face an additional obstacle when considering running for a position on the Board.

Often, people who have disability-related access challenges have to take into account the cost of advocating for those needs when the reasonable accommodation is not already built into the structure of the organization.

Similarly, the way that the Policies and Procedures reads currently means that there is an expectation that Officers will have a car. Many OA members living in larger cities and who do not own a car, as well as non-drivers encounter an extra unnecessary need to self-advocate because policies were not written with them in mind.

By changing this wording, we are helping ensure that otherwise qualified candidates are not encountering unnecessary institutional/structural barriers that ultimately may impact OA's ability to recruit and maintain officers at the Region level.

**ITEM #4 – Passed as amended**

**SUBMISSION OF PROPOSED R6 POLICY & PROCEDURE AMENDMENT, SPRING 2022**

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**POLICY & PROCEDURE NUMBER: 32**

**Proposed Change:** To update the Finance Committee Policy and Procedure and include Annual Financial Review

**Current Wording**

**MONTHLY REVIEW**

Procedure:

The R6 Treasurer will provide monthly bank statements, expense, and contribution reports to the Finance Committee Vice Chair for review. The Vice Chair will present a report to the Finance Committee at the R6 Assembly.

**A. FALL ASSEMBLY**

PROCEDURE:

1. Prior to Assembly the Finance Committee will assist the Treasurer in compiling Region 6 financial documents for distribution in the Assembly Officer's Reports packet.

**Proposed Wording**

**MONTHLY REVIEW**

Procedure:

The R6 Treasurer will provide monthly bank statements, expense, and contribution reports to the Finance Committee Vice Chair for review. The Vice Chair will present a report to the Finance Committee at the R6 Assembly.

**B. FALL ASSEMBLY**

PROCEDURE:

1. Prior to Assembly the Finance Committee will assist the Treasurer in compiling Region 6 financial documents for distribution in the Assembly Officer's Reports packet.
2. **Annual Financial Review** In accordance with duties of the Vice Chair and Treasurer listed in Policy 014, R6 shall conduct an annual financial review of the R6 Financial accounts.

**PROCEDURE:** The R6 Vice Chair, Treasurer, and Vice Chair of the Finance Committee, shall conduct the annual financial review by performing the following steps for a minimum of three transactions in the current fiscal period:

- a. The R6 Vice Chair shall pick at random, a minimum of three transactions in the current fiscal period
- b. The R6 Treasurer and Finance Committee Vice Chair will provide documentation of transactions in the

Financial Records. (Bank statements, receipts, etc.)

- c. The R6 Vice Chair will review the results with the R6 Chair
- d. Report the financial review results to the Fall R6 Assembly as part of the Finance committee report as per Policy 014, No. 8.

### **C. SPRING ASSEMBLY**

#### **PROCEDURE:**

Finance Committee will assist with the Treasurer in preparing the budget as needed for presentation at the Spring Assembly.

### **D. RETURN CHECK POLICY:**

To give guidance in a situation if a check is returned for insufficient funds – NSF

#### **PROCEDURE:**

1. R6 bank will be contacted to verify that it was not a bank error.
2. Every attempt will be made to contact the person who issued the check via email, phone, or written notice. Requests will be made for reimbursement of any bank charges to R6.
3. Reimbursement must be made by bank check, money order or PayPal and include bank fees.

<b>Submitted by:</b>	Karen C. Chair Finance Committee
<b>Intent:</b>	The intent is to update and bring the Finance Committee Policy & Procedures to what is current practice
<b>Implementation:</b>	This doesn't change what is currently being done, it is to have it part of Policy & Procedures
<b>Cost:</b>	None
<b>Rationale:</b>	This is to have the current procedure updated to the P&P.