



# 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

## Region 6 Assembly Fall 2024: September 21, 2024 Minutes

The Region 6 Assembly of Overeaters Anonymous was called to order at 9:57 AM by the Region 6 Chair with the Serenity Prayer, said in English by the Chair, and in French by Carmen D. of L'Intergroupe O.A. Français de L'Outaouais.

The Region 6 Chair welcomed all to the Assembly. There were 34 registrants (31 of whom were present), including 7 board members, 5 blue dots, and 3 guests, Center microphone monitor: Karin H., Timekeepers: Karin H. and Bruce R., and Parliamentarian: Ann W. Of the 34 Intergroups in Region 6, 18 Intergroups had Region 6 representatives registered at this Assembly.

The Chair explained the Board's goal of providing French interpretation at Assembly so that Intergroups whose representatives speak French only (or who are bilingual) can attend Assembly and have a voice and a vote. Although, today, no one has requested French interpretation.

The 12 Steps of Overeaters Anonymous were read by Tricia from Ocean & Bay Intergroup (IG). The 12 Traditions of Overeaters Anonymous were read by Barb from Greater Rochester IG.

The 12 Concepts of Overeaters Anonymous were read.

Concepts 1-6 were read by Lisa from Maritimes IG of OA.

Concepts 7-12 were read by Michael from Greater Syracuse IG.

### Introduction of Region 6 Board, Parliamentarian, and Ex officio member:

Treasurer: Debbie H.

Coordinator: Lynda B.

Secretary: Blair P.

Chair: Kimberly C.

Web and Publications Coordinator: Michael P.

Parliamentarian: Ann W.

Vice Chair: Chuck F.

Ex officio member: Carmen D.

Trustee Liaison to Region 6: Bob F.

### Introduction of former officers and former trustees by asking folks to stand and state their name and former service role.

Bruce R.: Region 6 Website and Publications Coordinator

Carmen D.: Region 6 Chair

Karen C.: Region 6 Treasurer & General Service Trustee & Chair of Board for World Service

Susan P.: Region 6 Secretary  
Karin H.: Region 6 Vice Chair, Chair, Region 6 Trustee

Sue S.: Secretary

Lynda B.: Region 6 Secretary

Diana G.: Region 6 Vice Chair & Chair

### Introduction of service volunteers:

Center Microphone Monitor: Karin H. from Ottawa District IG

Timer: Karin H. & Bruce R. from Ottawa District IG

Minutes approval committee: Michael P., Bobbie M., Jacki A., and Michelle N.

Introduction of new representatives ('blue dots,' N=6): Tricia from Ocean & Bay IG; Annie from Westchester United IG; Michael from Greater Syracuse IG; Lisa from Maritimes IG of OA; Amy Westchester IG; and Barb Greater Rochester IG.

Introduction of visitors / guests (N=3): Gloria from NYS (New York State) Capital District IG; Bruce from Ottawa District IG; Mary from NYS Capital District IG.

### **OFFICER'S REPORTS**

**Chair:** No additions. **Question:** When will the calendar 2025 be distributed? **Answer:** After Convention Committee provides an update today.

**Vice Chair:** No additions. No questions.

**Coordinator:** No additions. **Question:** Has there been any attempt to contact Bronx IG? **Answer:** The Chair has been in contact with Bronx IG, and they are organizing themselves. The Chair will follow up with them.

**Secretary:** Two small edits to the Spring 2024 Region 6 Assembly minutes: 1. The IG for the Treasurer, Debbie H., was listed incorrectly (it should be Nassau County IG), 2. Susan's prior Region 6 service role was listed incorrectly (it should be Secretary). The secretary's report is considered the minutes of the Region 6 Assembly.

**Web and Publications Coordinator:** No additions. No questions.

**Trustee Liaison:** No additions. **Question:** Is WSBC 2025 open to non-voting guests? **Answer:** By the end of today, the trustee liaison will send an email to the chair of the conference planning committee to ask.

**Treasurer:** Thinking about service? The Treasurer provided a brief recount of their service journey in Region 6.

### **ANNOUNCEMENTS & HOUSEKEEPING** were made by the Vice Chair

The amendment forms were discussed & the procedure of how to submit an amendment was outlined.

### **(10:35-10:50a) TRADITIONS TUNE-UP** was made by the Trustee Liaison

The Trustee Liaison discussed Tradition 2. An informed decision making process is active listening. You listen to the minority voice, and you make a decision that is good for OA, including Region 6, rather than your personal likes / dislikes. There needs to be an opportunity to ask questions. If you make a crummy decision, you can revisit it. What you do not do with an informed debate is that you do not bring it back over and over again. Think of Tradition 2 during the day today. It is to make sure that everyone gets a chance for airtime. If you do not understand, someone else does not understand. Listen first. It may have been asked and answered. Two new slogans for today: 'We are the they,' and 'TRUST!' We are here to practice Tradition 2 and to carry the message.

**COMMITTEE MEETINGS** (held individually)

*[information was posted on the screen & said orally]*

Policy / Bylaws will meet in Room 725	Touhey Boardroom (down hall on right)
Convention will meet in the USS Albany	Public Information / Professional Outreach will
Ballroom	meet in room 625
Finance will meet in room 525	Twelve Step Within (TWI) will meet in room 325
Intergroup Outreach (IGOR) will meet in the	Website and Publications will meet in room 425

The morning session ended at 10:59 AM with OA Promise said in English & French.

Announcement: The first order of business for every committee will be to elect a committee chair for a 1-year term. An individual may serve for two terms. The requirements are: 1) have one year of current, continuous abstinence, and 2) be a registered representative or alternate representative from a registered Intergroup.

**LUNCH**

The Region 6 Assembly was called to order at 1:14 PM by the Region 6 Chair with the Serenity Prayer in English & French.

**A CONVENTION SKIT** was put on by the co-chairs of the Convention Committee to announce the Region 6 convention “Together We Have Recovery.” The convention will occur October 25-27, 2024, in Nashua, NH.

1) Please sign up for service using the ‘Sign up Genius,’ 2) Raffles will be different this year. IGs are asked to donate money, and a small convention committee will purchase items, 3) Need an angel ticket? The ‘angel ticket’ is an anonymous donation; it cannot be used for your own admission. There are over forty (40) angel tickets available. There is no connotation on the registration / name badge that the person has an ‘angel ticket.’ 4) Online registration closes 10/18/2024. 5) See the convention website for information about convention and how to volunteer for service, purchase meals, request a roommate, etc. Attend the evening portion and keynote speakers virtually (available in English & French (with interpretation)); the cost is \$15.

**PI SCHOLARSHIPS REPORT**

The Chair announced the **PI Blitz funding** as recommended by the Public Information / Professional Outreach Committee and approved by the Region 6 Board as follows:

Western Massachusetts IG (local & current OA info to colleges, weight management and health centers)	\$900
Southwestern Connecticut IG (run a poster in Spanish & English to expand awareness of OA on 5 city buses for 4 weeks in CT cities)	\$1,020
Green Mountain North IG (run an ad for 1 year in a newspaper stating that OA is a 12-step recovery program for folks who have compulsive eating and compulsive food behaviors)	\$424
<b>TOTAL</b>	<b>\$2,344</b>

Reminder: PI BLITZ FUND APPLICATIONS are due for the Spring 2025 Assembly on 2/4/2025. Please remind your Intergroups to **download the most recent PI Blitz application form from the Region 6 website**.

**COMMITTEE REPORTS** (Committee Reports are provided as a separate document, Appendix A, appended to these minutes)

Policy / Bylaws was presented by Carmen D. (chair) from L’Intergroupe O.A. Français de L’Outaouais.

Intergroup Renewal (IGOR) was presented by Lisa (secretary) from Maritimes IG of OA.

Public Information / Professional Outreach was presented by Diane (secretary) from Ocean & Bay IG.

Finance was presented by Austine R. (secretary) from New Hampshire OA IG.

Convention was presented by Jacki A. (secretary) from Connecticut IG.

Website and Publications was presented by Susan P. (secretary) from Ottawa District IG.

Twelve Step Within (TWI) was presented by Bobbie M. (committee member) from Mass Bay IG.

## **ROLL CALL**

The Secretary explained the roll call process. The Secretary conducted the roll call, and the credentials report (below) was confirmed by the Parliamentarian.

## **CREDENTIALS REPORT**

Total number of voting representatives: 28

Total number of voting board members: 6

Total number of voting members: 34

Majority: 18

Two Thirds (2/3): 23

The Chair declared that a quorum exists, and we moved forward with the Assembly.

## **ADOPTION OF STANDING RULES**

The Chair asked the body to review the Standing Rules as projected on the screen.

The Chair pointed out the verbiage in Rule A, "Let's work together in a spirit of mutual respect and kindness as we do the business of Region 6 – and when the group conscience is reached, let there be unity."

Amendments to the Standing Rules need a majority vote to adopt. The Standing Rules needs a 2/3 vote to adopt.

An amendment to Standing Rule 'J' was requested, seconded, and was to add / remove words (*words added are underlined, bolded, and highlighted green and words removed are struck through in red font*) 'No questions will be entertained from the center microphone until ~~all~~ one pros and ~~one~~ cons have been presented for each main motion.' **APPROVED.**

An amendment to Standing Rule 'C' was requested, seconded, and was to strike Standing Rule 'C' (which reads: 'Children who are not OA members are not permitted on the R6 Assembly floor.'). Before voting, an amendment to the amendment was requested.

An amendment to the amendment for Standing Rule 'C' was requested, seconded, and reads 'Children are not permitted on the Region 6 Assembly floor.' The amendment was **NOT APPROVED.**

Returning to the amendment to Standing Rule 'C,' a question of privilege was asked and a motion to refer to the Board for the next assembly was presented and seconded. No objections to refer Standing Rule 'C' to the board was heard. Standing Rule 'C' was **REFERRED TO THE BOARD for the next Assembly.**

There were no objections to the standing rules as amended; the Standing Rules as amended were **ADOPTED AS PRESENTED.**

## **ADOPTION OF THE AGENDA**

The agenda was shared on the screen and was distributed in the emailed packet. One member mentioned that the names of the responsible person on the right appeared to be incorrect. The Chair explained that

this is due a problem with the tables within the document. The Chair will work on this for the future with the help of the board and the Translations / Interpretation Coordinator. The agenda on the R6 website is correct. There were no changes, additions, or proposed amendments to the agenda. Hearing no objections, the agenda was **ADOPTED AS PRESENTED**.

### **PRESENTATION OF THE MINUTES FROM THE SPRING 2024 ASSEMBLY**

The minutes from the Spring 2024 Assembly were distributed with the Officer's reports and are available online. The minutes have been approved by the minutes approval committee. Since the minutes were distributed in the emailed packet, the Chair concludes that you have read the minutes. There were two corrections after the minutes were distributed to the representatives (Debbie H. is a member of the Nassau County IG and Susan was a previous Region 6 Secretary). Hearing no objection, the minutes were **APPROVED AS AMENDED**.

Minutes approval committee for Fall 2024 Assembly: The Chair thanked Bobbie, Michael, Jacki, and Michelle for their willingness to serve on this committee.

**ANNOUNCEMENTS** were made by the Vice Chair:

The Intergroup Forum meets monthly (usually on the 3<sup>rd</sup> Sunday of the month). Please contact Trustee Liaison Bob F. with questions.

### **Elections**

The Chair explained the voting process. We will hold each election separately. If the Assembly wishes, we can have a voice vote. The Assembly can also have a standing vote. If there is an objection to a voice or standing vote, a paper ballot will be distributed. There were no questions about the process.

### **Vice Chair**

No objection to having a standing vote.

Candidate: Chuck F.

Vice Chair election = **ELECTED**

### **Treasurer**

No objection to having a standing vote.

Candidate: Karen C.

Treasurer election = **ELECTED**

### **Secretary**

There were no applicants. R6 bylaws state that the R6 Board will appoint a Secretary for a 1-year term, and the assembly will vote in the Fall 2025. More information about this will be provided at the end of the day.

### **World Service Trustees**

Candidates: Bruce R. & Blair P.

Kim L. has withdrawn as a candidate. The voting procedure was described; representatives can vote for 0, 1, or 2 candidates. Do not write anything else on the ballot. The candidate must receive a majority of votes cast to be affirmed.

World Service Trustee affirmation election: Bruce R. & Blair P. = **AFFIRMED**

No objections to the ballots being destroyed.

### **REFERENCE SUBCOMMITTEE:**

The Chair explained the Reference Subcommittee members' role at World Service Business Conference.

The Reference Subcommittee is a forum where elected representatives review and discuss bylaw amendments and new business motions that have raised questions or caused concern or need amending. The primary purpose of the subcommittee is to provide problem solving for motions to be returned or brought to the conference floor. Requirements: 1 year of current, continuous abstinence, 2 years of service beyond the group level, and already attending WSBC. There is no funding. A guest or alternate at R6A who is attending WSBC 2025 as a delegate can be nominated. WSBC 2025 will be virtual. Voting will be by paper ballot; there is no limit to the number of nominations we have from the floor (or self-nomination), and you will vote for two people.

**Nominations Reference Subcommittee:** Lynda B. & Michelle N.

Reference Subcommittee voting:

An objection was made to having a standing vote and ballots were distributed.

Reference Subcommittee election: Lynda B. & Michelle N. = **ELECTED**

No objections to the ballots being destroyed.

Reminder to provide the Coordinator with your name badge if you are leaving and let the coordinator know if you will be replaced by their alternate.

**WRITING TOPIC:**

The writing topic was shared on screen by Web & Publications Coordinator who also explained the procedure.

'How is my recovery attractive enough to draw compulsive overeaters to OA?'

**COLLECTION OF 7<sup>th</sup> TRADITION**

**NEW BUSINESS:**

There are 6 motions to discuss today, 5 which are on the consent agenda and 1 is separate.

**Consent Agenda**

A consent agenda is a category that includes a list of routine, uncontroversial items that are approved with one motion, no discussion / debate, and one vote. Any voting member may contact the center microphone monitor to request that an item be removed from the consent agenda, without a vote, and the item will be removed. Any item removed from the consent agenda will be moved to the end of the motions. The consent agenda needs a 2/3 vote to pass.

The Chair presented the policy amendment motions 2-6 on the consent agenda. These motions concern the Duties & Responsibilities of R6 Officers. The Chair asked the visitors to move to the back of the room before voting. The consent agenda was **ADOPTED**.

**Bylaw Amendments / Policy Motions**

The Chair announced that there is one additional item on the agenda.

The Chair explained the voting process and said that questions will not be entertained from the Center Microphone Monitor until all pros and cons have been presented for each main motion. The maker of the motion will speak pro to the motion. Policy / bylaw amendments require a majority vote to adopt. New Business motions require a 2/3 vote to adopt. Per the Standing Rules, the motions (and an amended motion) are appended to these minutes (Appendix B). Item #1 was not on the consent agenda and will be discussed. All other items were part of the consent agenda and **ADOPTED**.

**Item #1:** The bylaw amendment was presented by the Chair with slight modifications suggested as detailed below. The board is recommending minor changes in wording to be consistent with the bylaws and current practices. Two words were added that were missing and two words were replaced. The underlined words are part of the bylaw amendment that was provided to representatives before R6A.

#### Article VI Nomination and Election of Officers, Section E

A vacancy of R6A Officer shall require that the R6 Board appoint an interim Officer who shall serve until the next Assembly elections. Whenever possible, 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. If there is/are no candidates for appointment who meet these requirements, the R6 Board may appoint an individual who is attending OA meetings within R6, has current, continuous abstinence of at least one year and has attended at least one R6 Assembly in the last five years and/or other requirements specified/identified by the R6 Board.

There was no objection to considering / voting on the version of the updated bylaw amendment (listed above).

Pros and cons were heard, and questions answered. The motion was **ADOPTED**.

#### **Committee Motions:**

A new business motion was submitted by the Convention Committee and seconded. "I move to recommend that the 2025 Convention be held October 24-26 in Rochester, New York, hosted by the Western New York, Greater Rochester, Greater Syracuse IGs and volunteers." The motion was **ADOPTED**.

No Emergency New Business motions were presented.

**7<sup>th</sup> TRADITION COLLECTION TOTAL:** \$209.00. Question: where does the 7<sup>th</sup> tradition go? Answer: The treasurer clarified that Region 6 keeps most of the 7<sup>th</sup> tradition (goes into a general fund), and the treasurer thinks that 15% is sent to World Service.

An announcement was made by the Secretary that the Board is providing PIPO literature for representatives. Please come up to the dais to pick up your literature.

Motion to destroy ballots was made. No oppositions.

#### **GROUP ACTIVITY:** Joys of Service

Members were asked to break into teams of approximately 6 people and share their ideas on the joys and rewards of service. Question to consider: What is the most rewarding service you have seen (something that would be inspiring to others)? For your group, write down the top two most inspiring stories of service you have witnessed and turn the paper into the Web & Publications Coordinator. The information will be posted on the R6 blog and newsletter. The group with the best answer will win a copy of OA's new conference-approved literature, *Diverse Voices*. Everyone present received a copy of the book.

#### **FIRST TIMERS' CEREMONY**

The Chair thanked the 6 'Blue Dot' representatives for their service today. The Chair asked them to remove the blue dot off their name tag and place it on the back of their right shoulder. These fellows now have their first Region 6 Assembly behind them. Congratulations!

**CLOSING**

The Chair thanked those in attendance today, including the visitors / guests, volunteers, and the Parliamentarian. A special thank you to Debbie H., our Treasurer, and Blair P., who are rotating out of service next month.

The Chair closed the Assembly at 4:41 PM. In the spirit of unity, we closed with the Responsibility Pledge in French and English.

Respectfully submitted,  
Blair P.  
Secretary, Region 6

Minutes approval committee: Michael P. from Metrowest IG, Bobbie M. from Mass Bay IG, Jacki A. from Connecticut IG, and Michelle N. from Connecticut IG.