

# Spring Assembly Minutes

## Saturday, March 1 2009

**CALL TO ORDER:** Meeting called to order at 8:30 am by Chair Pamela W.

**INTRODUCTION OF GREEN DOTS / MENTORS**

**RETIRING REPS INTRODUCTION**

**READING:** 12 Concepts of service were read

**ASSEMBLY RULES:** Read by Parliamentarian Tennie Bee Hall

**ROLL CALL:** Secretary Carole read the roll call: 43 reps representing 25 Intergroups; quorum established.

**ADOPTION OF PREVIOUS MINUTES:** Minutes of 2008 Fall Assembly (Oct 25-26), approved.

**ASK-IT-BASKET CIRCULATED:** Chair explained the procedure.

**ICEBREAKER:** Shari G., Vice Chair, introduced the ice breaker

**BOARD REPORTS**

**Chair:** Pamela W. – no questions from the floor.

**Vice Chair:** Shari G – no questions from the floor.

**Events Coordinator:** Hanna S. – Assembly was polled for interest in holding 2011 convention in Palm Springs – overwhelming interest was expressed; suggestion from the floor that R2 look into the Marriott in Woodside.

**Trustee:** Meg H. – WSO has passed along Chowchilla prison request to help start meeting – contact Meg. Meg also passed around two of the new recovery coins – 1 year and 14 years. WSBC 2009 latest mailing was just sent out.

**Publications:** Mary – Explained the contest for finding “The Promises” hidden in the Assembly packet – many entries, drawing winner won a tote bag.

**Treasurer:** Wanda W. – new in position, filling in until Oct 2009 Assembly elections.

**PRESENTATION – INTRODUCTION TO R2 COMMITTEE WORK**

**IG outreach** - Brenda: successful at getting more IGs and more IG reps to Assembly!

**Diversity** - Penny: trying to start online Spanish speaking meeting with Mexico Mondays 5:30 pm on Skype. Trying to get “mommy and me” meetings but hard to start. Tried to get 800 # for Spanish IG but most people use phone cards which are cheaper.

**Bylaws** - Tracy: make P&P better, finalizing details on P&P, hope to finalize this weekend.

**Public Information (PI)** – Michael: Goals: booth at convention, power point presentation on how to do PI event, publish PI Event calendar, training with WSO to train PI chairs from each IG

**Young People** – Susan B: trying to get Young People’s section on webpage with stories.

**Twelve Step Within** - Harold: helps those members in program who are struggling, or in relapse – 12 step within days, recovery/relapse day presented to WSBC as proposed motion.

**10:00 – 10:15 AM BREAK**

**WEBSITE PRESENTATION:** John demonstrated the new R2 website.

**REGION / INTERGROUP CONCERNS**

Q. How to get more IG reps?

A. IG person calls secretary from each meeting reminding them to send rep to IG. IG person takes info to meetings that don’t send reps. Use direct approach – go one on one. Former reps ask new person to be rep. Take it to sponsor/sponsee level – emphasize benefits of service. Have speakers at IG meeting – attract more attendance.

Q. How to handle person who doesn’t mean to be disruptive but pushes things in violation of traditions?

A. See new handout from WSO “Guidelines for Addressing Disruptive Behavior at Overeaters Anonymous Meetings.” Download this from [https://www.oa.org/wp-content/uploads/disruptive\\_behavior.pdf](https://www.oa.org/wp-content/uploads/disruptive_behavior.pdf).

**ASK IT BASKET**

Q. What can anyone do about a new member who smells so bad the whole room stinks? This person weighs about 500 lbs.

A. Treat them with kindness; talk to them one on one.

Q. What is the fiscal year for R2? When does it start and when does it end?

A. Fiscal year is the calendar year – Jan 1 through Dec 31.

**OLD BUSINESS – no old business**

**NEW BUSINESS**

**MOTION #1** Moved that Section VIII be amended to include a new item E, titled Intergroup Outreach Scholarship Fund. All following items to be re-numbered. New item E to read as follows:

**E. Intergroup Outreach Scholarship Fund:**

1. The Intergroup Formation/Outreach Committee will, with the assistance of the R2 Board Liaison:
  - i. Determine Intergroup eligibility for funds
  - ii. Coordinate participation, including:
    - a. Contact eligible intergroups
    - b. Distribute application forms to eligible intergroups
    - c. Forward completed application forms to the R2 board for final determination.
2. Intergroup Outreach Scholarship Funds shall be available to assist up to two (2) Intergroups who have not participated in the last two (2) assemblies.
3. Funding shall be as follows:
  - i. Individuals will be given a stipend for transportation and meal allowances upon arrival.
  - ii. Hotel accommodations are predicated on room sharing, whenever possible, and will be paid directly by R2.
  - iii. One Day Assemblies: Payment for one night at the hotel, \$30.00 for transportation, and \$30.00 for meals.
  - iv. Two Day Assemblies: Payment for two nights at the hotel, \$30.00 for transportation, and \$50.00 for meals.
4. Participants are expected to attend all business meetings.
5. Assembly preregistration fee is the responsibility of the intergroup.
6. Intergroups receiving this scholarship are not eligible for IFAP funding.
7. If eligible intergroups do not apply, the R2 board may consider intergroups with special financial hardship circumstances to receive available scholarships.

Motion adopted.

**MOTION #2:** Moved that R2 add \$500 to Convention Outreach Event line item #560-00 to the 2009 budget.

Motion adopted.

**MOTION #3:** Moved to amend R2 Policy & Procedure Manual, Section VIII, Item B, #13 as follows: Contributions to World Service for "Donations" shall be reviewed at the last Assembly of each year to determine the amount of funding, if any, that should be allocated to each donation for that year. Amounts to be based on each item's current need and the availability of R2 funds. Donations for Region Chairs Committee Travel Support may be made directly to the Region(s) involved or to the Chair(s) attending a Region Chairs Committee Meeting. All other donations shall be made by checks payable to the World Service Office, designating the purpose of the donation on the check.

Budget line items to be reviewed will be numbered and titled as follows:

- .715-00 Donation to Delegate Support Fund.
- .716-00 Donation to World Service Office
- .717-00 Donation to Public Awareness Campaign
- .718-00 Donation to Region Chairs Committee Travel Support Fund
- .719-00 Donation to Fund to Support Translation of OA Literature.

Motion adopted.

**COMMITTEE MEETINGS – BREAK OUT – SIGN IN**

**CONVENTION 2009 REPORT:** Convention committee made presentation

**12:00 to 1:30 Recess for lunch - Buffet luncheon and speaker.**

**REGION / INTERGROUP CONCERNS**

Q. We have problems with getting quorum with board members.

A. Bylaws sets quorum as whoever shows up.

**ASK IT BASKET**

Q. What happens for IGs who have never been to an R2 assembly?

A. Can't make IGs come – not mandatory. Try to talk up aspect of service, how much fun R2 Assemblies are.

Q. How do you keep your spirits up when meetings dwindle or people aren't abstinent?

A. Take action – work on the problem. Have a sponsorship workshop to increase sponsors. Stop attending problem meetings, support meetings that are healthy.

Q. How many years of abstinence to be WSO delegate?

A. One year of abstinence, two years of service above group level.

Q. How can we make the Steps and Traditions gender neutral?

A. This would be done at the World Service level. IG may submit motion directly or through R2 for motion. AA has given permission to adapt these changes to the Steps and Traditions.

Q. How can IG encouraging people to be on time to meetings?

A. IG cannot dictate to meetings what to do.

Q. To help get the word out to overeaters still suffering, could R2 put OA books in local libraries? – Marin put the 12x12 in all the libraries. We thought that might be a way to spend some R2 money.

A. Local libraries are just that, local. Local groups and intergroups can carry the message to local libraries; R2 helps with reaching out in a broader picture, like supporting the OA booth at the California Dietetic Association's Convention. Groups and IGs CAN request support from R2 for efforts to carry the message.

**WEBSITE QUESTIONS – Discussion of how R2 webmaster can help small IGs without a website set up websites and links to the R2 website.**

#### **COMMITTEE MEETINGS**

##### **3:00 PM BREAK**

##### **NEW BUSINESS (CONTINUED): ASK-IT-BASKET**

Q. I've served my 3<sup>rd</sup> Assembly in two years – am I out now?

A. IG, not R2, sets term limits.

Q. When are R2 board meetings?

A. Jan, March Assembly, April/May, June Convention, Sept, Oct Assembly.

Q. How can we increase recruiting for service at IG level?

A. Again personal contact, face to face, sponsee/sponsor relationship requirement,

Q. When the Assembly Committee chair is no longer RR – what happens?

A. Rotation of service....

#### **COMMITTEE REPORTS**

**Young Peoples** - Desiree (acting chair): very enthusiastic committee, want to collect and review existing lit. Encourage service among young people – start Yahoo group for committee. Also want to identify contents of literature packet. **Bylaws** - Tracy: will be ready to finalize and present the revised Policy & Procedures (P&P) manual at the 2009 Fall Assembly.

**PI** - Michael: e-mail to reps with calendar, PI 101 power point for website, PI announcements, and PI booth at next convention,

**IG Outreach** – Kathy: goal is for personal outreach to all IGs in area to start networking.

Presented scholarship checks, recognized IGs who hadn't sent reps.

**12<sup>th</sup> Step Within** - Donna: 16 people, discussed plan for 12<sup>th</sup> Step Within speaker leader list. Will come back with official list. Also have gone over WSO 12<sup>th</sup> step within.

**Diversity** - Penny: developing list of translators.

#### **MOTION #4**

Move to increase 2009' budget line item 710-00, Board Outreach (S&T, W/shops) by \$750.00, for a total of \$2,250.00, due to increased interest by Intergroups for this service. Motion adopted.

#### **MOTION #5**

Move to increase the 2009' budget line item 632-00 Funding-Hawaii Rep to Ass'y by \$500.00 to provide assistance to the Aloha Hawaiian Intergroup to attend the March 2009 assembly, while ensuring sufficient funds for assisting the Maui Friends Intergroup to attend the October 2009 assembly. Motion adopted.

#### **MOTION #6**

Move to increase the amount previously authorized for the purchase of a Region 2 display board from \$900.00 to \$1,600.00. Motion adopted.

#### **MOTION #7**

Moved that the PI Committee get an extra \$1,000 for packets to cover their costs. Motion adopted.

#### **INTERACTIVE WORKSHOP**

“**Strong Meeting Checklist**” from WSO website. Seven groups discussed these questions:

- 1. Does the meeting start and end on time?**  
Exception to the rule is not to be timely, starting late becomes a pattern, and we need to start another timely pattern.
- 2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?**  
Pre and post meetings are good; introduce new comers. Hugs – be sure to respect boundaries, cultural differences, ask “is a hug okay?” Break cliques up. Ask newcomer for contact info. Use “HP” instead of GOD to not scare people off.
- 3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?**  
Yes for large meetings, more challenging for small meetings. Build structure and focus and format into meeting – step study, literature study.
- 4. Do we offer our own experience, strength and hope, sharing the solution we have found?**  
Most people said yes, they do. Group conscience with 30 day abstinence suggestion to speak, with last bit of the meeting for newcomers to share.
- 5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?**  
Not all groups knew about 10/30/60 split. IG can look at donations and if group isn't donating, ask group rep to bring it to the meeting.

6. **Are sponsors available and identified at the meeting?** Huge problem for some groups, other strongly suggests sponsoring after being sponsored for three months, ask people looking for sponsor to stand up, meeting sign in sheet check in for sponsors or looking for sponsor, temporary sponsor list.
7. **Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?** Some yes, some no. Reading of tools, sign "Who you see here..." Reminders before pitches, at closing, regular half day workshop covering tools
8. **Does the group follow a meeting format?** Yes, all follow format. Can download suggested format on WSO site. One large IG has five different formats which they send to new groups, also has IG liaison person to meet with new groups.
9. **Is only OA-approved literature on display and for sale?** Yes for all meetings represented. If non-OA literature showed up, would remind meeting of Traditions.
10. **Are group conscience meetings held regularly?** Two of six regularly schedule meetings. Regularly scheduled either weekly monthly, bimonthly. Some have meeting when asked for. State length of meeting so attendees know how long to expect. Send agenda around at meetings to write down items. Cut regular meeting short to have business meeting at the end of the regular meeting.
11. **Are all service positions filled, and is rotation of service practiced?** Yes and no. Ask directly, promote benefit of giving service, use shame and guilt last, give up positions after term is over.
12. **Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?** Yes on most meetings. IG group liaison position contacts each meeting periodically to review meeting info, updates IG and WSO meeting info, has really helped straighten out previous mess.
13. **Are cross talk and advice-giving avoided?** Put up signs "No Cross Talk." Read WSO definition of cross talk, bring meeting back in kind way when it gets off. Ask myself "Is it my story?" Take care of self – share what shouldn't come to meeting with a sponsor. Talk to offender after meeting. Comforting people can be cross talk – we are here to hear you, not solve your problems.

**Green dot ceremony:** 17 green dots graduated.

**Retiring rep awards** Lillian M. and Alice C. received outgoing RR certificates.

**5:08 PM ADJOURNED**