



Fall 2012 Assembly Minutes Saturday, October 27, 2012

Call to Order 9:00 AM by Chair Shari Greenberg

Two Minute meditation, Serenity Prayer

Introduction of Green Dots, mentors and retiring reps

Introduction of Board members

Reading: Twelve Concepts of Service; Assembly rules read by Parliamentarian Tennie Bee Hall

Roll Call/Quorum established: 41 RRs; 24 IGs; 6 voting board members, total of 47 voting reps; 2 visitors

Adoption of previous minutes; Spring 2012 Assembly, March 31.

Ask-it Basket circulated

Ice-Breaker

Board Reports: Jerry Jackson reported the budget for 2013; Motion 10, Adoption of 2013 Budget; adopted.

Break

Ask it Basket:

Q. How do you find quickly on www.aa.org previously mentioned link for Literature updates (such as "Sponsoring Through the 12 Steps" update?)

A. Click on "What's New?" The current printing of the pamphlet, "Sponsoring Through the 12 Steps" has an addendum page included.

Q. Is anorexia/bulimia/compulsive exerciser included in Diversity Committee outreach? If not, how are they targeted for OA inclusion?

A. yes, we do include the anorexic/bulimic. New pamphlet, "A Common Solution" has articles of how the disease is manifested in members.

Q. Can IG help a meeting pay its expenses?

A. It is common for an IG to help a struggling meeting; it is up to the IG group conscience. Our IG had a project to pay for group's meeting place for several months.

Q. How do we develop a strong intergroup and get more reps?

A. Teach by example. I request when I sponsor, at the right time, to go to intergroup. Some come as a visitor, and will do it someday; some come and become a rep right away. They have been an IG rep, and then they will become a Region rep. One of the reasons our IG is strong is because the sponsors in my area require service of their sponsees. (Look for more in this in packet)

IG Concerns

Q. How do we get more participation or make the IGs stronger?

A. Strengthen IGs through STC Workshops: How to build strong Meetings, leads to building strong Intergroups, leads to building a strong Region. There are PPT presentations, interactive with participation from participants. Only thing you have to do is rent the room, and provide a screen; We are a huge IG (coverage of area), from Kern County line to San Joaquin County line. We have a

conference call number and can be at our meeting via conference call; go to www.freeconferencecall.com. Our IG met Tuesday night at 7 pm. Did not have many people come, they were tired. We now meet at 8:30 on first Saturday of every month for 1 hour, and then have our popular meeting. We have no less than 20. Almost every meeting is represented, and at least 20 IG officers, reps attend; Santa Cruz IG was failing, all officers were overloaded, not many showing up. Have a meeting about what IG is. People showed up, and by Higher Power, positions were filled. Addressed their concerns and fears, encouraged them to be in the IG meetings; Carpooled and went to dinner before the 7:30 meeting. If there is someone on your way to the meeting, ask if we can pick them up. Now a strong fellowship. Now people in Anaheim doing it too; Go back and tell all the fun things you did at the Region Assembly, like the entertainment, the speakers, the workshop. Speaker and sharing, lunch. When Assembly is in your area invite them to lunch at the assembly.

Q. In some of our groups I have seen people are getting stuck, go to meetings and don't work the steps. How can we get people going?

A. Seemed to be the only person with physical recovery; found a sponsor who had what she wanted, a food plan, started an AWOL (A Way of Life), 90 day meetings, protect your own abstinence. When they see others recovery, they want to know how they did it. AWOL is set up like a classroom. Close with "You never have to feel that way again." AWOL will close after the first four weeks, they have to commit to abstinence, I have not had a break because of the AWOL, they way of life is so much better. Classroom environment for the 12 Steps. If they have a break, they have to wait until the next AWOL opens. We started 90 Day OA meetings, only 1 does not have recovery, and there are about 16 people. Went to larger meetings to see what they did. Now a 17 member fellowship and have a meeting every day of the week; One of our missions is to do outreach to small Intergroups, to get them to Assembly; Sponsorship is one of the tools that creates a mechanism for daily communication. Sponsorship and meetings are tools of attraction to draw others in more closely. Asks if there are any things they would like to change in their sponsoring annually. Have a TSW committee, to help the others who are still suffering or struggling; At Convention, I heard a lot of great speakers, talked to others that were doing 12th step workshops, kept hearing the solutions were in the steps. We found a great format for a 12 Step Big Book study, for 15 weeks. 2 weeks spent on step 4 and 2 weeks spent on step 12. Many came out, it has dwindled down, but the focus with homework and readings, work with a sponsor, or another member who will be a loving witness for the 5th step. Did not have restrictions, but strongly suggested to use all the tools, find a sponsor, but have it inclusive so people would not feel they could not do it.

Q. What is the mileage rate?

A. 45 cents a mile is what Region currently observes.

Q. What are you doing to encourage newcomers to keep coming back?

A. One person keeps track of Newcomer packets going out, she calls them once, sometimes twice, and helps people to know we care; The first contact is important, make them feel welcome, if they leave and have not made a connection with anyone, they probably won't come back; A newcomer sat next to her, she started crying, and she asked if she wanted to go talk, they did, and I emailed her, she emailed back, and asked her if she needed help getting started. The little connection getting started in a baby step way kept her coming back; Newcomer caller position in group. We had a 10 minute tea break, did not work, people came in, did not have enough time to talk. Go out to eat lunch after the meeting, so people see that we do eat; Have a Newcomers meeting to explain how meetings are, share ESH, and a better chance to retain them; Two documents on www.oa.org to help newcomers come back. Strong meeting list has ideas, the other is the suggested meeting format. You can download it on oa.org, it tells something about qualifying as sponsors, to share how long they

have been in, weight loss, etc; I (a male) welcome the newcomer, if it is a lady, I say, this is Cher, and her number is, and I give you permission to call her at any time. Encourage them to call somebody; We do not give the newcomer packet until after the meeting. We write our names on it around the table, if they shared at the meeting about anything, I like to approach them on something they said. Any kind of personal touch we can give the newcomer is helpful, it makes the connection; The person that shares their ESH passes around their pictures so they can see their physical recovery. If there is a newcomer that is very overweight, they should have a strong sponsor. If you don't have it to give away, you should not try to help the newcomer. As they try to qualify, they begin to relate to them. At meeting level, have something specific to say, they can say it when they qualify: Contact person is the first person the newcomer talks to, if they say they will see me at the next meeting, she stands outside waiting for them.

Envelopes on tables: Contains assembly attendees list; revisions of list will be emailed. Motions 1 through 5 are in the packet (booklet), motions 6 through 10 are in the envelope. Gift from WSO to them of the pamphlets

Business:

MOTION #1:

Move to amend the R2 Policy and Procedures Manual, Section VIII, by adding the following funding assistance program after item F. Subsequent items to be renumbered as necessary:

Funding Assistance for Hawaii and Mexico Intergroups:

Due to prohibitive travel costs, RRs from the intergroups of Hawaii and Mexico will be accorded special funding assistance to attend the fall assembly. Mexico Intergroups may also be accorded funding assistance to attend the World Service Business Conference. Funding shall be provided under the following conditions: The maximum funding available for this purpose shall be determined in the annual budget for the following year, predicated on the region's ability to provide such funding. The implementation and final allocation of funds shall be determined by the R2 Board. No additional funding shall be available from IFAP or other funding assistance programs, except as indicated within this policy.

Providing funding is available, budget amounts shall be distributed as follows: Hawaii: Intergroups shall alternate in being offered funding assistance to attend the fall assembly. If they are unable to accept the assistance, funding will be offered to the next eligible intergroup.

Mexico: A maximum of two (2) intergroups will be offered funding assistance to attend the fall assembly each year. Funding assistance to the World Service Business Conference shall be available as follows:

Intergroupal Mexico shall receive funding for one (1) delegate each year, when provided for in the budget. Veracruz Intergroup shall receive funding for one (1) delegate every other year, when provided for in the budget.

Participants are expected to fulfill the requirements specified in item 4 of the WSBC Delegate Funding Assistance policy. The R2 Board shall be permitted to pay expenses in case of extenuating circumstances, as specified in Item 6 of the WSBC Delegate Funding Assistance policy.

5. All participants receiving funding assistance are required to attend all business meetings and are expected to room-share when available. Adopted.

MOTION #2:

Move to amend the R2 Policy and Procedure Manual, Section VIII, item F, #1 to read:

1. The Intergroup Outreach Committee will, with the assistance of the R2 Board Liaison:
 - i. Determine initial Intergroup eligibility for funds, based on information provided by the R2 Board. Coordinate participation, including:
Contacting intergroups eligible to participate that have not attended recent assemblies.
Distributing application form, when requested.
Forward completed application forms to the R2 board a minimum of 45 days prior to the assembly, for final determination. If funds are available, the deadline will be extended. **Adopted.**

MOTION #3:

Move to amend R2 Policy and Procedure Manual, Section VIII as follows:

To group financial funding items D through F under a new item D, titled "Funding Assistance Programs". Current and future funding assistance programs to be included and numbered under the new item D.

Items following the new "D" to be renumbered as necessary. **Adopted.**

MOTION #4:

Move to amend the R2 Policy & Procedure Manual, Section VIII, Item B, #13, by deleting budget line item 719.00 - Donation to Fund to Support Translation of OA Literature. **Adopted.**

MOTION #5:

Move to amend the R2 Policy & Procedure Manual, Section VIII, Item E, #2 and #3, as to read:

2. WSBC Funds shall be available to assist up to three (3) intergroups per year with Financial hardships. Assistance each year will be based on the availability of funds, after considering the region's policy for maintaining a prudent reserve, as specified in this policy manual. Preference is given to those intergroups that have participated in the last two (2) R2 assemblies and have not sent a delegate to WSBC the prior year.
3. Funding shall be as follows: A maximum of \$1,000 per intergroup to be used for food, travel, registration, hotel, etc. Funding for this policy shall not exceed \$3,000.00 per year. **Adopted.**

2013 Convention Announcement

Lunch with Speaker

New Business

MOTION #6:

Move to amend R2 Policy and Procedure Manual, Section VIII, as follows:

- D. Intergroup Funding Assistance program (IFAP). Intergroup funding assistance will be available to Intergroups to send RRs to Region 2 Assemblies. Intergroups are expected to fund their representatives (RRs) attendance at assemblies. This policy provides assistance to financially challenged intergroups who are unable to participate without financial aid. **Adopted.**

MOTION #7:

Move to amend R2 Policy and Procedure Manual, Section VII, E., titled WSBC Delegate Assistance Fund, by inserting the following after the title, to read as follows:

E. WSBC DELEGATE ASSISTANCE FUND

Funding assistance to attend the World Service Business Conference (WSBC) will be available to those intergroups experiencing extreme financial difficulties; those intergroups who would be incapable of sending a delegate to the conference without financial assistance.

Intergroups should apply to Region 2 before applying to the World Service Office for financial assistance. (Note: Balance of policy to remain as stated) Adopted.

MOTION# 8:

Move that, according to policy manual Section VIII - B, #12, the following budget override be approved: Item 615-00 Assembly Special Event Expense be increased to \$600.00. Adopted.

MOTION #9:

Move to amend policy manual Section VIII, - B, #13, by adding the following line item to the budget: Item #717-00 - Donation to Professional Exhibits Fund Adopted.

Ask-it-Basket:

Q. What is the suggested contribution for 7th Tradition at our meetings?

A. The suggested donation is \$3 or more. Some meetings include the phrase that if some can't afford it, less, or if some can, give more.

Q. Are other meetings experiencing decline?

A. My meetings have not been experiencing decline, seem to be growing; Use a phone list and call people; Some ebb and flow. Someone says it is a bad meeting, I say if you go and share, it will be a better meeting. Wherever two or more are gathered, so if you are both there, working the steps, it will grow. I always say the most important people are here. What we appreciate, appreciates; We have an 8:30 Saturday morning meeting, maintainers numbers on a separate phone list. Where meetings are abstaining, people gravitate towards it; Walnut Creek is my home meeting, been going since the 90s. a lot of sponsors available. The amount of recovery in the room and the power in the room. People come at 6 to do the set up. Go to a meeting until you want to go to a meeting; I have been involved with different IGs, had core officer positions filled but not a lot of reps coming. We do a group inventory on the fifth Sunday and try it and see how it goes. They liked the conversation and go out for fellowship after that meeting; Use the strong meeting checklist, to see what may need to happen. After changing a struggling meeting to a speaker meeting, they got bigger. Maybe you can't keep doing what they have been doing when it does not seem to work; Everyone brings their lunch to a noon meeting, evening we did a meeting after the meeting and had fellowship.

Q. We have a small meeting in our IG that is registered and claims to be an OA meeting, and only uses AA literature and will not allow OA literature even if it is donated. Is this a break in the Traditions or is it group autonomy?

A. If they are reading the Steps and Traditions of OA and follow the requirements for an OA meeting, everyone is welcomed, if they follow all the suggestions of what an OA meeting is, they are

an OA meeting. They are autonomous. Anything other than new OA literature published later than 2010 is not approved. If they are focusing on stopping the compulsive eating, food behaviors, while working towards or maintaining a healthy body weight, they are keeping the OA Traditions. Make an appropriate announcement to have OAs come to their meeting. If asking members to come and share what OA is like, you can do that, and ask them to protect your anonymity.

Q. Can a meeting being held in a private eating disorders unit, if it is open to only those who are in there?

A. If it follows all the requirements of an OA meeting, it can be registered. Can't have a therapist who is not a member of OA leading the meeting, though.

Adjourned at 5:30

Sunday, October 28, 2012

Call to Order 9:00 a.m.

Readings: 12 Concepts of Service, Assembly Rules read by Parliamentarian Tennie Bee Hall

Roll Call: 41

Committee Meetings

10 a.m. Elections Results:

- Chair: Nancy Jensen
- Treasurer: Jerry Jackson
- Publications Coordinator: Michael Delledonne
- Vacancy for Vice Chair; applications will be solicited for appointment.

COMMITTEE REPORTS: reports were given by each committee and can be found elsewhere in this publication.

Committee Chairs:

12th Step Within: Kia Martin

Diversity: Martha Salazar

Young Peoples': Val Turner

Public Information: Susan Meinert

Bylaws: Scott Turner

IG Outreach: Camille Gallea

Closing Ceremony, Adjourned

Submitted by Linda M., R2 Secretary