



## **REGION 2 SPRING ASSEMBLY MINUTES** **SATURDAY, APRIL 13, 2013**

**Call to Order: 8:35 a.m.** by Chair Nancy J.

**Two minute meditation; Serenity Prayer**

**Introduction of Green Dots, mentors, retiring Reps** (Karin K., Unity IG, Oakland)

**Introduction of Board members and parliamentarian**

**Reading:** Twelve Traditions and Twelve Concepts of Service by Meg H. and Michael D.;  
Assembly rules read by Parliamentarian, Kim Goldsworthy

**Roll Call/Quorum Established, 60%:** 40 RRs; 22 IGs; 6 voting board members, total of 46 voting members; Region 2 Trustee and 2 visitors

**Adoption of previous minutes:** Fall 2012 Assembly, October 27.

**Ask-it Basket circulated**

### **Board Reports**

**Chair Report:** Please send your ideas for the 30/60/90 Plan - Getting newcomers and those less active in the fellowship involved in service. Suggest what they can do in service during the first 30 days, the first 60 days, and the first 90 days. Also, when returning to your Intergroups, please ask each Intergroup Rep to contact at least one unaffiliated group in their service area and determine a contact for that meeting.

**Treasurer Report:** Questions on Budget; the shortfall reflects the items we budget for, but not used always. For example the board meetings are in the budget, but will not all be used, as the board will substitute teleconferences for June and September meetings. The shortfall is what we would like to spend.

**Trustee Report:** WSO Convention registration forms and bookmarks were given out. There are usually 200 speakers, and 1500 compulsive eaters. WSBC theme for 2013: Year of Abstinence Awareness: Literature in the packet. The position for Region 2 Trustee for World Service is open.

Q&A:

Q. How are sales for Spanish literature?

A. Spanish Literature sales are not great but are improving. WSO has many pamphlets and books in Spanish for sale in the bookstore on oa.org. IG Mexico has a large inventory of books and pamphlets they translated and printed and sell. To get literature from IG Mexico in the US is difficult unless the RRs from Mexico can bring your order to assembly.

Q. Can we get a list of present reps and email contact information?

A. Yes, it is in the packet

Q. ST&C Workshops: Do we ask the board for one?

A. Yes. Send requests to Vice Chair, Alice C. at [vicechair@oar2.org](mailto:vicechair@oar2.org)

Q. Are all three topics combined at the STC Workshops or do the requesting Intergroups specify the topic?

A. All STC Workshops will talk about Service, Traditions and Concepts combined per the guidelines in *Overeaters Anonymous STC Workshop Manual*; the focus will be what your Intergroup needs are, including but not limited to sponsorship, abstinence, increased participation at meetings, strong meetings, etc. The goal is to produce effective service volunteers at all levels and emphasize how our Traditions and Concepts unify and strengthen the Fellowship.

Q. Is food allowed at an OA event?

A. Yes, but it should be abstinent food. Everyone is on a different food plan; it is up to the IG.

Q. How can you encourage OA members to focus on abstinence and get sponsors rather than stay in disease? I have seen some members share repeatedly about their binges, purging, etc and staying in that negativity rather than trying to focus on recovery. How do we encourage recovery?

A. Come to the workshop this afternoon; this will be on abstinence. Go to all meetings in your area, talk to the newcomers, find out something about them personally, what their situation is like. Develop a rapport with them, after seeing them at a few meetings, I ask if they would like my email address. This is a "We" program; talk to them one on one. How to move out of the disease and what they can do about it. Newcomer call-in line answering service screens calls, then designate someone to be the outreach person to return phone calls.

Q. Must we change the bylaws to include virtual board meetings?

According to the Parliamentarian, yes, because we have to redefine the word "quorum" and "meeting"; this organization is incorporated so we may have ways to accomplish it. Ask the state of California what is required.

Q. How do we get on a committee?

A. When you register as an RR, the form has a place where you can put your committee preferences. Some committees are more popular than others, so be sure indicate your choices. Please keep in mind if you do not get placed in your preferred committee, there is a greater need in another. If you are a green dot, you can switch committees. We hope to keep all committees strong and active to carry the message throughout Region 2 that there is recovery working the 12 Steps of OA.

### **Ice-Breaker**

### **Intergroup Concerns**

Q. Where can we get meeting formats for IG Meetings? Ours has a structure, but not very clear.

A. The handbook can help with IG Format. Anything you want to know about a meeting, or IG or Region. Our IG meetings start at 8 and end at 9:30 am. We keep it on time. Rick from Sacramento has a simple format, he will email it if you would like it. Parliamentarian at their IG Meeting is helping a lot. Bring sponsees to your IG meetings.

### **New Business:**

#### **Motion #1:**

**Move to amend Bylaws, Article III – Purpose, Item E and add item G as follows:**

E. Conducting an annual R2 Convention for the purpose of promoting unity and communication within the Region.

F. {remains as written}

G. Facilitating semi-annual R2 Assemblies as the representative body of all unaffiliated groups, affiliated groups and Intergroups within the Region.

**Motion adopted.**

#### **Motion #2:**

**Move to amend Bylaws, Article XVIII – Amendments to bylaws, Item B as follows:**

B. The Twelve Steps, Twelve Traditions and The Twelve Concepts of OA Service listed under Article III, A, shall conform to the Bylaws of Overeaters Anonymous, Inc. Subpart B. Articles I, ~~and~~ II, and III. Amendments to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service may only be made by Overeaters Anonymous, Inc. as provided for in their Bylaws Subpart B. Article XIV – Amendments.

**Motion was referred to committee**

**Motion #3:**

**Move to amend R2 Policy and Procedure Manual, Section V – R2 Representatives, Duties and Responsibilities, Item #4, as follows:**

Provide any R2 board member with written information about upcoming events for inclusion in the R2 Master Calendar or by utilizing the “add an event” feature on the R2 website, which is preferable.

**Motion adopted, as amended.**

**Motion #4:**

Move to amend R2 Policy & Procedure manual, Section I, Welcome to Region 2, paragraph 2, to read as follows:

Each Intergroup is entitled to one Regional Representative (RR) for every ten (10) groups (or portion of) affiliated with its Intergroup. Each Unaffiliated Group is entitled to one RR. Travel expenses, meals and other accommodations for Region 2 Assemblies are the responsibility of the group or Intergroup represented. Each group or Intergroup selects its RR in any manner it chooses as long as it stays within the framework of the Twelve Steps, and the Twelve Traditions, and Twelve Concepts of OA Service.

**Motion Adopted.**

**Motion #5**

Move to amend R2 Policy & Procedure manual, Section II, Purpose, second item to read as follows:

Promoting and supporting unity by providing outreach to isolated areas and hosting Service, and Traditions, and Concepts workshops;

**Motion adopted.**

**Motion #6:**

Move to amend R2 Policy & Procedure manual, Section V, R2 Representatives, Duties and Responsibilities, Item 10 to read as follows:

Know and understand the Twelve Traditions and Twelve Concepts of OA Service. Help them to be implemented in your Intergroup area. Group problems with the Traditions and Concepts should be brought to the attention of the parties involved or to the Region 2 Trustee/Board if additional help is needed.

**Motion adopted.**

**Motion #7:**

Move to amend R2 Policy & Procedure manual, Section VIII, R2 Assembly Workshop Guidelines Item M, to read as follows:

Purpose:

1. To educate R2 representatives on service, traditions, concepts of OA service, parliamentary procedure, and other elements of working together in Region 2 of Overeaters Anonymous.
2. To encourage informed discussion and sharing of ideas and experience.

**Motion adopted.**

**Motion #8:**

Move to amend R2 Policy & Procedure manual, Section VIII, Operating Policies and Procedures, Item A, No. 6 to read as follows:

Registration of RRs to attend Assemblies:

- a) RRs will pre-register to attend R2 Assemblies a minimum of 30 days prior to an assembly. Registrations “on-site” will be subject to space availability.
- b) A transferable registration fee of ~~\$25.00/per RR (\$10.00 non-refundable)~~ will be charged, which includes a Speaker/buffet lunch on Saturday of the Assembly.
- c) Registration forms to be provided by the R2 Publications Coordinator, on request, and will be included in the assembly packet.

**Motion adopted.**

**Motion #9:**

Move to amend R2 Policy & Procedure Manual, Section VIII, Item B, No 10, as follows :

All expense reports must be submitted to the R2 Treasurer within 45 days ~~six months~~ of incurring the expenses in order to be reimbursed. ~~(See Appendix)~~ Submission later than 45 days will require approval by the R2 Treasurer.

**Motion adopted as amended.**

**2013 Convention Announcement**

**Lunch with Speaker** (Let go and Recover)

**Business Session resumed:**

**MOTION #10**

Move to amend R2 Policy & Procedure Manual, Section VIII, Item D, Funding Assistance Programs, #1 - Intergroup Funding Assistance Program (IFAP), item g) i: as follows:

D, 1, g): Available funds will be distributed:

- i. Among all Intergroups who apply, subject to conditions of ~~item 2~~ set forth in this policy.

**Motion adopted.**

**MOTION #11**

Move to amend R2 Policy & Procedure Manual, Section VIII, Item D, Funding Assistance Programs, #3 – Funding Assistance for Hawaii and Mexico Intergroups, item d) i, b, iii: as follows:

D, 3, d), i, b: Funding assistance shall be available as follows:

- iii. Participants are expected to fulfill the requirements specified in ~~item e)~~ ~~of the WSBC Delegate Funding Assistance Policy.~~

**Motion adopted**

**MOTION #12**

Move to amend R2 Policy & Procedure Manual, Section VIII, Item D, Funding Assistance Programs, #4 – Intergroup Assembly Scholarship Fund, item c) i as follows:

D, 4, c): Funding shall be as follows:

- i. Individuals will be given a stipend for transportation and meal allowances upon arrival closing of the Assembly.

**Motion adopted as amended.**

## **Ask-it Basket Q&A**

Q. What exactly is an unaffiliated group? Please name a few as examples. If they're unaffiliated, how do you know they exist; are they listed on oa.org?

A. An unaffiliated group is an OA Group registered with World Service but not listed by World Service as part of an Intergroup (P&P 17). Like all other meetings, they can be found on the website under "Find a Meeting; face to face." For example, if you clicked on "Open Details" in blue letters for any meeting, it gives all information that was given by the group; if it does not give Intergroup information, World Service does not have it listed as part of an Intergroup. Unaffiliated meetings are not tagged with the name "unaffiliated," It is necessary to check the details to see if it belongs to an Intergroup. The Region 2 Trustee gets a quarterly report from WSO of unaffiliated meetings. If you want to know which groups are unaffiliated, email [trustee@oa.org](mailto:trustee@oa.org)

Q. Unity with Diversity Desert IG is allowed two reps, but the count is four. Are some people attending as visitors?

A. Yes

Q. Can RRs serve two terms (4 years?)

A. The following answer was found in the Bylaws for Region 2 of OA, Inc.: "The selection of the RR's to the R2 Assemblies shall be determined by the Intergroup and Unaffiliated Groups whom they represent and shall serve for a period determined by their respective groups (Region 2 Bylaws 13)." Region 2 has no requirements; it is up to the Intergroup (or Unaffiliated group).

Q. What are the qualifications to be on the R2 Board?

A. This paraphrased answer is found in Region 2 Bylaws of OA, Inc., Article IX, Item G as follows: Be a member of OA for at least 3 years, regularly attend OA meetings within R2; current abstinence from compulsive overeating of at least two years, each person being the sole judge of their abstinence, and have taken Steps 4 and 5; declare themselves as practicing the Twelve Steps to the best of their ability and committed to the Twelve Traditions of OA; have at least 2 years of service above the meeting level; be serving or have served at R2 Assemblies, as an RR, as a member of the R2 Board or as a member of World Service BOT; for appointments only, and with due consideration, the R2 Board may appoint an individual who has attended 1 assembly if someone that has attended 2 or more assemblies who qualify cannot be found.

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

### **Committees Chairs:**

Twelfth Step Within; Kia M.

Bylaws; Margie D.

Diversity; Michelle W.

Intergroup Outreach; Camille G.

Public Information; Susan C.

Young People's; Val T.

### **Workshop: Letting Go.**

Report backs from the following table topics can be found on oar2.org: What have each of you let go of in your personal, professional, family, and spiritual life, and in familiar habits, to be open to recovery?

**Closing Ceremony: Green Dots graduate. Retiring RR receives certificate.**

**Assembly Adjourned at 5:00 p.m. with prayer, The OA Promise.**

**Submitted by: Linda M., R2 Secretary**