



Spring 2012 Assembly Minutes

Saturday, March 31, 2012

Call to Order Meeting called to order at 8:30 a.m. by Chair Shari

Two minute meditation, Serenity Prayer

Introduction of Green dots/mentors

Retiring Reps introduction: JoAnne from Mid-Peninsula and Colette from Silicon Valley

Introduction of Board members

Reading: 12 Concepts of service read by Nancy

Assembly Rules: Read by Parliamentarian Tennie Bee Hall

Roll Call Quorum established: Secretary Linda called roll; 38 RRs, 23 IGs; 68% are represented. Total number of voting members is 44, which includes the board.

ADOPTION OF PREVIOUS MINUTES of Fall 2011 Assembly (Oct 24) approved

Ask-it Basket circulated

Ice-Breaker

Board Reports

Chair: Newsletter is out twice a year. Board members have an article in it. Many submitted articles, three were chosen. Much more in there; make sure you share them with your groups.

Vice Chair: Board Operating Manual was amended; Individuals performing Board Support Services may no longer participate on assembly committees.

Events Coordinator: 2012 Fall assembly will be Oct 26 and 27, 2012 at Doubletree SFO. OA Region 2 Convention for 2013 in Palm Springs; 2014 Convention will be at the Hyatt Regency SFO.

Secretary: Revised "Suggested Meeting Format" introduces inclusive language, statement on abstinence, unity with diversity and Ninth Tool. Groups can take what they like and leave the rest.

Trustee: Went to Albuquerque and met with the Board of Trustees (BOT). BOT meets 4 times a year. 16 Trustees attended, representing OA World. Virtual Services includes online and phone meetings. Because these are relatively new, there are a lot of questions. Trustees have taken turns being the virtual services trustee there is a motion to add a 17th trustee for Virtual services. Talked about the new literature being brought to the WSBC. Some pamphlets have been revised;

all will have new covers when reprinted. Abstinence Packet presented: All has to do with abstinence. Help a person with abstinence, or help to put on an abstinence workshop.

Publications Coordinator: Newsletters given out. We need someone who has used Microsoft publisher, or the MAC equivalent to help with newsletter next year, as the person who helped this year is unable to help next time.

Treasurer: Updated written report was distributed, together with the 2011 Contribution Report; IFAP needs to be turned in before lunch; *Lifeline* subscriptions: Young People's committee. Question was asked why they made *Lifeline* "more fancy." Going to 4 color and glossy was only \$1 more; looks more attractive in a doctor's office. How do we define young people? OA considers it up to 25. Young People's issue of *Lifeline*, Aug 2011, is all about young people. *Lifeline* is not translated into Spanish because it comes out 10 times per year. Books and pamphlets have been translated. Some revisions will be translated.

Intergroup concerns.

Q. Should we add sales tax to our literature?

A. Yes, World Service does not charge tax, for WSO to keep non-profit status, the IGs should have a tax ID. When you send it in, put "resale for literature". In State of California State board of equalization will give a resale number, not a tax ID number. Region 2 will post an answer on www.oar2.org. Scott's group pays the tax when they buy literature from AA. Barbara from Sacramento was lit chair; buys literature from \$1,000 + a month; bulk shipping to get lower price. Buys AA books, and AA does not charge tax, because they know they will be resale. Treasurer takes care of the taxes. For more information, you may contact Barbara. Her name is on all 2012 Convention flyers, also at www.sacvalleyoa.org; forward questions to treasurer link.

Q. Can a non-member present at a Day in OA, such as meditation.

A. They cannot present. Must be an OA member, but every group is autonomous.

Ask-it Basket

Q. Where can we find the Concepts of OA Service? Can page numbers for rules and concepts be made?

A. There is a pamphlet you can get, concepts of OA service. Concepts are listed in our Region 2 bylaws, and in OA Inc. bylaws. They are on the R2 website. Bylaws, page 3; listed in IG bylaws, may be on your website.

Concepts are written for how WSO is run, WSBC is run, description of BOT, but very valuable for all service bodies, as well as personal relationships, in your work, in your life; there are principles that go with each of the concepts.

Q. Why aren't the responsibilities of Region Reps listed?

A. They are in the P&P

Q. Where do we get insurance for meetings?

A. Most meetings are not a non-profit "entity". Some of the IGs are. Some have put a rider on a personal insurance for an event.

Q. How can HOW-OA be part of OA as a whole; don't they violate Traditions 3 and 4?

A. No, but some *suggest* you have abstinence of 30 days to share. Food plans are suggested. Many sponsors are comfortable only sponsoring with the food plan. It is up to the sponsor. Jerry: OA HOW 90 DAY AND OA. This is a disease not a morale issue. OA-HOW, OA-90 are inclusive, we are all trying to recover.

Q. Can R2 make available tape, disk or digital download of Day of Abstinence?

A. Linda from Foothill: A Day of Abstinence workshop. Speakers were from OA, OA-HOW and 90 day. It was not recorded. No one stepped up to tape it. Very valuable to record workshops so all members in the region may download. Rick: Sacramento Valley records everything. Free downloads. www.svioa.org.

www.sacvalleyoa.org

Q. How often is an R2 newsletter published?

A. One in spring, one in fall. It is posted on the website 45 days before the assembly.

Q. If we have an event, can we publish the flyer?

A. There is an events calendar on the website. If you have problems posting it, Michael will talk to the webmaster, John. This is the responsibilities of Region Reps. Region 2 Policy and Procedures manual, section V, 4. Go to master calendar at www.oar2.org. Provide the R2 Events coordinator with information about upcoming events for inclusion in the R2 Master Calendar." Linda, Foothill, pointed out the green dots received in their new packet a copy of their rules and responsibilities.

Q. How do we get on a committee?

A. Just join in when they set up. Committee is closed when it has 10 people.

Q. Do HOW groups break traditions?

A. HOW-OA is part of OA. Also, CEA-HOW is not a part of OA, it is Compulsive Eaters Anonymous-HOW

Q. Is every committee assigned a mentor from the R2 board?

A. Yes, it is called a liaison, and one board member is assigned.

Q. What IGs cover the following locations: Turlock, Modesto, and Kings County?

A. San Joaquin and Valley Sierra How-OA

New Business

Motion #1: Move to amend Bylaws Article V, as follows:

ARTICLE V - Assemblies of Region 2

- A. An R2 Assembly shall be held two times each year at a place and on date(s) designated by the Board. Notification of R2 Assembly places and dates for each calendar year shall be announced at the last R2 Assembly of the previous calendar year.
- B. A special assembly may be called at any time by a majority vote of the R2 Board or by at least one-fourth (1/4) of the registered R2 Regional Representatives (hereinafter referred to as "RR").
- C. Notification of regular and special Assemblies of R2 shall be the responsibility of the designated R2 Board Member. These notifications shall be mailed and/or sent by electronic transmission to each Intergroup Office, Unaffiliated Group contact, RR, and R2 Board Member at least 45 days prior to the date of the assembly.
- D. All parties may elect, in writing, to receive notices and assembly packets by electronic transmission only. Such elections shall take effect 30 days after receipt by Region 2 and shall remain in effect until 30 days after written cancellation of the election is received.
- E. All Assemblies of R2 shall be conducted in accordance with the latest edition of Robert's Rules of Order, except when in conflict with these Bylaws. The Chair may appoint a Parliamentarian to serve all Assemblies of R2, who shall not be considered a member of the Board of R2.

Motion adopted.

Motion #2: Move to amend Bylaws Article IX, Section F to read as follows:

- F. Vacancies occurring on the R2 Board may be filled by a majority vote of the remaining R2 Board members. The R2 Board may solicit individuals known to them; may solicit volunteers from the fellowship via mail and/or electronic transmission; or may post the vacancy on the R2 website. Appointees shall serve until the position is filled by an election. Elections to fill the term of an unexpired R2 Board position shall occur only at the next annual assembly at which elections are normally held.

Motion adopted

Motion #3: Move to amend Bylaws Article IX, Section G, as follows:

- G. To be eligible for election or appointment to the R2 Board, a person must,

at the time of election:

1. Be a member of Overeaters Anonymous for at least three (3) years.
2. Be regularly attending OA meetings within R2;
3. Have current abstinence from compulsive overeating of at least two years, each person being the sole judge of their abstinence, and taken Steps 4 and 5 of the Twelve Steps;
4. Declare themselves as practicing the Twelve Steps to the best of their ability and as committed to the Twelve Traditions of OA.
5. Have at least two (2) years of service above the meeting level.
6. Be serving, or have served, as an RR to at least two (2) R2 Assemblies, as a member of the R2 Board, or as a member of World Service Board of Trustees.
For appointments only, and with due consideration, the R2 Board may appoint an individual who has attended one (1) assembly if an otherwise qualified candidate who has attended two (2) or more assemblies cannot be found.

Adopted as amended with 2 Nay votes.

BREAKOUT FOR COMMITTEE MEETINGS

Convention 2012 Report/Presentation

Phone numbers to hotel were incorrect. Corrections are on the back of the Spring/Summer 2012 newsletter. Please correct your fliers.

LUNCH with Guest Speaker from San Francisco

REGION / INTERGROUP CONCERNS

Q. Should we read the concepts of service at IG meetings?

A. Yes, our IG does one a month, the one for the month, go to pamphlet on the concepts and read the concepts as described.

Q. What should we do with old literature in our IG? Former lit person never did an inventory on what we have. Someone has said it is too much to inventory it. What is your opinion?

A. Val from Sacramento offered to email the contact for their Literature person; a group could share the responsibility to get the task done.

Q. IG Outreach committee, if you have a struggling intergroup, or meetings that don't think intergroup is important, how can we let them know why it is important?

A. Our IG PI person is trying to get to every meeting that does not show up, promoting benefits of service. IG newsletters can get the word out; a way for groups to address their concerns. In newsletter, here is what IG does for you; now,

here is what you can do for intergroup. When we have a new sponsee, we can tell them we expect them to do service. Specifically tell them which position you would like them to sign up for; or nominate someone in the meeting. Workshop on Traditions and Concepts of service was very powerful.

Q. Our intergroup would like to establish consistency that reimburses groups that travel a long distance. Does OA have a formula?

A. You could follow the IFAP, 45 cents a mile.

Q. The Ninth tool, Action Plan, was thought to be for exercise only. If we want to change the tool to say that, what is the process to change it?

A. It can include exercise. If you are not happy with the way it is, you can submit a motion to the WSBC. It must be in by December 1 for the next conference. It must be presented by Intergroup or Region. You do not have to be the WSBC Delegate, or the IG Chair to request the motion. Reason it is not just an exercise program, exercise bulimics need to limit their exercise. Action plan is a tool for getting any action to boost your recovery.

Q. How do we support more Young People, and ABC program (Anorexics, Bulimics, Compulsive eaters)?

A. Someone went to Sacramento State, and brought a meeting for Young People. Do what young people do; text, twitter, etc. Craigslist postings every week, they post something from *For Today* then add the contact information (like R2 website). Make a list of young people. Have a young person's focus meeting once a month. If you approach young people in recovery, they are willing to share their experience, strength and hope. They do not like to go to places where other young people will see them, but they will go 10 miles to go to a meeting. Also, YouTube the PI announcements, available for purchase at www.oa.org

Breakout for Committee meetings

New Business, continued

Motion #4: Move to amend the R2 Policy & Procedure Manual, Section VII, by deleting the Assembly Planning committee from the list of R2 committees.

R2 committees are: ~~Assembly Planning~~, Bylaws, Convention, Diversity, Intergroup Outreach, Public Information, Twelfth Step Within, Young People and other committees as may be determined necessary by an assembly or the R2 Board.

Motion adopted

Motion #5: Move to amend the R2 Policy & Procedure Manual, Section VII, Item D, by deleting the Assembly Planning Committee description and purpose:

~~1. Assembly Planning Committee~~

~~This committee shall provide entertainment and speakers for R2 Assemblies, and offer ideas and assistance to the R2 Board to help promote attendance and enhance appeal and effectiveness of Region 2 assemblies. The remaining listing of committees shall be renumbered.~~

Motion adopted

Motion #6: Move to amend the R2 Policy and Procedure manual, Section VIII, Item B, #12 to read as follows:

12. Any expenditure exceeding budgeted amounts by more than ten (10) percent shall be submitted for Budget override for approval by the R2 Assembly. Line items other than day-to-day business expenses of the Region shall not be exceeded by more than 10% more than what is already budgeted without prior approval of an R2 Assembly.

Amended Motion Failed. 10 Yes, 15 No

Motion #7: Move to amend the R2 Policy & Procedure Manual Section VIII, Section B., by adding item #18, as follows:

18. Upon completing one or more years of service on the Region 2 Board outgoing members may be acknowledged with a gift in appreciation for their service in an amount not to exceed the cost of registration to the next R2 Convention.

Amended Motion Failed. 9 yes, 22 no.

Motion #8: Move to amend the R2 Policy & Procedure Manual's policy for WSBC Delegate Assistance Fund, #1 to read:

1. R2 Board shall coordinate participation, including:

- i. Distribute application forms. Applications to be submitted by September 1st preceding the conference. The deadline will be extended to January 1st if funds are available.
- ii. Make final determination for funding.

Motion adopted.

Motion #9:

Move to amend the R2 Policy & Procedure Manual's policy for Intergroup Assembly Scholarship

Fund, #1 to read:

1. The Intergroup Outreach Committee will, with the assistance of the R2 Board Liaison:
 - i. Determine initial Intergroup eligibility for funds
 - ii. Coordinate participation, including:
 - a. Contact intergroups that have not attended recent assemblies.
 - b. Distribute application forms.
 - c. 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.

Motion Referred back to Bylaws Committee.

Committee reports

12th Step Within Committee

PI Committee

IG Outreach

Diversity Committee

Young People's Committee

Bylaws

New Committee Chairs:

12th Step Within; Kia

IG Outreach; Sheri

PI Workshop

Closing Ceremony

Submitted by Linda McL., R2 Secretary