



Spring Assembly Minutes

Saturday, March 20, 2010

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

SERENITY PRAYER, 3 MIN MED, 3RD STEP PRAYER

INTRODUCE GREEN DOTS / MENTORS

RETIRING REPS INTRODUCTION – No reps are retiring

READING: 12 Concepts of service were read

ASSEMBLY RULES - Read by Parliamentarian Tennie Bee Hall

ROLL CALL - Secretary Carole read the roll call: 42 reps representing 27 Intergroups (40% of 117 possible reps), 6 board members, trustee, 1 alternate, 6 visitors. (Quorum is 30% = 11 IGs); quorum established.

ADOPTION OF PREVIOUS MINUTES: Minutes of 2010 Fall Assembly (Oct 31-Nov 1), approved.

ASK-IT BASKET CIRCULATED: Chair explained the procedure for the Ask-It Basket.

IFAP ANNOUNCED: forms due to treasurer by noon today, pick up receipt at the end of business today, check will be mailed to IG

ICEBREAKER Shari G., Vice Chair, introduced the icebreaker

BOARD REPORTS

Chair: Pamela – announced IG scholarship winners, Ebony IG received a scholarship. Committee preregistration – all 10 who received mailing took advantage and signed up for a committee.

Vice Chair: Shari – S&T workshops: IG requests a workshop, Shari puts the workshop together, it is given by two present or previous board members. In last 2.5 years, we have given 12: Sacramento, San Joaquin, Unity with Diversity, LA IG, Inland Empire, HI, HOW-OA No CA, South Bay, Mexico, Convention 2010 S&T, Santa Cruz and Orange Co. San Gabriel Valley to be determined (probably this June). Compare that to zero prior to that in the previous two years. Questions: What is an ST&C workshop? “Service, Traditions and Concepts,” can cover many topics: i.e., how to making meetings stronger, sponsorship, strengthen traditions.

Secy: Carole – asked that 2010 WSBC attendees stand, reported that we have six R2 Green Dots going to 2010 WSBC, but only had two mentors. Eileen J volunteered to mentor, La Verna volunteered to mentor 2nd Green Dot.

Treasurer: Wanda – R2 donation forms are on OAR2.org. Collecting IFAP forms today by noon.

Events Coordinator: Randi called away on family emergency. She has a comprehensive report in packet.

Conventions: 2011 LAX Marriott; 2012 Sacramento. Pam reported on previous request to provide coffee station for assembly; Randi looked into it and estimated it would cost \$261 for the first three urns (1 caffeinated, 1 decaf and 1 hot water for tea). Board decided against coffee station, could be approved by Assembly for next Assembly.

Publications: Mary – studying for upcoming ST&C workshops. She has four Rep assignments: 1. Bring people to assembly by telling them what you got out of the assembly. 2. Newsletter – send articles for newsletter. July 1 is deadline. Thanked new designer Robyn. 3. Go to R2 website (oar2.org), and then tell your IGs and groups about website. 4. Blue convention cards – take them back to hand out to each and all meetings.

Trustee: Meg – in her letter to R2 IGs, there is a typo “your IG” not “you IG.” 2008 WSBC changed definition of group to include virtual groups, IGs need to check bylaws and revise and resubmit. Need to do this by next year or cannot send reps to R2 Assemblies or delegates to WSBC. Why? Parliamentarian explained that all organizations need to follow certain rules: 1. Rule of land, 2. State, 3. Local and 4. Organization’s. Meg then listed the items she had placed at each rep’s place: OA business cards, bulletin board cards, registration for WS convention in Aug, 12 traditions pamphlet for workshop this afternoon.

PRESENTATION – INTRODUCTION TO R2 COMMITTEE WORK

12 Step within: promoting recovery within OA,

PI Committee: resource for all IGs and liaison with R2 board, help people spread word in community,

Diversity: encouraging and raising consciousness levels, physical handicaps, people of color. Want to identify meeting as handicap accessible, developing a diversity workshop.

Bylaws: get to read, and plan, revamping the policy and procedure manual.

Young people: getting message out to 18-25 year olds, have great ideas, surveying IGs to find out what populations there are in R2, what makes a good young people’s meeting – successful meetings in UC Berkeley, mall in LA

IG Outreach: goal is to reach out to IGs who attended assembly and ask how things went, reach out to IGs that didn’t attend and find out how we can get them to attend. Increased scholarships by one at last assembly.

Assembly planning: should be a fun committee, only 3-5 people, purpose is to provide speakers, entertainment for next assembly, secure speakers for Fri eve Sat lunch, Sat evening.

9:45 -10:05 AM BREAK

ST&C Testimonials –

- Suzanne, Santa Cruz – it was a great experience: what are we doing in regard to sponsees and service? Tell sponsees it is time to give service. Applying traditions in difficult situations, things are smoother at IG level now than before. Had clothing exchange too, that was fun. Lots of participations and enthusiasm.
- Theresa, HI – Pam was speaker, rave reviews from retreat, all wanted to come back, did resentment workshop using potatoes as graphic illustration of how resentments get nasty and rotten.

IG concerns:

Q. IG newsletter printed every two months, want to lower printing costs. How do other IGs handle printing costs? How can IG also increase distribution? **A.** Went from 6 pages to 4 - lowered price, IG also lowered # printed. Have website address at top of newsletter; make newsletter available there. Print two-sided. Hand directly to people, put availability of newsletter in group meeting format to announce, put copies in We Care sign in notebook.

ASK-IT BASKET

Q. Any comments on members doing handicrafts during meetings – on group level and above. Is this an appropriate question for today or a personal issue I could speak to someone about? **A.** Carole: Some people listen better when their hands are busy; unless they are noisy, please be tolerant. Sit where you can't see them.

Q. Can alternate return to assembly and then be on different committee from regular rep? **A.** Shari: yes, because a rep should serve where they feel they should. If they have a different passion than the former rep, they should go toward theirs.

Q. It is frustrating to introduce the 7th tradition slogan "give as if your life depends on it." **A.** Wanda: It is only a suggestion, remember what we spent on binges, we maybe can't afford to give \$3 but give what you can when you can. In suggested format from WSO it speaks about 7th tradition – proposed changing meeting format to include suggested format from WSO. Every meeting is autonomous. Meg: one of Meg's meetings didn't like putting in give as if your life depends on it. Changed it to something more palatable for meeting. "Give to help others." Take group conscience – may take a while to come up with what works for majority. Including what the money is used for makes it easier to swallow. At WSBC when this passed, delegates were asked to take it back to IGs and meetings. Add in explanation that expenses have gone up; also it is suggested to say "give what you can." Also "we need you more than we need your money so keep coming back even if you don't contribute," ask newcomers to buy literature instead of contributing.

Q. Please explain purpose of R2 assembly and why to send reps to each assembly. **A.** Mary: 1st tradition, common welfare comes first. R2 is where we come together to share recovery with other people. Same as why we have people to go to IG and World? This is our program of recovery. This is about the way the steps and traditions work. "What does R2 do" information from Jan LA birthday party – Mary will email to reps. It is not just what can my big IG get out of R2, but what can large IGs give to smaller IGs.

Q. If the bylaws of an intergroup state that they will send a rep to R2 assembly, then are they required by law to do it? **A.** Meg: Bylaws are guidelines to be followed. If the Intergroup is a non-profit corporation, they have to abide by the rules of the state which may be more stringent than R2 or their Intergroup. I would suggest that they change the wording to say, "if possible, they will send an RR to each assembly." So I guess my answer is yes and no. I would have to see their bylaws to give a more definitive answer.

Q. How often do IGs meet - our IG has just decided to meet quarterly. We are a small intergroup. **A.** Meg: Each Intergroup is autonomous just like each group is, so they can choose to meet however often they like, but at least once a year. Usually this is in their bylaws and if they are changing how often they meet they need to amend their bylaws, unless it says "meeting times to be determined by the Intergroup."

Mindful service above the group level – Chair Pam presented a prize for the person who had given 28 years of service and to eight who have just started giving service above the group level.

WSBC Reference Committee – Frank volunteered to be R2 member for this committee

New World Service radio PSAs – Trustee Meg played 60-second and 30-second 15-second OA ads. CD is available for \$15 at WS website. Won 2009 Freddie finalist award.

Motion #1

Move to ratify changes made by the R2 board to section viii, item e of the policy & procedure manual, as follows:

- E. Intergroup Outreach Scholarship Fund:
 1. The Intergroup Formation/Outreach Committee will, with the assistance of the R2 Liaison:
 - i. Determine *initial* Intergroup eligibility for funds
 - ii. Coordinate participation, including:
 - a. Contact ~~eligible~~ intergroups *that have not attended recent assemblies.*
 - 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 three (3) Intergroups *with financial hardships. Preference is given to those intergroups that* ~~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. Distribution of available scholarship funds will be determined by the R2 Board. If eligible intergroups do not apply, the R2 board may consider intergroups with special financial hardship circumstances to receive available scholarships.

Motion adopted.

IG Concerns:

Q. Aloha how do we get more people involved in IG, everyone has to wear several hats because there are so few IG members? **A.** Ask people face to face to take positions. Plug service at meeting level. Sponsors encourage sponsees to give service.

How can our group/intergroup raise funds? **A.** Mary: hold fundraisers – walk with pledges, Game night, collect \$5 and play games. Sold bells on ribbons, hang from rear view mirror and God rings it randomly.

Q. Is a non OA flag displayed at meetings approved. **A.** Mary: what sort of flag? US? Artistic? Political? Traditions aren't for voting whether to break or not.

Q. Are there scholarships to WS convention in LA? **A.** Business expenses are paid for OA business, i.e. R2 assembly, WSBC. Conventions are for pleasure; assemblies and conferences are business and expenses should be paid. 2010 convention will have silent auction item – full WS convention paid. WS may be able to give help with funding and ask you to give service.

Q. Affiliated vs unaffiliated groups – what is the difference for outreach purposes? **A.** Meg: Ask WSO for list of unaffiliated groups – Meg trustee@oar2.org

Q. Is money collected separately at IG level to send reps to R2? **A.** Wanda: not usually, it is a budgeted item

Q. Are R2 reps also WSO delegates as well? **A.** Sometimes yes, they take region business to WSBC. Sometimes no.

Q. A few of our long-distance IG attendees want help with travel expenses. IG is willing, is there a form other IGs use for reimbursement of travel expenses? **A.** Orange Co has a form, HOW-OA No CA has one as well.

Q. How do IGs reimburse reps for meals at assembly? **A.** Give copy of receipt to IG, up to each group how to reimburse. Gov't per diem allotment is on website.

Q. Slogan "Give as if your life depends on it" is problematic; some give less and still buy expensive coffees, etc. **A.** Impress upon people where the money goes – we are not self-supporting if we don't support Region and WSO, etc. Put financial report of where money goes in We Care booklet. Don't be judgmental.

Q. If IG is in financial trouble, can we ask R2 for help? **A.** Always good to ask. Scholarships aren't being all used. Suggestion - sponsor told sponsee to put extra dollar in basket for the compulsive overeater still suffering.

Q. Why doesn't OA have the formal requirement of exercise in OA? **A.** Meg: it has come up at WSCB before and has been voted down. Will come up as a 9th tool at WSBC this year. Could be proposed as a new literature pamphlet.

10:50 AM COMMITTEE MEETINGS

ST&C testimonial –

Del, Fresno: Topic was sponsoring, Shari and Carole presented tips on sponsoring and different ways to sponsor. The workshop helped her to set boundaries with sponsees, set up times to call, and to have different ways to sponsor different people. She now has an email sponsor, thanks to the workshop.

11:54 AM CONVENTION 2010 REPORT

There will be a clothing exchange at the convention; early bird registration ends soon.

12:00 PM LUNCH W/ SPEAKER

1:30 PM REGION / INTERGROUP CONCERNS

2:00 PM COMMITTEE MEETINGS

3:15 PM BREAK

3:30 PM NEW BUSINESS (CONTINUED)

Motion #2

Motion to amend the IFAP procedures specified in the Section VIII, Item D of the policy and procedures manual: Intergroup Funding Assistance program:

1. Intergroup funding assistance will be available to Intergroups to send RRs to Region 2 Assemblies.
2. Applications must be received by submitted to the Region 2 Treasurer sixty days prior to ~~by the end of the first business session at the assembly;~~ for which funding is requested. Thirty days prior to the assembly, the R2

Treasurer will send notification to Intergroups by email or regular mail, indicating receipt of the application and the amount of IFAP funding they will be eligible to receive.

Applications received after the deadline, including those submitted at the assembly, will be considered only if there are IFAP funds still available for distribution at that assembly, or if a budget override is approved by a majority of the RRs at that assembly.

3. ~~At the assembly, the R2 Treasurer will acknowledge receipt of the application and provide the RR with a 'confirmation' slip which must be signed and returned to the Treasurer after the last business session of the assembly.~~ Failure to obtain the confirmation slip will disqualify the intergroup from receiving IFAP funds.

4. Available funds will be distributed:

- a) Among all Intergroups who apply, subject to conditions of item 2;
- b) Based on mileage from the Intergroup's office address, or it's Post Office street address, to the assembly at 45 cents per mile.
- c) Up to a maximum of \$450.00 per assembly per any one Intergroup.
- d) A second RR from an Intergroup may apply for additional IFAP funding in the amount of fifty percent (50%) of funding allowed for the first RR from that Intergroup.

5. If funds are requested which exceed the available maximum, they will be reduced on a pro-rata basis among all Intergroups applying by the application deadline. Should there be funds available for late applications, they shall be distributed on a pro-rata basis among those applicants.

6. Minimum funding will be determined at the assembly during the budget presentation. The budget shall reflect two line items for IFAP funding, Primary (for 1st applicants) and Secondary (for 2nd applicants). No more than half of the budget funds will be distributed at the 1st assembly of the year without the assembly's approval prior to the close of business.

7. Additional funding will be determined at the R2 Assembly prior to the assembly for which the funding will be requested.

8. IFAP monies will be sent to each Intergroup Office after the Treasurer has confirmed the mileage and amounts requested in all applications. RR's are required to attend all business sessions of the assembly to be eligible for funding assistance.

Motion adopted.

Motion #3: Move to amend the 12th Step Within committee budget for \$50.00 additional monies to total \$100.00 this year. Requested to pay for mailing supplies of postage and envelopes for our R2 Relapse and Recovery Speaker List to all R2 Intergroups.

Motion adopted.

Motion #4: Move that the unused IFAP funds for 2nd level RRs, allocated for this assembly, may be used to supplement funding for 1st level RRs.

Motion adopted.

Motion #5: Move to add \$500 to PI committee budget for creation of "ready to use" PI materials for use at R2 convention.

Motion adopted.

Motion #6: Move that the 2011 budget to include a line item of \$3,000 to provide funding for scholarships for R2 Intergroup delegates to attend WSBC. This line item will be administered similar to the Intergroup Outreach Scholarship, based on financial hardship. Interested intergroups that do not have the funds to send a delegate to WSBC need to submit an application that includes a description of financial circumstances. Applications need to be approved by the Region 2 board. The amount of scholarship funding awarded to intergroups will be based on individual intergroup needs, but total scholarship funding will not exceed \$3,000 annually and \$1,000 per Intergroup.

Motion adopted.

ASK-IT-BASKET

- Q. Do pros and cons for motions have to be equal? A. Chair asks if there is any new information.
- Q. Are there any restaurants close to this motel for the convention? A. Trader Joes is within walking distance, lots more in 5 minutes' drive
- Q. Are two R2 assembly mailings necessary? A. First mailing is to get people thinking of preregistration. Packets have to be mailed 45 days prior to assembly as per bylaws.
- Q. How do other IGs handle babysitting during meetings? A. Answers will be networked.
- Q. Why do we fund Mexico for R2 fall assembly and WSCB? A. Mexico has lots of meetings but not a lot of money. Mexico needs our support to attend.

4:15 PM COMMITTEE REPORTS

Young People: Robin – fabulous committee, 10 people, secretary did fabulous job. Current goals: visit local young people's meeting, get young people to advocate the disease of compulsive overeating, develop mentor program, form telephone meeting, rewrite 15 questions to target young people, increase public awareness – speak at high schools, colleges, work on Facebook and blog exposure, month phone meetings, email reminders, yahoo group.

PI Committee: Lynn – goals: key deliverables for convention, increase communication between PI committee and IG groups, create public Info booth with take-aways. Ideas: developing PI 101 on R2 website.

Bylaws: Eileen – separating P&P into board and assembly duties. Will have conf call meetings.

12 step Within: Donna – accomplished goal for this assembly: compile actual speaker list for R2, Relapse and Welcome Back packets to next assembly, each committee member will get 12-step Within handbook. Encouraging ideas for 12/12 day.

Diversity: Judy – promote unity with diversity throughout R2. Actively encourage IGs to have a needs section in newsletter, website – babysitting, transportation, sign language interpreter, opportunity to give or receive service. Provide diversity welcoming phrase to all R2 reps at next assembly. Get teleconference/email group up and running. Lots of diverse group workshops at convention coming up. **IG Outreach:** Alice – identify IGs eligible for 2010 fall assembly, research how we can help IG who haven't come back. Contact spring scholarship recipients. Get WSO list of unaffiliated groups, encourage affiliation. Zip code map for location of meetings – WS website.

Assembly Planning: Karen – Oct 2010, goals: getting entertainment from LA area, speakers from NoCal, stay connected with group. Randi Z has LAIG info; get registered reps list from Mary 30 days prior to assembly for speaker requests.

4:30 PM INTERACTIVE WORKSHOP: TRADITIONS

We broke into eight groups and each group looked at one of eight scenarios. Two minutes to present which traditions were being violated and what to do about it.

5:20 PM CLOSING CEREMONY

5:30 PM ADJOURNED

FROM THE BOARD

CHAIR'S REPORT

HOW DOES SERVICE SERVE US - A Farewell - From Your Retiring Region Chair

WOW - where has the time gone? It seems like just yesterday I was preparing the agenda and report for my first assembly as chair. The newness and challenges were so exciting. Now the lure of retirement is equally attractive. Let me share my personal experience as region chair on the topic: "How Does Service Serve Us?"

What have I gained in the last four years? FIRST, my abstinence is easier, my program is stronger and my spiritual connection is deeper. What more could I ask for? I have never been happier with my body, mind and spirit! Service makes me stronger.

I chair board meetings and help define goals for the year. I have learned to work with others and be OK with not always getting my own way. OK - it is not that easy all the time, but I truly see "Letting Go and Letting God" in action at each board meeting. Service makes me humble.

I do workshops and retreats. I will be going with our trustee to the Mexico Congress in July. Their theme is Abstinence - and I get to be part of it all! Meg and I are doing a workshop on Abstinence and another on Traditions. Creating the workshops and then hearing the input from the participants is always a program supercharge! Service makes me wiser.

BEST of all the WSO 2010 Convention is here in Los Angeles and I get to be the Vice Chair - coordinating the local committees. What a blast. "Now Playing: 50 years of OA Recovery" is very special event and I get to work with my local OA buddies whom I met at my first meetings. Service opens my heart.

The best part of this service is the people I get to work with. Any achievements in the last four years are 100% attributed to my wonderful board. I have pushed, cajoled, confused, and overworked each and every one. And they just "Keep Coming Back," supporting me in making Region 2 the BEST region ever. Service makes me feel fulfilled.

I cannot forget YOU - the Regional Reps - who give of your time and energy to help carry the message. I am grateful to each and every one of you for making my job as chair enriching and rewarding.