

Region 2 Fall Assembly

Minutes

Friday, March 24, 2017

6:00pm to 9:00pm

Saturday, March 25, 2017

8:30am – 5:30pm

Friday March 24, 2017

7:00 pm Grand Opening of the Region 2 Assembly

Serenity Prayer; Welcome from the R2 Board

7:15 pm Speaker & Sharing

8:30 pm Announcements & Closing with Rosanne's Promise

Saturday March 25, 2017

- 8:30 am Call to Order
 - Serenity Prayer
 - Board Introductions
 - Introduce New Reps (Green Dots) / Assign Mentors
 - Acknowledge Retiring Reps
 - Readings: 12 Concepts
 - Assembly Rules
 - Roll Call: Your IG cannot be counted if you are not present.
 - Adoption of Previous Minutes Approved as drafted
 - Ask-It-Basket circulated
- 8:53 am Ice Breaker
- 9:24 am 7th Tradition
- 9:25am Board Reports
- 10:08 am 15 minute break
- 10:24 am Ask-It-Basket
 - Q: Are there blank motion forms available to RR at Assembly?
 - A: Yes, ask Mary in the back of the room, or ask the Secretary at a break.
 - Q: What is an unaffiliated group?
 - A: It is a meeting group that is registered with World Service and has an official Group Number, however for whatever reason are not associated with a specific intergroup. R2 recognizes them based on geographic location.
 - Q: Our group meetings are all struggling. How can we keep or encourage people to come back?
 - A: Give newcomers a call and call members who have not been seen in meetings lately.
 - Q: Do I need to get my parking ticket Validate.
 - A: Mary will pass out discount tickets
 - Q: How can we encourage people to be temporary sponsors?

- o A: Ask Face to face individually.
- o Q: What are intergroups supposed to do regarding their tax filings are we 501(C) (3)?
- o A: We do not know if your intergroup is a 501 (C) (3). Ask your chair or treasurer. If your IG is a 501 (C) (3), then there is an annual e-Post card that must be submitted on-line to the IRS by the intergroup at the end of your fiscal year. Contact R2 Secretary for help finding the SouthBay intergroup P&P manual for some details.
- o Q: Our PI rep is working on a Facebook page. Any suggestions?
- o A: Trustee suggested to send an email, with their question, to the Web/Tech committee at oawebtech.org
- o Q: Why are the assembly packets not available (printed) today?
- o A: It was voted on to be this way at the Spring Assembly 2016 to save money and trees.
- o Q: When can intergroups make announcement about events about event flyers available out back during assembly.
- o A: During the "Region / Intergroup concerns" portion of this assembly.
- o Q: Do intergroup reps usually have an abstinence requirement?
- o A: Yes, but that is defined by each intergroup for their representative. The Region does not define a length of abstinence does the way World Service does for their delegates.
- o Q: Typical amount of time committee members spend on their committee? E.g. per month, per year.
- o A: There is no set amount of time. Often most work is done during the assemblies. If a committee has an involved project it may require a few more hours between assemblies to accomplish the necessary tasks.
- o Q: Our IG is researching if we need to add tax to the shipping for literature, what do you think? As long as we aren't seeking to make a profit it, it seems we do not have to for selling literature at cost, as a non-profit organization.
- o A: You need to review the laws of your state and talk to a professional to answer that question.
- o Q: How do you feel about receiving cash donations for the 10%, is it OK? And request for no receipts of the \$1 - \$5 amount.
- o A: We do receive cash donations and they do get deposited, but it is not a good idea, as it is insecure. Treasurer has stopped sending receipts as it was too time consuming. If you want a receipt, please include a self-addressed stamped envelope with your donation.
- o Q: How do other Igs do an annual financial audit of their books?
- o A: The R2 Treasurer has no idea how intergroups do their financial auditing. Some possible suggestions: 1) review the checkbook register, bank statements and treasurer's reports to make sure everything is correct/valid; 2) for a larger intergroup you could select random transactions and verify that everything jives for them, e.g., necessary receipts, forms (if used), check register, bank statement, spreadsheet/reports. In either case it should not be the IG treasurer

who participates other than to supply the necessary information to those doing the audit.

- o Q: Why is membership in OA declining?
- o A: We really do not know, but World service is concerned about it.
- o Q: We struggle with members not stepping up to do service. Any suggestions?
- o A: Request a SCT workshop from the R2 Board through the Vice chair. Board members or past board members will come do a workshop on service.
- o Q: Is it appropriate to request that donations be provided by check?
- o A: Yes, it saves money.
- o Q: Can we add motion to have printed packets at assembly?
- o A: Yes, That would be a change to the P&P manual.
- 10:42 am Region / Intergroup concerns
 - o Unity with diversity in the Dessert: Needs a roommate for WSBC.
 - o Northern Nevada Sierra Intergroup: Slowly evaporating, not enough officers, and very small meetings. I am scared.
 - o SACO: a summer retreat coming in August- fliers in the back
 - o Sacramento: Retreat in August - fliers in the back
 - o Inland Empire: in response declining memberships Medical programs are now paying for some medical procedures.
 - o San Joaquin Valley: in response declining memberships - Call newcomers
- 10:48 am Committee Meetings
- 11:48 am Convention 2017 Report
- 12:00 noon Lunch with Guest Speaker
- 1:35pm Hidden Phrase Contest - Winner received 2017 convention T-shirt.
- 1:40 pm Roll Call & New Business

Summary of motions presented in the table below, for full text of the motions, see Appendix A

Motion	Topic	Results
Proposed Motion #1	Amend Region 2 Bylaws Article VI- Membership of the R2 Assembly	Motion Carried
Proposed Motion #2	Amend Region 2 Policy & Procedures Manual Section VIII, item D	Motion Carried
Proposed Motion #3	Amend Article II, Place of Business	Motion Carried
Proposed Motion #4	Amend Article V - Assemblies of Region 2	Motion Carried
Proposed Motion #5	Move to approve the following over the 10% budgeted amount	Motion Carried
Proposed Motion #6	Amend the R2 Policies and Procedures Manual, Section VIII, Operating Policies and Procedures, B. Financial, Item 8	Motion Carried
Walk-on Motion #1	Update the R2 Policies and Procedures Manual: Section VIII. Item B. Financial, Subsection 4.	Motion Carried

- 2:30 pm 15 minute break

- 2:45 pm Committee Meetings
- 3:45 pm New Business continued
 - A new walk-on motion (New/Walk-on Motion #2) from the Bylaws committee to replace P&P Section B, Item11 was brought forward to the assembly. The motion was discussed, but not put to a vote. See Appendix A for the motion and results.
- 4:07 pm Workshop on the Tools
- 4:47 pm Committee Reports
 - Twelve Step Within
 - Public Information
 - Diversity
 - Bylaws
 - Intergroup Outreach
 - Young Persons
- 5:05 pm Closing Ceremony
 - Award to retiring member
 - Green Dot promotion
 - Announcements
 - Close with Rosanne's Promise
 - Meeting adjourned at 5:12

Appendix A

Full content of motions for 2017Region 2 Spring Assembly

Proposed Motion # 1: Move to amend Region 2 Bylaws Article VI- Membership of the R2 Assembly, by striking and inserting the following:

Section 1 - Definition

- a) The following points shall define an Overeaters Anonymous group:
- 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
 - 2) All who have the desire to stop eating compulsively are welcome in the group.
 - 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting.)
 - 4) As a group they have no affiliation other than Overeaters Anonymous.
 - 5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.
- b) ~~Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:~~
- ~~1. otherwise meet the definition of Overeaters Anonymous groups;~~
 - ~~2. are fully interactive, and;~~
 - ~~3. meet in real time.~~

Section 2 - Composition

- a) A group may be formed, as set forth in Article VI Section 1, by two or more persons meeting together, either:
- i) in the same physical location (face-to-face);
 - ii) through some form of electronic device (virtually); or
 - iii) both
- b) Groups compose the intergroups and service boards as set forth in Overeaters Anonymous, Inc. Bylaws, Subpart B, Articles VI and VIII.

Submitted by: Region 2 Bylaws Committee

Intent: The 2016 World Service Business Conference amended the OA Inc Bylaws definition of an O.A. group, as shown above. This motion will bring the Region 2 Bylaws definition of an Overeaters Anonymous group into accord with Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V

Motion Carried

Proposed Motion # 2: Move to amend Region 2 Policy & Procedures Manual Section VIII, item D by inserting funding information and a table listing the funds and their purpose, renumbering the funds accordingly.

D. FUNDING ASSISTANCE PROGRAMS

There are four (4) categories of funding assistance provided for in the R2 Policy and Procedure manual which are also reflected as line items in the annual budget:

<i>Funding assistance for intergroups other than Mexico & Hawaii. Compare funds 1 and 2 to determine which is most beneficial when applying for assistance.</i>		
<i>Fund 1</i>	<i>Intergroup Funding Assistance Program (IFAP)</i>	<i>Designed to assist intergroups whose RRs travel distances that would make it unlikely they would be able to travel to and from assemblies in the same day. Board approval is not required for this funding assistance.</i>
<i>Fund 2</i>	<i>Intergroup Assembly Scholarship Fund:</i>	<i>Designed to assist intergroups whose RRs travel less than 150 miles to the assembly. Board approval is required for this funding assistance.</i>
<i>Funding assistance for Intergroup WSBC delegates (for intergroups other than Mexico)</i>		
<i>Fund 3</i>	<i>WSBC Delegate Assistance Fund:</i>	<i>Designed to assist intergroups to have representation at the annual business conference in New Mexico.</i>
<i>Funding assistance for Mexico and Hawaii only</i>		
<i>Fund 4</i>	<i>Funding assistance for Mexico and Hawaiian intergroups:</i>	<i>Designed to assist these intergroups to attend the fall assembly, who would not otherwise be able to have representation at assemblies. It also provides assistance for Mexico Intergroups to attend the annual business conference in New Mexico.</i>

Submitted by: R2 Bylaws Committee

Intent: To clarify the purpose of the various assistance funds by providing a brief overview of the funding assistance programs available and their purpose.

Rationale: Intergroups frequently do not understand which application for funding assistance they should submit. An overview of the various programs will provide what each fund is designed to accomplish. The full text of the 4 funds will be provided in the following order .

1. INTERGROUP FUNDING ASSISTANCE PROGRAM (IFAP) (This was previously #1)
2. INTERGROUP ASSEMBLY SCHOLARSHIP FUND (This was previously #4)
3. WSBC DELEGATE ASSISTANCE FUND (This was previously #2)
4. FUNDING ASSISTANCE FOR HAWAII AND MEXICO INTERGROUPS: (This was previously #3)

Rationale: The WSBC removed the limitations for virtual groups to be fully interactive and meet in real time, so long as they meet all the other requirements in Section 1 a), 1-5. R2 is required to conform to this definition.

Motion Carried

Proposed Motion # 3: Move to amend Article II, Place of Business adding and striking words as follows:

The ~~principle office~~ site for the transaction of the business of the Corporation shall be located at such place or places within the State of California as the R2 Board shall from time to time determine.

Submitted by: Region 2 Bylaws Committee

Intent: To replace terminology to conform with current practice.

Rationale: Region 2 has not maintained an office for many years, so we have not had a "principle office" and the bylaws should be amended to reflect that. The site for business shall be wherever board meetings or assemblies are held.

Motion Carried

Proposed Motion # 4. Move to amend Article V - Assemblies of Region 2 by deleting item D.

~~D: All parties may elect, in writing, to receive notices and assembly packets by electronic transmission only. Such election shall take effect 30 days after receipt by Region 2 and shall remain in effect until 30 days after the election is received.~~ ~~written cancellation of~~

Submitted by: Region 2 Bylaws Committee

Intent: To bring the Bylaws into conformity with the Policy adopted at the April 2016 assembly, whereby all notices and assembly packets are now sent electronically and/or posted on the R2 website.

Rationale: The elimination of physical documents being prepared and mailed has removed the need for a process to receive such documents by electronic transmission only. Per the policy manual, all documents will be provided in electronic form automatically.

Motion Carried

Proposed Motion #5: Move to approve the following over the 10% budgeted amount:

Item	Budget	Spent
1) Tradition 5 Scholarship	\$500	\$726.00 (\$122 returned in 2017)
2) Website Maintenance & Hosting	\$300	\$1103.38
3) Bank Service Charges	\$50	\$60.20
4) Credit Card Fees	\$0	\$1,333.19

SUBMITTED BY:Region2 Treasurer

INTENT: To comply with Policies & Procedure Manual Section VIII. Operating Policies and Procedures, B. Financial, item 11.

RATIONALE: Region 2 became more tech savvy in 2016 – a lot happened with the website. Many flyers/events were posted, new functionality added and maintained. Additionally, the cost of hosting increased. Bank service charges increased, but there were no bounced checks In 2016! Credit card processing fees hadn't been anticipated (also use of newer technology).

Motion Carried

Proposed Motion #6: Move to amend the R2 Policies and Procedures Manual, Section VIII, Operating Policies and Procedures, B. Financial, Item 8 as follows:

Current Text:

8. Individual donations will be acknowledged on a separate sheet to be included with the R2 Assembly mailing if possible.

Proposed Text:

8. *A listing of Individual meeting donations for the prior year will be posted to the R2 website within 30 days of the R2 Spring Assembly.*

SUBMITTED BY: Region 2 Treasurer

INTENT: to provide this information to a wider audience of R2 members that contribute financially to R2.

RATIONALE: This list has heretofore been supplied on paper at the R2 Spring Assembly. Not all intergroups send representatives to assemblies and not all meetings attend the intergroups that do.

New/Walk-on Motion #1:

Move to update the R2 Policies and Procedures Manual: Section VIII. Item B. Financial, Subsection 4.

R2 shall pay the following expenses for the R2 Trustee at the annual R2 convention: registration, hotel, meals and additional on-site expenses, The R2 Trustee shall be responsible for and all transportation expenses to and from the Convention.

Rationale: Due to World service budget shortages, it was requested that the region pick up travel expenses for the regional trustee to and from convention only.

Intent: To help WS with their expenses and to support our trustee.

Motion Carried

New/Walk-on Motion #2:

From Bylaws committee

Move to strike from P&P Section B, Item11 in its entirety =

Any expenditure exceeding budgeted amounts by more than ten (10) percent shall be submitted for Budget override for approval by the R2 Assembly.

and replace with the following:

The treasurer will notify the Spring Assembly of any line items(s) that are > 10% over budget.

Result: A motion was made to return this motion to the Bylaws committee for the Fall Assembly. Motion to return the topic to the Bylaws committee was Carried

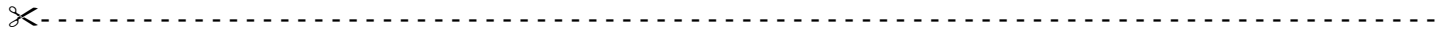
REGION 2 MOTION FORM – Please print clearly

Original Motion
 Amendment
 Substitute Motion

Signature – Maker of Motion

Three copies – Received by Secretary _____

Seconded by (if required)



REGION 2 MOTION FORM – Please print clearly

Original Motion
 Amendment
 Substitute Motion

Signature – Maker of Motion

Three copies - Received by Secretary _____

Seconded by (if required)

Region 2 Board of Directors Application

Region 2 of Overeaters Anonymous, Inc.

4733 Torrance Blvd., PMB 335

Torrance, CA 90503

Submitted for consideration at the R2 Assembly on ____/____/____.

I am applying for a position on the Region 2 Board of Directors as:

(Candidate may apply for more than one position)

___	Chairperson	___	Treasurer
___	Vice Chairperson	___	Publications Coordinator
___	Secretary	___	Events Coordinator

Full name: _____

Address: _____

City, State, Zip _____

Phone: _____

Years in OA: _____

Number of years of service above the group level: _____

I have read the general qualifications for R2 Board of Directors which are listed on the bottom of this form. I have also read the duties and responsibilities for the specific position(s) for which I am applying, as more fully listed in the Policies and Procedures Manual (p. 9-15). As a candidate for a position on the R2 Board of Directors, my signature affirms adherence to the general qualifications and my ability to perform the specific duties and responsibilities.

Signature _____ Date _____

(Candidates must be present at assembly to be considered for election.)

Requirements as stated in the R2 Bylaws, Article IX, Section F

To be eligible for election 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 his or her abstinence, and taken Steps 4 and 5 of the Twelve Steps.
4. Declare himself as practicing the Twelve Steps to the best of his ability and as committed to the Twelve Traditions of OA.
5. Upon election, each R2 Board member shall make a commitment of adherence to the Twelve Steps and Twelve Traditions, and continual maintenance of abstinence throughout the entire term(s) of office.
6. Have at least two (2) years of service above the meeting level.
7. Be serving, or have served, as an RR or Alternate to at least two (2) two Assemblies, as a member of the R2 Board, or as a member of World Service Board of Trustees.

List of my OA Service responsibilities:

Group level:

Above group level:

I can bring the following business, professional or other experience to the Board:

I would like to be a member of the R2 Board of Directors for the following reasons:

R2 SERVICE RESPONSIBILITY PLEDGE

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region 2 Board. As a board member I pledge to provide support and encouragement to the recovery of my fellow board members, and to talk honestly about my perceptions of relapse or denial with kindness and love.

Signature _____ Date _____

(Please keep it simple, use this page only)

CARRYING THE MESSAGE BACK HOME
R2 CHAIR REPORT FROM 2017 WSBC
MAY 1-6

- 188 registered delegates; 186 in attendance
- 20 Countries - Australia, Austria, Brazil, Canada, Colombia, Costa Rica, England/UK, France, Greece, Iceland, Ireland, Israel, Mexico, New Zealand, Poland, Scotland, South Africa, Spain, Sweden, USA.
- Officer Reports: Significant Information
 - Chair: Three groups in New Zealand were deregistered because they insisted that the use of prescribed medication was a break in abstinence.
 - Treasurer: Encouraging people to sign up for ARC – Automatic Recurring Contribution. Go to oa.org and click on the Contribution button. If you use podcasts, attend virtual meetings or use the website for anything else, this is an easy way to give back.
 - Managing Director: “Translation Guidelines for OA Literature” is at oa.org/documents. The need for translations came up in the Forum as well as in other areas of the Conference.
 - Virtual Services: 510 groups contributing \$34,000 so far this year.
- Committee Reports: Significant Information
 - Twelve and Twelve Ad Hoc Committee:

A new version of the OA 12 & 12 was presented to the Conference and was Adopted.
The new book will be out in Spring 2018.
 - Conference-Approved Literature Committee (CLC): Presented a new version of the “Maintaining a Healthy Body Weight” pamphlet; it was Adopted. They also presented “Twelve Concepts of OA Service Pocket Guide”; it Failed.
 - Region Chairs Committee: 2016 Forum “A Carry On Message” is now available on the OA Website for use in local workshops.
- The Forum was designed and presented by the Region Chairs Committee (RCC). My part as R2 Chair was minimal in preparation and involved in execution. We were very pleased with how it went and received positive feedback at the Forum and all during the Conference.

THEME: Amazing Recovery: Passport to Unity

Twenty tables set up, each with a moderator to talk about their recovery around an assigned topic. Topics included: 90-day format, 100+ Pound (45 kg) weight loss, A Vision for You, Anorexia, Bariatric Surgery, Binger, Bulimia, Compulsive Exercise, Health/Disabilities, LGBTQ, Long Term Recovery, Non-English Speaker, Nontraditional Higher Power, Person of Color, Relapse Survivor, Young Person, Men in OA, OA-HOW, Virtual Meetings.

The format included 5 minutes for the person to tell their story (those who speak non-English languages spoke in their native language), 5 minutes to talk about their topic, 5 minutes for sharing, and 5 minutes to get stamps on their passport and the moderators to move to their next assigned table. During sharing they were asked about what qualities/experiences they shared with

the person even though they had never struggled with the topic the moderator talked about. Each table had 4 different moderators. There was time at the end for sharing.

- Committee Meeting: I was part of the Region Chairs Committee (RCC). We presented the Forum which was very fun. I am the vice-chair of the committee for the next year.

Our goals for the next year are:

- Create a workshop from the Forum – “Amazing Recovery: Passport to Unity” in English, Spanish and French
- Develop and present 2018 WSBC Forum
- Collect further input for “Experience, Strength & Hope for Service Body Officers”
- Green Dot Mentor Matching for WSBC 2018
- Create 3 podcasts, at least one of which is non-English
- Unaffiliated Groups Support Campaign – create “12 Reasons to Join an Intergroup” resource flyer
- RCC Officers for next year:

Delegate Cochair	Beverly Montgomery – R1
Trustee Cochair	Linda Hartmann – R8
Vice Chair	Anne Olson – R2
Secretary	Ginny Sisolak – R7

- New Business:
 - Mindfulness as a new tool – Failed
 - Setting up a special fund to assist in translating OA literature, forms, etc – Adopted
 - Set up an ad hoc committee to consider the implementation/registration of a Spanish Language Service Board (SLSB) to establish how the SLSB will fit into the OA service structure. Adopted. This was very important as the SLSB is the first Service Board that spans regions.
 - Create a Sponsorship Day to be held on the third Saturday in August. Adopted.
- The newly elected trustees are:
 - R4: Re-elected Cyndy L
 - R7: Newly elected Karen B
 - GST: Lawrie C, Joanne M and Ron P
 - R1: No applications. Will be appointed by the Board of Trustees
 - Virtual Services Trustee: No applications. Will be appointed by the Board of Trustees.

It was so wonderful to meet the Chairs from the other regions. I had been in a couple of Skype meetings with them and working together face-to-face was a blessing. The Region 9 Chair is from London and the Region 10 Chair is from Brisbane, Australia.

I met the delegate from Iceland and another from Poland. The lack of literature in their languages has an impact that I cannot comprehend. Yet they are in recovery.

Starting each session with the Serenity Prayer in a non-English language was very powerful; it was followed up by saying it in English. We always closed with the OA Promise which was also powerful with 180+ recovering compulsive eaters saying it in unity.

Thank you for allowing me to represent Region 2 and all of the IGs that could not send a delegate as well as the unaffiliated groups in our region.

In loving service,
Anne Olson
R2 Chair



REGION 2 WOULD LIKE TO GIVE AWAY THE OLD...

R2 BANNER AND FRAME

- It will be brought to the R2 Assembly in October.
- Please let R2 Publications know if you are interested in picking it up.
- If you want it shipped, the banner will be shipped COD.
- **Please Note:** The banner itself (in four separate sections) is in excellent condition, however the stand is no longer complete and supportive. The banner can be hung well on a wall, or can be augmented to be supported some other way.

Rick Zilkie • R2 Publications • 916.870.1442

