

**Report to the Greater Seattle Intergroup (GSI)**  
**on the**  
**Region 1 Assembly,**  
**September 28 – 30, 2011, Vancouver, WA**

I was honored to be one of your Representatives from Greater Seattle Intergroup (GSI) to the 2011 Region 1 Assembly in Vancouver, WA, September 28-30, 2011.  
Your 7<sup>th</sup> Tradition contributions at work!

In addition to being privileged to share the experience, strength, and hope of assembly Reps from other Intergroups throughout Region 1, we accomplished quite a bit that we hope will help us carry the message to compulsive eaters throughout our Region.

**We defined the duties of Assembly Reps.** We're not just there for our own recovery. Our job is to be a point person on a specific committee and to have accountability for our tasks within that committee and to the Intergroup that sent us. In that role, each Rep works with their Intergroup to accomplish a task and with other Region 1 committee members throughout the Region. For example, my task is to work on scholarships so that Intergroups who can't afford to send a Rep to assembly will be able to do so. Thanks to generous 7<sup>th</sup> Tradition contributions from the 40+ groups in our Intergroup, GSI could afford to send three of us this year. I will spread the word that scholarships are available.

I think of the OA message and the interaction of all the OA members and service bodies (Intergroups, Region Assemblies, World Service Delegates, Board of Trustees) like a convection current. Ideas bubble up from individuals to their group conscious business meetings. These ideas are carried to Intergroups by the meeting's Intergroup Rep, and from there, by submitting suggestions for by-laws and policy changes, to OA world service and/or our Region. If enough Intergroups like these ideas, they then show up at the World Service Business Conference where delegates (like me) discuss and decide whether to implement them. The World Service Board of Trustees, elected by the World Service Business Conference Delegates, works with the delegates to create a strategic plan to guide the efforts of OA in carrying the message for a given period of time. Sometimes the strategic plans are informed by the changes to policies and by-laws.

**The current strategic plan** includes emphasis on strong meetings, committed service boards, public/professional awareness, and financial health. The delegates work together to come up with ideas on how to implement these goals. The Region Chairs meet together to come up with specific ways to implement these ideas within each Region. These ideas are passed along to Assembly Reps who bring them back to their Intergroups from which Intergroup Reps bring them back to the OA members in the meetings they represent.

I wish I could draw a picture of this process! It's not top-down: it's sideways, circular, bottom-up. *"OA as such shall never be organized...."* but it works.

**Creating scholarships and spreading the word** that these scholarships are available for Assembly Reps from less well-off Intergroups helps us carry the message to OA members in those Intergroups via the Representative they send to Assembly. Their Representatives will bring back enthusiasm and structure for working on ways to accomplish OA's overall strategic plans. And, like me, their Representative will be assigned to work on a committee that will benefit OA members Region-wide.

**Region 1 committees** include Public Information/Professional Outreach, Twelfth Step Within, Budget & Finance (scholarship is part of that committee), Convention, Assembly Binder, Nominations, Outreach, Ways & Means, Communications.

**We elected part of the Region 1 Board: Chair, Vice Chair, Treasurer, and Communications Coordinator.** The Region 1 Board still needs a Secretary. Please see me or the Region 1 web site (<http://www.oaregion1.org/>) for qualifications if you're interested in serving.

**We reviewed reports from last year's Region Board, Committees, and Intergroups throughout the Region.** The latter included sharing event posters and information about various events put on by Intergroups throughout the year. If you're working on a GSI-sponsored event this year, consider contacting your cohort in another Intergroup for ideas. I will be happy to share my Assembly notebook with you. No need to reinvent the wheel.

**We walked through an excellent Body Image and Sexuality workshop** the Region 1 Board tested in April in Port Orchard in conjunction with their April 2011 meeting. It was generally well-received locally although, based on feedback, there were some scary parts which could be improved. This workshop is "canned" – Power Point slides – and is available to be presented at any retreat or marathon.

**We passed the 2012 Region 1 Budget** in which we added funds to send the Region 1 Vice Chair to World Services and to send the Region 1 Chair to the Region 8 Assembly and International Region Chairs meeting in Columbia, South America, April, 2012. This is the first Region 8 Assembly held outside of North America.

**We learned that the Region Board will pay for its members to travel to present workshops about Traditions and/or Service.** We could invite one of them to put on a marathon here! They SWEAR that these workshops are NOT boring; the Oregon Intergroup concurs. We just have to ask.

**We can apply to ask the Region Board to have one of its quarterly meetings here.** As in the case of their meeting in Port Orchard in April, they often put on some kind of a workshop in conjunction with the local service body, in that case, Peninsula Intergroup. This is a great way to raise funds while carrying the message.

**We also picked up some great “turn around” slogans** from various Assembly Reps:

*Recovery is a journey, not a destination.*

*Don't quit before the miracle happens*

*Feel, deal, heal. It's not about a meal.*

*Put down the fork and pick up the phone.*

*I have enough.*

*Tough shit. Don't eat.*

*I know I have 100 relapses in me, but I don't know if I have 101 recoveries.*

*Thinking is not a tool.*

*Have you asked God for help today?*

If you have the time to go to Region 1 Assembly (end of September) and if you're willing to do your assigned committee work when you return, you can run for GSI Assembly Rep. If we can afford it, GSI will likely pay your way for Assembly attendance. (We can send five representatives.) There is no prior service or abstinence requirement. It's a way to rocket your recovery and your service to another level. A way to give back to OA all the gifts you've received.

Thank you for the opportunity to serve. Please ask me about my experience or anything at all about the Assembly or the work of Region 1.

Oh, and the Convention was great, too! Don't miss next year's. It will be in Spokane. Road trip!!

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and your Region 1 Assembly Rep