

## Missoula, Montana Region 1 OA Assembly and Convention October 20-24, 2010

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The 2010 Region One assembly began at 7pm on Wednesday, October 20<sup>th</sup>, 2010 at the Holiday Inn at the Park in Missoula Montana.

The board members: Debbie G; Chair, Merry R; Secretary, Holly B; Treasurer, Margee G; Trustee and the delegates met in one of the conference rooms to introduce one another and prepare for the Assembly over the next two days.

Kevin C. from GSI was present as Parliamentarian and led the members assembled in a discussion/review of common terms and procedures in this format. A pop-quiz was given and members who answered correctly were awarded copies of "Robert's Rules". GSI reps Karen and Estelle were returning with two copies for our GSI, but Estelle gave hers away to someone else at Assembly, who really wanted it. So we came home with one copy.

A bright sunny gorgeous Thursday began in Missoula, inside and outside our lovely hotel next to the Clark Fork River. It was the first full day at Assembly and we three newcomers to Assembly were ready to go. The serenity prayer connected us all as we began the usual assembly roll call of intergroup reps, credential report, adoption of rules, adoption of the agenda and appointment of the official minutes review committee and appointment of the reference/emergency business committees ensued.

One delegate from each Intergroup introduced themselves to tell a bit of their own Intergroup. The overwhelming question asked by many delegates was: how do we keep newcomers and members coming back? The response shared back from many delegates was: keep sharing your experience, strength and hope. A great quote came from someone in the group that really summed it up; "don't share so much of the mess, but share more of the message". The message was, to remember that this is a program of attraction.

Next on the agenda was our Parliamentary overview. Who would think that could be so interesting? But because of our very own super, amazing Mr. Parliamentary himself, Kevin C; our eyes and ears were glued to the front of the room. Yes, we can feel you blushing right now Kevin because of all the praise, but we seriously wanted to say a big "thank you". You did a superb job at Assembly, keeping us all in line, which we know wasn't an easy task. It was quite amazing to see the debate between delegates over changing even one word in our policy revisions. The goal was to clean up the terminology within the bylaws.

We reconvened at 8:30AM on Friday, October 22<sup>nd</sup>. We started off with a round of our favorite slogans. One of many that we liked was: "feel, deal, heal; it's not about the meal."

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The Treasurer presented the financial statement and 2011 budget. For two plus hours we sifted line by line through the numbers with the treasurer. We were also informed that WSO “numbers” aka income is down. Literature sales make up the biggest portion of their count, and Lifeline has the biggest loss. We would like to perhaps suggest having a literature committee at the GSI group level.

Nominations for Vice Chair did not pass. Position for Secretary passed. Position for Regional Delegate passed. Position for Communications Editor passed.

We were presented with a Service, Traditions and Concepts workshop, and a 12<sup>th</sup> Step Within handbook.

The Region One audit report was adopted.

Some delegates volunteered to make “we care” calls to numerous groups that were unable to attend the year’s Assembly and Convention.

New Region One committee chairs either volunteered or were appointed. It was mandatory that all Delegates participate on one of these committees. Carol and Karen are on the Budget and Finance committee, and Estelle is on the Nominations committee.

The 9<sup>th</sup> tool- Plan of Action was discussed and what it means to us; so that our suggestions could be presented to the World planning committee.

At the end of another long but action filled day, we thanked the Region One Chair and Board for their wonderful service.

At 5:30PM we closed with the “I put my hand in yours” prayer.

The 2011 Assembly and Convention is tentatively slated (not definitely set in stone just yet) for Sept 28-Oct 2, at the Heathman Lodge in Vancouver, WA.

The Convention followed over the next two days, and it was fantastic. Our Keynote Speaker spoke Friday night, Saturday night and Sunday morning. Simply put, her story and road to recovery was heart wrenching yet extremely inspiring. Her quote “my weight is a symptom of my spiritual disease,” really hit home to many of us. There were ongoing sessions and workshops going on all day Saturday, followed by the banquet. There were over 100 people registered for the Convention, and one Greyhound dog called Harry, he was well behaved and very popular!

Submitted in gratitude,

Carol, Karen, and Estelle

Delegates for Greater Seattle Intergroup