

**Overeaters Anonymous**  
**36th Annual Region One Assembly**  
**Vancouver, Washington**  
**September 28th - September 30th, 2011**  
**Report by Connie S.**  
**Greater Seattle Intergroup Assembly Representative**

**Mission Statement of Region One Assembly of Overeaters Anonymous**

"The mission of Region One is to provide requested services to our groups and inter groups in order to carry the recovery message of the twelve steps and twelve traditions of Overeaters Anonymous by pooling resources, talent, and experience"| Adopted October 21, 1994

Wednesday evening the Region One Board Chair invited representatives to review assembly material, rules, voting procedures. A training was held by our Parliamentarian, Kevin, to understand Robert's Rules of Order. This was very informative and gave delegates a chance to meet and get a sense of the scope of work that would be undertaken through the course of Thursday and Friday. Two important goals were the elections of new officers for the Region One Board for Chair, Vice-Chair, Treasurer, and Communications Coordinator and the assignment of delegates to committees.

Most intergroups submitted reports for the assembly representatives' review. These reports included activities that each group was involved in to carry the message to the still compulsive overeater who still suffers. The Region One Chair also submitted a report, as did the committee chairs.

Thursday morning, before the business of the assembly was begun, an exercise to introduce the assembly reps to each other was suggested. The representatives chose an exercise where each attendee filled out a brief questionnaire regarding how many years in program, how long they experienced abstinence, and what their particular talent was. The answers were then gathered and redistributed so that reps were to guess who had filled out the questionnaire. This took some time as there were 26 delegates checked in to the meeting as well as the board chairs. However, it was very helpful in getting to know each other and for breaking the ice.

Ideas were discussed for marathons and workshops, including IDEA Day, Attitude of Gratitude, 12th Step Within, and how to survive the triangle of the holidays beginning in October. It was pointed out that there is a storage space on the World Service Office website for ideas for holding a marathon or workshop. A Yahoo Group exists to use for upcoming ideas, for recovery, and for a daily digest. This is a closed group where you must be a member to be able to view the site. You just send your name, intergroup name, and email address to be placed on the web by the Communications Coordinator.

The Assembly addressed four Bylaws motions outlining what is expected of a Region One Representative when they attend Assembly and to give notice of these expectations well in advance.

Included in the materials for the Assembly were the Bylaws, the Twelve Steps, Twelve Traditions, and the Twelve Concepts of OA Service, to name a few, as well as the Standing Committees which consists of:

Budget and Finance Committee, Bylaws Committee, Membership Outreach Committee, Audit Committee, Convention Committee, Historian Committee, Nominations Committee, Professional Outreach Committee, Public Information Committee, Scholarship Committee, Sponsor by Email Committee, Tape Libraries Committee, Twelfth Step Within Committee, Ways and Means Committee, Quilt Committee.

The Region One Budget was reviewed, approved, and adopted. Margie, the Trustee, is available to give four hour workshops to groups within Region One on Service and Tradition, for which money is allocated in the budget. Currently Region One is involved in Sponsor by Email only. Intergroups can apply for WSBC scholarships. Region One did meet their goal of sending delegates which represented 40% of the vote at the World Service Business Conference in 2011.

Representatives divided into groups and met to work on the following committees: Bylaws, Assembly Binder, Audit, Convention Chair, Nominations Chair, Member Outreach Chair, Public Information, Sponsor by Email, 12th Step Within, and Quilt Committee. This representative worked on the Public Information Committee with the Region One Public Information Chair, two other representatives, and Kim, the Communications Coordinator. Representatives requested committees that they wished to work on in the following year through written notification and were then assigned by the newly elected Region One Chair, Kim. These assignments were given on Sunday morning before the convention convened.

Friday's session began with reports by Committee Chairs. The job descriptions for the committee members is outlined in the assembly binder. Kim, Merry, and Debbie reviewed the Body Image workshop that they have performed in the OA community. The subject of sexual abuse was included in the workshop and there was lively discussion and feedback around this issue. Rhonda also gave a report on using Google as one source to set up websites for OA Retreats. Other sources, such as Yahoo Groups, were also included.

Margie, our Regional Trustee, acts as liaison between OA members and the World Service Office. She reported that there will be a new addition of the OA brown book published. WSO Conference passed a new definition of an OA group which will filter to all Intergroups in the next three years. There is also a Webtrek Survey (Survey Monkey) that will be sent to Intergroups asking what they need from a web site.

Elections were then held for Chair, Vice Chair, and Treasurer. Kim H is our new Region One Chair, Merry R is now Vice Chair, Debra, Treasurer, and Cynthia W is now Communications Coordinator. A new secretary will be appointed by the Chair upon application.

In ending the two days of work, a ceremony was held for the Green Dot representatives. Those of us who were new to the Region One Assembly were given a green dot on our badges. This indicates a new member to assembly. We were invited to come up to the front of the room and take our bows. We will be happy to do the same for the next generation of green dots.