

## **Region 1 Assembly/Calgary**

**September 14-16, 2016**

**Representatives for GSI: Representative #1 Debbie F., Representative #2 Cindy C., Assembly Rep Jane D.**

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### **Overview**

Representatives from 19 of 24 intergroups in Region 1 attended Assembly at the Coast hotel in Calgary, Alberta. This was Debbie F's second assembly; Cindy and Jane's first. With 398 OA meetings within its geographic boundaries, Region 1 covers Alaska through western Canada (BC, Alberta, Saskatchewan, NW Territories, Yukon) and south through Washington to Oregon and over to Idaho, Montana and Wyoming. Many representatives picked up on the Convention "Yahoo" theme and sported denim, plaid, leather fringed jackets and cowboy hats. The Region 1 Board was as warm and welcoming.

### **Reports from IG and Region 1 Committees**

Time was given for a review of Intergroup reports throughout the region and open mic sharing about what has worked well for intergroups, mostly around attendance and participation. Several methods were shared for maintaining message lines and cell phones. We will pass on this information to Adina as she continues to refine GSI's hotline method. Trustee Margie said that the official OA Facebook page will go up soon and will provide guidance for intergroups. Many intergroups have found it helpful to do IG business around an event i.e. a speaker meeting. Some intergroups hold elections during an annual retreat. Like GSI, some meet monthly; some meet quarterly.

### **A theme of Intergroup Renewal**

A movement across several regions in OA called Intergroup Renewal was introduced to Region 1 by Chair Beverly. Intergroup Renewal is the process of turning Intergroups into training organizations to supplement sponsors – providers of opportunity for strengthening personal recovery. Intergroup Renewal moves intergroups toward a primary focus on Tradition 5 work: "Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers". Each rep was given a copy of the Intergroup Renewal workbook and we are happy to share it. The Region 1 board has offered to lead a workshop at Intergroup meetings or events to introduce Intergroup Renewal across region 1. We hope this is something GSI will seriously consider.

### **Abstinence Workshop**

Sharing from some of the Region 1 board members about abstinence was followed by another open mic session. As always, there are many ways to design a food plan but the definition of abstinence is the same for all: *"Abstinence in Overeaters Anonymous is defined as the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight."*

## **Project teams: “Inspire Recovery”**

Cindy, Debbie and Jane each volunteered to serve on a regional project team that will meet throughout the next year. The guiding theme chosen was “Inspire Recovery”.

Cindy: serving on the 2017 convention project team as Chair. Tammy from Tacoma and Sue B., Region 1 vice chair, will work with Cindy to support and guide planning for the 2017 convention in Seattle.

Debbie: co-chair of the Region 1 Project Team that will plan to: Attract, Retain & Regain members

Jane: serving on the 2017 convention project team.

## **Bylaws/Policy changes**

Information about fairly routine Region Bylaws and Policy and Procedure changes will be available in the Region 1 Assembly report in the next month, but there were some key changes we would like to note here:

**Motion BL-3:** Move to amend Article XIII by striking and inserting as follows:

Article XIII – PARLIAMENTARY AUTHORITY

The rules contained in the current edition of *Roberts Rules of Order Newly Revised* shall ~~govern~~ guide Region One in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Twelve Traditions, the Twelve Concepts of OA Service or any special rules of order Region One may adopt.

Motion carried.

**Motion BL-4:** Move to amend Article III – Membership, Section 4 by striking and inserting as follows:

Article III – MEMBERSHIP, SECTION 4

- A. Each intergroup is entitled to one (1) Representative for up to the first ~~ten~~ fifteen (~~10~~ 15) groups it represents and one (1) for each additional ~~ten~~ fifteen (~~10~~ 15) groups or any fraction thereof. An intergroup may also select Alternate representatives.

Motion lost.

**Motion P-1:** Move to amend Section 8 REGION ONE CONVENTION AND EVENTS, item 8.2.3 WAYS AND MEANS, by striking and inserting as follows:

8.2.3 The hosting Intergroups(s) may choose to purchase and sell Ways and Means items at the Region One Convention; ~~fifty ten~~ (50 10) percent of the profits on the sale of those items shall go to Region One.

Motion carried

## **2017 budget**

The 2017 Region 1 budget was passed after some slight modifications. Treasurer Deborah held several budget orientation meetings prior to the vote so we could become familiar with the budget and ask any questions.

## **Elections**

Sue B. was elected to the position of Region 1 Vice Chair. Marcie G. was elected Secretary. Cayley was elected Communications Coordinator. Greta H. was elected member at large. Pat O’C was affirmed as Region 1 Trustee nominee. Their applications were made available ahead of time in the Assembly binder for review.

## **Key takeaways**

Cindy: an opportunity to connect and network with reps and chairs of past conventions was a huge takeaway for me. I feel I can contact the Bend and Calgary organizers for help and advice as we plan the Seattle convention. Southsound Intergroup has already volunteered to host hospitality for us in Seattle. It’s a good feeling to know that all the questions that come up can be answered by fellows I met in Calgary. Intergroup Renewal represents a concrete and out-of-the-box plan for increasing the vitality of intergroups. It was a reminder that we serve the fellowship; not the other way around. And, that by giving service, we receive.

Debbie F.:

The theme of intergroup renewal had an emphasis on service, finding your passion in OA. Opposed to just stating in a meeting that we need such and such to be done and would anyone be able to do service or asking/pressuring a person during a meeting to do the service. Matching the project to the interest of the OA member is a more successful approach. Direct one on one interaction with the person you feel may be right for a service position, will get better results.

I was able to put this into practice as soon as I returned home and was successful in recruiting for a group service position.

During assembly, I also found my area of interest: Creating a guide for Meditation Workshops, on the group level or event level. We asked Region 1 for a printing budget of \$100.00 and it was approved. Once we have working/approved formats they would be available to download.

I became co-chair of the Region 1 Project Team that will plan to : Attract, Retain & Regain members. That last one we were not quite sure about, so we may Reacquire, Restore, Recoup or Redeem members. Your feedback is welcome.

The other projects of our team are: Body image , Abstinence, Attracting & Retaining members. Anyone interested in these area please contact me through GSI so I can give you the contact information for those team members.

Service is recovery. Service inspires recovery. A good reminder for all of us working our OA program.

Jane D.:

I appreciate the privilege of going to the 2016 Region 1 Assembly and Convention as a Representative of the Greater Seattle Intergroup. It was exciting to see how the Assembly gets business accomplished and I appreciated that the Region 1 Board kept the Assembly meetings organized with set discussion rules and interesting with small group activities, screen notes and videos. The Calgary Intergroup chose a dynamic and truthful speaker for the convention, had a fun Western theme, and had pertinent workshops. I was especially proud of Debbie in that the quilt raffle did so well. Tradition 5's primary purpose in carrying the message to those who still suffer was reflected in Region 1's and other OA regions' emphasis on intergroup renewal and the Region 1 Assembly's new theme of inspiring recovery. It was stated at the convention banquet that the Calgary Intergroup hosting the convention had brought the members together to work as a team. It is happening for the Greater Seattle Intergroup as we host the 2017 Region 1 Assembly and Convention under the leadership of Cindy and Jon. Here is to our theme of Emerald City 2017. It will be wonderful.