

**Anchorage Alaska Intergroup
Of Overeaters Anonymous
Newsletter Editor Manual**

Property of

If found, please return manual to the AAI Newsletter Editor.

Prepared by Anchorage Alaska Intergroup of Overeaters Anonymous
Portions of this manual are quoted from *Robert's Rules of Order*, published by Webster's New World

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Taken (and slightly edited) from the Anchorage Alaska Intergroup Policies and Procedures

Definition of the Anchorage Alaska Intergroup Officers

POLICY

The Officers of Anchorage Alaska Intergroup shall include Literature Chair, Newsletter Editor, Standing Committee Chairs: Oasis, (Finance Committee [Budget and Ways and Means], Outreach [Public Information, Professional Community, Institutions Health Fairs, and Young People], Publications, Retreat, Twelfth Step Within, Technology, Lifeline, Tape Library, Archive. Also, Ad hoc Committee Chairs (By-Laws Committee, Special Events [Workshops and Marathons] Committee. Further, all WSBC and Region One Delegate(s).

Definition of the Anchorage Alaska Intergroup Board Officers

POLICY

The Standing Committee Chairs/Newsletter Editor/Literature Chair of Anchorage Alaska Intergroup shall include Literature Chair, Newsletter Editor, Standing Committee Chairs: Oasis, Finance Committee [Budget and Ways and Means], Outreach [Public Information, Professional Community, Institutions Health Fairs, and Young People], Publications, Retreat, Twelfth Step Within, Technology, Lifeline, Tape Library, Archive. Also, Special Committee Chairs (By-Laws Committee, Special Events [Workshops and Marathons] Committee. However, this list is not exclusive and may include other committee chairs.

Terms of Office for the Anchorage Alaska Intergroup Board Officers

POLICY

Terms of Office – Standing Committee Chairs/Newsletter Editor/Literature Chair and Special Committee Chairs.

Terms of service for all Committee Chairs/Newsletter Editor/Literature Chair shall commence on the first day of January. Special Committee Chairs serve as they are needed according to the Intergroup.

Duties and Responsibilities of Anchorage Alaska Intergroup Officers (Newsletter Editor)

POLICY

The Newsletter Editor has the responsibilities of writing a monthly newsletter, providing the Corresponding Secretary with a copy, and emailing the Northern Lights to the members and other service bodies.

PROCEDURE

1. The Newsletter Editor's responsibilities are the following:
 - a. write a monthly newsletter following the WSO and AAI Newsletter Guidelines,
 - b. observe the Traditions before publishing the newsletter,
 - c. observe copyrighted material, not publishing OA logo, Lifeline and A Step Ahead articles without permission,
 - d. select only material from within the OA Fellowship,
 - e. include a brief summary of minutes and financial statements, information about upcoming OA events, and articles about personal recovery,
 - f. credit sources reprinted from other OA newsletters articles,
 - g. provide the newsletter to the correspondence Secretary for USPS mail distribution, and
 - h. distribute the newsletter (the Northern Lights) via email.

Northern Lights Newsletter

POLICY

The AAI newsletter to be named The Northern Lights. The Northern Lights to be used as a means of communicating with the AAI fellowship and other service bodies. It is a monthly newsletter that includes AAI business, events, sponsor lists, meeting list, articles, services, officers' list with AAI emails, web page address, logo, and other information deemed necessary by AAI. The Newsletter Editor will distribute The Northern Lights to the AAI meetings, members, and other service bodies via the AAI email system.

PROCEDURE

Our Newsletter Editor publishes a monthly newsletter named The Northern Lights by the 15th of that month.

The AAI newsletter includes:

- a. Sponsor List,
- b. Night Owls and Day Contacts,
- c. Summary of minutes,
- d. Meeting List,
- e. AAI/Region 1/WSO physical and web addresses,
- f. Treasurer's Report (Summarized),
- g. Events,
- h. Local articles,
- i. Official AAI logo,
- j. List of officers and AAI email addresses,
- k. AAI web page address, and
- l. Time and location of the next upcoming AAI meeting.

The Newsletter Editor will distribute The Northern Lights via the AAI email system to the AAI meetings, members, and other service bodies by the 17th of the month.

Northern Lights Newsletter Printable Version

POLICY

AAI will provide a printable version as well as the adopted template of the Northern Lights Newsletter.

PROCEDURE

Our Northern Lights Newsletter Editor will provide a printable version of the Northern Lights Newsletter by:

1. removing all the pictures from the approved formatted newsletter,
2. replacing pictures with either text or pictures of text, and
3. saving it as the printable version.

The Role of the Newsletter Editor

The primary responsibility of the AAI newsletter editor is to oversee the publication of the monthly “The Northern Lights Newsletter”. This involves establishing the theme, acceptance criteria for materials to be published in The Northern Lights Newsletter, production of the electronic materials, and the distribution to the members (via email or other AAI approved means). The Northern Lights Newsletter benefits members by sharing the experience, strength, and hope of published members, thus it is important that the publication of The Northern Lights Newsletter meet their expectations in terms of content, appearance, and timely delivery. Members have voiced the importance of the AAI newsletter as a communication vehicle with the membership, so the newsletter’s close involvement with the AAI meetings, close working with relationships with the other members in AAI area is valuable. Specific skills include:

1. Using wordprocessing or publishing software;
2. Copy and paste information to The Northern Lights Newsletter template;
3. Converting files to pdfs;
4. Coordinate with other AAI officers on their officer report to be communicated through the newsletter;
5. Ability to adhere to the approved publication schedule of The Northern Lights Newsletter;
6. Provide electronic copy to members via email or other AAI approved means, and
7. Get readership feedback on the newsletter’s direction on a regular basis.

The Basic Responsibilities of the newsletter editor

- Solicit articles from members;
- Give committee members recognition for their work;
- Publish AAI’s newsletter each month;
- Consult the AAI policies and procedures and bylaws, and OA suggestions for the Guidelines of publishing the AAI newsletter;
- Distribute The Northern Lights Newsletter to members.

An Effective newsletter editor

- Electronically savvy
- Command of writing and publishing skills
- Ability to email and distribute newsletter
- Attend AAI meetings
- Great at time management



Anchorage Alaska Intergroup

Meeting Agenda

Date

12:00PM

OAsis, Anchorage

- I. Call to order
- II. Serenity Prayer
- III. Traditions
- IV. Concepts – Short Version
- V. Concept (the month) – Long Version
- VII. Approval of minutes from last meeting
- VIII. Reports
 - A. Treasurer
 - B. Correspondence Secretary
 - C. Region 1 Delegate
 - D. Literature Chair
 - E. Newsletter Editor
 - F. Committees
 - 1.**
 - G. Ad hoc Committee
 - 1.**
- IX. Unfinished Business
 - A.
 - B.
- X. New Business
 - A.
- XI. Announcements
 - A.
 - B.
- XII. Adjournment



(Date)

MOTION:

I, move to

RATIONAL:

Maker of the motion:

Committee:

Date:

Adopted _____ **Defeated** _____

Turn in to Recording Secretary

You will receive a Word version of this document.

The adopted template will be given to you.



The Northern Lights Newsletter



JULY 2015

Anchorage Alaska Intergroup
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1.844.279.1942

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** All material included in this newsletter is selected from within the OA Fellowship, including OA publications and/or OA program-related submissions from members. Personal stories express the experience of the individual members and not of OA as a whole.

**The newsletter name has changed to The Northern Lights as of the March, 2015 issue. The Newsletter Editor will distribute The Northern Lights to the AAI meetings, members, and other service bodies via the AAI email system. Each issue will also be sent via email to Lifeline.

Note from the Editor:

As always, I am grateful for my service as editor of our monthly newsletter. Thank you to all who submit, sharing program with the rest of us. In the face of recent health issues, I am grateful for Randy's offer to help put out the newsletter this month, creating two choices for reading: an online version with the return of a colorful Northern Lights header, as well as second for printing which uses less ink. Enjoy.

In service,
Nancy
Northern Lights Editor
oanewsletter@oa-alaska.org

**To unsubscribe to the member list click on http://oa-alaska.org/mailman/listinfo/member_list_oa-alaska.org and enter your email address in the unsubscribe box.

July, our Seventh Month . . .

Step Seven: Humbly asked Him to remove our shortcomings.

Tradition Seven: Every OA group ought to be fully self-supporting, declining outside contributions.

Daily Meditation –

"A sense of humor, patience, courtesy, willingness to sit still and listen, a sense of fairness, and trust in a Higher Power have been found far more useful than legalistic arguments and personal accusations." -- OA Guideline for Groups, page 22

Check out these OA sites on the world wide web – from near to far-reaching! You might be amazed at all you discover!

- OA and WSO/World Service Office <http://www.oa.org>
- Region 1/(AK, Alberta, NW Territories, Saskatchewan, Yukon, British Columbia, OR, ID, WA, MT, WY) www.oaregion1.org/
- AAI/Anchorage Alaska Intergroup <http://oa-alaska.org>

This is the printable header.

The Northern Lights Newsletter



Debating Issues

In the interests of ending the IG meeting on time – and based on the example set by Region 1 – debate on motions will proceed as follows:

1. Member raises hand to be recognized by chair before speaking.
2. State the motion: “I move that ...”
3. If long, the motion should also be given to the chair in written form.
4. Second the motion: “I second.”
 - a.) Second means “Let’s discuss,” not “I agree.”
 - b.) If there is no second, the motion dies, and business of the meeting goes to the next agenda item.
5. The Chair states, “It has been moved and seconded that...”
6. Chair asks if there is discussion.
7. Three (3) pros and three (3) cons may speak for one (1) minute each.
8. Pro and con viewpoints will alternate, starting with pro.
9. If more than three members on either side wish to speak, the pros and cons may decide among themselves who gets to speak.
10. Any unused discussion time is forfeited.
11. In taking the vote, the assembly has the following options:
 - a.) voice; b.) show of hand; c.) closed ballot
12. Except where stated otherwise, a majority is required to adopt a motion. A majority is one more than half the number of the votes cast.
13. The person making the motion may vote against it, but cannot speak against it.
14. Officers may vote on all issues but the Chair votes only to make or break a tie.
15. After the vote count, the Chair rules on the vote and states the result.

Debate Behavior

We are here as trusted servants of the Anchorage Alaska Intergroup and as such are dedicated to upholding the 12 Traditions to the best of our ability. According to the bylaws of the intergroup and as outlined in Robert's Rules of Order, here is a summary of behavior during debates at an IG Meeting.

Basic Guidelines

1. The chair does not take sides in the debate but keeps the debate on track.
2. Members address all remarks through the chair, raising hand to be recognized.
3. Members address the chair as Mr. Chairman or Madame Chairman.
4. Members avoid mentioning another member by name. Another member may be referred to as "the delegate."
5. Cross talk among members is not allowed.
6. All remarks are made in a courteous tone.
7. Discussion is focused on ideas and not personalities.
7. The member who makes the motion has the first right to discuss it.
9. The member who makes the motion may speak for a second time only after other members who wish to have spoken for the first time.
10. A motion can be sent in writing by a member to the chair to have it placed on the agenda. The member need not be present at the meeting for discussion and vote to take place.

Making a Motion

What is a Main Motion?

A main motion introduces new business to the assembly.

How to Make a Motion:

1. Member raises hand to be recognized by chair before speaking.
 2. State the motion, "I move that ..."
 3. If long, the motion should be written down and handed to the chair.
 4. Second the motion, "I second."
- a.) Second means "Let's discuss," not "I agree."
- b.) Motion dies for lack of a second.
5. The Chair states, "It has been moved and seconded that ..."
 6. Chair asks if there is discussion.

Criteria for Acceptable Motions

If a motion does not fit these criteria, it may be ruled out of order by the Chair, even if there is a second.

Motions Must:

1. Be action-oriented. Move to do something.
2. Be clear.
3. Not be frivolous.
4. Be in accordance with the 12 Traditions of Overeaters Anonymous and the Anchorage Alaska Intergroup Bylaws.

Secondary Motion

There are three types of secondary motions:

- **Subsidiary**
- **Privileged**
- **Incidental**

Subsidiary Motion

Relates directly to the main motion (usually delaying it or amending it)

Privileged Motion

Motion of an emergency nature that does not relate to the pending motion

Example: time constraints, room temperature, noise problem

Incidental Motion

Concerns procedure related to the pending business

Not ranked because it is taken up immediately when made

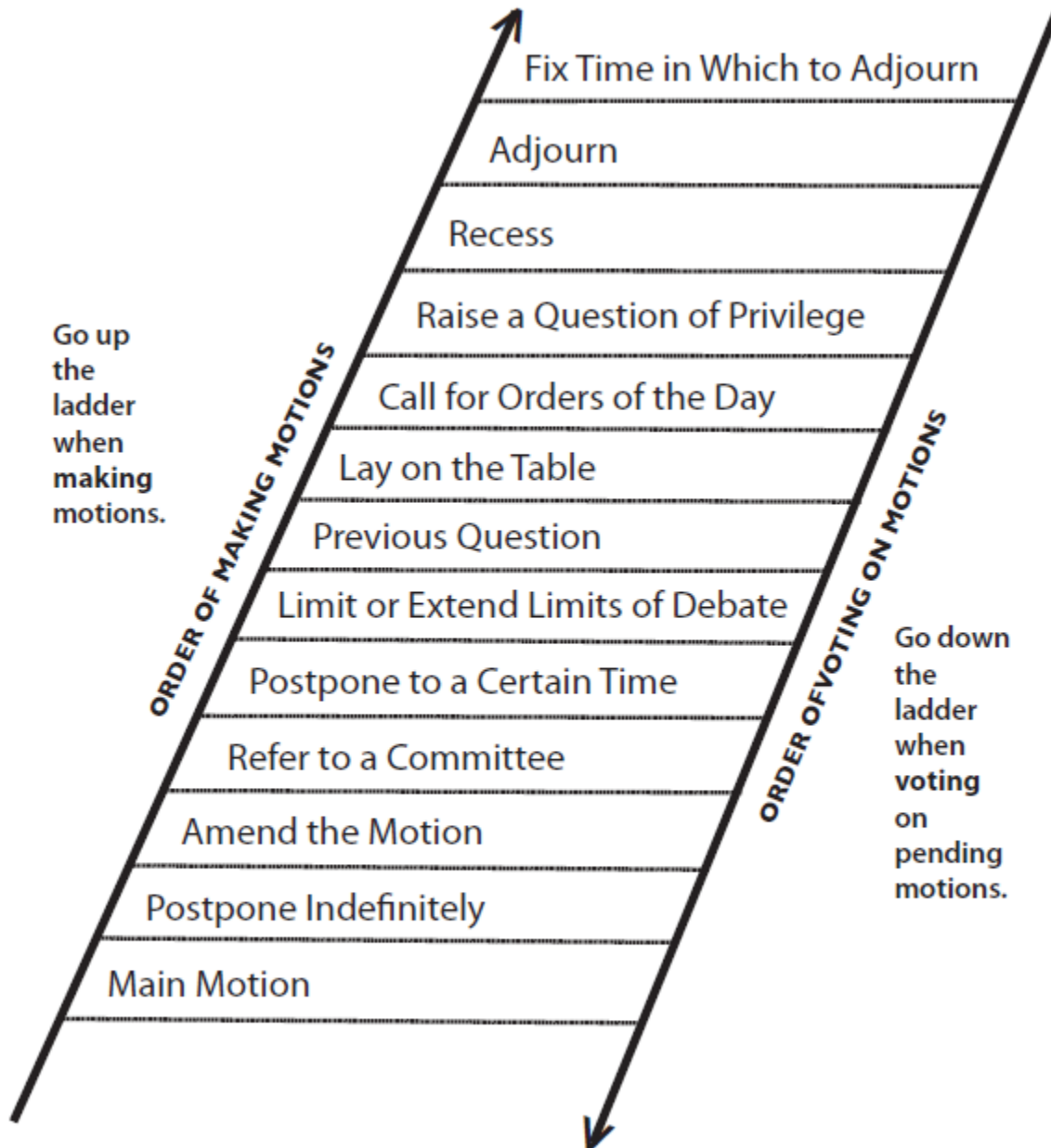
Notes:

1. A decision on a secondary motion must be made before the main motion can be put to a vote.
2. See the Ladder of Motions in Order of Rank for guidance.
3. The limits of debate of secondary motions follow those for a main motion (3 pros, 3 cons, 1 minute each).

Each type of secondary motion is explained more fully in the pages that follow.

Ladder of Motions in Order of Rank

When the main motion is being discussed, motions of a higher rank can be made. These take precedence over the main motion. Voting starts with the highest ranking motion. After the higher-ranking motions are voted on, members can vote on the main motion.



Subsidiary Motion I

Motion that relates directly to the Main Motion (usually to delay or amend it).

Postpone Indefinitely

Purpose: To kill a main motion for the duration of the meeting without taking a direct vote on it.

- Needs a second.
- Not amendable, but while this motion is pending, members can amend the main motion.
- Debatable (debate can go to the merits of the motion).
- Majority vote required to adopt.
- Members can reconsider only on an affirmative vote.

Result: Kills the main motion for the remainder of the meeting.

Amend a Motion

Purpose: To change the main motion before it is acted upon; must be related to the main motion.

Ways to Amend:

- Insert words within a motion.
 - Add words at end of a motion.
 - Strike out words.
 - Strike out and insert words.
- Needs a second.
 - Amendable: A motion may have only two amendments.
 - The secondary amendment must be related to the primary amendment.
 - Debatable: Debate goes only to the amendment. If the secondary amendment is passed, it becomes the primary amendment.
 - Majority vote required to adopt.

Result: If adopted, the proposed change becomes part of the main motion.

Refer to a Committee

Purpose: To have a small group investigate a proposal.

- Needs a second.
- Any variation in the motion is debatable.
- Majority vote to adopt.
- Can be reconsidered if the committee hasn't started considering the motion.

Result: If adopted, the motion goes to committee to investigate and does not return to the membership until the committee is ready to report or until the membership has adopted a time for the committee to report back to the assembly.

Postpone to a Certain Time

(Differs from Laying on the Table)

Purpose: To put off or delay a decision. Needs a second.

- Debatable only to the merits of postponing.
- Majority vote required to adopt.
- Can be reconsidered.

Result: Discussion and decision are put off until later in the meeting. If postponed to the next meeting, the motion comes up under Unfinished Business.

Note:

The motion to Postpone to a Certain Time has time limits, in our case until the next Delegates Meeting.

Subsidiary Motion II

Postpone to a Certain Time as a Special Order

Purpose: To ensure that a motion is taken up at a specified time.

- Needs a second.
- Debatable.
- Time is amendable.
- Requires 2/3 vote to adopt.
- Can be reconsidered.

Result: If adopted, this motion must be taken up at the specified time, even if business is pending. If members don't want it taken up at that time, the members can set aside the Special Order by calling for the Orders of the Day.

Limit or Extend Debate

Purpose:

- a. to limit or extend the time allotted for each member to speak
- b. to limit or extend time spent on the debating of the motion.

To extend the discussion, a member may say:

- a. "I move to allow pros and cons two minutes to speak." or
- b. "I move to allow four pros and four cons to speak."

To limit or extend the debate a member may say:

- a. "I move to close debate in ten minutes." or
- b. "I move to extend debate for five minutes."

- Requires a second.
- Not debatable.
- Is amendable.
- Takes 2/3 vote to adopt.

Result: Motion changes the standard rules of debate.

Previous Question

Purpose: To stop debate and immediately take the vote.

- Needs a second.
- Not amendable.
- Not debatable.
- Requires 2/3 vote to adopt.
- Can reconsider without debate before the vote has been taken on the motion in which debate has been closed. If members vote against Previous Question, it can be made again after progress in debate.

Result: If adopted, the members vote on the immediate pending motion. If the previous question is called on all pending motions, the vote is taken on all pending motions.

Note: It is not proper to make this motion before the allowed number of members have had the right to debate. In our case, 3 pros and 3 cons would have an opportunity to speak.

Lay on the Table

Purpose: To set the main motion aside temporarily in order to take up something of immediate urgency. The intent is not to kill the motion or to put it off to the next meeting. The chair is allowed to rule whether the matter is urgent and whether the motion will be entertained.

- Needs a second.
- Not amendable.
- Not debatable.
- Majority voted required to adopt.
- Can't be reconsidered.

Result: If adopted, this motion places the main motion and any of its adhering motions on the table. It stays on the table until someone moves to take it off.

Privileged Motion I

Motion of an emergency nature that does not relate to the pending motion.

Examples: time constraints, room temperature, noise level

Call for Orders of the Day

Purpose: To make the assembly follow the agenda (Orders of the Day) or to take up a Special Order.

- A member can call for the Orders of the Day.
- Does not require a second.
- Not amendable.
- Not debatable.
- No vote is taken unless the members want to set aside the Orders of the Day, which requires a 2/3 vote.
- Cannot be reconsidered.

Result: Stops whatever the assembly is doing and the meeting proceeds to the agenda.

Question of Privilege

Purpose: Permits a member to make a request or main motion relating to the rights and privileges of the assembly, or an individual member, and to consider it immediately because of its urgency, while other business is pending.

When: If noise level or room temperature is interfering with business. (Example: "It's too hot; can we turn down the thermostat?" or "I can't hear the speaker.")

- Does not require a second.
- Not debatable.
- Chair rules on the request.

Result: Chair's ruling determines the outcome.

Recess

Purpose: To take a short break and then resume business where it left off.

- Needs a second.
- Length of recess is debatable.
- Not debatable.
- Majority vote required to adopt.
- Can't be reconsidered, but can be made again after some progress in meeting.

Result: Members take a short break.

Adjourn

Purpose: To end the meeting immediately. Takes precedence over all other motions, except Fix Time to Adjourn. Is not in order during a vote or before the results of a vote are announced by the chair.

- Needs a second.
- Not amendable.
- Not debatable.
- Majority vote required to adopt.
- Can't be reconsidered. If not approved can be made again after some progress in meeting.

Result: Meeting ends and business halts at the point where the members adjourned. Before adjournment is announced members can rise to make announcements or fix a time to adjourn. If a motion is being discussed, it will come up at the next meeting under Unfinished Business.

Fix Time to Adjourn

Purpose: To set the time to adjourn the meeting.

- When: This may be done at the beginning of the meeting, but may not be done when other business is pending.
- Needs a second.
- Time for adjournment is amendable.
- Debatable.
- Majority vote to adopt.
- Can't be reconsidered.

Result: The members must adjourn at the time set.

If members want to continue the meeting at that point, they must move to Suspend the Rules (see Incidental Motion) to continue the meeting.

Privileged Motion II

Motion of an emergency nature that does not relate to the pending motion.

Examples: time constraints, room temperature, noise level

Incidental Motion

Concerns procedure related to the pending business.

Not ranked because it is taken up immediately when made.

Point of Order

Purpose: To correct a breach in the rules.

- When: Made at time of infraction.
- No second.
- Not debatable.
- Presiding officer rules on the point.
- Can't be reconsidered.

Result: The chair's ruling stands unless someone appeals it.

Appeal Decision of Chair

Purpose: To disagree with chair's ruling and let members decide an issue by taking a vote.

- Needs a second.
- Must be made at time of ruling.
- Chair has first opportunity to speak after appeal and last opportunity to speak after debate.
- Debatable (with a few exceptions).
- Not amendable.
- Majority or tie vote sustains decision of chair.
- Can be reconsidered.

Result: If adopted, upholds chair's ruling.

Division of the Assembly

Purpose: To doubt the result of the vote.

- No second.
- Not debatable.

Result: The vote is immediately retaken in a different form (such as roll call, written ballot).

Division of the Question

Purpose: To divide a motion that has several topics that can stand as separate motions. Can be applied to main motions and amendments.

- Needs second.
- Amendable.
- Not debatable.
- Majority vote to adopt.
- Can't be reconsidered.

Result:

Motion is divided into separate parts and each is considered individually without affecting the other parts.

Suspend the Rules

Purpose: Set aside a rule of the assembly. (Excludes bylaws, principles of parliamentary procedure or rules that protect rights of members.) Example: Take up an item of business out of its regular order.

- Needs a second.
- Not debatable.
- Not amendable.
- Requires 2/3 vote to suspend a parliamentary order of order of business; requires majority vote to suspend a standing rule.
- Can't be reconsidered.

Result: Rules are set aside so that members can do something contrary to the rules.

Definitions

OA Terminology

Anchorage Alaska Intergroup (AAI)

Meetings registered with World Service (WSO) office that are held within the Anchorage Alaska area.

Group Representative

A member of Overeaters Anonymous elected to represent a meeting at monthly meetings of the Anchorage Alaska Intergroup.

Your Meeting

The meeting for which you are serving as a Group Rep.

R1

Region 1 of Overeaters Anonymous (our region). It includes intergroups from Canadian Provinces of Alberta, British Columbia, Northwest Territories, Saskatchewan, and Yukon, and the States of Alaska, Idaho, Montana, Oregon, Washington, and Wyoming.

WSO

World Service Office. The overseeing group of Overeaters Anonymous. Its main office is located in New Mexico. WSO comprises 10 Regions.

What is?

Orders of the Day

Orders of the Day means the same as the agenda.

The Question

Question is another term for Motion: A particular subject brought before the assembly for consideration.

Reconsider:

- To consider a question a second time within the same session after it has been adopted, rejected or suppressed.
- After the vote, only someone who voted on the prevailing side (pro or con) may move to reconsider. Member may say, "I move to reconsider the vote."
- If the original vote isn't reconsidered on the day it was taken and no meeting is held the next day, it can't be reconsidered at the next meeting.

Contact the AAI Intergroup

Executive Board of Officers

Use the email addresses provided below to contact board members. Names and phone numbers of current board members are listed in the Northern Lights Newsletter and webpage.

Chair

oachair@oa-alaska.org

Vice Chair

oavicechair@oa-alaska.org

Correspondence Secretary

oacorrsecretary@oa-alaska.org

Minutes Secretary

oaminsecretary@oa-alaska.org

Treasurer

oatreasurer@oa-alaska.org

Board of Officers

Newsletter Editor

oanewsletter@oa-alaska.org

Literature Chair

oaliterature@oa-alaska.org

Retreat Chair

oaretreat@oa-alaska.org

WSO Delegate

oawsodelegate@oa-alaska.org

Region One Delegate

oaregion1delegate@oa-alaska.org

Anchorage Alaska Intergroup

Address

P.O. Box 200341
Anchorage, Alaska 99520

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Turnagain Arts Building
4105 Turnagain Blvd., Suite D1
Anchorage, Alaska

Phone

907 279-1942 or 844 279-1942

Email

info@oa-alaska.org

Website

www.oa-alaska.org

Anchorage Intergroup #002-09001

World Service Office
P.O. Box 44020
Rio Rancho, NM 87174-4020

Region One Assembly of OA
P.O. Box 1185
Tigard, OR 97218

Notes

Thank you for your service to the Anchorage Alaska Intergroup