

2018 Region One Assembly
Representative Report

Stats:

34 voting members: 29 Representatives and 5 Region One Board members

1 Trustee

1 Parliamentarian (Region 8 Trustee)

9 Guests

45 Attendees

19 Intergroups Represented (6 did not send a Representative):

Anchorage Alaska Intergroup

Big Sky (Montana)

Bitterroot (Montana)

Central Oregon (Oregon)

Eagle Cap (Oregon)

Emerald Empire (Oregon)

Greater Seattle (Washington)

Juneau (Alaska - soon to be known as Southeast Alaska)

Lake County (Washington)

North Cascade (Washington)

Northern Lights (Yukon Territory)

Oregon (Oregon)

Peninsula (Washington)

Pierce County (Washington)

Sea to Sky (British Columbia)

Snake River (Idaho)

South Sound (Washington)

Southern Alberta (Alberta)

Vancouver Island (British Columbia)

All Convention sessions were recorded and will be on the Region One website soon.

Region One Business:

Elections: Four officers were elected at Assembly: Vice-Chair Sue B was elected to a second term; Secretary Cindy C. Was elected to a second term; Communications Coordinator Margie G was elected to a second term; and Nadine D was elected to a one year term as Member-at-Large. The only position to have more than one nominee was the position of Member-at-Large. Two very well qualified members applied for this position.

Budget: The 2019 Budget was passed on the last day of Assembly. In total, there were four budget sessions, allowing all Representatives to give input on the use of Region

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One funds. As suggestions were made, the budget committee would revise the proposed budget and distribute it at the next budget session for further discussion. After many questions, especially concerning how to report Convention expenses and income within the budget, were fully answered to Assembly's satisfaction, the budget was passed. Budgeted Revenue from all sources is \$44,250; budgeted expense is also \$44,250 — a balanced budget. The greatest sources for revenue are contributions from intergroups and groups and the Convention.

Motions: Two bylaws motions and 11 procedural motions were considered. By Consent of the Assembly (no objections being made to the motions as written), only 3 motions were debated during Assembly. Prior to debate, objections to two of the motions were withdrawn, leaving only one motion to be debated during Assembly. The motion concerned how Region One annually donates excess funds. This Motion was hotly debated.

The current wording of the motion provided that all excess funds were donated to World Service annually. Excess funds was calculate by a formula of: fund balance less prudent reserve, plus budgeted revenues, less budgeted operating expenses. (a very confusing formula).

The motion proposed that excess funds be distributed as follows: up to 30% for Board Special Projects; up to 30% for Member Outreach to members, groups, and intergroups; up to 15% for Representative Support; up to 15%for WSBC Delegate support; and the remainder to World Service Office of OA. The calculation of "excess funds" was simplified to: fund balance, less prudent reserve, less targeted expenses for the coming year.

This was a very important motion for Region One. The distribution of funds as proposed gives Region more funds to support intergroups, meetings, and members. Additionally, as I'll explain below, the World Service Business Conference will be addressing restructuring of the WSO Board of Trustees in 2020. A reduction in the number of Trustees will mean that some WSO Board functions will fall to Regions, resulting in more expenses at the Region level.

Several amendments were made: one to reduce the percent to each of the 4 Region categories and one to give WSO 50% of excess funds, reducing proportionately the other contributions to Region categories. The primary motion was presented and debated by three people presenting the pro argument for passage and three members presenting the con arguments. Debate on the amendments was limited to two pro and two con arguments.

After all debate was concluded, the amendments were defeated and the motion as proposed was approved by Assembly.

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We may want to consider this approach when working on the 2020 budget. Instead of sending all excess funds to Region One and WSO, we could budget an amount that we would like to commit to giving and then at the end of the year give up to a certain percent of excess funds to Region One and WSO. Just a thought.

Intergroup Reports: A Representative of each Intergroup was asked to give a verbal report to the Assembly on activities over the year. Since I was the only Representative for our Intergroup, I got my first experience of having a microphone handed to me and being asked to speak to the Assembly. I did send an e-mail to the Board as soon as I learned that I would have to give an oral report, asking for direction as to what I should mention. Having no direction from the Board, I simply restated what I had put into the Intergroup Report that is printed in the Assembly Notebook, i.e. successes of workshops, a group completing the new 12 Step Workbook and continuing to meet after in the OA Study Hall. I mentioned that another Intergroup had used the Study Hall idea to create a format and for this type of meeting and thanked the Intergroup for that action.

So many good ideas were presented by other Intergroups. The following are some of the things that I thought were just wonderful:

- ** One Intergroup (can't remember which) has a rotating Intergroup Chair with meetings every other month. The current Chair helps the next month's chair to create the agenda.
- ** "Make service accessible by making it doable." (Love this)
- ** "Let go of old ideas and be excited!"
- ** . The Juneau Intergroup is changing its name to Southeast Alaska Intergroup.
- ** . "Intergroup is Fifth Tradition work."
- ** . Post OA information on Craig's list.
- ** The Oregon Intergroup sponsors a "Hope for the Holiday" workshop every year to help members enjoy an abstinent season.
- **The 2019 Assembly and Convention will be in Portland. The theme is Bridges to Recovery.
- ** . The Peninsula Intergroup applied to Region One for a grant to publish an ad about OA in the Coffee Time News.
- ** . The Sea to Sky Intergroup sponsors a candle light holiday workshop each year. The IG has been asked to share the workshop format so hopefully it will be available on the Region One Website (soonish).

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** . Snake River has IG meetings 4 times a year. If any business comes up in between IG meetings, the Board meets virtually to discuss and resolve the issue.

Presentation on WSO Board of Trustees Restructuring Proposal (by Region 8 Trustee): A proposal for restructuring the Board of Trustees will be presented to the 2019 WSBC. It will not be presented in the form of a motion until the 2020 WSBC. Basically, the BOT has determined that it is too large to efficiently conduct business. The BOT consists of 10 Trustees (one representing each Region) and 6 at-large Trustees who currently mainly handle the management of the World Service Office. The proposal is to reduce the number of Trustees over a four year period to 10. The reduction could occur quicker if a Trustee resigns or is unable to fulfill his or her term of office. All Trustees would be elected as at-large Trustees, however each Trustee would be assigned as Liaison to a Region. If possible Trustees would be assigned as liaison to the Region in which they live.

The annual savings from this move would be about \$50,000, which is basically the cost a transportation and expenses of 16 Trustees meeting in person. The BOT would fulfill of needed activities, but they would turn Region-related tasks over to the Region Boards.

The BOT is giving the WSBC and all members a year to consider this proposal before it is brought to the WSBC as an agenda item in 2020.

Assembly Workshops:

Action Plan for Strong Meetings: This workshop focused on why strong meetings are important and how we grow strong meetings. Some interesting suggestions (in not particular order) were:

- Make sure visitors are acknowledged
- Remember how scary it was to attend your first OA meeting and welcome and acknowledge newcomers; texting is often less scary for outreach to newcomers
- Read Step 1 from the OA 12&12 when the meeting has newcomers
- Use the 12 Days of Sponsorship format and provide 12 Day sponsors
- Set term limits to encourage rotation of service
- Empower others to give service by offering to be a mentor
- Sponsors to encourage sponsees to volunteer for service
- Everyone call a person on the 12th of the month (love this!)
- Hold ABCs of Abstinence workshops
- Acknowledge abstinence with coins
- As newcomers to give easy service (e.g. set up chairs, put out literature)
- Give lots of hugs to your fellow OAs
- Read one bullet point from Before You Take that First Compulsive Bite pamphlet at the beginning each meeting (I believe that Wasilla Monday Noon meeting does this)

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Use the Slipping & Sliding questions as meeting topics
Remind members to include how they are working the program when they share

Action Plan for Strong Personal Recovery: This workshop focused on why strong personal recovery is important and why abstinence is a top priority. It included why we work the steps, the importance of connection with HP, why we must carry the message, and why we need to develop an action plan for our personal recovery.

I theme I heard during discussion in this workshop was that abstinence is the first step in personal recovery from the disease of compulsive eating. Once we become abstinent we are the message for other compulsive overeaters. We have experience, strength and hope to share with the newcomer and the OA friend who is still suffering. Abstinent members strengthen meetings and keep the meeting focused on living the steps and traditions. Abstinent members find their gifts and use them to give service not just to OA but in all aspects of life. Abstinence leads to using the 12 steps in all we do, being honest, accepting, forgiving and kind.

The Region One website has a plethora of materials available to help develop a personal plan for strong recovery. Some are:

Strong Abstinence Checklist and Writing Exercise
Twelve Stepping a Problem
From Slip or Relapse to Recovery
Many podcasts on the topics of Food Plans, Living the Program, Prayer and Meditation

Action Plan for Strong Intergroups: For me, this was the most interesting of the workshops. Why do we need strong intergroups? They do things that meetings cannot, which aids personal recovery and fosters strong meetings, such as maintaining a website, planning workshops and retreats, running the bookstore, publishing a newsletter. All these things help get members out of isolation and into an active life, as well as providing fun opportunities for social gatherings.

During sharing on this topic, many wonderful ideas were shared. Our IG has actually done a lot of these. Some were:

Officers, ask someone to shadow you (builds leadership skills)
Have a Board retreat or strategic planning meeting (develop a plan for year and build relationships)
Circle IG meetings with workshops and retreats
As each Board member and meeting Rep to bring a sponsee or OA friend
Make the IG meetings a hybrid of in person and virtual
As attendees to make a commitment to attend the next IG meeting

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I was introduced to the SWOT (Strength/Weaknesses/Opportunities/Threats) method of evaluating how well an Intergroup is working (and it can be used for anything, from how well is my program working in my life to should I attend that potluck supper). It's a visual way to see how an intergroup is working. Here is what was pitched during this workshop of examples of each elements:

STRENGTHS	WEAKNESSES
Strong leadership Recovering attendees Commitment Meetings begin and end on time Participation Fellowship Communication	Overwhelm the newcomer Lack of participation - no shows/late shows Unfilled positions Late starts/no set end time Conflict Information not being passed on to meetings; lack of communication
OPPORTUNITIES	THREATS
Service See the Traditions in action Develop leadership Connection with other Its Encourage recovery	Personalities Sloppy attendance Lack of opportunity to serve (no rotation of service) Members not letting go of control Fear Outside diet industry Lack of communication between IG and meetings 10/90 rule (10% of the membership give 90% of service) Cliques

I think you can see that if an IG is rigorously honest about these four categories, it is easy to see what is going well, what need to be worked on, what opportunities there are for strengthening the IG and what threats need to be addressed, if necessary.

Again lots and lots and lots of resources are available on the Region One website for IG officers and Representatives and resources that help Its plan for outreach at all levels.

Project Teams:

Assembly Notebook
 Audit
 Budget/Finance/Delegate (including Ways & Means)
 Bylaws
 Nominations
 Nurturing Newcomers & Newcomer Retention

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Outreach: Carrying the Message/PIPO
Sponsorship (including virtual sponsorship)
Strong Recovery & Member Retention (including outreach to remote areas)

A few weeks before Assembly, all Representatives were asked to fill out a survey in which we rated our interest in working on specific Project Teams. I was assigned to the Strong Recovery & Member Retention Project Team (including Outreach to Remote Groups).

Time was set aside for Project Teams to meeting during Assembly to determine their goals for the coming year and actions needed to accomplish the goals. We used the Project Worksheets that Beverly introduced us to during the Intergroup Renewal Workshop.

My Team identified 4 goals:

1. Creation of a list of all resources on the OA and Region One websites, with links to each document that can be of assistance to members in relapse or at risk of leaving program. The list will be posted on the Region One website.
2. Creation of a page on the Region One website that contains links to the Newsletter of each Intergroup that has one.
3. Personal outreach to three meetings in Wyoming that are struggling and are not affiliated with an Intergroup, to explain to them the benefits of belonging to an Intergroup. If this effort is successful, the same action could be taken to contact the rest of the unaffiliated group (there are 5 in Alaska).
4. The fourth goal was identified and will be discussed during meetings. There is no plan in place right now to work on this goal.

The next two meetings have been set up for November and January to make sure that the work of the Team is moving forward. Dates for completion of each action item have been determined and each action item has been assigned to a Team member.

Personal Note: During our Renewal workshop, Teams were created and each team decided on some goals and action items. Like a lot of Intergroups, not all the goals were met. A suggestion to help with this process is to keep the Project Teams on the Intergroup Agenda so that each month the goals are discussed and progress can be reported. I have to admit that I was not totally a fan of the process when it was presented during Renewal. However, now that I've seen how effective it can be, I would be very willing to help implement this approach to Intergroup projects in the future.