

## **2020 Region One Assembly – Agenda Summary (Tentative)**

Our final agenda will be available at Assembly and will be posted on the Region One website before Assembly. **The summary provided here is subject to change.**

<b>SATURDAY, OCTOBER 24 (12:30-4:30 PM PACIFIC TIME)</b>	
12:30PM	CHECK IN, VIRTUAL PRACTICE
1:00-4:30PM	<ul style="list-style-type: none"><li>• ASSEMBLY KICKOFF</li><li>• ADOPT STANDING RULES</li><li>• “LIFE ON LIFE’S TERMS: CONNECTING TO RECOVERY IN A CHANGING WORLD”</li><li>• REGION 1 2021 BUDGET</li><li>• REGION 1 BOARD NOMINEE SPEECHES</li></ul>
<b>SUNDAY, OCTOBER 25 (1-4:30 PM PACIFIC TIME)</b>	
1:00-4:30 PM	<ul style="list-style-type: none"><li>• SHARING SOLUTIONS, STRENGTHS, CHALLENGES</li><li>• ELECTIONS</li><li>• BUSINESS MOTIONS</li><li>• ANNOUNCE PROJECT TEAMS</li></ul>

## **Welcome to Region One Assembly 2020!**

**Thank you** for being a part of our first Virtual Assembly! Whether you are a returning Representative, a “Green Dot” (first time) Representative or a visitor, you are vital to the strength of Region One. I truly appreciate the time you have set aside for this service.

**“Life on Life’s Terms: Connecting to Recovery in a Changing World” is our focus for Assembly 2020.** Our Assembly workshop will be centered on how we can connect ourselves and our fellows to recovery amidst ever evolving changes around us.

**Our agenda is full!** Region One (unlike most other regions) only has one Assembly per year, so we cover a lot of ground when we’re together. We’ll spend time on “business,” but also on a few activities aimed at strengthening our meetings and personal recovery. To avoid videoconference fatigue, Assembly will be condensed this year to only the most urgent business: 2021 budget approval, candidate elections and urgent business motions. Please read ahead in your Assembly Notebook so you’ll be ready for our discussions.

**Project Teams** set meaningful goals for projects that make a real difference to members in Region One. Each Rep is asked to commit to serving on a Project Team for the coming year, whether or not they will be returning to Assembly next year. Visitors are also welcome and encouraged to be on a Project Team!

**“All About Assembly” and Budget Q&A sessions.** If you are a new Representative or haven’t attended an Assembly in the last ten years, it is important that you try to attend the **“All About Assembly”** session. For your convenience two sessions will be offered; you need only attend one. Your participation in one of two **Budget Q&A** sessions is vital so that the budget team can incorporate your input in time to present the final budget proposal during assembly. Zoom links for all sessions will be emailed to registered Representatives.

- ✓ “All About Assembly” session 1 - Sunday, October 4, 7 pm
- ✓ “All About Assembly” session 2 - Thursday, October 8, 7 pm
- ✓ Budget Q&A session 1 - Sunday September 27, 7 pm
- ✓ Budget Q&A session 2 - Tuesday, October 6, 7 pm

**We hope you’ll raise your hand for service!** This year we’ll elect a Chair, Vice Chair, Secretary and Technology Coordinator. Applications can be found at [oaregion1.org/2020-region-1-assembly.html](https://oaregion1.org/2020-region-1-assembly.html). Links to job descriptions are part of the application.

Thank you so much for giving your time and energy to OA! I look forward to connecting with you soon!

*Cindy C.*

Region One Chair - [Chairr1@gmail.com](mailto:Chairr1@gmail.com)

## **Region One Statement of Purpose & Mission**

**“The primary purpose** of this organization is to aid those with the disease of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups and intergroups from which it is formed.” *Region One Bylaws, Article II, Section 1*

**“The mission** of Region One is to provide requested services to our groups and intergroups 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*

**“Inspire Recovery!”** was chosen by 2016 Assembly Representatives as our Mission for 2016-2017.

**“Connect for Recovery!”** was chosen by the Board as the focus of our 2017 Assembly, and as our mission for the following year.

**“Spark Recovery: Strong Intergroups, Strong Meetings, Strong Personal Recovery”** was chosen by the Board the focus of our 2018 Assembly and for 2018-2019.

**“Each One, Reach One: Share the Hope!”** was chosen by the Board the focus of our 2019 Assembly and for 2019-2020.

**“Life on Life’s terms: Connecting to Recovery in a Changing World”** was chosen by the Board as the focus of our 2020 Assembly. **“Each One, Reach One: Share the Hope”** continues to be Region One’s focus for 2020-2021.

### **Tradition 5:**

**“Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.”**

## Proposed 2020 Region One Virtual Assembly Standing Rules

1. The Region One Assembly will be conducted under the current edition of *Robert's Rules of Order Newly Revised*, except where it is inconsistent with the Bylaws, The Twelve Traditions of Overeaters Anonymous, The Twelve Concepts of OA Service, or any other specially adopted rules of order.
2. In all deliberations, the group conscience is more important than the technicalities of the motion.
3. All Region One attendees shall register and identify themselves on the chosen virtual platform using naming conventions provided by the presiding officer in advance. These identifiers will act as proper credentials and must be in evidence whenever an attendee is participating in the business meeting.
4. Voting:
  - a. Voters will raise hands when voting on business motions except when otherwise instructed by the presiding officer.
  - b. Voters will use the anonymous polling feature for elections.
  - c. The presiding officer shall effect any necessary changes to this procedure as needed.
5. Voice and vote shall be granted to registered Region One Representatives, Region One Board Members, and Representatives from unaffiliated groups. The Region One Trustee, General Service Trustees who reside in Region One, Region Representative Alternates, Committee Chairs and Intergroup Chairs have voice but no vote. The Parliamentarian has no vote, and no voice unless requested by the Chair to address the Assembly on a specific topic.
6. At the Assembly, the only motions in order are those submitted prior to the Assembly, or motions made by Board Members, Registered Representatives or Committee Chairs.
7. Members must be recognized by the Chair to speak or make a motion. Only those duly registered and using naming conventions prescribed by the presiding officer will be recognized (refer to items 3 and 5). When addressing the Chair, members shall first state their name and the Intergroup they are representing or Region One position held.
8. The Assembly Reference Committee shall be appointed by the Region One Chair. This committee shall meet to clarify motions referred to it by the Chair. The Committee will present alternate wording of the motion or a substitute motion to the Assembly.
9. The Assembly Reference Committee will present to the Assembly alternate wording or substitute motions for those referred to it in the order that they were referred, and before the consideration of Emergency New Business.
10. Emergency New Business motions must be submitted to the Assembly Reference Committee no later than the **end of business on Saturday** to be considered at this Assembly. Emergency New Business motions require a two-thirds vote for adoption.

11. RULES OF LIMITED DEBATE:

- a. Present the matter to be voted on: a motion, an amendment, or any piece of business. Main motions and lengthy amendments must be in writing, three copies to be given to the Secretary.
  - b. For proposed amendments to the Bylaws or Policies, the presenting body must clearly verbalize the purpose or intent of the amendment prior to consideration.
  - c. Pro and con debate will be limited to three speakers for each main motion and two speakers for each subsidiary amendment.
  - d. If more than three people wish to speak on either the pro or con side of an issue, they will choose among themselves the three they wish to represent them by deliberating in a breakout room for no more than three minutes.
  - e. Each speaker will be limited to one speech of two minutes for each main motion or amendment.
  - f. The Chair will recognize those wishing to speak in alternating order, if needed, first pro and then con, until debate is completed.
  - g. After pro and con debate has concluded, the Chair will invite questions from the floor about the motion being considered. Questions will be limited to 10 minutes for each motion.
12. Representatives are expected to be present during business sessions and will abstain from voting if they were not present during all debate for a current issue. If a Representative must be temporarily absent from the Assembly, a designated Alternate may assume his/her position and vote, provided the Alternate has been present during all debate on the current issue. The Alternate must identify themselves as instructed in item 3 and state for whom they are the designated alternate. Any business not completed by the last business meeting of Assembly shall not be considered. The motion may be resubmitted to a future Assembly.
13. A Minutes Review Committee will be appointed by the Chair to determine the accuracy of the business minutes. Final approval of the Assembly minutes will be completed by the Region One Board.
14. No personal recording devices may be used during business sessions, unless approved by the Chair. Electronic communication devices (pagers, cell phones, etc.) may not be in operation unless in silent mode.
15. There will be a Consent Agenda consisting of routine or non-controversial matters. The Chair will determine the matters that will be placed on the Consent Agenda. Any voting member may request that an item from the Consent Agenda be considered separately. The Consent Agenda shall require two-thirds vote for adoption.
16. The Secretary will take attendance at the opening of Assembly. This will be used to create the Credentials Report. The Credentials Report will be updated if a voting member checks in after the start of Assembly, or notifies the secretary that s/he is withdrawing prior to the close of Assembly.

## **The Twelve Steps of Overeaters Anonymous**

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

## **The Twelve Traditions of Overeaters Anonymous**

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

## **The Twelve Concepts of OA Service**

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.



11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
  - (a) No OA committee or service body shall ever become the seat of perilous wealth or power;
  - (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - (c) No OA member shall ever be placed in a position of unqualified authority;
  - (d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
  - (e) No service action shall ever be personally punitive or an incitement to public controversy; and
  - (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

## **Spiritual Principles in the Twelve Steps**

Step 1 – Honesty

Step 2 – Hope

Step 3 – Faith

Step 4 – Courage

Step 5 – Integrity

Step 6 – Willingness

Step 7 – Humility

Step 8 – Self-discipline

Step 9 – Love

Step 10 – Perseverance

Step 11 – Spiritual Awareness

Step 12 – Service

## **Spiritual Principles in the Twelve Traditions**

Tradition 1 – Unity

Tradition 2 – Trust

Tradition 3 – Identity

Tradition 4 – Autonomy

Tradition 5 – Purpose

Tradition 6 - Solidarity

Tradition 7 – Responsibility

Tradition 8 – Fellowship

Tradition 9 – Structure

Tradition 10 – Neutrality

Tradition 11 – Anonymity

Tradition 12 – Spirituality

## **Spiritual Principles in the Twelve Concepts**

Concept 1 – Unity

Concept 2 – Conscience

Concept 3 – Trust

Concept 4 – Equality

Concept 5 – Consideration

Concept 6 – Responsibility

Concept 7 – Balance

Concept 8 – Delegation

Concept 9 - Ability

Concept 10 – Clarity

Concept 11 – Humility

Concept 12 –

(a) Selflessness

(b) Realism

(c) Representation

(d) Dialogue

(e) Compassion

(f) Respect

## HOW TO BE AN EFFECTIVE TRUSTED SERVANT

When we take on the responsibility of service beyond the group level there are principles that will enhance the service experience which are connected with both the Traditions and the Concepts. Our service bodies do have business to conduct each time they meet. Understanding and practicing these spiritual principles make service bodies more effective and benefits all members of OA.

<p>1) <b>Focus/Stay on Topic</b> – Respect everyone’s time. Have an agenda and stick to it. Don’t spend time discussing outside or personal issues. Everyone at the meeting has a life and is giving their time voluntarily. Wait until the chair gets to what you want to discuss.</p>	<p>Concepts 5 Consideration 12f Respect Tradition 5 Purpose</p>
<p>2) <b>Inform</b> – If you are leading a discussion or a committee, come prepared with the information you want or need to share that is important for members to hear when making a decision. Group conscience is our guide. To keep relevant information from the members is not acting in the group’s best interest.</p>	<p>Concepts 9 Ability 10 Clarity 12b Realism Tradition 2 Trust (group conscience)</p>
<p>3) <b>Be Considerate</b> – Listen carefully and consider all points of view. Group conscience is about hearing and evaluating the ideas of all members. Don’t be in a rush to persuade everyone that your way is the best or only way.</p>	<p>Concepts 5 Consideration 11 Humility 12e Compassion 12f Respect Tradition 12 Spirituality</p>
<p>4) <b>Voice Opinions</b> – Speak up. If you have a concern or an idea, put it before the body. Don’t be afraid of what others might think or say. It is your responsibility as a member to contribute and occasionally defend an idea in order to make a difference.</p>	<p>Concepts 4 Equality 6 Responsibility 12c Representation 12d Dialogue Tradition 1 Unity (not conformity)</p>
<p>5) <b>Vote Your Conscience</b> – Vote for what you believe to be right, even if it is the unpopular or minority view. Sometimes voting ‘no’ is the correct thing to do. There are times, when in discussion, it may seem as if the rest of the members are in agreement with something, when in fact, they haven’t fully formed an opinion. It is not necessary to agree with everyone else. Your difference of opinion may be the spark for a totally new idea.</p>	<p>Concepts 6 Responsibility 12c Representation 8 Delegation Tradition 2 Trust (group conscience)</p>
<p>6) <b>Represent the Board</b> – After a group conscience decision is made, show support for that decision when speaking as a member of the service body. If you personally still disagree with a decision, make sure it is clear that this is your opinion, but that you support the group conscience because it is what was decided. You can always bring the item up for further discussion after a time if you feel the decision needs to be revisited.</p>	<p>Concepts 1 Unity 6 Conscience 12a Selflessness Traditions 1 Unity 6 Solidarity</p>
<p>7) <b>Avoid Rehashes</b> – Once a decision is made, give it the chance to succeed. Commit to work in a manner that will accomplish whatever was decided. If later on there is a need to revisit a decision, bring it forward with whatever new evidence or concerns you may have, but bring it forward with an open mind for the service body to review.</p>	<p>Concepts 11 Humility 12a Selflessness 12f Respect Tradition 10 Neutrality</p>
<p>8) <b>Practice High Standards</b> – Build the organization by example. Practice the Principles. Treating everyone with equality and respect strengthens the service body as well as each individual who gives service.</p> <ul style="list-style-type: none"> <li>• Presume innocence and the good intention of all parties.</li> <li>• Make each other look good; speak well of fellow members.</li> <li>• Build on each other’s work.</li> </ul>	<p>Concepts 3 Trust 5 Consideration 12 Guidelines 12c Representation Traditions 5 Purpose 9 Structure</p>

Hold to the vision rather than on ways that serve only personal agendas, thus forgetting our primary purpose. Spend your time working to carry the message of recovery to those who still suffer.