

## **2016 Region 7 Spring Assembly**

I had the opportunity to serve as a CJI Rep to Region 7 Spring Assembly at the Aspire Hotel in Gettysburg, PA on April 8-10, 2016. It was an awesome experience, one that I will never forget.

I was a “green dot” as a new member and Ross was my mentor.

Friday night was registration; dinner; Board Meeting; and an OA meeting.

Saturday, bright and early, after breakfast we “green dots” gathered for an orientation meeting where we were introduced to the workings of the Region 7 Assembly.

After that, I was assigned to the By-Laws committee. My roommate Linda and Bobbi L were also on this committee, and I felt very taken care of.

The chairperson, Mike R. was amazing in his presentation and from the on-set I felt very comfortable listening to the various motions and the fact that I could vote. We discussed several motions and Mike R. will be writing up the motions and will email them to all of us on the committee so that we can give our feedback. They will then be presented at the next Assembly in October.

After Lunch and a speaker we resumed at 3 pm to 6 pm for a Business Meeting. This was absolutely intriguing as it gave me a real picture of how CJI and the other intergroups in Region 7 work.

In New Jersey alone there are 5 intergroups and 133 meetings in the state. CJI is the largest and all four of our reps were there.

The reviewing of the motions brought forward from intergroups were discussed and voted on according to parliamentary rules.

There are 7 states represented in Region 7. At this Assembly there were 30 reps and 6 board members who were able to vote on the various motions. There were 10 motions adopted/passed; one of the motions was recommended to be postponed, but it was defeated and ultimately adopted/passed.

Myself, Bobbi L, Mike M. and other person joined us for dinner in the town of Gettysburg. After dinner we went back to the hotel and joined everyone where was an OA meeting with 2 speakers.

Sunday we all met at 8:00 am to have a quick Business meeting. There was no business to conduct; and after the agenda was concluded there was a 12 Step Within Train the Trainer and a WSBC Mock Motions Workshop.

Both were very interesting and I came away with some ideas to share at my meetings and CJI.

-we received information in the form of a question, reading and writing exercise for people who are slipping and sliding, and a pamphlet "Members in Relapse" that I have since ordered for 2 of our meetings. I am working with someone on the 12 steps and suggested she not continue as of now because she is having trouble with her abstinence and mailed her the reading and writing tool which she agreed to do.

-there were some suggestions on what meetings and CJI can do to support the recovery of others; some meetings are working on printing signs to put on the side of roads saying "having trouble with food, contact OA, etc.

All in all it was very exciting, informative and has motivated me to spread the word of how service can enhance your abstinence.

Thank you for the nomination to become an intergroup rep and for the experience of attending the Assembly. I look forward to the next Assembly in October.

Brenda