

Fall 2017 Region 7 Assembly Report

I had the opportunity to serve as a Region 7 Assembly representative this September, at the Clarion in Frederick, MD. Friday night I attended the "Meet and Greet" session led by the Intergroup Renewal Committee. We broke into several small groups and brainstormed on several items: 1- Have you ever bumped into someone out in public from the rooms? How did you handle it?, 2 - Have you ever ingested a trigger food or drink? What did you do or how did it affect you?, and 3 - Do you use apps to help with your recovery program. The committee compiled the answers and shared all the responses. See Addendum 1.

Total attendance at assembly was still down. We only had 34 reps present, out of a total of 60. One did not meet the abstinence requirements and could not vote. Since 30 are required for a quorum there is the realistic concern that a future assembly will not have enough reps to conduct business. A motion was passed to reduce the quorum to 25, which is less than half of our reps. I spoke and voted against the motion feeling strongly that we are not giving our members a proper voice, that a few will be making the decisions for the Intergroup. In my short time at Region 7 I have seen the quorum reduced from 35 to 30 and now to 25, so I feel we are not addressing the problem; that this motion was just another "band-aide."

Sunday was taken with the elections – 10 minutes each listening to candidate stories and allowing 10 minutes each for questions. We elected Terri B as Vice-Chair, Arianna F as Recording Secretary, and Jesse W accepted an appointment as interim Corresponding Secretary.

I was assigned to the Bylaws Committee. We spent time reviewing motions to determine if any would be controversial. We found one motion, which had been submitted on time, was missing and worked to have it added to the vote. We reviewed the duties of Office Manager and decided to reach out to the Board for input before we suggest an update to the duties of this position. This position is in transition and we had concerns that there were duties that had been performed by the previous Office Manager that were not included in our Policy Manual. Our ongoing goal is to continue a detailed review of the Bylaws and Policy Manual for redundancies and discrepancies. Our focus in this committee meeting was on Section I of the Policy Manual and the duties and funding of our reps to the World Service Business Conference. Ongoing brainstorming and discussion is needed to determine how to eliminate redundancy and confusion.

Sunday learning sessions included a skit by the Convention Committee to encourage attendance at Convention. Intergroup Renewal presented a skit to identify reasons why our members do not attend Intergroup, and to offer plausible responses. The committee will be offering funding for members that have limited resources to travel to their Intergroup Meetings.

One of the "Ask It Basket" questions concerned the need for a pamphlet for members who have had bariatric surgery and asked why we did not have such a tool available. The response was that attempts were made to introduce such literature but that the Board of Trustees has concerns about its appropriateness. The comment was added that 2 members on the current Board of Trustees have used bariatric surgery as a tool and that if a literature request was re-introduced it might be more successful.

I am appreciative of the opportunity to network with other members in the region and to grow as a member myself, applying the Steps and Traditions in my life.

Respectfully submitted,
Bobbi L

Addendum 1 - Meet and Greet Icebreaker Q & A

Question 1:

Have you ever bumped into someone out in public who you met in the rooms? How did you handle it?

- Depends on the situation
- 3 people said something like "we've known each other forever" when asked
- 4 people said something like "we met through mutual friends"
- Said "friend of a friend"
- I'm ok with outing myself if the other person is ok as well
- I must have run into them somewhere before
- Talk before going out and have a story ready
- I'm so active, I don't remember where we met
- 2 people said "we know each other from church"
- Make eye contact with them and a knowing nod
- 2 people said "book club"
- Respect boundaries
- Don't mind breaking my own anonymity, but don't want to break anyone else's
- We are both "friends of Bill"
- Just wave and keep walking
- Smile, nod and say hello
- We were in a class together
- We were in a meeting together

Question 2:

Have you ever ingested a trigger food or drink? What did you do or how did it affect you?

- Upset
- Spacey
- Hasn't started me on a reaction
- Had to wrestle with finishing it
- Cravings hit and wanted dessert
- Coffee additive – got the shakes, headache and cravings
- Didn't know the ingredients, and wanted more
- Ordered a sugar free coffee and it came with a flavor that was a trigger.
- Lip gloss was a trigger – stopped using it
- Indian buffet, didn't know what was in it but got triggered
- Scent of a candle triggered
- Spit it out
- Washed my mouth out
- Always tell my sponsor
- My mentality is "that's not my food"
- Sometimes I've had to change/let go of an "abstinent" food if I start giving too much thought about it
- Set it aside
- Take a taste, call a sponsor
- Drink that had sugar, realized it, stopped and called sponsor

Question 3:

Do you use Apps to help with your recovery program?

- 10th step nightly inventory app
- Spot check app
- 2 people use OA toolkit app
- Big book app
- Podcasts (multiple people use)
- Abstinence counter app
- I can use my flip phone to make program calls

- Is it a generational thing? Went from phone/writing to email/texting
- I hate the tool of phone, but I need to use it because I am an isolater
- My fitness pal app for food tracking
- Fitbit for food/activity tracking
- Youtube for meditations
- Computer forms for 4th step
- Step inventory app
- Oa.org resources
- Online meetings
- Speaker podcasts
- Vision For You – podcast/meeting
- Kindle app
- 12 step apps
- Nook app
- 12 step companion
- My net food diary
- Calorie tracking app
- OA free speaker app