

My take on my first Regional Assembly.

On a personal level I had no idea what I was in for. I always did service at a meeting and IG level but now I was doing something at a regional level. The biggest obstacle I had to overcome was that my thinking had to be along regional lines and not involving my own intergroup. It was hard, and I still don't have it 100%, but I am getting there. The greatest reward I received was that I was interacting with OA members who are working the program the way I always envisioned it to work. When I first came into OA there was that expression of stick with the winners and when you are at a meeting and your not happy over what is being shared just remember that person needed to share that at the time for their own recovery and all I have to do take what I need and leave the rest. Well at Region I seemed to be just taking in all of the sharing with practically no leaving of anything.

I was considered a green dot (never been to region) and with all green dots you get help from a mentor ( a more experienced regional rep). The system works. Between my mentor and others I was able to experience the "behind the scenes" working of OA. I can now appreciate what go through in order to get things done. More importantly it gave me the impetus to help on this level with the understanding that I will have to do some balancing some of my other duties.

I would suggest that everyone try to be a rep at least once in their OA lifetime. However, I would like to continue and be a regular if possible.

I was selected to be on the Outreach Committee at the Assembly. Some of the items discussed were:

- 1 Bob Law agreed to be the regional chair of Outreach.
- 2 Budget for Outreach was reduced to \$4500 from \$5000. This was due to the fact that the IGs are not requesting matching funding for projects.
- 3 Every committee member will be working on " How to get members in our Intergroups to join Outreach Committees"
- 4 All committee members will be working trying to define whether there is an OC in each IG, how it is structured, and what help the IG they may need to be successful.
- 5 September is "Recovery Month" and we were asked by the Trustees to come up with a planned event for September 2018. I would like to know if there are any volunteers that might be interested in helping to plan this event. If anyone is aware of an existing event for "Recovery Month", our IG should try to be a participant in it.
- 6 Discussed sharing of Table Throw and Boards with different IGs
- 7 Discussed purchasing of both PI and PO manuals for every IG.

I am grateful to have had this opportunity to serve.

Mikey J.