

REGION 9 ASSEMBLY 2013
FRIDAY NOVEMBER 8 - 5 MINUTES WRITING EXERCISE

1st question: How has this experience of service at Region Assembly changed you?

Appreciating my recovery more, acknowledging the importance of unity and practicing the 1st tradition we are not alone – we have each other.

Attending this R9 Assembly has taught me how we can come to decisions while respecting each other, dealing with principles rather than personalities with love and compassion.

Probably I'm the same person as before, but now I know what the Assembly means and how it works.

Helped me let go, to just do the service I came to do and trust that all will work out, showed me how I can now do this well because of OA.

This experience of service at Region 9 Assembly has strengthened my intention to continue service at this level.

This was my third (3) time and I have learned a lot. I have been touched in emotions. I felt I was alive. I have laughed and cried . It was a rich experience. Besides everything I have learned in doing business. I have learned on an emotional level. All the situation during the break time were so rich.

I have learned how important it is that we in the groups all over the world see OA as a whole in the world and do service so we can spread the OA message to those who still suffer.

- I am more responsible to this way of life.
- Strengthen my recovery.
- I have a vision for the future.
- OPEN MY HEART.

It has helped me to apply in practice the spiritual principles of humility and love of others and to put principles above personalities!

- It was an incredible experience that we can do together what we can never do alone.
- Got lots of ideas to take home to my IG and NSB.
- It gave me perspective to see how things change and great to hear other peoples' experience.

A way of giving back what I so gratefully have been given. Helped me with teamwork. Renewed my respect for those speaking a language other than English to be able to follow the procedures and give service that way. Thank you.

It has given me the ability to use my qualifications in a safe environment which is loving and nonjudgemental. It has also deepened my sense of humility, meeting and seeing the work and dedication all the delegates gave. I saw again that others can do!! what we couldn't do alone.

I know now that I can perform my service duties much better than I was ever able to imagine before, and also just a few days ago!

Green Dot

I feel truly part of a big family that goes behind borders, languages, traditions or whatever. I felt welcomed and accepted the way I am and I feel the duty to bring back the message to my own country, making them too feel part of a big family where love is the password.

Green Dot

- It gave me courage to ask vacation from my Teaching Position and stick to my demands. (not giving in to a no answer).
- It challenged me with English speaking, reading, hearing and understanding. I am not a native English speaker and I had my doubts and fears...
- It reminded me that we are all the same I am not the only one suffering.

Green Dot

Humble - It made me feel very humble to see the level of commitment of the other people.

Grateful - It made me appreciate the hard work and all the efforts of everybody at this Assembly in Region 9.

I will never take anything in OA, or the existence of OA for granted.

Perseverance - Keep on keeping on even when tired and hungry and thirsty.

Green Dot

It has shown me that we have a voice – we participate in the decision-making (motions, amendments etc.) and I am impressed with the professional business-like way things are dealt with.

Green Dot

It made me more humble. And it helped me with my character defect of judging people. To not judge too quickly and keep an open mind. I learned a lot (!) about R9 what I didn't know before.

Green Dot

Having very difficult situation Assembly is nice and cool ambiance. Being able to understand, think about, having discussion without anger or conflict.

Green Dot

- More aware of the structure of OA Region 9 chair, board, trustee, parliamentarian, committees etc.
- Working in groups: open to explore myself.
- Be aware of the income and expenses in the Region 9.

Green Dot

I feel community, I feel responsibility I feel willing to take actions. I'm very grateful as not so far.

Green Dot

It has been great to hear the experience & enthusiasm for service that so many long-time members of R9 have. It is humbling and encouraging when people in my own intergroup can be so reluctant to take up service & do not stick around. To know that I am not alone in wanting to be part of OA as a whole.

Green Dot

It has been an important experience of service and it has given to me the perception of the responsibility.

Green Dot

- I realized that many people who have been in the program for a long time trust God more than me when it comes to food. So I decided to eat more freely – make a new plan of eating – a revised one, with guidance of the serenity prayer. To ask God for courage to change the things I can change.
- I realized the global nature of the OA program in a new way.
- Learned new things about myself.

Green Dot

- It has been very emotionally rewarding. It showed me to accept and respect the differences between us all.
- Hopefully this change will be permanent and not temporary. I will love to carry on the message to those who want to receive it.

Green Dot

It showed me how much work there is behind OA and it also gave me patience and acceptance of rules and other members of OA.

Green Dot

It changed me by giving me a deeper, more peaceful abstinence. I agree to take a smaller plate at the meal-moments and not fill it completely up. Fear left me.

REGION 9 ASSEMBLY 2013
FRIDAY NOVEMBER 8 - 5 MINUTES WRITING EXERCISE

2nd question: What would you share with your sponsor or sponsee about giving service at this level?

For my sponsees know that for me, giving service is a major part of recovery. Being able to give service means I'm practicing my personal recovery to maintain it and make sure it doesn't fade.

I would like to encourage my sponsor and my sponsees to give service at this level, to meet people in recovery from all over the region give and get love, learn new things, deepen the recovery they have and give back some of what they got in program.

I'm going to tell my sponsor that the service at this level is not a "piece of cake" and it needs a lot of, patience and physical ability.

Giving service at this level gives me the opportunity to be around many OA abstinent members, filled with enthusiasm, it fills my heart with love to be around these people.

Giving service this way has made my heart sing. To hear the serenity prayer in all the various languages was astounding . Participating in the group conscience + decision making was a moving responsibility. The committee work being planned for the future makes me proud to be a part of Region 9.

It was worth it all the way and recommend my sponsees to do service on this level because it helps a lot in the process of recovery. I have had this chance to meet all these wonderful, loving people during doing business this service helps me recover I just got to hear what I needed to hear.

It is very important that we communicate all over the world to share the inspiration and give it back home to the groups to spread the message.

I'm growing up here.
Responsibility. For my country.
I have fresh energy to do more and more.

To sponsor: I want to do it again! May I please?
To sponsee: I strongly encourage you to do it!

- How many fantastic dedicated people we are in Region 9 who willingly do service.
- The service is contagious.
Share my Tenth Step with my own sponsor!
Reaffirm to all who will listen how wonderful a "place" of recovery R9 Assembly is.

Service is a vital tool of my recovery also the recovery of other OAer. It enables me to see, learn, and experience what others do. It also enables me to help others, so the chain is bonded – I give and got and so do you.

It is here we DO IT!

Green Dot

I would say to my sponsees that it is a great gift and a big privilege to serve at Region level because what matters is passing the message without considering the differences but only the similarities and to learn from old timers how much service teaches and humbles.

To my sponsor I would say a big thank you for helping me growing and taking my responsibilities.

Green Dot

- I will share with them the commitment of a room full of people from R9 leaving everything behind and coming to a room for few days in order to vote and discuss issues that are important for them.

This is Breathtaking for me – as a GD it was unique.

- Sharing that all over R9 meeting are struggling with financial issues, electronic meeting and so on...

Green Dot

- It is life changing and it is definitively worthwhile. I go away a better and more whole person.

- I have come to appreciate other countries problems and solutions within OA.

Green Dot

- It is a huge privilege to be here, to participate, and to see how the Region business is conducted.

- There is a buzz – a huge feeling of being among friends and being confident enough to partake.

Green Dot

I would laugh and say “you were right!” She told me (my sponsor) that it's so good for my recovery. In another way than I expected. I got so many miracles personally in my recovery to see the progress, but most of all my learning opportunities. It made me more humble and grateful. And would say that the program rocks.

Green Dot

It is a lot of safety to know that you were here to help me, at any time, for me to be able to do this service as best as it is possible for my country. To be a good representative of my country.

Green Dot

- I would like to share with my sponsor about my difficulties.

- I will say that I and my fellowship need more action and more enthusiasm.

Green Dot

That it's hard work, but very rewarding and enjoyable. That its only through the “WE” of this program that things get changed or progressed. There is no they and them only WE & US. And that it's important to take an active part in the administration of this program if it is to continue.

Green Dot

I will share with my sponsor (who is concerned that I do not take too many services!) that service for R9 is much fun!

Green Dot

How much total devotion to OA I have seen in R9 members and how great it was to be with abstinent people who go to any length for recovery.

Green Dot

Of course my enthusiasm about it. Also all the knowledge of recovery and the strong feeling of being part of a big and loving family.

Green Dot

- It was amazing to meet so many people in a far-advanced recovery who not only eat sanely but also think & act in accordance to the promises of the program.
- The service at this level is a natural evolution of your ongoing recovery within your service for the NSB of your country.
- Everyone should sooner or later take a position in OA outside of one's country.

Green Dot

I will share with my sponsor and my sponsees asap when I return home because I have a lot of things to share, and not to forget, above all, the energy I am receiving during these days.

Green Dot

Sponsor: - The budget in balance.

- The bylaws and (P&P) motions & amendments adopted.

Sponsee: - Delegate move, with the latitude/space of acting creatively between the 12S/12T and concepts is breathtaking.