

North Coast Intergroup of OA (#09434)
Jan, 18, 2025 Meeting Agenda

1. Open with Serenity Prayer
2. Read the two Concepts highlighted below (1 & 2)
3. Introductions and Roles: (no reports, just introductions, reports later);
 - a. Group Representatives: Ann G, Wed group rep; Susan, Crescent City groups rep
 - b. Intergroup Officers: Barbara-Vice Chair (& acting group rep for Saturday); Amy-Treasurer; Jill-Chairperson; Ann-Secretary
 - c. Region Representative: none
 - d. Other members: Jeri; Judith
 - e. Visitors:
4. Any new agenda items to add before discussion? **None**

5. Minutes from last meeting – Any corrections necessary?.

Previous NCIG Minutes Nov, 2024 sent with Intergroup invitation by Secretary Ann G. [to be posted to (www.oanorthcoast.org/intergroup/documents)] **Approved as-is by all.**

6. Chair’s Report (if any): **Jill thanks all members for their support during the last year as she has served as Chairperson.**

7. Treasurer’s Report 1/15/25

A) Redwood Capital Bank balance: \$950.47

B) Intergroup reserve balances:

Tuesday meeting	\$183.00
Thursday meeting	\$105.00
Saturday meeting	\$135.00
Intergroup prudent	\$260.00

reserve	
Intergroup ~ ready to be used for expenses	\$267.46

C) Expenses: Website paid monthly: \$30.00

Zoom will renew in March for an annual subscription. Last year was around \$97, I think we need to budget \$100 or \$120; **Update: Zoom bill will be \$160 for the coming year.**

One-time expense of \$155 was paid to Mary S in December for outreach

D) Amy is receiving donations via Venmo @amy-moffat-2

Please make a note that your payment is for OA. I will assume a donation goes to intergroup, and not for a particular meeting, unless there is a note in the Venmo transaction like: "OA Thursday meeting"

E) Amy is willing to stay Treasurer this year but needs a new back-up person (maybe someone who would be willing to be Treasurer in 2026?). That person would need to go to Redwood Capital Bank, provide signatures and get a debit card.

Amy noted that monthly contributions coming in don't cover monthly expenses. Also, we could inquire if the meetings want to retain their funds or donate them to IG.

8. Region 2 Representative's Report

9. Meeting Representative's Reports:

- a. Tuesday 7pm via Zoom (Eureka): **No report (small meeting)**
- b. Wednesday noon in person (Eureka): **Small meeting; new insurance will be needed starting March; Ann committed to continuing for another year.**
- c. Thursday 12pm via Zoom (Eureka): **Mary S (from Eureka) is the new leader; Judith can report that it is a small meeting.**

- d. Saturday 10am via Zoom (Arcata): **Barbara reports that Saturday attendance doing well as compared to other area meetings.**
- e. Crescent City in person (Mon and Fri): **Susan reports there are 6-7 attendees, consistently. They haven't had any newcomers. They study Voices of Recovery (pick a topic from the index). They made a contribution to IG Treasury recently.**

10. Old Business

- a. Report/debrief on previous Intergroup workshop on December 21st 2024.
 - 1. Topic and facilitator(s): Jill led the workshop "How Nature Restores Us to Sanity". How many members? How was it? **Barbara reports it was a good workshop, with everyone sharing (generally on nature and specific anecdotes).**
- b. Margaret from R2 joined us on 11/16/24 to discuss the Convention taking place in July 11-13, 2025, in Hollywood at the Lowe's Hotel (Highland & Hollywood Sts). Convention will be right after the R2 Assembly to make it convenient to attend both. There are many service positions available to help make the event happen. Intergroups can help financially by either direct donation or a gift basket of items that can be auctioned to raise funds. Email addresses to contact in case anyone is interested in serving: Marilyn-2Convention@oaR2.org. For 1/21/25: **DOES OUR INTERGROUP WANT TO DONATE? Amy suggests that IG doesn't have cash to donate (group members unanimously agree, no cash donation); but suggests that perhaps the meetings could donate any excess literature (need to inquire with local meetings if they have literature to donate).**
- c. Outreach ideas: Mary is very interested in getting the word out to local people that need our program. She has gathered information on possibilities. **Table this until the next IG meeting.**
 - 1. REPORT: Mary placed announcements in the Mad River Union (business card size ad \$30/month with a 3 month

commitment) and the North Coast Journal (under “Classes & Workshops” \$5/line per week.

2. Laminate ½ page flyers to post at colleges, schools, doctor offices (cost to laminate 75 cents each; alternatively we could post non-laminated to minimize plastic in the world); Perhaps make various sizes to accommodate space available to post. Unanimous approved on 10/19/24 that we move forward with this; Mary & Barbara will work together. As of 11/16/24: Barbara created flyers; Mary has them and will have them laminated soon & to post them.
 3. Facebook presence? Facebook considerations: we would need a moderator to keep bullies out. Jeri noted that there are private groups on Facebook. Noted after the meeting: bear in mind anonymity issues. As of 11/16/24: Keep this item as an announcement for next meeting to see if anyone is interested in managing this.
- d. Amy has ability to create & send surveys to our OA Google group. It is an opportunity to provide information about what is going on in meetings as well as gathering information about what OA members (past & present) want. Ann volunteers to work with Amy on questions and bring them back to the Intergroup at the January meeting. **Amy read most of the questions of the proposed survey; the survey, once sent out, will have a close date of 2 weeks after sent out. Even partial survey responses will be recorded. All approved the survey as written.**
- e. Amy generated a QR code that could be added to flyers, etc to directly link to the meeting list on the oa.northcoast.org website. It turns out the “free” QR code actually costs money. Do we want to pursue this or drop it? **This item was inadvertently skipped.**

11.New Business:

- a) Planning for Next Workshop February 15, 2025, 11:10 online

1. Topic? Possible future workshop topic: “The Power of the Group: Why We Need Each Other to Recover”. Any other ideas? Will someone volunteer to lead?: **Jill gave positive feedback about workshops in which we read & write. Barbara volunteers to lead another one from the “Been Slipping and Sliding? A Reading & Writing Tool”; she would welcome a co-host.**

- b) Intergroup service terms? Are there any positions that are open for elections in January? Terms are one year, with option to serve another consecutive term in the same position. We might want to modify this for the Treasurer (which requires continuity since we have a bank account). Ann sent “Guidelines” (ie. By-Laws) with Agenda & draft meeting minutes; see Section 5. **Ann is willing to be co-website admin (with Barbara) & continue as Secretary. Amy is willing to be Interim Chair (up to an entire year); Amy is willing to continue as Treasurer, with a request that someone sign up as Vice-Treasurer (Barbara currently serving in this position and will continue until someone else steps up). Please announce at meetings the need for IG Vice-Treasurer. Additionally, Ann will send requests for IG service to all OA Google Group members. (Note: Barbara will continue as Vice-Chair?)**

- c) Financial assistance to help Wednesday Noon meeting with insurance cost to continue beyond the end of February, 2025? **Ann reports that the insurance for another year is \$222, while coverage for 3 months is \$150. The meeting treasury has just enough to cover the insurance for another year. Ann will check with Region 2 to find out whether they are offering any financial assistance for in-person meetings. The meeting would welcome “For Today” book donations from other meetings or individuals.**

12. Next Meeting: Saturday, March 15, 2025 at 11:10am

13. Adjournment: Close with “We” version of Serenity Prayer

Concepts of OA Service:

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. *(Spiritual Principle: Unity)*
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. *(Spiritual Principle: Conscience)*
3. The right of decision, based on trust, makes effective leadership possible. *(Spiritual Principle: Trust)*
4. The right of participation ensures equality of opportunity for all in the decision-making process. *(Spiritual Principle: Equality)*
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. *(Spiritual Principle: Consideration)*
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. *(Spiritual Principle: Responsibility)*
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. *(Spiritual Principle: Balance)*
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. *(Spiritual Principle: Delegation)*
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. *(Spiritual Principle: Ability)*
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. *(Spiritual Principle: Clarity)*

11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

(Spiritual Principle: Humility)

12. The spiritual foundation for OA service ensures that: *(Spiritual Principle: Guidelines)*

- a. No OA committee or service body shall ever become the seat of perilous wealth or power; *(Selflessness)*
- b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; *(Realism)*
- c. No OA member shall ever be placed in a position of unqualified authority; *(Representation)*
- d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity; *(Dialogue)*
- e. No service action shall ever be personally punitive or an incitement to public controversy; *(Compassion)* 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. *(Respect)*

These six principles are also known as The Warranties.