

Overeaters Anonymous Intergroup # 09434 Meeting Minutes

Saturday, Apr. 18, 2015

Humboldt State University —Arcata, CA

Please note: original minutes taken by Nina were lost when her computer crashed. These minutes were reconstructed from Ann G's brief notes.

1 Serenity Prayer

2 Concept of the Month: Read Concepts 1 through 4 (for January through April).

3 Introductions

3.1 Present: Ann G, Chairperson; Nina, Intergroup Secretary; Kathleen, Region 2 Representative; Nancy, PR Chair; Barbara P., Arcata Saturday Representative; Hannah, visiting OA member.

3.2 Absent: Barbara O.; Eureka Tuesday Representative; Jen K., Fortuna Saturday Representative; Ali, Eureka Thursday Representative; Karen, McKinleyville Monday Representative & Intergroup Treasurer.

4 Approve Agenda: Barbara P motioned to approve, Nancy seconded the motion; all approved.

5 Approve Minutes from the previous meeting: Barbara P. motioned to approve, Kathleen seconded the motion; all approved.

6 Treasurer's Report: (Karen gave report to Ann G. a few days prior to the meeting) Previous balance \$380; + \$95 from Arcata Saturday; + from meetings especially for R2 Assembly: Fortuna \$12, Eka Thurs. \$67, Arcata Sat. \$42, McK \$7; less R2 Assembly registration -\$30; outreach and workshop literature -\$114, Website URL fee -\$13, R2 Assembly travel \$745.18 less R2 financial assistance of \$410.94, net -\$334.24. Ending balance \$111.76 (plus prudent reserve of \$25).

7 7 Tradition: Collected \$ 7

8 Region 2 Representative Report: Kathleen gave a summary of the duties of the Region 2 Representative (attend R2 Assemblies WSO Conference, facilitate information from R2 & WSO to IG). Kathleen also gave a report on the R2 Spring Assembly summarized as follows: Friday evening was entertainment & speaker; Saturday was new Rep orientation, business & assigned committee meetings (Kathleen was assigned to PR committee); attendance was required at all Saturday through close of business at about 5:00 p.m. in order to be granted scholarship funds to cover costs of attending (which Kathleen did). Saturday evening was dinner with some of R2 folks. R2 is extremely happy to have our IG represented and is offering lots of love and support to Kathleen and to our IG to help our area reach out to other still-suffering compulsive eaters. They would like to help us by sending one or two R2 board members to present a "Service, Traditions, Concepts" workshop to really help train and encourage our IG to reach out into the community; this workshop is aimed specifically at IG board and group representatives while also encouraging any other OA's to attend as well.

9 Meeting Representatives' Report:

9.1 Eureka Tuesday: Barbara not here to report.

9.2 Eureka Thursday: Ali not here to report.

9.3 Arcata Saturday: Barbara P. reports the meeting is doing fine (although fewer people are attending at times. We have a stable room now at HGH 106.

9.4 McKinleyville Monday: Nina reported that it is a small meeting, but attendees enjoy it. They need a Group Representative to Intergroup.

9.5 Fortuna Saturday: Kathleen reports they adopted the new suggested meeting format.

9.6 Crescent City Monday: No Rep here to report.

10 Old Business:

10.1 Nancy reported on website update: old site abandoned due to crashing; new site is up and running (design was donated by R2). Barbara P. motioned, Nina seconded, all in favor that Nancy is authorized to add links to other OA websites (such as podcasts on the Los Angeles IG website, etc).. all present agreed that she should; further enhancements? also implement changes she has suggested to Northcoast Intergroup website.) Lastly, the annual fee for the website will be \$72 which includes the domain name, unlimited technical support, etc.

10.2 Brief review of March workshop: there were about 15-18 people attending this workshop.

10.3 PR DISCUSSION: As mentioned under R2 Representative's report, R2 wants to present "Service, Traditions & Concepts" workshop. Linda from R2 says this is a 3-4 hour workshop that will really move IG and attendees recovery forward. R2 is actively working to present this workshop to as many geographic areas as possible in R2. Normally, the wait list is 6 months out, but since our IG has just come back to active participation in R2, they want to come as soon as possible. A Saturday in July or August or later would work for them (just not July 25th or Aug. ^{1st}). To be discussed again at next IG meeting.

10.4 SKIPPED DUE TO TIME CONSTRAINTS: Need Vice-Chairperson position filled?

10.5 SKIPPED DUE TO TIME CONSTRAINTS: Ann's follow up on "Local Pages" phone listing.

10.6 SKIPPED DUE TO TIME CONSTRAINTS: Health Fair... consider participating in the future... insurance issue?

11 New Business:

11.1 SKIPPED DUE TO TIME CONSTRAINTS: By-laws need to be updated sometime in 2015 and submitted to WSO. Kathleen obtained our previous version from WSO as well as a R2's template to assist us in update.

11.2 MENTIONED BRIEFLY DUE TO TIME CONSTRAINTS: FYI: All written public information which we would like to Post on R2 website must be submitted to R2 for review for consistency with OA as a whole. In addition, we may request permission for use of the current OA logo for use on our flyers.

11.3 MENTIONED BRIEFLY DUE TO TIME CONSTRAINTS: Plan "Self-supporting" effort for semi-annual R2 Assembly attendance and 2016 WSO Conference. Karen requests input in drafting a budget (website/phone/literature/photocopying & office supplies expense/other outreach expenses/R2 Assembly travel/meeting support, etc) so that we can

appropriately plan for financial needs. (Karen suggests considering a checking account in the future-let's talk about that at a future meeting).

11.4 SKIPPED DUE TO TIME CONSTRAINTS: Purchase OA Handbook for all IG members? Includes a wealth of information about OA service position duties, how service structure, traditions, concepts, etc. are applied.

11.5 SKIPPED DUE TO TIME CONSTRAINTS: Consider additional outreach projects based on discussions of business so far.... Karen suggests literature and staffing a table at the AA Redwood Coast Roundup in Fortuna on Labor Day... other ideas?

11.6 Motion for IG to meet monthly to catch up on by-laws and other business by Barbara P, second by Nancy, all voted in favor.

12 What's on Your Mind?

12.1 Let's set a time limit for JO meeting? End by 12:00?

13 Next Meeting: May 16, 2015

14 Closing: Serenity Prayer

Respectfully submitted,

Ann G.

Intergroup Chairperson