

## **North Coast Intergroup of OA (#09434)**

### **March 18, 2023 Meeting Minutes**

Attending: Anne, Barbara, Amy, Jeri, Susan, Mary, Jill

1. Call to Order
2. Opening Ceremonies
  - o Open with Serenity Prayer
  - o Read Concepts 3 and 4 (below highlighted)
3. Introductions and Roles:
  - o Anne F (Chair, Tuesday night Rep)
  - o Amy M (Region 2 Rep)
  - o Barbara P (Treasurer, temp Communications)
  - o Jeri (Vice-Chair, Monday night Rep)
  - o Susan (Crescent City meetings Rep)
  - o Mary (Saturday morning Rep)
  - o Thursday Rep TBD
  - o Jill (Intergroup Secretary)
4. Any new agenda items to add before discussion, and any decisions?
5. Minutes from last meeting – (for communications person to upload to website at some point) will be included with new minutes

NCIG Minutes 2023 January  
([www.oanorthcoast.org/intergroup/documents](http://www.oanorthcoast.org/intergroup/documents))

6. Chair's Report –Anne is just getting started
7. Treasurer's Report
  - Current balance is \$966.42. Amy Moffat and Barbara Palmerton are now both signers on the account.
  - MOTION/PASSED unanimously to grant Amy Moffat and Barbara Palmerton online access.
8. MOTION/PASSED unanimously to save money by changing Zoom plan to yearly rather than monthly
  - Holding reserve for Tuesday meeting: \$183
  - Holding reserve for Thursday meeting: \$105
  - Intergroup reserve \$260
9. Region 2 Representative's Report
  - Assembly March 24-25, 2023 · Where: DoubleTree by Hilton Hotel San Francisco Airport, 835 Airport Boulevard
  - Amy is the Region 2 Rep and looking forward to attending the R2 Assembly in SF in person.
  - Amy to inquire if Region 2 Diversity Committee will include Deaf interpreters? Has not yet done that—she reports some tensions
  - Amy's costs were pre-approved at January meeting, and confirmed by unanimous vote via email Feb 14:
  - Flight = \$171.50 (may be more expensive the longer I wait to book)
  - Hotel 1 night = \$122.84
  - Shuttle from airport/hotel = free
  - Parking at ACV airport 2 days = free (getting a ride from Barbara P.)

- Meals per diem (\$79 per day, this includes 1 full day + 1 dinner, but lunch is provided at assembly) = \$79
- **Total = \$373.34**
- Reminder: July 7-9, 2023, OA Convention in Orange County

10. Meeting Representative's Reports:

- Monday 5:15pm (McKinleyville) Jeri has been going regularly Monday before last 6 people were there, the most in a while. It's a good meeting
- Tuesday 7pm (Eureka): Anne F says it's a small, spiritual group and always welcoming
- Thursday 12pm (Eureka): Barbara P missed this last Thursday but there is good attendance usually.
- Saturday 10am (Arcata): Is attendance dwindling? Mary reports only 6 people came last week, 10 came this week.
- Crescent City (Mon and Fri): Susan says folks are working to stock literature and welcome packets.

10. Old Business

- Report/debrief on Intergroup workshop from February 2023
- "It was great and Mary is a wonderful person."
  1. Topic and facilitator Pamphlet *In OA Recovery is Possible*: Mary
  2. How many members? Maybe 10? How was it? *In OA Recovery is Possible* pamphlet is good and engaging.
- Do we have an estimate of Assembly costs NOT DISCUSSED
- Do we have a bank account that can pay for Zoom and Website? Barbara and Amy will be managing this, per item 7..

11. New Business:

- Jill will chair the April 15, 11:10am workshop.
- Topic? F\*ck Off, or what's it to you? What to do when people judge and make comments about your body and your weight.
- Another topic mentioned for a future workshop was "Surrender"

13. Next Meeting Date: Saturday, May 20, 2023, 11:10am

14. 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.

Jill Tallmer, Secretary \_\_\_\_\_

Date \_\_\_\_\_