

North Coast Intergroup of OA (#09434)
November, 18 2023 Meeting

Minutes by Jill T., Secretary

Attending: Judith (phone), Amy, Anne, Barbara, Cora, Jill, Jeri, Mary

Amy led the meeting

1. Open with Serenity Prayer
2. Have someone read two Concepts (Oct and Nov highlighted below)
3. Introductions and Roles: (introductions, reports later)
 - a. Monday 5:15 pm Representative Cora
 - b. Tuesday 7 pm Representative
 - c. Thursday noon Representative Barbara
 - d. Saturday 10 am Representative Anne and Mary
 - e. Crescent City Monday/Friday 2pm Representative
 - f. Other Officers and Members Barbara Treasurer IG Jill Secy IG
 - g. Jeri Vice Chair IG Aileen Webster IG
 - h. Cora Region 2 Rep
4. Any new agenda items to add before discussion?
5. Minutes from last meeting – Ask if anyone has any corrections or comments, then ask if everyone agrees. Mary had a question about spending on outreach. Aileen is researching outreach possibilities and costs and will report by email. Mary is looking into publications.
Previous NCIG Minutes 2023 September
(www.oanorthcoast.org/intergroup/documents)
6. Chair's Report (if any)

7. Treasurer's Report—Barbara P: Current balance is \$366.76—none of which is earmarked as reserves. We have plenty of donations coming in each month.

8. Region 2 Representative's Report – Cora suggests checking out OAR2.org to view all Fall Conference reports online. The conference was in Burlingame at DoubleTree. Amy asked if there were any votes taken. I couldn't hear Cora's reply. Cora said Region 2 is coming back from the pandemic.

9. Meeting Representative's Reports:

- a. Monday 5:15pm (McKinleyville) Cora: attendance small but steady, usually 2-5 or so people. There's a newcomer, and the group will be contributing to IG soon. Could use a bit of outreach and literature needs updating. Amy said that the group can send money to IG or use it however it sees fit.
- b. Tuesday 7pm (Eureka): no one reporting
- c. Thursday 12pm (Eureka): Barbara P: group reads from Brown Book and it's good. Sometimes small. Nyna is continuing as Secy for now, but she is **very** keen to hand this service off.
- d. Saturday 10am (Arcata): Anne: meeting going strong. Attendance may be down a bit, but that's normal for this time of year, and the core group is committed.
- e. Crescent City (Mon and Fri): no one reporting

10. Old Business

11. Report/debrief on previous Intergroup workshop

- a. Kathy T facilitated Eating Out
- b. How many members? 8 How was it? Lively and nourishing. General agreement that this year's workshops have been strong and successful.

11. New Business:

- a. Planning for Next Workshop
- b. Topic?
- c. Facilitator(s)?

12. Planning ahead: Jeri can lead a workshop February 17, theme TBD. Anne can lead one, possibly on Acceptance, April 20.

13. All IG service positions end Dec 31, so we need to announce that new folks will have to take over. What is the process for recruiting and selecting them?

13. Next Intergroup Meeting January 20, 2024: Saturday, 11:10am

14. Adjournment: Close with "We" version of Serenity Prayer

Concepts of OA Service that were read:

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.