

North Coast Intergroup of OA (#09434)
2023 September 15 Minutes

Barbara P. (presiding), Mary, Amy, Jill, Cora, Aileen, Judith (on phone)

1. Open with Serenity Prayer
2. Have someone read two Concepts (this month and previous)
3. Introductions and Roles: (no reports, just introductions, reports later)
 - a. Monday 5:15 pm Representative
 - b. Tuesday 7 pm Representative Anne absent
 - c. Thursday noon Representative
 - d. Saturday 10 am Representative
 - e. Crescent City Monday/Friday 2pm Representative Susan absent
4. Any new agenda items to add before discussion? 1. Mary suggested allocating some funds for advertising North Coast OA. We are “competing” with other food-oriented programs. 2. Phone list. Barbara P is working on calling folks on the old list in order to update it.. Barbara O cannot help.
5. Minutes from last meeting.

Previous NCIG Minutes 2023 July

www.oanorthcoast.org/intergroup/documents

6. Chair’s Report (there was none)
- g. Treasurer’s Report, current balance, other issues.
 - a. Current balance \$400.13. We are on track to send Rep. to Assembly. Amy reported that Region 2 does not need more money, but prefers that group monies be spent locally. This goes along with Mary’s suggestion re advertising. Aileen is able to work on Facebook advertising. Cora will look into 211 listing.
 - b. NCIG Bank Acct. to hold \$75 reserve for Saturday Meeting.
- h. Region 2 Representative’s Report Next Region 2 business meeting is last weekend in October at Holiday Inn SF. Amy won’t go in person but will attend online. It would be great if Cora can attend in person. Cora most likely can go.

We get one vote. If Cora attends in person, Cora should vote. If not, Amy will vote and Cora will be alternate.

9. Meeting Representative's Reports:

- a. Monday 5:15pm (McKinleyville): Cora: meeting is small but mighty— 2 to 4 people attend each week, one new person visited recently. New Treasurer and new Secretary. Financially in good shape.
- b. Tuesday 7pm (Eureka): Anne F?: absent
- c. Thursday 12pm (Eureka): Barbara P: spotty in attendance lately, but doing pretty well. Last meeting 5 attended.
- d. Saturday 10am (Arcata): Mary: going strong, great speaker today
- e. Crescent City (Mon and Fri): Susan: absent

10. Old Business

11. Report/debrief on previous Intergroup workshop

- a. Topic and facilitator(s) Aileen, Anne led. Topic was Seeking attention, Avoiding attention, Paying attention.
- b. How many members? 10-12. How was it? Excellent.

11. New Business:

- a. Planning for Next Workshop (October 21, Saturday 11:10 am)
- b. Topic left from last meeting: Eating out, restaurants, --holiday meals?
- c. Facilitator(s): Kathy Backup Facilitator: Amy (Topic=Meditation)

12. We discussed how to be more helpful to men who might come to our meeting. Aileen knows a lot about resources for men. Eric, who came to one of our meetings recently, is her friend. Aileen will include links to men's groups, secular groups, etc on our social media. Aileen will advertise on Humboldt County Craigslist. Aileen will send Jill more info to be appended to these minutes.

13. Next Meeting: Saturday November 18, 11:10am, online

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.