

***Overeaters Anonymous  
Greater Detroit Intergroup  
Meeting Minutes  
APPROVED***

***Nov. 25, 2023***

**Call to order**

The regular OA Greater Detroit Intergroup Meeting was held Nov. 25 as an online/telephone meeting. The meeting began at 11:17 a.m. with a moment of silence and the Serenity Prayer followed by introductions. We had a quorum. Twelve Steps and Twelve Traditions were read.

**Roll Call**

**Board Members and Committee Chairs Present:** Verna K., chair and literature chair; Keri C., recording secty.; Monica S., PI/PO chair; Lynn H., treasurer; Irene R., newsletter chair; Julie G., Helpline; Ira, vice chair; Paula M., by-laws.

**Meeting Reps Present and Meeting Updates:**

- **Ira H.**, Surrender to win, Wed., 7:30 p.m., 9-12 people on Zoom, For Today and Voices of Recovery.
- **Irene R.**, Garden City, 1<sup>st</sup> and 3<sup>rd</sup> Saturdays are hybrid, in person and by phone; other Saturdays by phone. People from out of state and other countries also attend. Read from OA literature, mostly VOC and FT.
- **Paula M.**, Friday, Ferndale, varying format, now Zoom on IG account. Getting more participants.
- **Sue S.**, Thursday Ferndale 10:05 virtual, read from Abstinent book, going well. Don't have to have the book to come.
- **Jennifer M.** F2F Birmingham Unitarian Church, core group of 15-20 people in person. We hosted a F2F Thanksgiving Day morning meeting. 22 people
- **Mary S.**, 10 a.m. Wed. Living in the Solution, virtual, vibrant, full of recovery. Small but lots of recovery, varied format.
- **Monica S.**, Detroit 6 p.m. Wed., River Towers, In person. Varied format. Started off with no one, then strong, now dwindled a bit. No name yet. Welcome input on getting more people. Small but mighty.
- **Carol P.**, Livonia Unity, Wed, 8 a.m. --- very active.
- **Carol U.** Saturday 10 a.m. Surrender to Win – 1<sup>st</sup> Saturday, hybrid, at Trinity Hospital in Livonia. Going great. Lots of good recovery.
- **Rachel C.** – Fenton, living in recovery, in person. Small but active.

• **Sue M.** – Thursday, St. Ephram’s (NOT REP)  
**Guests:** Kerry W., Henry T., Susie Y

**Officer and Committee Chair Report: Recording Secretary, Keri C:  
Minutes posted online for prior review from Oct. 21, 2023. Minutes  
amended with 5 corrections and approved.**

**Updated Chair, Verna K.:** November 2023

My personal thanks to the retreat committee. It was a wonderful experience and opportunity for growing in recovery. I know a lot of work went into it and I am grateful.

I want to address a misconception about the financial state of OA World Service in case anyone has heard it, too. It was stated in at least one meeting, and seems to have spread, that World Service is \$200,000 in debt. That is not the case. As explained to me, the proposed 2024 budget had to be adjusted because they were short \$220,000 to meet all the desired new items for the 2024 budget. There was a gap, not debt, and the budget was adjusted. It meant there were adjustments to the World Service Business Conference budget, for instance, and they couldn’t hire two more needed office workers, among other things.

This brings up a related subject. Contributions to World Service are down. A big part of the problem is that, by and large, virtual meetings do not contribute at the rate that in person meetings do, and there are so many virtual meetings now. It’s easy to forget the need to support World Service and Region 5 for the many ways they serve the membership and in our primary purpose of carrying the OA message. World Service literature sales are down, too, so they are losing money that way also. We, as an Intergroup, for example, used to order literature in quantity from WS to have available for our meetings to purchase from the Intergroup, but we don’t do that now. I think that is likely true for other Intergroups also. Members have found other means of acquiring literature. It is understandable, but still has consequences. I suggest that we be intentional with our giving, perhaps with a recurring contribution. When we donate to the Intergroup via our website or directly to our Treasurer, we can request that it be split between the Intergroup, Region 5 and World Service. Of

course, we can contribute directly to World Service at oa.org. or Region 5 at region5oa.org.

**Vice chair: Ira H.** Asked to be given duties of his office. Will do what you want me to do.

**Treasurer, Lynn H.:**

**10-31-23**

**Cash**

**Checking:** \$21,216.63 **Savings:** \$9,083.49 **Actual (Budget-three months)**

**YTD contributions:** \$4,679.84

**Budget:** \$4,312.50 \$367.34 over budget

**Expenses:** \$4,246.61 **YTD Net Income**

**Actual:** \$433.23 (first five months of year) Phone paid through December.

Julie: Asked Lynn for a narrative paragraph of what this means each month.

Lynn: Our income is slightly higher than what we budgeted for. Ahead on paying our expenses so far.

Ira: Prudent reserve (savings account), is that separate or informal? Will that answer about our current state? Lynn: We do have excess cash, reserve of at least six months of expenses. Will address this in new business.

**Corresponding secretary:** Position open.

**Standing Committees:**

**Bylaws: Paula M.** The Bylaws Committee met via Zoom, November 14, 2023, from 7-8 pm. We began a review of the Bylaws to determine if Amendments should be recommended. Sue S gave examples of the 2020 Committees proposals that were never voted on and implemented, and we agreed we should refer to them as we proceed.

There was discussion about Policy and Procedures and if we have a manual. We will try to contact past Bylaw Committee members for some reference and clarity.

Our next meeting is December 12, 2023, 7-8 pm. All who are interested are welcome to attend.

**Finance:** Position open.

**Help Line: Julie G. November 2023 Summary:** Trending remains the same, majority of calls are spam; 11% legitimate |89% spam. Slight increase in calls from October.

**Year to date Metrics (March-YTD):**

123 total calls | 109 spam | 14 legitimate 14 total calls

Call details: 3 legitimate calls (1 inquiry looking for F2F mtg. in Detroit, 1 call inquiry looking for virtual meetings, 1 call from Oakland Press how to avoid overeating during holidays), 11 spam calls

14 average calls per month

**Monthly Metrics November:**

**Verna K., Literature:** November 2023 Intergroup literature in stock:

- 62 “Where Do I Start?” pamphlets
- 12 Twelve Steps and Twelve Traditions of OA – 2<sup>nd</sup> Edition
- 5 Soft cover “Alcoholics Anonymous” (Big Book)
- 1 “Seeking the Spiritual Path” book
- 1 Large print AA Twelve Steps and Twelve Traditions
- 5 Twelve Step Workbooks (corresponds to 1<sup>st</sup> Edition OA 12 & 12s)
- 1 Large print, spiral bound, Voices of Recovery 1<sup>st</sup> Edition (note: the difference between the 1<sup>st</sup> and 2<sup>nd</sup> edition is that the 2<sup>nd</sup> edition has been updated to correspond page references to the 12 & 12, as page numbers in the 2<sup>nd</sup> edition. All entries are the same.)
- Miscellaneous OA anniversary coins

**Newsletter (Loveline), Irene R:** The November/December issue of Loveline was released at the beginning of November. I am very thankful for our review process as, after an initial release of the Loveline, we were able to re-edit it and then distribute an issue fully in line with our Traditions. I am grateful to committee members Carol U. for reviewing and editing the articles, and Mara S. for the newsletter’s design. I

also appreciate the time and attention of the Intergroup board members for reviewing each issue prior to publication.

The theme of the January/February issue is Steps 1 and 2, but members should feel free to submit articles on any recovery-related topic. The deadline for submitting articles is Dec. 10, 2023. We also welcome flyers and news releases about OA-related events to include in the newsletter. When forwarding such information, please provide a contact phone number or email in case there are any questions.

Sharing your Experience, Strength and Hope in the Loveline is 12th Step work, reaching fellow compulsive eaters in a way no one else can simply by telling your own story. Send articles to: **llnewsletter.editor@gmail.com**.

**Office manager:** position open

**PI/PO:** Monica S.: SEE NEW BUSINESS

**Region 5:** position open

**Speaker Sponsor List:** position open

**12 Steps Within:** Open position

**Webmaster, Pina B: Changes since 10/17/23**

Updated contacts for Ferndale meetings (previously no contacts): Wednesday 1:00 pm – Barbara D. 313-886-3533 o Thursday 10:05 am – Kate W. 734 790-8718 Friday 10:05 am – Paula M (248) 882-5572

Posted approved September 2023 Meeting Minutes

Posted Journey Through the Steps 15 Week Step Study (virtual) from 1/7/24 – 4/28/24 on Sundays 4:00-6:00 pm

Posted November/December 2023 Loveline

Posted “Save The Date” Flyer for Spring 2024 Spring Into Recovery Retreat

Posted initial – Intergroup October 2023 Meeting Minutes (Subject to Approval)

**Old business: None**

**New business:** Greater Detroit Intergroup SMART Bus Ad Proposal1.

Prepared by Monica S. and Kerry W. on November 13, 2023

## **Description: Greater Detroit Intergroup Bus Advertisement**

- An GDI OA Bus Advertisement is a way to reach hundreds of thousands of people in the metro Detroit area who otherwise would not know about OA. Specifically, if this proposal is adopted, this visual impression will reach approximately 718,002 people.

- Between the size of buses, the breadth at which they travel, buses are hard to miss.

Whether you're in traffic or a stop light, a bus ad is eye-catching. Buses travel on the road

somewhere between 10 and 18 hours a day, usually seven days a week, which is ample

time for our ad to be seen by many, including still compulsive overeaters, their friends,

family and healthcare professionals.

### **Objectives: CARRY THE MESSAGE**

- Inform the general public of Overeaters Anonymous and the OA Greater Detroit

Intergroup

- Guide individuals to OA's solution of recovery through displaying our contact info

throughout metropolitan Detroit in a visually compelling manner.

- Initiate a first step to carry the message of recovery to a greater number of people than

otherwise possible through word of mouth, including to a more diverse population

- Plant the seed that there is a solution at a time when many are seeking one after the

holidays

### **Project Timeline upon GDI Inergroup Approval November 25, 2023:**

- November 27, 2023, Confirm Proposal with Outfront, the advertising partner of SMART

buses

- TBA Meet with Outfront team for signage design (at no extra cost)

- End of November 2023, Final production of AD

- Pay for Ads End of Dec 2023 - January 2024, Placement of Ads on Buses (great time to do it)

### **Signage and Costs:**

- We propose advertisements in the form of “Super Tails” (outside rear of bus 35”x82”)

- We suggest 9 buses (3 from each Tri-County’s garage3)

- We have designed an ad, however, Outfront has a creative team willing to professionally

improve our ad at no additional cost

3 Please see SMART bus map for areas covered by Wayne, Oakland and Macomb garages on

the following pages of this proposal

2 Outfront Proposals for Transit or Poster Billboards

1 Overeaters Anonymous and registered service bodies may purchase ads or send press releases

and public service announcements, including those in relation to special events and promotions, in

all forms of public media, provided personal anonymity is maintained for members of Overeaters

Anonymous. <https://oa.org/news/new-public-communications-policy-approved/>

### **Cost**

- Each Super Tail bus ad costs \$300 for a 4-week run, plus a production cost of \$75 per

bus. If we were to choose to add an additional 4-week campaign, there would not be any

additional production cost.

- For a one month run of the ads, 9 busses total \$3,375, which would be seen by an

estimated  $\frac{3}{4}$  of a million people in the greater Detroit area

- The OA GDI is receiving Outfront’s discounted rate for nonprofits.

Please see the following pages for general area coverage, and specific garage routes.

Questions?

Monica S.

GDI PIPO Chair

(313) 585-3637

MonicaReneeSmith@gmail.com

OA has a  
Solution!

**www.OAgreaterDetroit.org**

(248) 559-7722

(Sample Advertisement only: this will be greatly improved by the Outfront  
Professional

Design staff at no extra cost)

\*

SMART TRANSIT

COVERAGE MAP

**SMART OAKLAND COUNTY**

**ROUTE MAP**

SMART Macomb Garage

DISCUSSION:

**\*Info for cash available for bus ad: Lynn**

<b>Greater Detroit Intergroup</b>		
<b>Overeaters Anonymous</b>		
<b>Calculation for Current Cash Available</b>		
<b>11/24/2023</b>		
<b>Balances 10/31/23</b>		
Checking Balance 10/31/23	21,216.63	
Savings Balance 10/31/23	9,083.49	
Deposit on Fall Retreat	2,000.00	
<b>Transactions thru 11/24/23</b>		
Total paid to Colombiere for Fall Retreat		(12,600.00)
Current total due to WSO		(420.00)
Current total due to Region V		(1,160.00)
Deposit on Spring Retreat		(2,000.00)
Deposits Received in November	699.46	
Liabilities to WSO and Region V for November	(216.59)	
Liability for Fall Retreat Fund	(3,466.69)	
Liability for Spring Retreat Fund	(2,488.66)	
Liability for Remaining Budgeted Items	(1,800.00)	



	25,027.64	(16,19
<b>Current Excess Funds Available</b>		

**Ira:** He offered to be on the committee. He asked about which routes?

**Monica:** 9 different routes will be chosen. My understanding is they go all throughout the various counties.

**Lynn:** Why 9 buses? **Monica:** We thought 3 in each county. **Kerry:** Thought that number would be best for our money. Bus will run all day.

**Julie:** Thanks. Very excited about this, great way to get the word out. How do we respond to inquiries? As Helpline person, I let calls go to voicemail and return those calls within a day. Need a plan to respond to the potential increase in volume. I would not be able to manage an onslaught of calls – don't want anyone to be turned off. **Monica:** Hear you. Think some phone calls will be offset by web address. Contact names are on meeting lists. Could put an email on there or change Helpline message? Maybe people could take different days? **Julie:** Change Helpline voicemail, also put a message on the home page about what OA is about. One challenge with Helpline --- could pass along names and numbers, but those people would be using their personal phones and that's a concern. **Monica:** Other IGs have done this. I don't have a problem calling from my personal phone. **Mary S.:** If a rush of people, can we have a second volunteer? **Verna:** Would need a second phone. On the home page, there is at the very bottom info about OA and the 12 steps. Needs to be moved up. **Monica:** New tab on home page. **Carol U:** There is a lot on OA.org. about OA. Cut and paste to put on top of meetings page. Like a google email and phone number. **Lynn:** Maybe just put website on ad and then on landing page put a note to newcomers to easily navigate. **Monica:** You can get an extra phone number without getting another phone. **Henry T.:** I endorse idea. We have been successful drawing in Caucasians and not African Americans. Use dollars to attract them. **Monica:** Routes in all counties – because it cuts up Detroit in three sections to attract all types of people. Our meetings are all

over. Want people to get recovery wherever they are. One of our objectives – more people and diversity.

**Ira H:** Good timing. What about ads inside the bus? **Monica:** Additional cost. Back of bus gets more reading.

**Lynn:** Shared her figures on screen. Excess cash is \$,8,835.50. If we spend, it would be taking from WS and Regional. **Verna:** What they are asking for leaves money for WS and Regional.

**Monica:** Voting today would be helpful. **Verna:** Need a motion. Any other questions? **Mary S.:** Direct only to website from the ad when we look at the proposal or change voicemail message before voting? **Monica:** I move to accept the PI/PO November 2023 proposal for a one-time expense to pay for the Dec.-Jan. 2024 bus ads not to exceed \$4,000. **Ira:** Seconded. **Verna:** Money is there and it's a great time to do it. Call for a vote. Are there any objections to this motion? None. Motion passes.

**Post vote:** Julie: What are next steps and who is taking action? Website changes needed (Verna will talk to Pina) and Monica and Carol offered to offset calls to Helpline. Monica: Need to gather more people to the committee meeting to pin down these questions. Kerry W.: Proposal is to go ahead with the ad as written? YES!

Below are budget numbers from Lynn for discussion regarding the bus ads.

**Upcoming Events** Save the date for the GDI Spring Retreat to be held on April 12-14, 2024. Details to follow. The flyer is on [oagreaterdetroit.org](http://oagreaterdetroit.org)  
The 64th annual OA Birthday Party presented by the OALAIG will be held on the weekend of Jan. 12-14, 2024, in Los Angeles. More details are on [oagreaterdetroit.org](http://oagreaterdetroit.org) under National Events or at [oalaig.org](http://oalaig.org). Registration is still open.

The Region 5 2024 Convention presented by the Cleveland Central Intergroup will be in person for the first time since 2019. It will be held on Sept. 6-8 at the Holiday Inn-Cleveland-S in Independence, Ohio. More details at [region5oa.org](http://region5oa.org).

**Next Intergroup Meeting:** The next meeting will be Saturday, Jan. 27, 2024, at 11:15 a.m. on the new Zoom link.

**For Today and Voices of Recovery were read.**

**Third Step Prayer was said. (p. 63 BB)**

**Verna K. adjourned the meeting at 12:44 p.m.**