

Overeaters Anonymous

Greater Detroit Intergroup

Meeting Minutes

April 22, 2023

Call to order

The regular OA Greater Detroit Intergroup Meeting was held April 22 as an online/telephone meeting. The meeting began at 11:15 a.m. with a moment of silence and the Serenity Prayer followed by introductions. We had a quorum. The 12 Steps, 12 Traditions and OA concept of the month were read.

Roll Call

Board Members and Committee Chairs Present:

Verna K., chair; Lynn H., treasurer; Keri, recording secretary; Irene, Loveline editor; Julie G., Helpline; Pina, Webmaster; Barbara, bylaws; Meeting Reps: Irene, Sat., Garden City; Carole Ann, Thursday, Plymouth; Susie, Monday night; Carol P., Unity, Wednesday. Sue S., Thurs. Ferndale. Carol U – 10 am Sat. morning; Lisa LH, Wed. a.m. Bloomfield; Mary S., Wednesday, Living in the Solution. Guests: Cheryl, Caressa, Susanne G.

Officer and Committee Chair Reports:

Recording Secretary, Keri G: Minutes reviewed from March 25, 2023.

Chair, Verna K.: April 2023

- Meeting changes and cancellations are complete on OA.org.
- World Service Business conference is next week, April 25-29 in Albuquerque, N.M. No virtual option to attend.
- Region 5 Virtual Convention “Stepping Into The Promises” is on Sept. 9 from 9 a.m. to 5 p.m. EST. I am planning on attending.

Vice chair: open position

Lynn H., treasurer:

3-31-23

Cash

Checking: \$10,773.96

Savings: \$9,082.71

YTD Contributions (10-month budget)

Actual: \$7,530.53

Budget: \$8,549 (\$1,018.47) (under budget)

Expenses: \$8,041.98

Budget: \$8,549 (\$507.16) (under budget)

YTD Net Income

Actual: (\$511.31) Rent and phone paid through April.

Corresponding secretary: open position.

Standing Committees:

Barbara D., Bylaws: No written report. I have finally completed housekeeping. I reached out to a previous bylaws chair for help and have not heard back. This is not a good fit for me. I am dropping this position. No additions have been made to the bylaws after making treasurer a paid position. I will help with meeting openings and closings and passing info on to Pina. (Susie: How do we change the bylaws? Barbara: We discuss changes at IG level, as long as 12 Steps, 12 Traditions and 12 Concepts not changed. We operate autonomously.)

Finance: Position open.

Julie G., HELPLINE March 2023

- Procured new phone (\$100 – was reimbursed by Lynn) as old phone could no longer hold a charge and could only stay powered for less than a day. Wiped out the call history.
- 1 call looking for meeting info.
- Other calls were spam.

Verna K., Literature: April – 2023

- Literature Sales to members 3/21/23 – 4/19/23; \$41.50, sent to treasurer.
- No new literature purchased.

Irene R., newsletter (Loveline):

The May/June issue of Loveline is presently under construction with an expected release date at the beginning of May. The theme is: “How has my recovery helped me rely less upon others for my happiness and self-

esteem?” Thank you to committee members Carol U. for reviewing and editing the articles, and Mara S. for the newsletter’s design.

The theme of the July/August issue is: “The Fellowship of OA,” but members should feel free to submit articles on any recovery-related topic. The deadline for submitting articles is June 10, 2023. Sharing your Experience, Strength and Hope in the Loveline is 12th Step work, reaching fellow compulsive eaters in a way that no one else can simply by telling your own story.

Please send articles to **llnewsletter.editor@gmail.com**.

Julie G. requested her email/phone number be removed from Loveline. People can call the Helpline.

Office manager: position open

PI/PO: position open

Region 5: open position

Speaker Sponsor List: position open

12 Steps Within: Open position

Pina, webmaster: Changes made to the website since the last report on 3/23/23:

- Posted “Save the Date” for the 10/27-10/29 Fall Retreat sponsored by Greater Detroit OA Intergroup.
- Updated contact info for Saturday Grand Blanc meeting.

Call or text Pina with info to be updated.

Old Business: OA office. Committee report on script, which was shared on-screen and read by Pina. Barbara: Think it’s good and helpful for members. Lynn: Offer an open house at the office so people know what it is? Keri: Not worthwhile. Susie: I think meetings that choose to keep the office open should present a document saying how they will use the office weekly, monthly to enhance recovery in our organization. Mary: Second this idea. Verna: Understand the thought, not sure we add this to the letter. Susie: If ask members who vote to keep it open, they have the obligation to

use it. Things have changed since COVID. Susie proposed to stay an extra 15 minutes. Carol seconded.

Pina: Continue the discussion next meeting because of logistics and other questions. Go into old business for the next meeting. Wait to send script out until after the budget goes to meetings.

New Business:

Helpline phone: Approval of new Helpline phone. Lynn: \$100 reimbursed to Julie G. for new cell phone. Lynn moves to approve purchase. Julie G. seconds. Passed unanimously.

Budget proposal: Need to approve with a vote today, then send to meetings and approve next month to be confirmed for next year, starting June 1. Barbara moved to approve the budget to send to the meetings. Sue S. seconds the motion. Passed.

Keri: Asked about \$50 for 12 Steps Within. Enough? What is it used for?
Lynn: Not used last year. Mary: Possible expense could be for bus to Ohio.
Susanne: Just forming committee, might have proposals later. Lynn: This would come back to IG to be voted on when proposed.

Pina: Asked about number budgeted for contributions. Lynn: This is a projection based on last year.

Verna: Asked about retreats. Lynn: IG helps with deposit to Columbiere, then reimbursed with fees members pay.

Fellowship Group: Susanne: Mary S., Julie G., Susanne G. in the work group. No chair yet. Work group going. Activities in mind, can say more when ready.

Retreat: Lisa reported on the retreat, Oct. 27-29 at Columbiere. \$179/\$207 for lodging. 52 rooms available on second floor. No speaker yet, hoping to settle that in a month. Committee: Susanne, Julie, Lisa, Barbara. Looking for more volunteers.

Meeting Updates:

Carole Ann: Thursday, Plymouth: Still conference call and averaging 4-8 people. Good meeting.

Carol U: Sat. Surrender to Win, good strong meeting, lots of recovery. Good meeting.

Irene: Sat. Garden City: meeting in-person next week, can phone in as well.

Susie: Monday, Shul, going strong, lot of recovery, new people.

Sue S.: Thursday, Ferndale, Abstinence book, going well, good meeting. All welcome.

Julie: Monday, WB, staying virtual. Going well.

Lynn: Gran Blanc in person, 6-8 people, going well.

Next Intergroup Meeting: Motion made to change to May 20 because of Memorial Day by Susie. Seconded by Mary. Passed.

The next meeting will be Saturday, May 20, 2023, at 11:15 a.m. after the Celtic Cross OA meeting.

Voices of Recovery and For Today were read.

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

Verna K. adjourned the meeting at 12:42 p.m.