

**Overeaters Anonymous  
Greater Detroit Intergroup  
Meeting Minutes  
March 25, 2023**

**Call to order**

The regular OA Greater Detroit Intergroup Meeting was held March 25 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 C., recording secretary; Irene, Loveline editor; Julie G., Helpline; Pina, Webmaster; Meeting Reps: Irene, Sat. Garden City; Carole Ann, Thursday, Plymouth; Susie, Monday night; Carol, Livonia, Wednesday. Sue. S, Thursday, Ferndale. Guests: Ira H., Makeda.

**Officer and Committee Chair Reports:**

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

**Chair, Verna K.:**

- Updated meeting list, per World Service request, is still in process but very close to completion. Many thanks to Barbara D and Susie Y for phone calls to obtain information on current and non-current meetings, including closings, meeting contacts and other corrections. Changes were made at oa.org, including the closing of several meetings (10, to date) that no longer meet and do not have plans to resume in the near future. The changes were also sent to Pina for our Intergroup website. Many thanks to her for updating the many changes that were sent to her.
- I registered the Sunday noon meeting at the OA office at oa.org.
- I attended the newly created “Chat with Chairs” zoom meeting on March 19. It is intended for Chairs of Intergroups in Region 5. Several different Intergroups were represented. The plan is to meet quarterly and, to all who want to, communicate on an app in between

meetings. I found it helpful and look forward to more conversation regarding problems and solutions within each Intergroup. I have spoken to three Chairs in particular, Ann Arbor, Cleveland and Louisville.

**Vice chair:** open position

**Lynn H., treasurer:**

**1-31-23**

**Cash**

**Checking:** \$9,247.72

**Savings:** \$9,082.71

**YTD Contributions** (8-month budget)

**Actual:** \$5,305.81

**Budget:** \$6,867.01 (\$1,561.20) (under budget)

**Expenses:** \$6,649.41

**Budget:** \$6,867.01 (\$217.60) (under budget)

**YTD Net Income**

**Actual:** (\$1,343.60) Rent and phone paid through February

**2-25-23**

**Cash**

**Checking:** \$9,431.02

**Savings:** \$9,082.71

**YTD Contributions** (9-month budget)

**Actual:** \$5,528.11

**Budget:** \$7,725.00 (\$2,196.89) (under budget)

**Expenses:** \$6,649.41

**Budget:** \$7,725.00 (\$1,075.59) (under budget)

**YTD Net Income**

**Actual:** (\$1,121.30) Rent and phone paid through February 2023

**Question from Julie:** From contributions, we owe money to WSO/Region 5 according to amount of contributions we receive. We are under budget on contributions, should we be going back to meetings and ask members to step up and give more Seventh Tradition? Lynn: There are so many virtual meetings, people not donating as much as face-to-face meetings. Put something in Loveline.

**Corresponding secretary:** open position.

**Standing Committees:**

**Barbara D., Bylaws:** No report.

**Finance:** Position open.

**Julie G., HELPLINE March 2023**

13 total calls

12 spam

1 legit

A person called looking for a sponsor. I provided her the contact of an available sponsor. Grateful for opportunity to be of service.

**Verna K., Literature: March 2023**

See the annual OA office Literature Inventory. Two of the items (OA 12 & 12 and “Where Do I Start?” pamphlets) include a small number stored at my house.

- Literature Sales 2/22/23 – 3/20/23: \$120
- No new purchased literature

**Irene R., newsletter (Loveline):**

The March/April draft issue of Loveline was released at the beginning of March. I remain grateful to committee members Carol U. for reviewing and editing the articles, and Mara S. for the newsletter’s design. I also appreciate the efforts of Pina B., who uploaded the issue to our website, and Barbara D., who emailed it to the membership.

The theme of the May/June issue is: “How has my recovery helped me rely less upon others for my happiness and self-esteem?” but members should feel free to submit articles on any recovery-related topic. The deadline for submitting articles is April 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](mailto:llnewsletter.editor@gmail.com).

**Office manager:** position open

**PI/PO:** position open  
**Region 5:** open position

**Frank, Speaker Sponsor List:** No report.

**12 Steps Within:** open position.

**Pina, webmaster: Changes made to the website since the last report on 2/24/23**

- Posted workshop “Body Image and the Gift of Self-Acceptance” - March 8, 7pm ET
- Posted workshop “The Big Book Path to your Wildest Dreams” – March 25, 10-6 ET
- Posted 12 step workshop being sponsored by Detroit Intergroup. Tuesdays from 6-8 pm from May 16 – Aug 22
- Posted Young People’s Annual Retreat called “Building a New Life” presented by OA Young People’s Virtual Region
- Updated contact info and other info for a number of meetings. I did not list them all since there were quite a few. Some were part of normal updates I periodically receive and part of them were driven by the audit of meetings we are conducting for world service.
- Posted Approved January 2023 meeting minutes.
- Posted March/April Loveline.

**Old Business:** None

**New Business:**

**Budget:** Lynn: I am preparing budget for April meeting. Let me know if you have anything to add. We will vote at the April meeting to send the budget to groups, then pass it in May.

**Switch to Zoom?** Julie: I attended a ZOOM security workshop on March 14 by the virtual Intergroup. Tips, tricks and best practices for keeping secure. Focused on Zoom, many tips can be used with Free Conference Call. Will share the slide deck once they send it out. Willing to host a training session. Can’t go into details, but here are some tips: Best practice, if you are attending virtual meeting, should have more than one person

hosting. If you get you get a barrage of bombers, having another person to mute/unmute and expel is very helpful.

**OA office:** Verna introduced the topic from one year ago about closing the OA office in Southfield. She did a brief survey of IGs in Region 5 and found most do not have a physical office. We are spending \$7,000 on an office that is used by one meeting. Lynn said the office rent is 70% of our budget. She also said closing the office would be a big job. Julie suggested hiring movers would be money well spent. More discussion took place with seven members expressing views or asking questions.

Thoughts ranged from how to clarify the question we are asking of members (last year it was not clear), making sure that members only vote at one meeting, that a meeting rep who meets bylaws abstinence guidelines presents a meeting's vote at the IG meeting but we emphasized that all were welcome to take part in the discussion. Other factors brought up include that the office is too small for a workshop, that literature can be obtained online or at meetings and we don't have to rely on the office, that virtual meetings have eaten into our annual contributions making the annual rent a drag on our finances, that a script would be a good way to make sure all were on the same page (a committee formed to write the script), that we need to provide ample time for the info to get out and that we need a deadline for voting. We also thought the script should come before the IG meeting for approval.

### **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.

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

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

**Sue:** 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:** Saturday, April 22, 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.**