

**Overeaters Anonymous  
Greater Detroit Intergroup  
Meeting Minutes  
Oct. 21, 2023**

**Call to order**

The regular OA Greater Detroit Intergroup Meeting was held Oct. 21 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; Pina, webmaster; Julie G., Helpline.

**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.

. **Paula**, Friday, Ferndale, changed format, now Zoom on IG account. **Sue S.**, Thursday Ferndale 10:05 virtual, read from Abstinent book, going well.

**Jennifer M.** F2F Birmingham Unitarian Church, Core group of 12-14 people.

One newcomer (or new to our group) each meeting. We're hosting a F2F Thanksgiving Day morning meeting. **Mary S.**, 10 a.m. Wed. Living in the Solution, virtual, vibrant, full of recovery. **Monica S.**, Detroit p.m. Wed., changed to new location, growing. Started with 1, now 8 people. More people finding out about it. No name yet. Use BB. **Guests:** Kerry W.

**Officer and Committee Chair Report:**

**Recording Secretary, Keri C: Minutes reviewed from Sept. 23, 2023.**

**Minutes amended with 5 corrections and approved.**

**Chair, Verna K.:** Aug. 2023

Reminder: Lynn H. is coordinating use of the Intergroup Zoom account. Please go through her to gain access for your group or for a special event. Also, if you host a meeting, don't forget to sign out as host. After closing the meeting and

your screen reverts to the app sign in page, then go to the top right corner and click on the two letter circle indicating your meeting (it was orange for the meeting I hosted). Click and scroll down to sign out. This will ensure that the next meeting to use the account won't have trouble getting in. Paula M. found a video explaining it and sent it to me. I can forward it to any hosts who would like to have it. (Thank you, Paula)

Keri's start date as Recording Secretary has been corrected on the agenda to read October 2020, not 2019. So, she has another year in her second term.

As indicated in the roll call, there are several committee positions open, including By-Laws, Finance, Region Rep/Delegate, Speaker/Sponsor and 12 Step Within. Vice chair is currently open. Anyone interested, please let me know.

**Treasurer, Lynn H.:**

**9-30-23**

**Cash**

**Checking:** \$20,016.02

**Savings:** \$9,082.93

**Actual (Budget-three months)**

**YTD contributions:** \$3,828.20

**Budget:** \$3,450 \$378.20 over budget

**Expenses:** \$3,561.46

**YTD Net Income**

**Actual:** \$266.74 Rent paid through September, phone paid through October

Discussion: Julie: \$11,858 for Columbiere – why? Registration money from participants to go to Columbiere. Monica: Included in cash checking account, that's why it's over \$20,000 now.

**Vice Chair:** Position open.

**Corresponding secretary:** Position open.

**Standing Committees:**

**Bylaws:** Position open

**Finance:** Position open.

**Help Line: Julie G.**

October 2023

- **Summary:** Trending remains the same. The majority of calls are spam
- **Year-to-date Metrics:** 109 total calls Mar 2023 – YTD, 10% of total calls are legitimate, 90% of total calls are spam
- **Monthly Metrics:** October had 16 total calls, 2 legit calls inquiring about OA, 14 spam calls

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

- No new literature sales to members from the Intergroup. Some may be sold at the retreat next weekend. (Keri added that cassettes of OA information will be available free at the retreat.)
- No new literature purchases by the Intergroup.

**Newsletter (Loveline), Irene R:**

The November/December issue of Loveline is being put together with an expected release date at the end of October. The theme is: “Having had a spiritual awakening...” — what is your experience as a believer or non-believer?”

Thanks 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.

We also welcome flyers about OA-related events to include in the newsletter. Please provide a contact phone number or email for any questions.

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. Send articles to: [llnewsletter.editor@gmail.com](mailto:llnewsletter.editor@gmail.com).

**Office manager:** position open

**PI/PO:** Monica S.: The past two weeks, I was out of town on vacation, then received hard news at my job. Service work and other things are affecting my job. I need to be more careful with my time and others’ time. Others are in similar situation – there’s only so much time. The strategy going forward will be baby steps. Will email about next meeting and call others; if interested, call me.

**Region 5:** position open

**Speaker Sponsor List:** position open

**12 Steps Within:** Open position

**Webmaster, Pina B: Changes since 9/18/23**

- Posted Greater Detroit Intergroup By-Laws.
- Posted Thanksgiving Day In-Person Meeting at Birmingham Unitarian Church 9 a.m. on 11/23/23.
- Updated address for Detroit Wednesday 6 pm meeting to River Towers, Detroit, 7800 E. Jefferson Ave, Detroit, MI, 48214.
- Updated meeting information for Monday night 7 pm Shul meeting from FreeConferenceCall.com to Zoom.
- Updated date of Intergroup October meeting to 10/21/23.
- Posted Approved August 2023 Intergroup Meeting Minutes.
- Posted OA LA Intergroup 64th Annual Birthday Bash in January 2024.
- Updated United Methodist Ferndale Wednesday meeting to 1 pm.
- Updated United Methodist Ferndale meeting Monday, Tuesday, Thursday and Friday at 10:05 a.m. with new Zoom meeting ID and passcode.
- I am going on my third year, just wanted to say I can keep going. Verna clarified that she is going into the second year of her second term. Can serve two consecutive terms.

### **Old business:**

#### 1. Election of Officers

- Verna nominated Ira H. for vice chair. He accepted. Unanimously voted in.
- Recording secretary – Verna asked for nominations. None.
- Paula volunteered to be By-Laws chair. She has a few people who want to serve. No objections. Ira volunteered to be on the committee.

2. Minutes: Verna wants them to be sent out ahead of time and then bring corrections to the meeting. **DISCUSSION:** Ira: Point of information, it is time-consuming. Most places, the minutes sent out ahead, any corrections (substantial or structural) can be taken care of ahead of time. Chair can call for corrections. Verna: In talking to chairs in Region 5, they all send them out ahead of time. Jennifer: Who gets them? Verna: Reps, too. Keri needs email addresses. Keri gave out her email. Keri: Can we put on website before approved? Pina: Yes, as long as it's clear. Ira: Label them: Subject to final approval. **Decision is to post the minutes as Subject to Approval. People can email Keri or bring corrections to the meeting and state them when Verna asks. Pina: When posting the final minutes, I would take the unapproved one off. Verna: We will do this for next meeting.**

**New business: none**

## **Upcoming Events**

- Greater Detroit Intergroup Fall Retreat Oct. 27-29
- **IDEA Day** (International Day Experiencing Abstinence) takes place the weekend of **Nov. 17-19**. There are some virtual events planned by other Intergroups and can be found on the events page at oa.org.
- **Thanksgiving Day meeting, 9-10 am** Nov. 23 at Birmingham Unitarian Church, 38651 Woodward Ave. (at Lone Pine), Bloomfield Hills.

### **Next Intergroup Meeting:**

The next meeting will be Saturday, Nov. 25, 2023, 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 12:48 p.m.**