

***Overeaters Anonymous  
Greater Detroit Intergroup  
Meeting Minutes  
Sept. 23, 2023***

**Call to order**

The regular OA Greater Detroit Intergroup Meeting was held Sept. 23 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 did have a quorum. Twelve Steps and Twelve Traditions were read.

**Roll Call**

**Board Members and Committee Chairs Present:**

Verna K., chair and literature chair; Monica S., PI/PO chair; Julie G., Helpline chair; Lynn H., Treasurer; Irene R., newsletter chair.

**Meeting Reps Present and Meeting Updates:**

Susie Y., Monday night Shul virtual meeting going well. Sue S., Thursday Ferndale 10:05 virtual, read from Abstemious book, going well. Jennifer, F2F Birmingham Unitarian Church about 1 newcomer per week. Mary S., Wed. Living in the Solution 10 am virtual, going well although smaller since folks are going back to F2F. Monica S., Wed. Detroit new F2F meeting is strong, people are excited about it, read from different lit every week. Maggie, 8 am F2F Unity Church in Livonia is going well. Barbara D., Sat. 10am F2F average 5-6 people, going well. Carol U., Sat. 10 am Surrender to Win going well virtual.

**Guests:** Kerry W.

**Officer and Committee Chair Report:**

**Recording Secretary, Julie G filling in for Keri C: Minutes reviewed from Aug. 26, 2023. Minutes amended with 3 corrections and approved.**

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

The Southfield OA office is closed. Dr. Rosen has been notified and said it has been a pleasure having us as a tenant. Susie Y will give a more detailed report during Old Business.

The Region 5 Virtual Convention “Stepping Into The Promises” had speakers sharing their experience, strength and hope on the promises in each of the Steps. The 2024 Convention will be held in person in Cleveland.

I also attended the quarterly “Chat with Chairs” meeting for Region 5 Intergroup chairs. There were only 4 in attendance, but I found it interesting. The first topic was “What is working in your Intergroup?” I shared about our upcoming Retreat, the first since 2019, and that there will be over 60 members attending. I also shared that we have a new PI/PO chair, a position vacant for some time, and that she held a Newcomer Open House and is attempting to get an in-person meeting started in Detroit.

One chair shared that they have a “Newcomer Liaison” who reaches out to newcomers once a week for 4 weeks and teaches them about crosstalk, abstinence, sponsorship and literature. Another talked about a hybrid sponsorship workshop that got a great response. Another shared about an “OA Lit Club” that had a good response. They pick an OA book and meet once a month on Zoom for three months to talk about it. They limit it to 12 people and registration is required. The Intergroup pays for the books and mails them out to participants. They do this twice a year. The next Chat with Chairs meeting is Jan. 21, 2024.

Last month, Lynn volunteered to coordinate use of the Intergroup Zoom account. Thank you, Lynn. Please contact her if your group is interested in using it for your meeting or if you wish to use it for a

special event.

**Lynn H., treasurer:**

**8-31-23**

**Cash**

**Checking:** \$18,742.02

**Savings:** \$9,082.93

**Actual**

**YTD contributions:** \$3,281

**Budget:** \$2,587.50 --- \$693.50 over budget

**Expenses:** \$2,335.96

**YTD Net Income**

**Actual:** \$945.04 Rent and phone paid through August

**Vice Chair:** Position open.

**Corresponding secretary:** Position open.

**Standing Committees:**

**Bylaws:** Position open

**Finance:** Position open.

**Help Line: Julie G.**

OA Greater Detroit Help Line Report: September 2023

- Trending remains the same; most calls are spam., 11% legitimate calls
- Year to date totals: 93 calls Mar 2023-YTD calls, 9 legitimate, 84 spam.
- September had 12 total calls, 1 legit inquiring about what the PI/PO Open House was about; I provided info.

**Verna K., Literature:**

Sept. 20, 2023. 21

- To my knowledge, no new literature sales to members.
- Literature was purchased for the new meeting at Fellowship Hall in

Detroit. Monica S. purchased it and was reimbursed. (6 Big Books, 7 OA 12 & 12s, 10 “Where Do I Start” booklets)

- Literature formerly in the office will be taken to the retreat in October unless requested before then. (Primarily, 5 OA 12 & 12s and approximately 60 “Where Do I Start?” booklets, along with various pamphlets, some older workbooks and various OA coins)
- I have 5 OA 12 & 12s and 11 “Where Do I Start?” booklets.

Discussion:

Monica and Verna to discuss literature the new Detroit meeting will keep. Verna to follow-up with Susie about literature to be used for the retreat. IG Literature that is for sale will be stored with Verna. Verna to work with Monica to get any extra literature that the Detroit meeting does not need.

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

The September/October Loveline was released at the end of August. The November/December theme is “Having had a spiritual awakening...” — what is your experience as a believer or non-believer? But members can submit articles on any recovery-related topic. The next deadline is Oct. 10, 2023.

Thanks to committee members Carol U. for reviewing and editing the articles, and Mara S. for the newsletter’s design. I also appreciate Intergroup board members reviewing each issue prior to publication.

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**.

**Office manager:** position open

**PI/PO:** Monica S.: The Sept. 9 Open House was successful. We had 3 returning members and 7 additional members attend. In total from

around the world, the count tally: 368 total guests, with 148 as newcomers (40%) and 220 fellows already in program.

On Facebook, 56 people sent us messages, wanting more information. And the ad reached 4,520 people, who, in some way, affiliate with Detroit.

New Detroit OA Meeting Wednesdays at 6 p.m. Had 5 people attend this week, 1 newcomer and 1 returning member. The new location is River Towers Apartments, Detroit - 7800 E. Jefferson Ave, Detroit, MI, 8214. Please enter through the East Entrance, parking available on-site. A flyer will be sent to all residents. Contact is Monica S.

Next GDI OA PI/PO meeting is at 6 p.m. Thursday, Oct. 19.

The OA Detroit Zoom line

Meeting ID: 699 024 5549

Passcode: Detroit12

At the October PI/PO meeting there will be a discussion and recommendation made for future outreach ideas including a bus rap, radio PSAs, flyers for doctors' offices.

**Region 5:** position open

**Speaker Sponsor List:** position open

**12 Steps Within:** Open position

**Pina, webmaster (Read by Verna): Changes made to the website since the last report on 8/21/23**

- Updated Sunday Noon Meeting from the Southfield Office location to First United Methodist Church in Ferndale
- Posted Approved June 2023 Intergroup Meeting Minutes
- Posted the "Stepping Into the Promises Region 5 Annual Convention", held 9/9/23.
- Removed the Trip to Dr. Bob's house due to lack of enrollment

- Posted September/October Loveline
- Updated Fall Retreat to indicate its phone and to contact Suzanne G to be placed on a waitlist.
- Adding information about the switch to Zoom for the Intergroup monthly meetings beginning in Sept 2023.
- Added National Event called “Together We Can: Dissection of a Relapse” on 9/24/23 held by the NYC Intergroup 12 Step Within Committee
- Posted Approved July 2023 Intergroup Meeting Minutes

### **Old business:**

1) Office closure: Susie Y.

On Sept.10, the final phase of closing the OA Office was completed.

1. The treasurer removed all needed papers from the OA Office.
2. Several members went through the remaining paperwork, recycling or shredding as applicable.
3. Some members chose items that they wanted and made donations to the Intergroup.
4. A load of smaller items was donated to the Salvation Army.
5. Furniture donation to Habitat for Humanity.
6. The remainder of the furniture was picked up by a junk removal company for a fee.
7. The information on the computer hard drives were downloaded to a Flash Drive and wiped clean prior to recycling.
8. The Landlord is aware the office is empty, and keys were returned.

9. Rent is paid through Sept. 30.

I am grateful to those that gave service in helping me accomplish the task of closing the office. Thanks a bunch!

2) Minutes (tabled) will be discussed when Keri is back.

### **New business:**

- 1) Next Intergroup meeting date will be Oct. 21 @ 11:15 am via Zoom. Note: the 3rd week of the month instead of the 4th week due to October retreat.
- 2) Officer nominations for Vice Chair and Corresponding Secretary must be submitted by the Oct. 21 IG meeting. Barbara will send notifications to her contacts. Elections will be held at the Oct. 21 IG meeting.

### **Upcoming Events**

Greater Detroit Intergroup Fall Retreat Oct. 27-29

### **Next Intergroup Meeting:**

The next meeting will be Saturday, Oct. 21, 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.**