

***Overeaters Anonymous
Greater Detroit Intergroup
APPROVED
Meeting Minutes
Jan. 27, 2024***

Call to order

The regular OA Greater Detroit Intergroup Meeting was held Jan. 27 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., Loveline newsletter chair; Julie G., Helpline; Paula M., by-laws. Pina, Webmaster.

Meeting Reps Present and Meeting Updates:

- **Chris**, Living in Recovery, Fenton, Tuesday. 6 regulars, strong group.
- **Irene R.**, Garden City, Saturday, 1 p.m. Endures. other Saturdays by phone. People from out of state and other countries. Read from OA literature, mostly VOC and FT.
- **Paula M.**, Friday, Ferndale, no report, will have to change rep.
- **Jennifer M.** F2F Birmingham Unitarian Church, core group of 12-16 people in person. Going strong. 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. Newcomers, strong recovery.
- **Monica S.**, Detroit 6 p.m. Wed., River Towers, In person. 4-6 people, getting new people each week. Need more follow-up for newcomers. Doing well.
- **Carol P.**, Livonia Unity, Wed, 8 a.m. --- very active, averaging 4 people steady.

Carol Ann: on phone, Plymouth, Thursdays, 5-10 people

Barbara: Wed. Ferndale, 8 a.m. Going strong. And Monday, 6 p.m. Unity Detroit – good, getting newcomers.

Guests: Makeda, Carole T., Susie Y.

Officer and Committee Chair Report:

Recording Secretary, Keri C: Minutes posted online for prior review from Nov. 25, 2023. Minutes amended with 4 minor corrections and approved.

Chair, Verna K.: January 2024

The Agenda Questionnaire Summary from the World Service Business Conference 2024 is currently on oa.org. Intergroup will send a link to meeting representatives in the near future, but anyone can view the questions now at oa.org. These are Business Motions and By-Laws Amendments, a total of 21 proposals, for groups to consider if they wish to participate. Each group would then report their responses to the Intergroup, which will then send our response as a group to World Service. We will need responses to the Intergroup by Feb. 25 to have time to tabulate and respond online as requested by World Service.

Vice chair: Ira H. When I served on the Board of the OASFVI (Overeaters Anonymous San Fernando Valley Inter-Group) as Vice Chair, part of the job description for that office was to answer questions from the fellowship about the OA Traditions. This included going to meetings if invited to help when problems arose.

With that in mind, I thought about how that could apply here. What came to me was the idea of presenting one or more workshops or panels on this subject online to the fellowship. I would like to form a committee to look into this if there's interest.

My experience with OA has led me to the conclusion that the thing that leads me to thoughts about food more than anything else are my problems in relationships with other people. This is where the Traditions have been a Godsend. First in OA, then in the world around me. It's thinking about how to help other OAs find this gift we have that keeps me out of the food whether things are going well, or badly.

Treasurer, Lynn H.:

11-30-23

Cash

Checking: \$7,774.99
Savings: \$9,083.49

YTD contributions: \$5,220.71
Budget – 6 months: \$5,175.00 \$45.71 over budget
Expenses: \$4,303.58

YTD Net Income

Actual: \$917.13 Phone paid through December.

12-31-2023

Cash

Checking: \$5,504.23
Savings: \$9,082.49

YTD Contributions:

Actual: \$6,246.71
Budget-6 months: \$6,037.50 \$209.21 over budget
Expenses: (\$1,547.87) Phone paid through February (5 unbudgeted items have increased our expenses)

The total cash account went from \$30,300 on Oct 31, to \$14,587 on Dec 31, 2023.

We paid Colombiere for the fall retreat and for the Bus Advertising. We had Income of \$1,500 over the two months. Our expenses YTD are \$1,547 more than our Income. Our fall and spring retreats have funds available totaling \$5,700.

Discussion:

Julie: Thanks for details you do. Are we doing OK money-wise? **Lynn:** Cash is still \$14,000 and no rent. We have more than needed for prudent reserve.

Verna: Prudent reserve says we need 6 months of expenses. We have no rent. We have an excess and need to know where to spend it. Business conference or donate to WSO. **Susie:** How much is 6 month's expenses – how much extra?

Lynn: Hard to figure now. Would have to look at it. A lot of expenses are paid annually and many been paid. Guesstimate between \$5,000 to \$7,000.

Corresponding secretary: Position open.

Standing Committees:

Bylaws: Paula M. New business for the Committee will be preparing proposed changes for the board to review for approval and implementation, including the following:

- Article I – Section 2 Office Location (we no longer have an office)
- Article III-Membership H. change the date when groups will re-register (to bring the date into alignment with Intergroup Rep registration filing.) Change it from June 1 to May 31 to align with the reps terms.
- Also, per Article VIII- Section 5-A. Bylaws –3, prepare to edit the grammar, punctuation, spelling and clerical errors.

The next Bylaws Committee meeting will be held via Zoom, Tuesday, Feb. 20, 2024, from 7-8 p.m. All who are interested are welcome to attend.

Finance: Position open.

Help Line: Julie G.

2023 Dec. & 2023 Summary report

- **2023 Summary (Mar-Dec):**
 - 89% of calls were spam, 11% we legitimate calls, 13 average calls/mo.
 - 133 total calls | 119 spam | 14 legitimate
- **Monthly Metrics Dec. 2023:**
 - 10 spam calls, no legitimate

Jan. 2024 report

- **Summary:** 8% legitimate |92% spam
- **Year to date Metrics (Jan-YTD):**
 - 26 total calls | 24 spam | 2 legitimate
 - N/A
- **Monthly Metrics January:**
 - Call details: 2 legitimate calls (1 inquiry looking for F2F mtg. in VA, 1 call left vm not sure what caller wanted)

Verna K., Literature: January 2024

No changes in Literature since November 2023. Intergroup literature in stock:

- 62 “Where Do I Start?” pamphlets

- 12 Twelve Steps and Twelve Traditions of OA – 2nd 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 1st Edition OA 12 & 12s)
- 1 Large print, spiral bound, Voices of Recovery 1st Edition
- Miscellaneous OA anniversary coins

Loveline Newsletter, Irene R: I wish to thank 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 in reviewing each issue prior to publication.

The theme of the March/April issue is Steps 3 and 4, but members should feel free to submit articles on any recovery-related topic. The deadline for submitting articles is Feb. 10, 2024. 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 that no one else can simply by telling your own story. Please send articles or flyers to:
llnewsletter.editor@gmail.com.

Office manager: position open

PI/PO: Monica S.:

Idea: OA Unity Day, Feb. 24 — great day to do a meeting with Greater Detroit. We are diverse. Can invite new people also. Did one last year. Would be exciting to do.

Next GDI PIPO (Public Information and Professional Outreach) Meeting

- Purpose: BRAINSTORMING, bring your ideas, calendars, contacts, questions
- Date: Saturday, Feb 3, 2024
- Time: Noon-1:15 p.m.
- Where: Monica’s Zoom

- Meeting ID: 743 988 1505
- Passcode: 5M051C
- OR just
click <https://us02web.zoom.us/j/7439881505?pwd=R1g3TytXcTVnS3lNckFzUjdVUHVPUT09>

- Bus Ads:

- Successfully affixed to the buses.
- A full report on the outcome of the bus ads was requested and will be given out once received.

Julie: A really cool thing to do to get the message out. Thanks!

Region 5: position open

Speaker Sponsor List: position open

12 Steps Within: Open position

Webmaster, Pina B: Changes since 11/20/23

- Removed reference to Southfield office
- Updated 7th tradition donation information to new address provided by Lynn:
 - Overeaters Anonymous, Lynn H., P.O. Box 874, Fenton, MI 48430.
- Removed Virtual Intergroup and added Region 5 Intergroup to prevent confusion about membership of our Intergroup
- Updated Saturday St. Mary's Livonia 10 a.m. meeting to reflect that 1st Saturday of the month will be a hybrid meeting (both in-person and zoom/call-in). All other weeks will be Zoom/Call-in only.
- Updated Saturday 1p.m. Garden City Meeting to reflect that it is a hybrid meeting (in-person and call in) now on both the first and 3rd Saturday of the month (other Saturdays are call-in only).
- Updated Wednesday Ferndale Big Meeting from 1 p.m. to 8 a.m.
- Updated contact for Saturday 10 a.m. St. Mary's Hospital - Livonia
- Updated contact for Wednesday 7:30 p.m. "Surrender to Win Too" meeting.
- Updated Monday 10:05 Ferndale @ United Methodist Church (In Person Meeting) to indicate there will be no meeting on Christmas Day
- Updated Monday 10:05 Ferndale @ United Methodist Church (In Person Meeting) to remove mask requirement and change of format to Literature Meeting

- Posted January/February 2024 Loveline
- Posted Save The Date for Region 5 convention on September 6-8 in Cleveland, OH.
- Posted Flyer for the in-person OA Greater Detroit Intergroup Retreat in April 2024.
- Updated telephone passcode for Monday night 7 p.m. West Bloomfield Shul meeting. (Pina will add Zoom passcode online)
- Posted October 2023 Approved Intergroup Minutes and Draft Minutes for November 2023.

Old business: None

New business: World Service Business Conference Delegate/Budget approval in May. Monica wants to go and represent IG and also work on Diversity committee. Monica: Not sure Detroit IG had a delegate go. I want to be more involved with the region and WSO and represent Detroit, with our priorities and ideas. And bring some back, too. I want to be a liaison. Diversity – some things I’ve been able to do in Detroit IG came with support from WSO and from this IG.

Verna asked if there are any other nominees for delegate. None. Estimate it will cost \$2,000 total. Region 5 liaison agreed on that cost.

Lynn: Had budgeted \$500 for WSO conference. In past, have budgeted \$1,500, but reduced. Six years since anyone has gone. It’s important to represent Detroit. We have the money; we will need to add \$1,500 with approval. Monica will pay for everything and will give Lynn all the receipts; IG pays for registration.

Questions/comments:

Barbara: Monica, can you volunteer to be our Region 5 delegate and go to Assembly (in March in Cleveland) and represent our IG. You have to be a delegate to go. **Monica:** Could potentially go unless another person wants to go and we collaborate. Give another person the opportunity. Pretty sure I can do, it but need to check. **Susie:** Need to talk about cost for Assembly. \$300 in budget now for that. **Lynn:** Talking about WSO now. Usually have a couple of people go to Assembly. **Makeda:** Went to Business conference, not for IG.

Thanks. It's really exciting because of strong interest in our presence, with people of color as it relates to recovery.

Barbara: I nominate Monica S. as WSO delegate. Seconded by Lynn H. Vote: No objections, unanimous. Motion stands.

Lynn: I move that we approve all expenses for the WSO Business conference trip to be reimbursed after receiving an itemized list of expenses and receipts, as outlined by the IG bylaws. Seconded by Keri. Vote: No objections; motion passes.

Upcoming events: Spring Retreat to be held on April 12-14, 2024. The flyer along with the registration form is on oagreaterdetroit.org. **Susie:** Feb. 6, 7 p.m. next retreat meeting on Intergroup Zoom link. Lots of volunteers will be needed.

Keri: Retreat Clothing Boutique announcement about clothing, proceeds, donations, pick-up, drop-off. Interest in volunteering? Contact Keri.

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.

Next Intergroup Meeting: Feb. 24, 2024, at 11:15 a.m. on the Intergroup Zoom account.

**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.**