

**Overeaters Anonymous  
Greater Detroit Intergroup  
APPROVED  
Meeting Minutes**

**Feb. 24, 2024**

**Call to order**

The regular OA Greater Detroit Intergroup Meeting was held Feb. 24 as an online/telephone meeting. The meeting began at 11:16 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. Concept of the month (concept 2) was read.

**Roll Call**

**Board Members and Committee Chairs Present:** Verna K., chair and literature chair; Monica S., PI/PO chair; Lynn H., treasurer; Irene R., Loveline newsletter chair (Carol U was there and read the Loveline); Paula M., by-laws. Pina, Webmaster., Ira, vice chair.

**Meeting Reps Present and Meeting Updates:**

- **Paula M.**, Friday, Ferndale 10:05 am. Going well. Having up to 15 participants. Members like the new format.
- **Carol U** - Sat 10 am. St. Mary's meetings. Going well. Can pick up clothing for the retreat at the Saturday St. Mary Hybrid meetings March 2 and April 6.
- **Mary S.**, 10 a.m. Wed. Living in the Solution, lots of recovery.
- **Monica S.**, Detroit 6 p.m. Wed., River Towers, In person. Going well. 4-8 people. Doing well.
- **Carol P.**, Livonia Unity, Wed, 8 a.m. Averaging 4 people, often up to 6. Doing well.
- **Barbara D.**, – check in 8 am Ferndale Big Book – 11 people. Growing. Monday night Detroit Unity 6 pm Big Book. Holding their own. Getting new people. Wed 8 am had a member from Germany and Toronto.

- **Susie Y.**, - Monday night Shul. 7 pm. Everything well. Lots of recovery. Every now and then a newcomer. Zoom meeting. Everyone welcome.

**Guests:** Carole T., (Kerry, Ronda)

**Officer and Committee Chair Report:**

**Recording Secretary, Keri C:** Minutes posted online for prior review from Jan. 27, 2024. Minutes amended with 4 minor corrections and approved. No corrections. Approved.

**Chair, Verna K.: Feb. 2024**

Responses to the World Service Business Conference 2024 Agenda Questionnaire have been received by Barbara D from several meetings. These are Business Motions and By-Laws Amendments that are being considered to bring forward at the WSBC in May, a total of 21 proposals for possible consideration. Barbara and I will work together to submit our Intergroup's responses to World Service.

Verna said Barbara ended up doing most of the work. Appreciated. Verna had to file on Monday.

**Vice chair: Ira H.** No written report.

Started putting feelers out about ways to bring traditions to fellowship. No responses. He thinks this would help. Thought about a workshop. People he reached out to didn't seem want to be involved.

**Treasurer, Lynn H.:**

**1-31-24**

**Cash**

**Checking:** \$8,767.94

**Savings:** \$9,083.49

**Actual (Budget-six months)**

**YTD contributions:** \$781.31

**Budget:** \$6,900 \$481.31 over budget

**Expenses:**

**YTD Net Income**

**Actual:** (\$819.31) Phone paid through February.

The total cash account went from \$14,587 on Dec. 31, 2023 to \$17,851 on Jan. 31, 2024. We had \$1,135 deposited into our Detroit Intergroup fund and also deposited \$2,430 for Spring Retreat Registrations. Our expenses YTD are \$819.31 higher than our YTD Income. Our fall and spring retreats have funds available totaling \$5,700.

Lynn initially was not in the meeting and Verna read some numbers from the detailed reports. Summary not sent. Verna asked if anyone had questions on the detailed reports. No questions.

Ira suggested when the summary completed send the summary to people and then ask for questions. Verna said report will be in draft minutes and posted. Ira agreed.

Lynn ended up coming to the meeting later. She read through her summary and said she would send a copy so we could copy into the meetings.

After Lynn reviewed her summary, she said there was nothing unusual in the reports.

Susie asked if there is a summary/list of our actual annual expenses? Susie said there seems to be a lot of savings and is this what IG needs? Lynn said on page 2 on report, the budget in 3<sup>rd</sup> column shows the estimate of costs for annual amount. Susie commented that our expenses are different now because we have no office. Lynn said the budget was completed before the office closed and will not be updated again until May.

Lynn said there is extra and we will need to decide at some point what we do with the excess, once expenses have been updated and we see what next year's budget is. Lynn said she is waiting until they got the other expenses in and until May when preparing the next budget to update expenses and then discuss the amount of prudent reserve.

**Corresponding secretary:** Position open.

**Standing Committees:**

**Bylaws: Paula M. Feb. 2024**

New business for the Committee will be preparing proposed changes for the board to review for approval and implementation. We will be focusing on Bylaws that pertain to our Intergroup Office that no longer are applicable because the office closed.

Next meeting March 19 on zoom. Encouraged to attend. Date time was posted in the chat. The report states 2/20 is the meeting because they had to submit the report before they established the next date.

**Finance:** Position open.

## **Help Line: Julie G. Feb. 2024**

- **Summary:** 9% legitimate | 12% spam | trending remains the same
- **Year to date Metrics (Jan-YTD):**
  - 45 total calls | 41 spam | 4 legitimate
- **Monthly Metrics January:**
  - Call details: **2** legitimate calls (looking for meetings)

## **Verna K., Literature: Feb. 2024**

There was one literature sale, an OA 12 & 12 (2<sup>nd</sup> edition), since the January report. Intergroup literature now in stock\*:

- 62 “Where Do I Start?” pamphlets
- 11 Twelve Steps and Twelve Traditions of OA – 2<sup>nd</sup> 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 1<sup>st</sup> Edition OA 12 & 12s)
- 1 large print, spiral bound, Voices of Recovery 1<sup>st</sup> Edition
- Miscellaneous OA anniversary coins

\*Expected purchase of literature on 2/21/24 from the Ontario Intergroup. This will be available at the Spring Retreat.

New pamphlet: “A Lifetime of Abstinence-One Day at a Time.” This pamphlet replaces 3 previous pamphlets: “A Commitment to Abstinence,” “Before You Take That First Compulsive Bite, Remember” and “Maintaining a Healthy Body Weight.” It is priced at \$2 on oa.org.

**Loveline Newsletter, Irene R:** (This was read by Carol U.) 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 draft of the March/April issue is being put together and is projected to be published at the end of February. The theme of the May/June issue is Steps 5 and 6. The deadline for submitting articles for that issue is April 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.

Kerry question – how do topics for newsletter get determined? Carol U said the committee comes up with but anyone can send ideas. Kerry thought maybe this would be a good time to solicit stories about traditions since Ira had been asking about input on traditions from people. Ira thanked Kerry for the suggestion as a good place to start.

**PI/PO:** Monica S. (Monica sent after this meeting format was put together)

### **Unity DAY Plan**

3 Speakers

Q & A to speakers or to the group

Followed by Open sharing as time allows

Optional Dinner outing nearby to follow

**Volunteer/service Team Opportunity** - Networking and distributing OA materials  
- if interest, touch base with Monica S for free lit

[MonicaReneeSmith@gmail.com](mailto:MonicaReneeSmith@gmail.com) or call 313-585-3637

The 313 Day Detroit Health and Wellness Fair Tickets, Wed, Mar 13, 2024 at 10:00 AM | Eventbrite,

9928 Grand River Avenue Detroit, MI 48204

<https://www.eventbrite.com/e/the-313-day-detroit-health-and-wellness-fair-tickets-834582557897>

**Next PIPO mtg** - to be announced at Unity Day Event

Unity Day is today 2-3 pm. All encouraged to attend. Also will have optional fellowship afterwards out to dinner. Next PIPO March 2 at noon. 313 585 3637 text or call. Monica will send zoom info if you text her. She will post the date on her Zoom room.

**Region 5:** position open (Monica)

Questions by Monica about clarification for representation at world service and Region 5 as delegates. Lots of discussion followed with different people providing input on their views and interpretations.

Paula read in bylaws under duties (section 4) – region reps and WSO delegates shall represent IG at regional assemblies and WSB conferences whenever possible.

Question is anyone going to region5 assembly? (Monica asked). She said she will go as visitor if no one is going.

Monica said it would be nice to have more people. If another person went as rep so one person doesn't have to go to everything.

Region 5 Assembly - March 8-10.

**Speaker Sponsor List:** position open

**12 Steps Within:** Open position

**Webmaster, Pina B: Changes since 1/22/24**

- Updated the contact for the Marysville Wednesday meeting to Frances 810-359-2110
- Updated the flyer for the Spring Retreat to the version with an updated phone number for Susanne G.
- Posted the Approved November 2023 Minutes.
- Added another payment option for Intergroup 7<sup>th</sup> tradition by sending payments via Zelle to **gdigitreasury@gmail.com**.
- Posted the OA Greater Detroit Intergroup Unity Day event scheduled on 2/24/24 2:00-3:30 pm at Birmingham Unitarian Church.
- Posted Intergroup 2024 Meeting Schedule.
- Posted the draft January 2024 Minutes.

Brought up Kerry's suggestion on registration.

**Old business: None**

**New business: None**

**Discussed**

Kerry asked about the requirements for each of our groups to register annually and that the ByLaws now state the registration date is May 31 to register. Kerry asked if we the registration form could be updated with whether the meeting is Open or Closed so we collect the information and then update the meetings on the website. Barbara said there is an online registration form.

Pina asked if someone annually sends out a reminder to meetings to register or how they would remember to do this. Verna said she would be willing to send an email but really that should be done by the Corresponding Secretary, and emphasized we really could use a CorrespoSecretary. Verna mentioned that Barbara has been doing a lot of these duties even though she is not in this

position. Last year there was a communication to all meetings but that was primarily to get their input about the office closing.

For now, Kerry said she will check World Service website and find out which of our meetings is listed as Open and provide to Pina to update the website.

Pina mentioned that there is a link to a meeting list (a PDF that could be print out) but it is out of date; it hasn't been updated since 2022. Barbara said she used to update when it when she was corresponding secretary and would also update the WSO site, but this hasn't been done since there has been no Corresponding Secretary. Barbara suggested the webmaster could keep it up to date. Pina said she would be willing to maintain it but had not been up to this point since she wasn't aware she was responsible. Verna asked if we still need that listing and suggested we discuss this at the next meeting.

Ira discussed difference between policy and bylaws. Some discussion by others.

Ronda – in another 12-Step fellowship there is an aspect of cooperation with professional community. Verna mentioned that we have a Professional Outreach Committee that would include this and suggested she speak with Monica about ideas.

**Upcoming events:** Spring Retreat to be held on April 12-14, 2024. The flyer along with the registration form is on [oagreaterdetroit.org](http://oagreaterdetroit.org).

Region5 Assembly March 8-10. Region 5 convention Sept. 6-8

Lynn volunteered to go to the Region 5 Assembly in Cleveland. She asked if needed to be approved. There is a budgeted amount of \$300. Ira made a motion for Lynn to represent us as a delegate to Region 5 assembly with expense not to exceed \$500. Barbara seconded it. No objections. Motion passed.

Ira said to encourage people to do services to get a wider representation. Verna said there has been some progress in the last year but we would like to see more.

**Keri:** (Read by Pina) Retreat Clothing Boutique is still seeking gently used, clean clothing (no socks, shoes, nightwear or undergarments) as well as purses and costume jewelry. Pick-ups are being arranged at in-person meetings; clothes may also be brought to the retreat; please donate even if you will not be at the retreat. The proceeds will benefit future retreats and scholarships. Separate clothing by size, fold, box or bag and label with the size. Interested in volunteering? See the SignUp Genius link when you register or contact Keri at 248-672-6745.

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](http://region5oa.org).

**Next Intergroup Meeting: March 23, 2024, at 11:15 a.m. on the Intergroup Zoom account.**

**For Today and Voices of Recovery were read.**

**OA Promise was said.**

**Verna K. adjourned the meeting at 12:44 p.m.**