# Greater Seattle Intergroup of Overeaters Anonymous

#  Meeting MinutesJuly 10, 2012

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on July 10, 2012 in St. Paul’s Church of Christ in Seattle, WA by Bill A., GSI Chair. The meeting was opened with the Serenity Prayer and reading of Tradition 7, Concept 7, and the purpose of GSI: to carry the message to the compulsive eater who still suffers.

# A. Adoption of Agenda

The agenda was adopted as distributed.

# B. Approval of Minutes

The approval of the minutes from the June 2012 meeting was postponed until the August meeting.

# C. Reports

**Board:**

 Treasurer: Theresa R. reported June expenses $8731.95, total deposits $2947.20, savings beginning/ending balance $749.72/749.72 and checking beginning/ending balance $8189.33/2404.58. She reported she wrote checks for more than we had in our account so we have been charged overdraft fees. She will contact the bank to see if any of the charges can be reversed. She reported approximately $1060 profit on the HOW retreat.

**Delegates:**

 Catherine B. reported she has not yet written a report on her attendance to the World Service Business Conference but is planning to soon. She is requesting questions be sent to her and she will address them in her report.

 There are two vacancies for WSBC delegates and three vacancies for Region Representatives.

**Standing Committees:**

 Events: Sharon L. reported on upcoming events. Judy shared that the Pilgrim Firs retreat is now accepting commuter attendees.

 Bylaws: Kevin C. reported that the committee will be meeting soon and substantial work is still needed on Policies and Procedures.

 Public Information/Professional outreach: Connie B. reported she is no longer chair but is willing to mentor the new person willing to take on this role. The committee is still working on the Metro bus ads and WSO will be supplying funds for this outreach activity.

 12th Step Within: needs chair

Ways and Means: Kaitlin reported she is moving to New York City at the end of the month and is resigning as chair of this committee. Several projects have been started and she has a list of people willing to help with this committee, but a chair is needed.

HOW: has not met yet this summer.

**Special Committees:**

 Newsletter: needs chair. Judith volunteered to mentor the person willing to take this position.

 Sponsor Coordinator: needs chair

Hotline: needs chair

Website: Catherine M. is the new chair and unable to attend in person but can attend virtually. Arrangements will be made to have information passed on to her in order to facilitate website changes.

Historian/Archives: needs chair.

GSI Representative Outreach Committee: Camille reported the new committee had their first meeting and they found that 20 out of 42 meetings do not have a GSI representative. Their first step is to begin making outreach to each of the unrepresented meetings and she is asking all reps to agree to attend one of the unrepresented meetings within the next month to provide information about GSI and to encourage each group to elect a rep. Their second step will be to look at why people do not attend the GSI meeting and to consider virtual options or providing other incentives to have people attend GSI meetings. This committee does not currently have a budget. Bill A. introduced the idea of requiring all GSI reps to serve on a committee during their term of service. Camille mentioned there is no abstinence requirement in order to be a representative. Another goal of the committee is to develop a new GSI notebook to help support new reps.

# D. New Business

 1) Rescinding previous motion with discussion – Portland area Intergroup has hosted a table at prior Physician Assistant Educators Association meetings in the Portland area. However, the upcoming event will be held in Seattle and at the last GSI meeting, a motion was made for GSI to host a table at the upcoming conference. This involves an application process to obtain funds from WSO to reserve a table (approximately $800). WSO has a table that we can use and will cost about $110 to ship to/from Seattle. GSI will have to cover this cost if we choose to participate. Region trustees usually staff this table as they are able to answer questions and in theory, they are at a “healthy body weight” to help carry the message that physical recovery is part of participation in OA. Bill’s understanding is that being at a healthy body weight is actually a requirement to host the table. In addition to hosting a table, an actual “demonstration” OA meeting should be held at the end of the evening. At the May GSI meeting, a motion was made to fund the shipping of the table contingent upon the acceptance of our application to host the table and that the funds would come from the Professional Outreach budget and it passed. Paulette made a motion that **“the motion made at the June meeting be rescinded”** and the motion failed as a 2/3 majority vote was not obtained.

 2) Region representatives attending the Region One Convention – we have $1500 in the budget to send delegates to the Region One Convention. The cost for two – four attendees is dependent upon many variables and Catherine B. brought a spreadsheet to explain all the possible costs (attached). As time for the meeting had run out, further discussion was tabled until the August meeting.

### Attendees Present:

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| --- | --- |
| **NAME** | **GROUP OR POSITION** |
| Bill A | GSI Chair |
| Brenda | Renton - Tuesday PM |
| Beth G | St. Paul’s - Sunday PM |
| Camille |  |
| Catherine B | WSBC Delegate |
| Cheryl D | St. Paul's - Tuesday PM |
| Connie | University district - Tuesday PM |
| Denise | Shoreline - Wednesday PM |
| Diane K. | Issaquah - Sunday PM |
| Esmerelda | Ballard - Thursday AM |
| Jane  | West Seattle - Sat AM and Sunday PM |
| Jane H | Ballard - Saturday AM |
| Jeannette | Shoreline - Wednesday PM |
| Jeri K. |  |
| Julie R | Bothell - Monday PM |
| Judith B | Edmonds - Sunday  |
| Kaitlin K. | University district - Monday night |
| Kevin C | Mill Creek, Thursday PM and bylaws chair |
| MJ | GSI Secretary |
| Pasha | WSBC Delegate |
| Paulette | West Seattle - Tuesday and Thursday PM |
| Sandy L | Northgate - Tuesday night |
| Sharon L | GSI Vice-chair |
| Shawn | Recovery Café – Friday |
| Theresa | GSI Treasurer |

### Adjournment:

Meeting was adjourned at 8:45 PM. The next regular meeting will be at 7:15 on August 7, 2012 in St. Paul’s Church of Christ.

Minutes submitted by: MJ, GSI Secretary