# Greater Seattle Intergroup of Overeaters Anonymous

# Meeting Minutes

# March 5, 2013

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on March 5, 2013 in St. Paul’s Church of Christ in Seattle, WA by Bill A., GSI Chair. The meeting was opened with the Serenity Prayer and the reading of Tradition 3, Concept 3, and the purpose of GSI: to carry the message to the compulsive eater who still suffers.

# Adoption of Agenda

The agenda was adopted as distributed.

# Approval of Minutes

The minutes of the February 5, 2013 meeting were approved as corrected.

# Reports

**Board:**

Chair: 1) Bill A. reported on the $836 he had indicated last month was left over from retreat. Originally, the purpose of the raffle was to raise money that would be sent to World Service after retreat expenses and had been promoted as such to the attendees. He noted, however, that several expenses had not been included in that $836 figure. Those expenses included $300 insurance, plus $500 insurance which covers all retreats. $136 is the balance that will be sent to World Services.

2) Bill A. indicated he had sent out a disturbing email to GSI members from Margie, Region One Trustee, about sexual harassment that had taken place. He noted it is a breach of OA guidelines asked we all take the message back to our groups. Meetings need to be safe.

Vice-chair: Sharon L. was not present.

Treasurer: Barbara K. reported on expenses, deposits and balances listed in the Treasurer’s Report (February 1- 28, 2013), which she distributed. They are as follows:

Beginning Balance: $13,191.25

Expenses: $( 7,341.50)

Deposits: $ 2,185.58

Expenses in Log not on Bank Statement:

Region 1 Pmt $ 176.53

Ck #3910 $ 99.65

Ck #3911 $ 500.00

Deposit $ (830.00)

Ending balance: $ 7,981.51

Savings balance: $ 749.77

Secretary: Coralee had no report.

**Delegates:** Catherine and Pasha were not present.

**Standing Committees:**

Events: Bill noted the OA/HOW Retreat brochures were here. Paulette reported for Sharon. She noted that the retreat is Friday May 31st to Sunday, June 2nd. Beth is heading up the retreat. Claudia is heading up the entertainment. They will be looking for other help for different positions as well as asking for basket donations for the raffle. The theme of the retreat is Beyond Our Wildest Dreams. Friday night’s focus will be “Uncovering”, Saturday’s “Discovering”, and Sunday’s, “Discarding”.

Bylaws: Kevin C. gave notice on proposed changes to GSI Procedures and Policies and provided a brief overview of what was included. Toward the end of the meeting he would answer any questions and next month we will vote on the proposals.

Public Information/Professional Outreach: Lauren reported she has to step down as chair. The co-chair has also stepped down. Several things in are in works and so they need someone to take over. There were no volunteers. It was suggested we go back to our groups and ask if anyone might be interested noting there is a description on the website. No requirements except willingness.

12th Step Within: Julie R. was not present.

Ways and Means: Joyce Anne reported that an image of our bookmark will be put on our website. Lauren wondered if we change Ways & Means Committee title to Fund Raising which would reflect its function better. It was decided to research it.

HOW: Cheryl D. and Sharon L. were not present.

**Special Committees:**

Newsletter: Beth G. wanted to discuss whether the newsletter was providing a useful service. It seems she is not receiving pieces to be included in the newsletter. She wondered if people in groups were able to get information they need from the newsletter or is there enough of it out there already. It was suggested that it be announced in the regular meetings rather than business meetings. It was also suggested that because of the web presence we do not need it. Also, not having a newsletter does not mean we cannot put pieces on the website. We were encouraged to go back to our groups and ask what they thought about the newsletter or if they were interested in submitting pieces. Bill said we would consider it next month for a vote and if it is not something we need to continue the $500 budget could be spent elsewhere.

Literature/Lifeline: Marcia reported she had a lot of literature left over from the retreat. The pamphlets were marked with “Donated by GSI”. It was suggested they be held for the next retreat. Marcia indicated that they were somewhat retreat specific. Marcia was asked if she could send a list of the leftover pamphlets to the GSI reps so they would know what was left and if their group would like to have them.

Group Coordinator: Jenny H. reported March deadline for the Directory changes is coming up on March 10th. She noted they will be ordering extras for the Diabetes “conference”. Bill added we will be discussing changing the Directory to two pages under Unfinished Business.

Sponsor Coordinator: Kelsi was not present.

Hotline: Needs chair

Website: Catherine M. was not present.

Historian/Archives: Sandy L. had no report.

GSI Representative Outreach Committee: Camille reported she needed to step down. Plan is already basically put together. No volunteers.

# Unfinished Business

Bill noted we had made a number of changes to the budget to save money with the biggest change being to send only one delegate to World Services. He said there were still a few items left.

1) Directory – Discussion about changing the Meeting Directory to two sheets by eliminating the out of town meetings. Marcia said in her travels around to meetings she has found there is no real interest for them. They do their own directories. Someone suggested internet access to meeting information is available not only on the GSI website but on the OA website as well so a comprehensive directory may not be needed. Jenny indicated that it can be whittled down to two pages easily enough. She also felt just changing it this next quarter without notice would not be a good idea. It was agreed the contacts for the other meetings need to be informed what we are doing and why. A motion proposing to reduce the Meeting Directory to two pages eliminating all groups except GSI groups after the spring directory was made. Passed.

2) Change of GSI Meeting Place to Free Public Libraries – Discussion about the feasibility of using free public libraries for GSI’s meetings was conducted. Such issues as anonymity (they would have to be open to the public), parking, driving to new places at night, and needing someone delegated to organize and communicate the changes were some of the issues discussed. It was also noted it was not a huge line-item in our budget. Because of general concern over the many issues this item was dropped.

# E. New Business

a) Ideas for Generating New Income - Sharon gave some ideas to Bill related to 7th tradition request of the groups. Several ideas were suggested such as (1) asking groups to earmark a week’s donations to GSI like Unity Week, (2) taking separate donations for GSI, (3) encouraging people by use the new OA meeting format recommendation of $3 donation, and (3) write up a paper why we are asking that could be included in the ROC binder. Further discussion delayed until next meeting.

b) OA meeting email address access – Julie needed a copy of a sign in sheet that included a place for email address. Someone had one and would send it to her.

c. Seventh Tradition Request - Held over until next month because Catherine not present.

d. Prudent Reserve Proposal – Held over until next month because Catherine not present.

e. GSI Procedures and Policies – Kevin reviewed them for voting next time.

### Attendees Present:

**Name** **Group or Position or Guest**

Adina M. Ravenna Sunday

Barbara Treasurer

Beth Gosa Newsletter/HOW Ballard Sunday

Bill A. Chair

Camille ROCS

Claudia C. Bellevue HOW Tuesday 7 PM

Coralee K. Secretary

Debbie Shoreline Wednesday

Diana K. Bellevue Saturday 8:30 AM

Emma St. Therese Madrona Friday 7 PM

Erin U-District Saturday 10 AM

Heidi A. Burien Monday – Thursday 10:30 AM

Jane D. West Seattle Saturday

Jane Hunt Ballard Saturday AM

Jenny H. Directory Coordinator

Joyce Anne M. Ways & Means Chair/St. Paul’s Thursday

Kevin C. Bylaws Chair

Lauren PI/PO and Sub Phinney Monday

Lori Anderson Woodinville Saturday AM

Marcia H. Literature Committee Chair

Paulette West Seattle Tuesday

Samantha B. Edmonds Sunday 6 PM

Sandy L. Historian – Archivist

Shirley F. Columbia City Monday 7 PM

Sue Renton Tuesday

### Adjournment:

Meeting was adjourned at 8:45 PM. The next regular meeting will be at 7:15 on April 2, 2013 in St. Paul’s Church of Christ.

Minutes submitted by: Coralee K., GSI Secretary