# Greater Seattle Intergroup of Overeaters Anonymous

#  Meeting Minutes

#  April 2, 2013

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on April 2, 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 4, Concept 4, and the purpose of GSI: to carry the message to the compulsive eater who still suffers.

# Adoption of Agenda

The agenda was adopted as amended.

# Approval of Minutes

The minutes of the March 5, 2013 meeting were approved as written.

# Reports

**Board:**

Chair: Bill A. reported current open positions were Public Information/Professional Outreach, 12th Step Within, Hotline and GSI ROCs chairs. Lauren said she would stay as PI/PO chair but needed a co-chair. Bill A. also reported on the Winter Retreat noting it had an ending balance of a profit of $1489.96.

Treasurer: Barbara K. reported on expenses, deposits and balances listed in the Treasurer’s Report (March 1- 31, 2013), which she distributed. They are as follows:

Beginning Balance: $8,035.33

Expenses: $ (120.31)

Deposits: $ 603.50

Expenses in Log not on Bank Statement:

 Region 1 Payment $ 176.53

Ending Checking balance: $8,693.05

Savings balance: $ 749.78

Secretary: Coralee reported she would be gone for the June meeting and asked if anyone could volunteer to fill in for her to contact her.

**Delegates:** Catherine B. submitted her report for the Region 1 Assembly which was held on September 27th & 28, 2012. She also noted the new Overeaters Anonymous III book is in the works. There is a new second edition of the Abstinence book now available which is also available as an e-book. Voice of Recovery workbook is now available as a .pdf file to download from the OA bookstore for $5.00.

**Standing Committees:**

Events: Sharon L. reported on the upcoming OA HOW Spring Retreat scheduled for 5/31 through 6/2/13 - Beyond our Wildest Dream. It is open to anyone. She asked reps to encourage people to come. There is a possibility of having a third building opened to accommodate more people. Sharon asked if the reps would check with their meetings to see if they would be open to providing scholarships and putting together a raffle basket. She also noted the speaker is from Arizona and was an amazing speaker when she came before and even more amazing now. There are still some open service positions so please call her if you are interested in helping out.

Bylaws: Kevin C. reported 96 groups participated in the survey for the WSBC – 2013 agenda items for changes in the Bylaws and Policies. All but three of the changes were suggested to be put on the agenda. Those not recommended related to adding prayer and meditation to the tools, rescinding action plan as the ninth tool thus deleting it.

Public Information/Professional Outreach: Lauren reported on the America Diabetes Expo on April 13th. We will have a booth there from 9-3. She also noted she had been contacted by Bates College in Kirkland to see if we would like to have a booth for their Mental Health and Community Resource Community Resources Fair. It will be in Mid-May on a Wed for a half day. Lauren has all the information so if someone is interested in doing it let her know.

Ways and Means: Joyce Anne reported she had bookmarks for us to take back to our meetings to sell. We can bring the money back to the next GSI meeting. Joyce showed us some stickers you could put on your car window. She sent some samples around for feedback.

**Special Committees:**

Newsletter: Beth G. stepped down as chair. There appears to not be enough interest to do another one. The money will be sitting in the budget until further action is taken. We thanked Beth for her efforts. Catherine suggested maybe a blog might be an alternative. Not sure about how it would work with the traditions though.

Literature/Lifeline: Marcia reported she had a few books for sale.

Group Coordinator: Marcia reported for Jenny. Directories are coming out.

GSI Representative Outreach Committee: Beth said she would step up as chair.

# D. Unfinished Business

1) GSI Policies and Procedures - Kevin C., Bylaws chair, led the discussion and voting of the proposed amendments. He proceeded section by section. It was clarified that GSI reps and board members could vote. Committee chairs could not.

1. Delegates/Representatives – It was noted that the word business needed to be added between IRs and mileage in Item 3. A. Region One Assembly: 1) b. Questions were raised about the per diem and lodging. The proposal was passed as amended.

2. Events – It was suggested that in Item 2 chairman be changed to chair. The proposal passed as amended.

3. Intergroup – Passed as presented.

1. Literature & Tapes – It was suggested that instead of using 2nd edition, use current edition if Overeaters Anonymous. The proposal passed as amended.
2. Retreats – Passed as presented.

2) Seventh Tradition Suggestion – Catherine suggested that reps at their regular business meeting consider that their donations for one month be sent to GSI specifying donations were only for GSI rather than the usual disbursement to Region 1 and World Service by GSI.

3) Prudent Reserve – Catherine suggested GSI have a prudent reserve. Barbara, Treasurer, said she would research Region 1’s method of calculating a prudent reserve. This item was moved to new business for next month.

# E. New Business

1) Filling Open Committee Chair Positions – Bill A. noted that next January he and Sharon, our Vice-Chair would be stepping down and asked that we start thinking about if we would be interested in giving service in these capacities.

2) Digital Recorders for Retreat Podcasts - Sharon reported that the current digital recorder has trouble translating the podcasts to our website. She asked if anyone familiar with that technology give her feedback on what they could do.

3) GSI Group Inventory – Sierra asked if a GSI group inventory could be put on the next agenda.

4) Notice Given on Additional Procedures and Policy Change. Notice was given that Item 3 of Events. It was suggested it needs to be changed or deleted regarding allowing any 12-step program speakers to speak at marathons.

### Attendees Present:

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

Adina M. Ravenna, Sunday

Barbara GSI Treasurer

Beth G. Ballard, Sunday Night

Bill A. GSI Chair

Brenda B. Alano Club, Bellevue, Sunday Morning

Carolyn Bellevue, Wednesday, 7 PM

Catherine B. Delegate

Cheryl D. St. Paul’s, Ballard, Tuesday, 6:30 PM HOW

Claudia C. Bellevue, Tuesday, 7 PM HOW

Connie U-District, Saturday 10 AM

Coralee K. Secretary

Debbie F. Shoreline, Wednesday Night

Diana K. Guest (taking notes for Bellevue, Saturday 8:30

Diane K. Issaquah, Sunday & Maple Valley, Monday

Erin P. U-District, Saturday 10 AM

Heidi Burien, Monday & Thursday, 10:30 AM

Jane H. Ballard, Saturday AM

Joyce Anne Ways and Means Chair

Judith B. Edmonds, Sunday

Julie R. Road to Recovery, Bothell, Monday Night

Kevin C. Bylaws Chairman

Lauren PI/PO

Lori A. Woodinville, Saturday AM

Marcia Literature/Lifeline Chair

Mark A. North Seattle Alliance

Mary M. Phinney Ridge, Monday AM

Michelle Alano Club, Sunday

Paulette W. Seattle, Tuesday & Thursday Night

Sandy L. Historian - Archivist

Sarah B. St. Paul’s, Ballard, Thursday 10 AM

Sharon Vice Chair

Sierra Denny Park, Friday Night

Sue H. Renton, Tuesday Evening

Wanda V. Mill Creek, Thursday

### Adjournment:

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

Minutes submitted by: Coralee K, GSI Secretary