# Greater Seattle Intergroup of Overeaters Anonymous

# Meeting Minutes

# May 7, 2013

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on May 7, 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 5, Concept 5, 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 corrected.

# B. Approval of Minutes

The minutes of the April 2, 2013 meeting were approved as corrected.

# C. Reports

**Board:**

Chair: Bill A. reported on the Pierce County Intergroup Retreat at Pilgrim Firs on August 23 through 25th. He also shared information about Greater Columbia Intergroup Retreat – June 21-23 in Ellensburg.

Treasurer: Barbara K. reported on expenses, deposits and balances listed in the Treasurer’s Report (April 1 to May 7, 2013), which she distributed. They are as follows:

Beginning Balance: $ 8,518.52

Expenses: $(1,771.23)

Deposits: $ 1,884.09

Expenses in Log not on Bank Statement:

Check for Region 1 $ 215.40

Check for WSO $ 646.20

Ending balance: $ 9,492.98

Savings balance: $ 749.79

Secretary: Coralee reported she would be gone for the June meeting and asked for someone to fill in. Diana K. volunteered.

**Delegates:** Catherine B. reported on the World Service Business Meeting.

**Standing Committees:**

Events: Sharon L. reported on the OA HOW retreat coming 5/31 through 6/2/13. She reported there had been 12 requests for scholarships and donations received would not cover it all. She asked if they could have $200 to cover the expense for 12 scholarships. She noted if other donations came in they would be used first. Bill also noted that monies from the raffles, etc. could go toward the scholarships. A motion was made to provide $200 for the Spring Retreat for scholarships, if needed. Motion passed. Sharon also reported on the Greater Columbia Intergroup Retreat held in Ellensburg June 21-23, 2013.

Public Information/Professional outreach: Lauren reported she was still looking for a co-chair. Judith reported on the American Diabetes Assn. Expo held April 13th. She shared some of the feedback they had received from participants. Our presence had been well received.

Ways and Means: Joyce Anne reported that sending out bookmarks with GSI reps to meetings proved successful. She has received $80 and still has a bit of money to come. She wondered if the bookmarks were now saturated. Several members said their meetings were requesting more. It was also suggested refrigerator magnets be made as well as the serenity car stickers.

**Special Committees:**

Group Coordinator: Jenny H. reported that she had contacted the intergroups which were a part of the GSI meeting directory and their feedback was generally they wanted to continue to be a part of the directory. She also reported that doing the four-sided directory costs $550 a year and going to a one page directory would cost $350 saving $200. A motion was made passed to continue with the four-sided meeting directory and collect $50 or as much as possible from the other intergroups.

Sponsor Coordinator: Shirley F. reported for Kelsi that there was a need for more sponsors. She passed a form around to take to the meetings for the month and have every sponsor put their name on it even if they are full at the moment. Bill suggested that each member commit to asking a sponsor to get back to Kelsi for next GSI meeting.

# D. Unfinished Business

1) Prudent Reserve – Barbara reported on her research about what a prudent reserve would be. She explained how to calculate a prudent reserve based on operating expenses. It was suggested a three to six month reserve be saved. From her calculations she said approximately $950 would be a three month reserve of operating expenses. She noted that the current savings is around $750 dollars so an additional $200 would be needed for the reserve. A motion was made to give notice of a change to the Policies & Procedures to have a reserve of $1000 to be review twice a year. The motion passed.

2) Policies and Procedures Change -- At the April 2, 2013, meeting 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. A discussion was held on the pros and cons of changing this to only allow OA members. A motion to change the wording in the GSI Policies and Procedures Item 3 of Events to only OA speakers would be allowed to speak at marathons. It was defeated with 4 yes votes and 13 no votes.

# E. New Business

1) New Idea – Julie shared a poster she had downloaded from the OA website that she had put a small handout on with strips with her phone number for directory information. She said she had made some for members if they were interested and encouraged people to take them to every business to post.

2) Adina suggested that we hold a group inventory, not during GSI meetings, but at another time.

### Attendees Present:

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

Adina Ravenna, Sunday

Barbara Treasurer

Bill A. Chair GSI

Brenda B. Bellevue Alano Club, Sunday Morning

Catherine WSBC Delegate

Claudia C. Bellevue HOW, Tuesday, 7 PM

Coralee K. Secretary

Debbie F. Shoreline, Wednesday Night

Debbie W. Guest, Vashon

Diana K. Guest, Bellevue, Saturday AM

Erin Seattle U-District, Saturday 10 AM

Jenny H. Group Coordinator/Downtown, Thursday

Joyce Anne Ways & Means Chair

Judith B. Edmonds, Sunday

Julie R. Bothell, Monday Night

Heidi Burien, Monday & Thursday 10:30 AM

Lauren PI/PO & HOW, Sunday Night

Lori A. Woodinville, Saturday AM

Mark A. North Seattle, Tuesday Night

Mary H. Phinney Ridge, Monday AM

Pam H. St. Paul’s, Seattle, Tuesday Night

Paulette West Seattle, Tuesday & Thursday Night

Sharon L. Vice Chair

Shirley F. Columbia City, Monday 7 PM/Group Health, Sunday AM

Sue H. Renton, Tuesday PM

Terry W. Vashon, Saturday & Monday

### Adjournment:

Meeting was adjourned at 8:50 PM. The next regular meeting will be at 7:15 on June 4, 2013 in St. Paul’s Church of Christ.

Minutes submitted by: Coralee K., GSI Secretary