# Greater Seattle Intergroup of Overeaters Anonymous

# Meeting Minutes

# June 4, 2013

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on June 4, 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 6, Concept of Service 6, 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 [See attached revised 5/7 minutes]

Secretary Coralee’s computer had crashed in May, so the minutes of the May 7, 2013 meeting were reviewed, corrected, and approved at tonight’s meeting. It was suggested that the secretary select a GSI member to which she’ll automatically send meeting minutes after each draft is complete, to keep a safe copy of all minutes elsewhere for safekeeping.

# C. Board Reports:

Chair: Bill A. reported

Vice-chair: Sharon L. reported

Treasurer: No Report - Barbara K. absent

Secretary: Coralee absent; Diana K sitting in.

**Delegates:** Catherine B. out sick. Pasha is stepping aside as Delegate #2. That means that Joyce Anne will move up to #2 position from #4?

**Standing Committees:**

Events:

1. Our Recent 5/31-6/2/2013 Retreat - Sharon L. reported on the Camp Huston Retreat – wonderful speaker, good time was had by all. Pam C will coordinate with Barbara to reconcile monies to come up with a bottom line (break even or not). Pam is summarizing the evaluations and there will be a retreat debrief meeting to discuss, set for June 23 at 4:30. Sharon will check in with Barbara re $7,284 balance due at Camp Huston. Next year’s summer retreat is set for 5/30 – 6/1/2014 – will get a contract w/camp Huston to Barbara.
2. Winter Retreat 2014 1/31-2/2/2014 - Sue H will chair this retreat, scheduled to be at Camp Brotherhood, in Arlington. Better handicap accessibility there than Camp Seymour with ramps etc. Worked on menu with kitchen staff. Price comparable to Camp Huston cost. See <http://cascadiancenter.org/>.

Bylaws: Kevin C. reported (nothing to report)

Public Information/Professional outreach: No report, Lauren absent.

12th Step Within: No Report, Julie R. absent.

Ways and Means: Joyce Anne reported – sold $75 of bookmarks etc. at retreat, has new idea items for sale, Serenity bumper stickers, buttons. Has raised more than ½ of her $500 committee goal for the year!

**Special Committees:**

Literature/Lifeline: No report, Marcia absent.

Group Coordinator: No report, Jenny H absent.

Sponsor Coordinator: Kelsi reported – waiting for more responses to the request for sponsor lists.

Hotline: needs chair

Website: No report - Catherine M absent.

Historian/Archives: Sandy L. reported - nothing new.

GSI Representative Outreach Committee: No report, Camille absent.

# D. Unfinished Business

1. Group Inventory Discussion – Adina – there is a guide to do a group inventory. Kevin showed and passed around an official group inventory questionnaire for review.
   1. Questions asked in inventory would be for instance: Is there rotation of service positions, is meeting starting and ending on time, issues of crosstalk, unfilled positions, are we carrying the message, basically to find out what is the health of our intergroup?
   2. Usually an outside party is selected to facilitate. Kevin knows someone experienced—suggested Jan H.
   3. Sierra had done an inventory with a large group of 60, took about 2 hours, with participants having answered questions in advance and sharing them.
   4. Brenda and Sue H also had suggestions.
   5. Kelsi motion to have a group inventory, motion passed.
   6. Sue made motion to create a committee of 3. Motion passed to create a committee.
   7. Bill asked for someone to lead the committee; no volunteers.

# E. New Business

1. Newcomer Calls – Debbie. She met a new person to OA. Person thought outreach calls were a joke, said the OAer called person and said “it was my job to call newcomers, checking in, bye”. Debbie will meet with her homegroup re appropriate calls to newcomers., to be more welcoming and personal. Will report what happened back to GSI. (Note – just some meetings have an official ‘newcomer caller’ service position.) Adina reminded us about Tradition 4 that says each group should be autonomous, and this is something to deal with at group level, but we at GSI would like to hear how they make changes in their outreach calls to newcomers. (No motion necessary)
2. Idea - Create Fellowship Committee – Sierra. Her home group decided (because we are not a glum lot!) to have a fellowship coordinator – to come up with ideas and organize campouts, hikes (like AA does), tea, karaoke, game night, for example. Sierra suggested a calendar on the website, with activities.
   1. Bill will talk to webmaster to put an activity calendar on the SeattleOA site.
   2. Sierra moved to establish a fellowship committee of two. Seconded and passed.
   3. Bill appointed Sierra Chair of this committee and Kelsi the other member.
3. Re Tuesday Renton Meeting – Sue H announced this meeting has grown to 10-15 people, and invites more people to attend.
4. Re Denny Park Friday meeting – Sierra announced that this location will no longer be available by end of June. Wants suggestions ASAP for where to move the meeting in the same area, with parking.
5. Re Passing of one of our members: Ina, who attended meetings in the Udistrict, was in hospice care for the last few weeks, and passed last week.

### Adjournment:

Meeting was adjourned at 8:32 PM. The next regular meeting will be at 7:15 on July 2, 2013 in St. Paul’s Church of Christ.

Minutes submitted by: Diana Kaye, sitting in for Coralee as GSI Secretary.

### Attendees Present 6/4/2013:

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Group Rep’d or Guest | GSI Position |
|  | Adina M | Sun Ravenna |  |
|  | Bill A. |  | GSI Chair |
|  | Brenda B | Sun. am Bellevue Alano Club |  |
|  | Debbie | Wed – Shoreline |  |
|  | Diana K | Tues. Bellevue HOW | Acting as Secretary |
|  | Erin | Sat AM UDistrict |  |
|  | Heidi | Mon & Thurs Burien 10:30 |  |
|  | Jane | Sat & Sun W.Seattle |  |
|  | Joyce Anne |  | GSI Ways & Means Chair |
|  | Kathy F | Sat. Woodinville |  |
|  | Kelsi | Mon. Columbia Center | Sponsor Coordinator |
|  | Kevin C. |  | Bylaws Chair |
|  | Palette | Tues & Thurs. Night W. Seattle |  |
|  | Rachael P. | Tues. Renton Group Health |  |
|  | Ruth K | Visitor |  |
|  | Sandy L. | Sun. night Edmonds | Historian/Archivist |
|  | Sharon L. | Sun. HOW Ballard | GSI Vice Chair |
|  | Sierra | Fri – Denny Park |  |
|  | Sue H |  | 2014 Winter Retreat Chair |