# Greater Seattle Intergroup of Overeaters Anonymous

#  Meeting Minutes

#  August 6, 2013

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on August 6, 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 8, Concept 8, 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 July 2, 2013 meeting were approved as written.

# C. Reports

**Board:**

Chair: Bill A. – No report

Vice-chair: Sharon L. – Absent

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

Beginning Balance: $ 2,663.67

Expenses: $ (2,808.35)

Deposits: $ 9,578.11

Expenses in Log not on Bank Statement: $ 2,039.69

Ending balance: $11,473.12

Savings balance: $ 749.80

Secretary: Coralee asked if she should be recording the names of people who make the motions, etc. It was agreed the names should be put in the minutes and invited people to give their names until Coralee was more familiar with them.

**Delegates:** Catherine B. gave the delegate report on the World Service Business Conference. She pointed out the report was on the GSI website also. A couple things of note was that on OA.org there are pdf files for information, guidelines and forms for meetings. One was the OA group inventory. She also noted there was a newsletter - Step Ahead that is downloadable. She explained that there was no need to reinvent the wheel with all the information provided on OA.org to help meetings. Catherine also asked if anyone was interested in being a representative for the Region One Assembly held prior to Region on Conference, September 19-20. She has information on what the job entails and to contact her if interested.

**Standing Committees:**

Events: Sue reported on the Winter Retreat – January 31 – February 2. She said they now need more people to make this event happen. She encouraged people to ask in their meetings. You can contact her at this email - winterretreat@gmail.com. Sue also noted most of the coordination will be done through email rather than f2f committee meetings. Catherine noted there is a website that where you can do conference calls – Free Conference Calls. Judith also reported that the Attitude of Gratitude held the Wednesday before Thanksgiving has found a place – The Shoreline Water Department that is free and can hold 65 people. It is not too far from where last year’s meeting was held. Kevin asked Sue if there would be flyers for the Winter Retreat so Catherine could take it to the Assembly/Conference. Sue said she would have them by the next GSI meeting.

Bylaws: Kevin reported he would discuss the annual by-laws review under New Business.

Public Information/Professional Outreach: Lauren reported Kelsi had agreed to be her Vice President. She also suggested one good way to do outreach is to go to your doctor’s office and ask to leave information. She has professional packets if you are interested. Lauren also reported that the nurses at her doctor’s office are going to see if they can arrange for her to be in a doctors’ business meeting.

12th Step Within: Open position

Ways and Means: Joyce Anne reported she had collected another $56 from the last retreat. She had some car decals if anyone wanted them. She also reported that she is putting together some things for the convention.

HOW: Cheryl D. absent

**Special Committees:**

Fellowship: Sierra reported her first event would be in late September and are looking at the [Me-Kwa-Mooks Park](http://www.yelp.com/biz/me-kwa-mooks-park-seattle) in West Seattle. It would be a potluck. Bill asked Sierra to describe what the fellowship committee does for people new to this meeting. Sierra explained the events are social events. She said there would be events such as dances, picnics and things like that. They would be short and not on the scale of marathons or retreats.

Literature/Lifeline: Marcia absent.

Group Coordinator: Jenny H. absent.

Sponsor Coordinator: Kelsi absent.

Hotline: Open position

Website: Catherine M. absent.

Historian/Archives: Sandy L. reported her term is up by next meeting. She said she would deliver the boxes to anyone within 30 miles who would like to take over. Rachael volunteered to become the new Historian/Archivist.

GSI Representative Outreach Committee (ROCs): Beth absent.

Event Recorder – Bill read the description of duties of this new position and asked if anyone was interested in doing this. No one volunteered so he suggested taking the need to our meetings. We need someone who is techie oriented.

# D. Unfinished Business

1) Literature Proposal – Adele read the literature proposal for a book on Sponsoring. People noted corrections. Judith will finish the form and get it to Bill for signature. A motion was made by Sue, seconded by Sierra to accept the proposal as corrected. Motion passed.

 2) Electing new delegates – Catherine B. reported we can have 4 delegates and with Joyce Anne there are currently only two. The minimum requirement is one year abstinence and two years of Intergroup level service. She noted that service did not have to be consecutive time. Catherine described a bit of what a delegate does. A delegate is the go-to person for help with meetings is one job she does. She noted a delegate would not have to be on a World Service committee. However, there are a number of committees with people from all over the world. It becomes a great idea exchange.

 3) Region One Assembly Representatives - Catherine B. also reported we need to have the registration form filled out and signed for the Region One Assembly representatives held in September in Vancouver. Sue said she would be willing to be a delegate and go to the assembly if she could arrange her schedule. Catherine moved to send three representatives, Debbie seconded the motion. Discussion was held deciding how many. Catherine said there would be plenty of work for three and they are going on a free pass. Joyce Anne suggested that just because we have money we do not necessarily need three. Debbie suggested maybe we could send three and have them report back as to how many we need. Motion lost. Paulette then moved, Jane seconded on sending two just specifically to the Assembly in September. Motion passed. Jane moved, Dot second to send Sue H. to the assembly. Motion passed. Sue, moved Debbie seconded that Bill could appoint someone else if Sue or Catherine cannot go. Motion passed.

# E. New Business

 1) Per diem – Catherine asked this be held to next month.

 2) New GSI Sponsored Event – Catherine reported that a Region Trustee or Chair or WS trustee will come and give a workshop on service and traditions. They are thinking of April. The Monday 10 am Phinney meeting would be willing to sponsor it; however, they were looking for another meeting that would co-sponsor it with them. Catherine and Bill asked the meeting reps to go back to meetings to see if they would be interested in co-sponsoring the event.

 3) Bylaws – Kevin noted that our representatives to the World Service Business Conference are called delegates and those going to the Regional Assemblies are called representatives.

Kevin reported on items in the Bylaws that he would be proposing changes and would put out an amendment for us to consider at the next meeting. One proposed change was was to look at the Committees noting standing committees are ones that take care of ongoing business while the special committees are not necessarily ongoing. He said there are some of the special committees which might be good to include in the bylaws as standing committees. Some ideas of which special committees might be add were suggested to Kevin. Catherine asked if he would write up job descriptions. Kevin said he was going to encourage each committee chair to write them up. He also suggested that there is a need to have an ongoing list of committee members. Plus allowing committee chairs to appoint members.

Kevin noted that we do not have any provisions in the bylaws on what we should do if something happened to the GSI chair. He felt it was something we needed to address.

Bill asked if there was something that could be done to address the lack of attendance of committee chairs. Something that would say that after X number of absences a new chair could be appointed. Kevin indicated the Chair can appoint a new chair at any time.

Another item Kevin wanted to address in reviewing the bylaws was to provide authority that we can conduct business by emails. It is currently not allowed and needs to be changed. Catherine B. asked about conference call meetings. Kevin said they are not currently prohibited by bylaws and that is why it needs to be changed.

Kevin talked also about defining GSI membership. Technically committee chairs do not have authority to vote. He wanted to add a fifth description of membership to add committee chairs for clarification.

One last item was in Section 1 of the Bylaws Purpose. Kevin said we need to remove wording about IRS since it is not accurate.

### Attendees Present:

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

Adele G. Mill Creek – Thursday PM

Barbara GSI Treasurer

Bill A. GSI Rep/Chair

Callie Queen Anne - Wednesday

Catherine B. Delegate

Claudia C. Thursday – Bellevue – 7 PM

Coralee K. GSI Secretary

Debbie F. Bothell – Monday PM & Shoreline Wednesday PM

Diane K. Issaquah – Sunday & Maple Valley – Monday

Dott Ballard – Sunday - 5:30 PM

Erin P. University District – Saturday – 10 AM

Heidi Burien – Monday – 10:30 AM & Thursday 12:00 Noon

Jane West Seattle – Saturday & Sunday

Joyce Anne GSI Ways & Means Committee Chair

Judith B. Edmonds – Sunday

Kathy B. Ballard – St. Paul’s - Saturday

Kevin C. Bylaws Chair

Lauren PI/PO

Mark A. Northgate - Tuesday

Paulette West Seattle – Tuesday & Thursday Evening

Rachael Renton Group Health - Tuesday

Sandy L. Historian/Archivist

Sarah Ballard – Thursday – 10 AM

Shawn Vashon Island – Saturday AM & Recovery Café – Friday AM

Sierra Denny Park - Friday

Sue H. Bellevue – Saturday & Winter Retreat

### Adjournment:

Meeting was adjourned at 8:47 PM. The next regular meeting will be at 7:15 on September 3, 2013 in St. Paul’s Church of Christ.

Minutes submitted by: Coralee K., GSI Secretary