# Greater Seattle Intergroup of Overeaters Anonymous

# Meeting Minutes

# September 3, 2013

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on September 3, 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 9, Concept 9, 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 amended.

# B. Approval of Minutes

The minutes of the August 6, 2013 meeting were reviewed. Sue made a motion to approve the minutes as corrected, Diane seconded it. Motion was passed.

# C. Reports

**Board:**

Chair: Bill A. No report.

Vice-chair: Sharon L. reported as the Event chair also. She noted there were a lot of events coming up and provided copies of this falls events for the reps. Some of them included the Region 1 Assembly (9/19-20) and Convention (9/20-22) this month, IDEA Day (International Day Experiencing Abstinence) on 11/16 (She noted she needed someone to MC the day), Attitude of Gratitude on 11/27 and 12th Step Within on 12/12. Bill volunteered to be the coordinator for the 12th Step Within marathon.

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

Beginning Balance: $ 9,433.43

Expenses: $ 0

Deposits: $ 891.50

Expenses in Log not on Bank Statement: $ 0

Ending balance: $10,324.93

Savings balance: $ 749.81

Barbara said she will be gone until October so to contact Bill if needs arise for funds.

Secretary: Coralee - No report.

**Delegates:** Catherine B. reported there were some leftover copies of her WSO report she had provided last month a “Group Inventory” that reps can take to their meeting. This and other useful documents can be downloaded from the OA.org under the “Documents” link. She will be going to Region 1 Assembly from 9/18 – 9/19.

She noted that OA World Service and the OA Board of Trustees had a strategic planning session at WSBC. It was decided to simplify the plan. It will now be for three years instead of five and the focus will be on: primary purpose – “abstinence is Number 1”; “it takes all 12 (steps)” and “we are the message.

Catherine reported she is still on the WSBC Literature Committee and their 16 week workshop on Working on the Steps has been postponed until 2014/15. It is designed to be a closed workshop with a script and homework that is aimed at 12-steps within. The 2014 WSBC delegates will vote on whether to approve an updated OA handbook for intergroup and meetings which includes a group inventory and a third edition of the OA stories. All literature will go through the process of approvals eventually going to the WSBC Delegates for a final vote. She noted that the revised Unity of Diversity policy will also be voted on by the 2014 WSBC Delegates. It was voted down at the last meeting and now has been rewritten.

**Standing Committees:**

Events: Report given by Sharon under Vice Chair report.

Bylaws: Bill reported for Kevin C. who had sent out an email with proposed bylaws amendments and notice is given that we will be voting on them at the next meeting. Bill asked that we review these amendments and be ready to vote. All the documents can be viewed on the GSI website if you did not get the email. Bill also reported on the open positions which will be up for election at our Annual Meeting in November. A list of the job descriptions was provided.

Public Information/Professional Outreach: Lauren reported that she and Kelsi were working on PSA’s. Anyone wishing to help let her please let her know.

12th Step Within: Open position

Ways and Means: Joyce Anne was absent.

HOW: Cheryl D. was absent.

**Special Committees:**

Fellowship: Rachel reported for Sierra. She said Sierra will be starting school and has to step down as chair.

Literature/Lifeline: Marcia absent.

Group Coordinator: Jenny H. absent.

Sponsor Coordinator: Kelsi absent.

Hotline: Open position

Website: Catherine M. absent.

Historian/Archives: Rachael reported she does not have the boxes yet.

GSI Representative Outreach Committee (ROCs): Beth absent.

Event Recorder: Open position

Bill took a moment to say it was time to step up and fill in the open positions. We need to consider filling these positions or maybe disbanding. Jane inquired about why the qualifications like abstinence for positions like GSI Board could not be put on the job descriptions or in the Bylaws. Catherine said it was easier to change policies than the bylaws so that is why it is not included. The requirements for delegates are one year abstinence and two years service higher than group level. This service could be serving on or chairing a GSI committee, being a GSI rep, serving as a GSI board member, chairing or co-chairing a retreat or marathon, serving on a retreat or marathon committee – and no one is counting. She also noted that this service can be accumulative not continuous. It was discussed that GSI Board and committee chair positions have no abstinence requirements. Board members are required to have given away their 4th step.

Catherine said we are not alone among intergroups across the country with having trouble filling positions. One idea would be to have an apprentice. Another idea would be to ask people directly. She shared about how doing service is very rewarding. Dott volunteered to call the contact person of each meeting on the directory to relay the need to fill positions. Sharon suggested when speaking to those we know who might be interested in a position to let them know it is also a lot of fun. Everyone was encouraged to do some recruiting. Debbie suggested maybe people needed to know if we disbanded what would not happen any longer. Bill said that this would mean there would be there would be no retreats or marathons. Diane asked to have a list of those in attendance tonight be put out early so we know which reps were here. Catherine added she would like to see if we could elect all five delegates. It would not mean we had to send them to WSBC or the Region 1 assembly. It would mean we could have each delegate take 9 meetings each to work with and provide information and support. It was suggested we look into doing a group inventory to assess where we are. Coralee volunteered to do group inventory.

# D. Unfinished Business

1) Voting on Per Diem – Bill noted Catherine’s report on the cost of assembly for reps which clearly stated the costs involved. Annie made a motion and Debbie seconded the motion to approve the expenditure of $56 per day Per Diem for one or two reps to attend the 2013 Region 1 Assembly. Motion passed.

# E. New Business

1) April Marathon Event on Service and Sponsorship – Catherine reported that Sierra was going to check on whether the Friday Denny Park meeting wants to co-sponsor with Monday 10 AM Phinny Ridge and she had not heard back. It was decided to table this until January.

2) Winter Retreat – Sue reported on the Winter Retreat being held January 31 to February 2nd at Camp Brotherhood. She said the first organizing meeting would be held on 9/14 at the Bellevue Alano Club at 1 pm. She noted there were many service positions available. Bill volunteered to assist with online and credit card payments. Bill also noted that payments through PayPal can be taken through his cell phone at the retreat. Bill asked Sue to send him something on those service positions available and he would forward it to everyone. He noted the email to send information about the retreat is retreat@gmail.com Barbara asked if we were going to go through PayPal again noting they charge a fee. Bill said that the fee would be covered in the retreat budget. Bill said that it cost about $87 dollars for the winter retreat and the financial benefits far outweigh the cost. Catherine pointed out there is a WSBC technology committee that is there to help on any technology issues, including taking online payments.

Some time was given to the meeting reps to share about their meetings:

Sharon – Monday, 10 AM Phinny Ridge always meets on holidays. In the Labor Day meeting a great speaker talked about the gifts of the program.

Fran – Wondered if we were addressing the needs of young people. She said there is a big need for it. Catherine reported there is a committee in WSBC that works with this. They have information for someone interested so there is a lot of support. Catherine volunteered to put interested members in touch with the delegate who is chair of this committee. Catherine mentioned that there is a “contact” link on the OA.org where any member can ask any kind of question related to OA and it will be quickly routed to the person who knows the answer. WSO has also published a new packet, “Young Person’s Packet #735,” available for $2.25 from the OA.org bookstore.

Maryann – Are there OA literature on tapes for the blind? Catherine suggested looking in the audiovisual section of the bookstore on OA.org which has a lot of resources including a CD of the *The Twelve Steps and Twelve Traditions of Overeaters Anonymous.*

Fran – Reported that the Friday Night Madrona meeting needs some help.

Dott – Friday morning 7 AM Downtown is women only. Catherine cautioned that we can have an emphasis on women or men or 100 pounders but could not deny anyone coming to a meeting. According to our OA traditions, even closed meetings are open to all who say they are OA members.

### Attendees Present:

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

Adele G. Mill Creek Thursday

Annie F. Mill Creek Thursday

Barbara Treasurer

Bill A. GSI Chair  
Catherine B. Delegate

Coralee Secretary

Debbie F. Shoreline Wednesday PM and Bothell Monday PM

Diane K. Maple Valley – Monday and Issaquah - Sunday

Dott Downtown Friday AM and Ballard Sunday 5:30 PM

Erin U District Saturday 10 AM

Fran K. Madrona Friday

Heidi Burien Monday and Thursday

Jane West Seattle Saturday and Sunday

Kathy F. Woodinville Saturday Morning

Lauren PI/PO and Phinney Monday (for Mary)

Mark A. Northgate Tuesday Night

Mary L. West Seattle Thursday HOW

Maryann West Seattle Sunday

Paulette West Seattle Tuesday Night

Rachael Historian/Archivist

Rachel Edmonds Sunday 6:30 PM

Sarah Ballard Thursday 10:00 AM and Queen Anne Wednesday 7 PM

Sharon L. Vice Chair

Sue H. Winter Retreat

### Adjournment:

Meeting was adjourned at 8:25 PM. The next regular meeting of GSI will be at 7:15 Tuesday, October 1st in the basement of the St. Paul’s Church of Christ. All are welcome to attend

Minutes submitted by: Coralee K., GSI Secretary