# Greater Seattle Intergroup of Overeaters Anonymous

# Meeting Minutes

# January 7, 2014

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on January 7, 2013 in St. Paul’s Church of Christ in Seattle, WA by Stacey B., GSI Chair. The meeting was opened with the Serenity Prayer and the reading of Tradition 1, Concept 1, and the purpose of GSI: to carry the message to the compulsive eater who still suffers.

Coralee was elected secretary pro tem.

1. **Adoption of Agenda** - The agenda was adopted as amended.
2. **Approval of Minutes** – The approval of the minutes of the December 3, 2013, meeting was postponed until the next meeting.

**4. Introduction - All attendees present introduced themselves and stated the groups they represented and/or any position they held at GSI.**

# 5. Board Reports

**Treasurer:** Stacey B. gave the report for Barbara K. on expenses, deposits and balances listed in the Treasurer’s Report (December 1 – 31, 2013). They are as follows:

Beginning Balance: $11,008.20

Expenses: $ (392.73)

Deposits: $ 4,124.47

Expenses in Log not on Bank Statement: $ 224.25

Ending balance: $14,964.94

Savings balance: $ 749.84

**Delegates:** Catherine B. reported she and Sue had made travel plans for the May World Services Business Conference (WSBC) in Albuquerque, NM. Information about the Conference is on the OA website if anyone is interested.. She said she has volunteered for the literature committee again. Catherine noted that she can no longer be a representative at the Region Assembly because she is on the Region One board as its Communication Coordinator. GSI’s other delegates/representatives Sue and Marcia, can serve as GSI’s representatives to the Assembly. Catherine said as the Communication Coordinator she is in charge of the Region One website. The website lists events, and if anyone has an event to list, to let her know. She also noted there is a Region One Yahoo group which is private by invitation only; contact Margie G. to be invited. Catherine added that she and Sue are available to speak at meetings as part of their job to provide information about World Services and Region One. *A Step Ahead* can be viewed on the OA.org website. Kevin C. clarified that Catherine would participate at the Region One Assembly as the Region One Communication Coordinator, but could not represent GSI. A discussion was held about finding more representatives for the meeting.

Sue reported there is a need for speakers for the Region One Assembly breakout sessions. There will be about twenty. She also suggested leading the breakout sessions would a good service opportunity, and to contact her if interested.

**6. Committee Reports**

**a. Standing Committees:**

**i. Events:** Mary L. reported the committee had gone up to the Winter Retreat (scheduled for January 31st to February 2nd) site at Camp Brotherhood and found it to be a great place. Lindsay reported on current registrations and noted that the registrations are open until January 21st. She said they were hoping for good weather because they could then have a hayride. Stacey noted that there was a group who was planning to go up early and have lunch.

Joyce reported on *Serenity Night*. She had raised $50 from sales of the lanterns she had from the Ways and Means Committee. She said it was a great meeting.

Mary L. said the upcoming events, including the *I Love OA Night* on February 10. Also, there is a need for help in finding a location for the February 22 *Unity Day*.

**ii. Bylaws:** Kevin C. reported that next month, the intergroup will be reviewing and voting on the agenda questionnaire items for the World Service Business Conference. Kevin noted that GSI will be voting on whether it thinks that each idea proposed should be put on the WSBC agenda.

**iii. Public Information/Professional Outreach:** Open position

**iv. 12th Step Within** – Open Position - Sharon L. reported that the *12th Step Within* mini-marathon was good and a report will be given later.

**v. Ways and Means:** Joyce Anne reported she is always open to new ideas. She has bought some more materials for the bookmarks. She suggested the reps ask at their meetings if they want any more bookmarks. They also can be ordered on the [www.seattleoa.org](http://www.seattleoa.org) website. They cost $2 each. She also reported she had Serenity car clings for car windows. They are also $2 each.

**vi. HOW** – Sharon L. reported for Cheryl B. that they are working on HOW literature and talking about the HOW retreat in June. She is looking for someone to chair or co-chair it.

**Special Committees:**

**i. Fellowship:** Sarah reported on working on possibly doing a roller skating fellowship event. She is the only member right now and could use some committee members. Someone suggested bowling as a possibility too. Sarah had questions about how to fund the events and how to disseminate the information. Catherine indicated that Oregon has their own yahoo group they use to communicate. Stacey suggested the first fellowship event could be with those who are going early for the retreat. She said she could help coordinate it with Sarah. Her email was [bennetslaw@comcast.net](mailto:bennetslaw@comcast.net) Sarah gave her email as [serenitysarahc@gmail.com](mailto:serenitysarahc@gmail.com) for information about events.

Marsha noted the University of Washington had an ODAT listserve that could be way of sending out email to people who can send emails out to people on list. It was suggested it might be an outside enterprise, and the intergroup will do more research and have more discussion on the matter.

**ii. Literature/Lifeline**: Lindsay reported they have started their work. Catherine added that *Lifeline* has a goal of 10,000 subscriptions and to help reach that goal, one of her groups does a quarterly drawing for a free subscription. She indicated you could find more information in *A Step Ahead* newsletter at the OA.org website.

**iii. Group Coordinator:** Jenny H. reported the new quarterly meeting directory was available. She noted that the Friday, U District meeting was now at 12:30 PM, and not at12:15 PM. This is important to note because if newcomers came there at the earlier time, there might not be anyone there. Shannon C. reported that they are talking about starting a new meeting and wondered what the preference would be – University Christ Church at 7:30 pm or Crown Hill at the Harbor Church at 7:30 pm on Wednesday. She gave her email address as [Jus1sec@gmail.com](mailto:Jus1sec@gmail.com), for more information.

**iv. Sponsor Coordinator**: Heidi reported she would have a list of sponsors by next month. Catherine encouraged Heidi to talk with Kelsi because the sponsor list was meant to be anonymous and that people would contact her and she could give them the names. Coralee K. also noted that when she had called for a sponsor there were a series of questions Kelsi asked her to help Kelsi decide who might be a fit.

**v. Hotline:** Open position

**vi. Website:** Catherine M. not in attendance.

**vii. Historian/Archives:** Rachel reported she had five boxes of archive materials. She wondered what she was supposed to be putting in the archives. Kevin said the minutes and flyers of events should be included because it is meant to be a record of GSI’s history. It was discussed a bit whether the materials should be hard copies or digital. Catherine reported that World Service at OA.org had information about archivist duties. Also, the Web tech committee could be asked for help.

**viii. GSI Representative Outreach Committee (ROCs):** Beth was absent – Stacey asked what was this committee’s tasks. Catherine said they were creating a notebook to help orient new GSI reps with their jobs. Also, they were working on a template to help in reporting back to meetings. OA handbook also has information about being reps.

**xi. Event Recorder:** Open position – It was discussed that *Serenity Night* was recorded by Dave and will be put on website. Catherine indicated that this position was to not only get it off the recording device it was someone to be at the events to oversee the recording. It was noted that Bill had a number of events on his device that needed to be downloaded. Joyce Anne said she would coordinate with Bill about getting this data.

# 7. Unfinished Business

**a.** **Retreat Chair Position** – Sue and Lindsay are handling it.

**b.** **Finding World Service Delegates** – Stacey noted this is a continuing effort.

# c. Budget – Jeri reported copies of the budget has been provided and hoped everyone has looked at it. She also suggested if anyone had concerns about how the retreat monies are handled to join the committee. It has been working very well.

**8. Good of the Order & Closing –** There were no new agenda items. The meetingwas adjourned at 8:30 PM. The next regular meeting will be at 7:15 PM on February 4, 2014 in St. Paul’s Church of Christ.

Minutes submitted by: Coralee K., GSI Secretary Pro Tem

### Attendees Present:

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

Adele G. Thursday Mill Creek

Catherine B. Delegate

Coralee Secretary Pro Tem

Diana K. Saturday 8:30 Bellevue

Diane Sunday Issaquah/Monday Maple Valley

Dott Sunday Ballard

Heidi Monday/Thursday Burien

Jane Saturday AM West Seattle

Janet Friday PM Denny

Jeri Saturday 10 AM St. Paul’s

Joyce Anne Ways & Means Chair

Kevin C. Bylaws Chairman

Lindsay Tuesday 7 PM Bellevue

Marian S. Friday 12:30 University District

Marsha

Mary L. Vice Chair

Melinda Saturday AM University District

Rachael Tuesday 7 PM Northgate/Sunday PM Ravenna

Rachel Sunday 67:30 PM Edmonds

Sarah C. Wednesday PM Queen Anne

Shannon C. Tuesday Ballard

Sharon L. Monday10 AM Phinney Ridge

Stacey Bennetts GSI Chair

Sue H. WSBC Delegate/Tuesday Renton