

Greater Seattle Intergroup of Overeaters Anonymous
July 1, 2014-Meeting Minutes

1) Opening:

The regular meeting of the Greater Seattle Intergroup (GSI) was called to order at 7:15 PM on July 1, 2014 in St. Paul's United Church of Christ in Seattle, WA by Stacey B., GSI Chair. The meeting was opened with the Serenity Prayer and the reading of Tradition 7, Concept 7, and the purpose of GSI:

2) Introductions

Adele G.- Intergroup Representative (IR) Mill Creek Thurs
Alissa – IR Thurs. Downtown, Noon
Annie F.-Secretary, Monday Night Redmond
Audra –. IR Sun. OA-HOW
Brenda – IR Ballard OA-HOW
Catherine B. – Delegate #1
Diane – IR Issaquah Sun., Maple Valley Mon, Finance
Darlene – Alt. IR Mill Creek Thurs.
Ginny – IR Ravenna, Greenlake Sunday Night
Heidi – Sponsor Coord. IR Burien Mon & Thurs.

Kathy F.- IR Woodinville Sat. AM
Kevin C.-Bylaws Chair
Mary L.-Vice Chair & Events
Rachel – Event Recorder
Sandra C. – IR Fri. Night Denny Park
Sandra K. – IR Sat. AM St. Paul's, Ballard
Shauna- IR Bothell Mon. Night
Stacey B.-Chair
Susanna – IR Mon. Phinney Ridge
Veronica S – IR Tues. N. Seattle

3) Adoption of Agenda

The agenda was adopted as presented.

4) Approval of the Minutes

The minutes of the June 3, 2014 were approved as distributed.

5) Board Reports

- a) Chair: Stacey B. Nothing to report
- b) Vice-chair: Mary L. stated that she will report under Events.
- c) Treasurer: Barbara K. Absent, Secretary brought copies of report and distributed via email. Stacey B. reminded IR's to share the contribution report with group Treasurers to ensure their group's donation is reported correctly.

1. The Treasurer's report was as follows:

Beginning Balance:	\$16,012.94
Expenses:	7,765.69
Income:	<u>3,657.35</u>
Ending Balance:	\$11,904.60

- d) Secretary: Annie had nothing to report.

- e) Delegates:

1. Catherine B. –Brought copies of Region One journals for groups to sell. She apologized for not having completed the final written report on WSCB, and she will have the secretary email it to the list soon. Catherine thanked GSI for the opportunity to be of service and emphasized the value of the OA website, <http://oa.org> for its good information.
2. Sue H. was absent.

6) Committee Reports:

I. Standing Committees

- a) Events: Mary L. Mary did not have complete report on the last retreat. The treasurer made deposit for 2015 Winter Retreat. There is a recording of the OA-HOW retreat; Mary will talk with Catherine M., the GSI webmaster about how to get it posted. If a group is one of those that traditionally host a GSI event such as Serenity night, Attitude of Gratitude, etc., PLEASE let Mary know if it plans to do that again this year so she can put together the non-retreat events calendar.
- b) Bylaws: Kevin C. Had nothing to report
- c) PI/PO: OPEN. GSI really needs for Intergroup Representatives to emphasize the importance of this committee; the intergroup as a whole would really like to make this committee active. There are many events, such as health fairs where GSI could have tables and put out information. Members may go to

[http://www.seattleoa.org/wp-content/uploads/2013/08/GSI Committee Descriptions November 2004.pdf](http://www.seattleoa.org/wp-content/uploads/2013/08/GSI%20Committee%20Descriptions%20November%202004.pdf)

for a description of this position. Catherine B. shared that the <http://www.oa.org> has lots of material such as canned scripts for radio stations, etc., and nothing has to be created from scratch. In some Intergroups a meeting will take over a committee. For \$5.00GSI can get ten posters with hotline phone numbers, letting people know where to go for help. Members may go to <http://www.oa.org/documents/>, under posters to view or order them.

It was moved "that GSI purchase a variety of thirty posters for \$15.00 plus shipping and have them available at the intergroup to disseminate to groups". The motion was adopted."

- d) 12th Step Within: Beth was absent; Stacey will contact her and see how she is doing.
- e) Ways & Means: Joyce Anne was absent; Stacey reported that she is making bookmarks for the September Region One Convention.
- f) HOW: Cheryl D. was absent

7. Special Committees

- a) Fellowship: Sarah was absent. Sandra reported that the first Staycation at the Seattle Great Wheel was a success. The second is on Saturday, August 16th at Chihuly Garden & Glass tour. Members may contact Sarah at serenitysarahc@gmail.com for more information. Catherine B. added that GSI can post these Fellowship events on the <http://oaregion1.org> webpage; members may just send them to Catherine B.
- b) Literature/Lifeline: Stacey reported that Lindsey has had to step down, so this position is now open. It's an important position which involves keeping literature here in the GSI locker, placing orders and having literature on hand for events. Members may see [http://www.seattleoa.org/wp-content/uploads/2013/08/GSI Committee Descriptions November 2004.pdf](http://www.seattleoa.org/wp-content/uploads/2013/08/GSI%20Committee%20Descriptions%20November%202004.pdf) for more information. Stacy urged IRs to please continue to announce this and all other open positions at their meetings. Catherine B. reported GSI can now get thirty-five back issues of *Lifeline* for a really inexpensive cost; until they run out, these are great to put in newcomer packets.

It was moved "that GSI buy \$30.00 worth of back issues of *Lifeline*." The motion was adopted.

Adele volunteered to purchase the *Lifeline* magazines, and a Twelve Step Within manual. She will check to see if the Health Fair Manual is available as a free download).

Catherine B. shared that this month's *A Step Ahead* had a list of all literature republished since 2010 and that some groups may have older literature that has since been revised. There is a lot of difference between the older and newer literature and groups should not be using the older material, nor even giving it away.

- c) Group Coordinator: Jenny H. was absent, but she sent new meeting schedules.
- d) Sponsor Coordinator: Heidi reported that she attended the North Cascade Intergroup's Sponsorship Workshop and it had a lot of information. She is researching hosting a similar workshop in the Seattle area soon. Anyone looking for a sponsor can call Heidi at 206-444-9678 and she will put them in touch with potential sponsors.
- e) Hotline: OPEN Paula Jo has covered this position for many years but would willingly give it up if anyone is interested in doing service.
- f) Website: Catherine M. was absent
- g) History/Archives: Rachel was absent.
- h) GSI Rocs: OPEN Secretary Annie presented her suggestions for a packet with materials for incoming IRs, and request that materials be placed online. The Secretary will ask Catherine M., the GSI Webmaster, about putting a tab on the website and that the materials can be put there also.

It was moved "that the secretary produce 12 copies of these materials for packets for new IR's using GSI Rocs funds." The motion was adopted.

- i) Event Recorder: Rachel asked whether there was interest in recording other events. She asked that any group with a Speakers meeting to PLEASE let the secretary know about it, or to email Rachel directly. At rachelellingford@yahoo.com if the group would like to have a speaker recorded for the website. She asked about whether there should be an introduction, and about how much editing should be done. It was suggested that she just take out cuss words and notify people they are being recorded. All attendees will be notified with a poster at each event that their comments will be recorded and made available to OA via the GSI website. Rachel and Mary will get together and discuss these details outside of the intergroup meeting

8. Unfinished Business

- a) Elect Delegates #3, #4, & #5

- Catherine B. clarified that her term as Delegate #1 was through December 31, 2014, and that GSI could potentially fill Delegate positions 3, 4 and 5. Delegates may attend 2 business meetings per year - the World Service Business Conference in April/May and the Region One Assembly in September. The requirements

for election, beyond working 12 steps and being active in OA are at least one year of continuous abstinence and 2 years of service beyond the group level any time during your recovery.

- Stacey B. was nominated for Delegate #3; and was elected without objection.

9. New Business:

- a) Stacey asked how many Delegates will GSI fund to attend the Convention in September. Catherine B. reported that the Assembly is all day on Thursday and on Friday morning, and then the convention is Friday night, Saturday and Sunday morning.
It was moved “that GSI send Delegate #s 2 and 3 to the Region One Assembly in September in Bellingham.” The motion was adopted.
It was moved “that the Delegates receive a Per Diem of \$60 for the Region One Assembly.” in Bellingham.” The motion was adopted.
- b) Stacey announced that she would be on vacation in August and Mary L. will be running the intergroup meeting, so please email her at oa.mary.12@gmail.com with any business that needs to be discussed.

The meeting was adjourned at 8:30 PM with the Serenity Prayer.

The next meeting will be at 7:15 on August 5, 2014

ST. PAUL'S UNITED CHURCH OF CHRIST
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Minutes submitted by: Annie F. GSI Secretary