

Greater Seattle Intergroup of Overeaters Anonymous
March 3, 2015 Meeting Minutes (FINAL)

1) Opening:

The regular meeting of the Greater Seattle Intergroup (GSI) was called to order at 7:15 PM on Mar. 3, 2015 in St. Paul's United Church of Christ in Seattle, WA by Stacey B., the GSI Chair. The meeting was opened with the Serenity Prayer and the reading of Tradition 3, Concept 3, and the purpose of GSI:

2) Introductions

Adele-IR Mill Creek Thurs.	Lisa-IR 7PM Weds. Shoreline
Amanda N.-IR West Seattle Thurs	Lori-IR Sat. AM Woodinville
Barbara K.-Treasurer	Mark A.-IR Tues Haller Lake (Northgate)
Brenda N.-Tues. Ballard HOW	Mary K.-IR Sun. Ravenna
Catherine B.-IR Thurs 10 am Ballard	Mary L.-Vice Chair/Events
Cindy C.- Secretary	Rachel-Event Recorder
Claudia-IR Tues. HOW Alano Club	Sandra C.-IR Fri Denny Park, Thurs. YMCA, Mon. U-District
Debbie-IR Bothell Mon. Night	Sandra K.-IR Sat. AM St. Paul's Ballard
Debi-Literature/Lifeline Chair	Stacey B.-Chair
Edward-IR Mon. Columbia City	Sue H. – Delegate #1
Elisa S.-IR Sat AM Des Moines	Sue N.-IR Mon AM Phinney Ridge
Erin-Archives Chair	
Jane-IR Tues West Seattle	
Jean K.-IR Sat. University	
Jeanne-IR Ballard Sun	
Jon-IR Bellevue Wed night	
Kevin C.-Bylaws Chair, IR Fri. Burien	

3) Adoption of Agenda: The agenda was adopted as amended.

4) Approval of the Minutes: The minutes of the February 3, 2015 regular GSI meeting were approved as corrected.

5) Service in Small Packages: Stacey challenged GSI attendees to both attend and invite someone new to attend the HOW retreat in May.

6) Board Reports

a) Chair: Stacey. Stacey and Catherine both attended the OA Birthday party in Los Angeles – Stacey shared the following Ways & Means ideas: candles, canvas lunch sacks, and God boxes. Stacey introduced Elisa, who is starting a new meeting in Des Moines - a Big Book Study on Saturdays from 10-11 am, at "The Solution Place," located at 23240 27th Ave S., Des Moines.

b) Vice-chair: Mary L. – see event committee report

c) Treasurer: Barbara K. presented the treasurer's report. GSI will discuss how best to use what it has beyond a prudent reserve of \$5,000 under "New Business".

The Treasurer's report was as follows:

Beginning Balance:	\$16,477.18
Expenses:	(\$9,507.38)
Income:	\$6,712.91
Ending Balance:	\$13,682.71

d) Secretary: Cindy C. (no report)

e) Delegates: Delegate #1: Sue H. Sue will attend the OA World Service Business Conference at the end of April/early May as our GSI delegate. She is happy to come to OA meetings to talk about OA governance, her delegate experience, etc.

7) Committee Reports:

a) Standing Committees

1. Events: Mary L

- a) OA Unity Day – Rachel. 32 people attended. The event realized a profit of \$105.75. All speakers were recorded. The Lake City library does not charge a room rental fee and there is plenty of parking.
- b) Winter Retreat – Mary gave a recap of the event: There were sixty overnights and 40 commuters attending the winter retreat at Camp Brotherhood; it was a capacity crowd. Evaluations were received from 20 people. The following were key takeaways from the evaluations:
 1. GSI was asked to make OA events more gender-neutral. It was suggested that GSI add a gentleman to the retreat planning committee.
 2. Speaker recording: A Committee was formed to address the issue of posting a speaker recording with tradition violations and determined that GSI would not post the recording to seattleoa.org. Mary L. asks reps to contact her with event speaker recommendations. For future GSI events, speaker guidelines will be provided. It was also confirmed that there should have been no selling of outside literature at the retreat.
 3. Mary also reported that some “Together We Can” t-shirts were sold; but there are several left over. Mary suggested that they can be sold on the GSI website: seattleoa.org.
- c) HOW retreat – flyers for the HOW retreat at Camp Huston May 29, 30 and 31 are available for pick up. There is a planning meeting Sunday, March 8th, at 4 pm at St. Paul’s. Beth G. is the retreat chair.
- d) Spring marathon at the Saturday University meeting: Planning is underway for an event at the Saturday morning University meeting with a “renewal” theme. The meeting will work closely with GSI to pick a date that doesn’t conflict with other events.
- e) Northgate Tuesday meeting Mark A. stated that this meeting would like to host an event, perhaps in May, with May 12 or May 19 suggested as possibilities. Mark was encouraged to move forward with planning and stay in touch with GSI about dates. Mary L. mentioned that a key event planning parameter is the number of times the event can be advertised at GSI meetings and flyers distributed to GSI representatives. A GSI event master calendar on seattleoa.org is a future goal.
- f) Cascade Intergroup Retreat is April 17th. Flyers are available and event information is posted on seattleoa.org.

2. Bylaws: Kevin C. Nothing to report.

3. PI/PO (public information/professional outreach): Audra/Edward. Edward is interested in joining the committee and will contact Audra to see if she still wants to be involved.

4. 12th Step Within: Kelsi. Stacey distributed a flyer for Kelsi inviting OA members to participate in a Survey Monkey survey about relapse/recovery.

5. Ways and Means: Joyce Ann. Joyce Ann is ready to step down; her resignation was accepted by the GSI Chair. The GSI Chair also appointed Lisa as Ways & Means chair.

6. OA HOW: Cheryl D. (absent)

8) Special Committees

- a) Fellowship: Sarah has resigned as Fellowship Committee chair. Adele moved that the Fellowship Committee be discharged. The motion was adopted.

- b) Literature/Lifeline : Debi. An additional locker is available upstairs for \$50 per year. It is accessible after the GSI meeting if needed. Items used less often will be stored there. Debi moved “that GSI spend \$50 per year to rent the upstairs locker.” The motion was adopted. Debi will email Barbara with the particulars about payment for the locker.
- c) Group Coordinator: Jenny H. (absent)
- d) Sponsor Coordinator: Heidi (absent)
- e) Hotline: Paula Jo (absent)
- f) Website: Catherine M. (absent)
- g) Historian/Archives: Erin. Erin was appointed by Stacey as the new Chair of the Archives Committee. Erin will follow up with Rachael P. to transition this position.
- h) Event Recorder – Rachel. Recordings for several local speakers will be loaded on seattleoa.org.

Unfinished Business:

1. Election of delegates for positions #2 (1 year), #3 (2 year). Stacey asked for nominations or volunteers for position #2. There were no nominations or volunteers at this time, and the positions remain vacant.
2. Update on the *Beyond Your Wildest Dreams* (BOYD) project (the potential OA CD). BOYD project committee members will come to GSI next month with the reasons for/against copywriting the song. GSI will vote on whether to move the project forward at that time.
3. The discussion of reducing the number of Meeting Directory copies was postponed until the next meeting.
4. Audit volunteers and time – Barbara, Stacey, and Jeri K. and Adele will arrange to meet. There was general consent that Jeri would be added to this committee also.
5. Quilt Volunteer – GSI still needs a volunteer to make the quilt square for the Region 1 quilt. Quilters can contact Sue H. or Stacey if they are able to help. Representatives were encouraged to ask other members at their meetings.
6. KUOW Announcement – Stacey announced that there is an opportunity for OA to be a day sponsor on KUOW. When PI/PO committee chairs are finalized this opportunity will be passed to them.

New Business:

- a) Use of GSI’s funds beyond a prudent reserve will be discussed at the April GSI meeting and given priority.

Group Reports:

Good of the Order

The meeting was adjourned at 8:45 PM with the Serenity Prayer.

Next meeting: 7:15 pm on April 7, 2015

ST. PAUL’S UNITED CHURCH OF CHRIST, 6512 12TH AVE. NW, SEATTLE, WA 98117

Minutes submitted by: Cindy C. GSI Secretary