

**Overeaters Anonymous
Greater Detroit Intergroup
Meeting Minutes
July 22, 2023**

Call to order

The regular OA Greater Detroit Intergroup Meeting was held July 22 as an online/telephone meeting. The meeting began at 11:16 a.m. with a moment of silence and the Serenity Prayer followed by introductions. We did not have a quorum.

Roll Call

Board Members and Committee Chairs Present:

Verna K., chair and literature chair; Lynn H., Treasurer, not present; Susanne G., (filling in for Keri C.) recording secretary. Irene R, Loveline chair.

Meeting Reps: Mary S., Wed. Living in the Solution; Sue M., Thursday 1p St. Effrons; Carol P., Wednesday 8am Livonia in person; Irene R., Saturday Garden City 1p in person/phone; Carol U.; Saturday Surrender to Win 10am; Jennifer M., Wednesday Birmingham 10am; Paula M., Friday 10:05 Ferndale virtual; Barb D., Monday Detroit Unity

Guests: Monica S, Makeda, Susanne G., Mary B

Officer and Committee Chair Reports:

Recording Secretary, Susanne G. (filling in for Keri C): Minutes reviewed from June 24, 2023. Minutes amended with three corrections and approved.

Chair, Verna K.: July 2023

I attended the Region 5 Summer Conference on July 15, 2023.

- Preparations are being made for the Region 5 2023 Virtual Convention on Sept. 9, 9am-5pm ET. The theme is “Stepping Into The Promises,” focusing on the promises in each step. For details and to register, visit region5oa.org.

- Fall Assembly is Oct. 27-29 in Edinburgh IN, which is also the same date as our retreat. I will not attend the Assembly as I am registered for our retreat.
- Spring Assembly will be in Cleveland with a date still to be named.

I spoke with Lorie at World Service regarding meetings that are virtual but are still listed as in-person meetings and have not, and probably will not, return to in-person. To change them to virtual only, they will be closed as an in-person meeting and opened as a virtual meeting and will be assigned a new meeting number. Lorie suggests emailing the information to her at update@oa.org because she has a “smoother” way to transition them, rather than closing one, losing all the information and opening another.

Closing the OA office in Southfield is progressing. Notice was given to the landlord and it is agreed we will be out by Sept. 30. A brief inventory of items at the office will be posted on the website with the minutes for whoever is interested. There is a tenant in the building that may want a couple of items and the landlord expressed a possible interest in one of the metal cabinets. Investigation is underway in how to best dispose of these items, especially the copier, which we hope to sell.

Lynn H., treasurer:

6-30-23

Cash

Checking: \$12,764.54

Savings: \$9,082.93

Actual (1-month budget)

YTD contributions: \$1,164

Budget: \$859.05 --- \$304.95 over budget

Expenses: \$67.99

YTD Net Income

Actual: \$1,096.01 Rent and phone paid through June

Corresponding secretary: open position.

Standing Committees:

Bylaws: Position open

Finance: Position open.

Help Line: Julie G., July 22, 2023

OA Greater Detroit Help Lline Report

- 62 calls March 2023-YTD. 6 legitimate, 56 spam
- July had 14 total calls, 4 were legit, including looking for face-to-face meeting info, July 4 meeting.

Verna K., Literature:

June 24 – July 17, 2023

- No new literature sales to members
- No new literature purchased by Intergroup

Irene R., newsletter (Loveline):

The July/August issue of Loveline was released at the beginning of July. I am grateful to committee members Carol U. for reviewing and editing the articles, and Mara S. for the newsletter's design. I also appreciate the time and attention of the Intergroup board members for reviewing each issue prior to publication.

The theme of the September/October issue is: "Selfishness—The Root of Our Troubles," but members should feel free to submit articles on any recovery-related topic. The deadline for submitting articles is August 10, 2023.

Sharing your Experience, Strength and Hope in the Loveline is 12th Step work, reaching fellow compulsive eaters in a way that no one else can simply by telling your own story.

Please send articles to: lnnewsletter.editor@gmail.com.

Office manager: position open

PI/PO: position open

Region 5: position open

Speaker Sponsor List: position open

12. Steps Within: Open position

Pina, webmaster: Changes made to the website since the last report on 5/20/23

- Posted April and May 2023 approved Intergroup Minutes
- Posted July/August 2023 Loveline
- Posted 3 upcoming local events:
 - OA Greater Detroit In-Person Gathering – July 29, 2023
 - OA Greater Detroit Virtual Fellowship Meeting – August 15, 2023
 - OA Greater Detroit Trip to Dr. Bob's House (Akron, OH) – September 30, 2023

Old Business:

1. Public Info/Public Outreach

Monica S. report:

Lots of ideas to generate interest in the OA program especially in the Detroit area.

Create unity by embracing diversity

Share information with professionals

Bring information back to IGDA

Monica S. PI/PO proposal for mission

Short-term goals:

Hybrid open house, Facebook account to advertise events

Start PI/PO committee

Start new Detroit area Newcomer's Meeting

Long-term goals:

Using media to advertise events, visits professional offices, particularly Detroit area.

Several members expressed interest in joining the committee, provided contact information to Monica.

Monica S. agreed to be chair. There was some discussion regarding whether or not Verna as the Intergroup Chairperson can appoint her to the role as committee chair or would there have to be a vote when there was a quorum. Verna was not certain the vote would stand because there was not a quorum.

Results of the vote: 7 yes 0 no

Paula M. yes Carol U yes

Sue M abstain Carol P yes

Mary S yes Barb yes

Jennifer M yes Irene yes

2. Office closure – see Chair report for update.

Verna updated the group about the office closing.

September 30 deadline to close office. Work in progress to get rid of equipment, sell what can be sold. Lynn H. working on the sale of the copier with Canon. Computer was donated, and needed to work on clearing electronic files before computers can be disposed of.

Sunday meeting working on finding another location.

New Business: On behalf of Keri, Susanne brought up the suggestion that the minutes may not need to be read at each meeting. Verna said a vote on this proposal could not be taken at this meeting because there is no quorum. Otherwise, no new business.

Meeting Updates:

Carol P suggested meeting updates and roll calls could be combined at the beginning of the meeting. Carol stated the Wednesday morning meeting is going well, is well attended. Mary S stated the Wednesday virtual meeting is small but strong. Paula M reported the Friday virtual meeting is in need of a “speaker seeker,” call Barb D. if you can assist with speakers. Sue M. stated the Thursday Garden City meeting is going well, averaging 9 attendees, and attracts newcomers.

Irene R. Garden City Saturday is now hybrid – in-person the first Saturday and call in the rest of the month. Barb D. Monday Detroit Unity meeting needs support, Wednesday Ferndale Virtual 10:05 meeting needs help and

the Saint Mary in-person St. Claire Shores meeting is going well. Carol U., Surrender to Win Saturday St. Mary's, virtual meeting is going well, more in person meetings under discussion, lots of good recovery. Jennifer M., Wed. Bloomfield Hills, 12-20 people seeing many newcomers.

Upcoming Events

Were read as part of the minutes, they are available on the website.

Next Intergroup Meeting:

The next meeting will be Saturday, Aug. 26, 2023, at 11:15 a.m. after the Celtic Cross OA meeting.

For Today and Voices of Recovery were read.

Third Step Prayer was said. (p. 63 BB)

Verna K. adjourned the meeting at 12:45 p.m.