

**Overeaters Anonymous
Greater Detroit Intergroup
Meeting Minutes
Jan. 28, 2023**

Call to order

The regular OA Greater Detroit Intergroup Meeting was held Jan. 28 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 had a quorum. The 12 Steps, 12 Traditions and OA concept of the month were read.

Roll Call

Board Members and Committee Chairs Present:

Verna K., chair, literature and helpline; Lynn H., treasurer; Keri, recording secretary; Irene, Loveline editor; Pina, Webmaster. Meeting Reps: Irene, Sat. Garden City; Carole Ann, Thursday, Plymouth; Verna, Wednesday, Surrender to Win Too. Guest: Pam H.

Officer and Committee Chair Reports:

Minutes reviewed from Nov. 26, 2022. One change/approved.

Chair: Received request from World Service for updated meeting list since it has been almost 3 years since the beginning of Covid and meetings have changed. We have many meetings still “open” with World Service that have not met or formed a virtual meeting these past few years.

- I was contacted about the possibility that a new in-person meeting may be starting at The Shul in West Bloomfield on Sunday mornings at 9:30. Confirmation is pending.

- World Service Business Conference is April 25-April 29, 2023, in Albuquerque. There are 40 New Business Motions and Bylaw Amendments proposed. Agenda Questionnaire from intergroups are due by Feb. 24, 2023, to determine which proposals are taken to WSBC. Sending questionnaires to meetings.

- Literature prices and shipping charges are increasing. Visit bookstore.oa.org for more information.

Vice chair: open position

Lynn H., treasurer:

11/30/2022

Cash

Checking: \$9,151.29

Savings: \$9,082.25

YTD Contributions (6-month budget)

Actual: \$3,818.81

Budget: \$5,150.00 (\$1,331.19) (under budget)

Expenses: \$4,763.79

Budget: \$5,150 (\$386.21) (under budget)

YTD Net Income

Actual: (\$944.98) Rent and phone paid through December (\$600/month)

12/31/2022

Cash

Checking: \$8,668.88

Savings: \$9,082.71

YTD Contributions (7-month budget)

Actual: \$4,821.81

Budget: \$6,008.00 (\$1,186.19) (under budget)

Expenses: \$6,489.75

Budget: \$6,008.00 (\$481.75) (under budget)

YTD Net Income

Actual: (\$1,667.94) Rent and phone paid through February 2023

Contributions down some. Put letter in last Loveline urging people to sign up for recurring Paypal. Hope that will give us more contributions.

Corresponding secretary: open position.

Standing Committees:

Barbara D., Bylaws: As of today, Jan. 23, 2023, I have done the housekeeping on pages 1 through 7 of our ByLaws. One of the corrections being made reflects the 6-month abstinence requirement that expired and now is one year.

As of this writing, we don't have a committee. I reached out to a former Bylaws chair who also served at the region level seeking help. I also contacted the region bylaws chair for input. The truth is that I have not done anything since my last

report in October other than make a few more phone calls seeking help. I will have more of the Bylaws (housekeeping) corrected, if not totally corrected, by the February 2023 meeting.

Finance: Position open.

Verna K., HELPLINE 11/23/22 – 01/23/23

- 7 calls inquiring about OA
- 0 Texts inquiring about OA
- 33 Wrong numbers or no message left, sales/spam calls

All callers/texts inquiring about OA are referred to oagreaterdetroit.org for more information than discussed in our conversations. People new to OA were sent a “Where Do I Start” pamphlet, if appropriate, and they are willing to give their address.

Verna K., Literature: 11/23/22 – 01/23/23

Sold one Twelve Step workbook, one Voices of Recovery, one OA 12 Steps and 12 Traditions and one soft copy Alcoholics Anonymous (Big Book). Money (\$48.50) was sent to Treasurer, Lynn H.

Irene R., newsletter (Loveline):

Following board review and approval, the January/February issue of Loveline was released on Jan. 1, 2023. This newsletter would not exist without committee members Carol U. and Mara S. Carol U. assisted in reviewing and editing the articles. Mara S. created the layout of the newsletter, enhancing the text with lively graphic elements.

The deadline for the March/April issue is Feb. 10, 2023. Articles received after that date will be held for publication in future issues.

The theme of the March/April issue is: “Gratitude in Action” but members should feel free to submit articles on any recovery-related topic.

If you are looking for opportunities to engage in 12th step work, consider sharing your Experience, Strength and Hope in the Loveline. It is your opportunity to reach fellow compulsive eaters in a way that no one else can simply by telling your own story.

Please send articles to lnewsletter.editor@gmail.com.

Office manager: position open

PI/PO: position open

Region 5: open position

Frank, Speaker Sponsor List: I attach a current update for the Speaker/Sponsor List to be uploaded to our Intergroup website. I also note that the website lists the Thursday Rochester meeting as being a virtual meeting but the oa.org site lists it as having resumed in person. It appears that the oa.org site was never updated when the meeting went virtual. The contact person on the Intergroup listing was switched a while back from me to Trina, and when the oa.org listing is updated it should include her contact info rather than mine as well. I have reached out to her and confirmed her agreement that this change be made. Neither of us know, however, whether the meeting group itself or our IG should be in touch with oa.org to get them updated. Please advise Trina as needed (cc'd hereon), and reach out to oa.org if that should come from IG to them.

Although I haven't yet seen a call for reports for our 1/28/2023 meeting, I am attaching the Speaker/Sponsor report for inclusion with the other committee reports when they are circulated. I will likely be traveling during the meeting time and do not expect to be able to participate in real time.

Lastly, as I note in the report, I am concluding 4+ years of Speaker Sponsor service, exceeding the time recommended, and urge the Intergroup to designate a replacement. I will do a final update in the weeks after this upcoming meeting, but do not expect to be doing updates after that.

Pam H. offered to help update oa.org. Will discuss during new business.

12 Steps Within: open position.

Pina, webmaster: Changes since last meeting 11/26/22

Posted OA LA Intergroup Meeting "Welcome Home For the Holidays" on 12/25/22

Posted October 2022 approved Minutes

Posted 1/20/23 Speaker Sponsor List

Posted Jan/Feb 2023 Loveline

Posted Glendale OA Big Book Writing Workshop (Sundays 2-3 ET 1/22/23 – 5/21/23)

Old Business: Open positions. Keri: Can I reach out to the three people interested in 12 Steps Within and having a joint chair. Interest in doing this? Request approved.

New Business:

1. Approval of unbudgeted expense. Had a budget for new meetings of \$55 for startup costs. Didn't offer bec. Of cutbacks. Want approval to give the new meeting Sunday at the office that \$55 for literature, etc. Lynn made a motion to approve. Keri seconded it. Passed unanimously.
2. Speaker/Sponsor Chair – Frank's term expired. Pam H. offered to be chair to make some calls about updates. She will need help with the typing. Pina – since I post the list while completed, I would be happy to make Pam's changes.
3. Updated meeting list per request from WSO. Verna – talked to Barbara. When you click on list, get one that has meetings that don't meet. Call contacts on meetings to see if they are meeting in that location. Who can do this? Divvy the list? Lynn: Ask Barbara to send out emails to meetings first; those who don't respond to email can be called. Carole Ann: Two meetings down river – one only uses telephone.

Meeting Updates:

Lynn H.: Grand Blanc Saturday. Doing well, with some newcomers. Still in-person.

Verna: Wed., 7 p.m., Surrender to Win Too, still virtual and is going well, gotten calls, some from out of state. Not interested in getting involved in Intergroup.

Carole Ann: Thursday, Plymouth: Still conference call and will be for a while, 4-8 people. Good meetings

Irene: Sat. Garden City: Continuing 4th Saturday of month in-person. Hybrid, can call into the meeting, too. Plugging along.

Keri: Monday, The Shul, going great. Some newcomers. Staying virtual.

Wednesday, Living in the Solution, going well, virtual.

Pam: Friday, Ferndale and Saturday, Celtic Cross: Both going very well. Lot of people disappeared from Sat. Hope to get them back. Both are Zoom meetings.

Next Intergroup Meeting: Saturday, Feb. 25, 2023, at 11:15 a.m. after the Celtic Cross OA meeting.

Voices of Recovery and For Today were read.

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

Verna K. adjourned the meeting at 12:25 p.m.