

**Overeaters Anonymous  
Greater Detroit Intergroup  
Meeting Minutes**

DRAFT – SUBJECT TO REVIEW AND APPROVAL

**March 23, 2024**

**Call to order**

The regular OA Greater Detroit Intergroup Meeting was held March 23 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. Twelve Steps and Twelve Traditions were read. Concept of the month (concept 3) was read.

**Roll Call**

**Board Members and Committee Chairs Present:** Verna K., chair and literature chair; Monica S., PI/PO chair; World service delegate Lynn H., treasurer; Region 5 delegate, Irene R., Loveline newsletter chair, Paula M., by-laws. Ira, vice chair, Julie G., Helpline

**Meeting Reps Present and Meeting Updates:**

- **Patricia H.**, Tues. Fenton virtual mtg. international attendees
- **Sue M.**, Thu. St. Efrons mtg. Going well.
- **Sue S.**, Thu. AM Ferndale. Going well.
- **Irene R.**, Sat., Garden City. Via Phone and in-person twice a week. Going well.
- **Carol U.**, Sat., Livonia. Hybrid. Going well.
- **Mary S.**, 10 a.m. Wed. Living in the Solution, going well.
- **Monica S.**, Detroit 6 p.m. Wed., River Towers, In person. Going well. ~5 ppl.
- **Jennifer M.**, Wed. F2F Bloomfield Hills. 12 ppl, newcomers. Lively, going well.
- **Julie G.**, Mon. West Bloomfield Shul virtual. Going well. ~8ppl
- **Paula M.**, Fri. Ferndale virtual meeting. Going well.

**Guests:** Makeda, Kerry W.

**Officer and Committee Chair Report:**

**Recording Secretary, Julie G. (filling in for Keri C.):** Minutes posted online for prior review from Feb. 24, 2024. Minor corrections. Minutes amended. Approved.

**Chair, Verna K.: Feb. 2024**

I have responded to emails sent to [info@greaterdetroit.org](mailto:info@greaterdetroit.org), which is on our website under the “Contact” tab. Unfortunately, for some reason, I can’t get them directly forwarded to me. Our previous webmaster has been able to have them forwarded to Pina and she is currently forwarding them to me. We don’t get a lot of messages from that source but, of those that we receive, I have been able to answer in a fairly timely manner. However, it may be time to change the email address so it can be directly accessed.

Our most recent request is from a speaker coordinator for a 6pm phone speaker meeting. She is requesting names of possible speakers from our intergroup. As you may know, we do not have a current list because the Speaker/Sponsor position is open. Our last list is dated February 23, 2023. This request has brought to mind some questions: How valuable has this list been in the past *for our own use*. Was it used often? How often was it updated? Was information verified each time it was updated? Also, are both categories, “speaker” and “sponsor,” useful?

**Vice chair: Ira H.** No written report. Will setup a Zoom meeting post Spring retreat to spread the word about Intergroup.

**Treasurer, Lynn H.:**

**2-29-24**

**Cash**

**Checking:** \$15,832.77

**Savings:** \$9,083.49

**Actual (Budget-nine months)**

**YTD contributions:** \$8,547.31

**Budget:** \$7,762.50 \$785 over budget

**Expenses:**

**YTD Net Income**

**Actual:** (\$819.31) Phone paid through February.

The total cash balance of \$26,916 includes \$2,000 deposit on the spring retreat and \$8,670 collected toward Spring Retreat rental fees. Our YTD income, 9 months into our year, is over budget by \$785. Our total expenses exceed our total income by \$55. We had \$4,445 in unbudgeted expenses so far this year. Our office closing eliminated the rent that was budgeted at \$5,400, offsetting the unbudgeted expenses.

**Corresponding secretary:** Position open.

**Standing Committees:**

**Bylaws: Paula M. Feb. 2024**

The bylaws committee met via Zoom, Tuesday, March 19, 2024. We reviewed and discussed the bylaws previously approved by the intergroup on 7-25-2020. These changes need to be updated in the bylaws.

We also have a list of proposed changes that have been written up by the previous committee, but not yet approved. We have decided to honor these proposals and review them for approval by the intergroup first.

The next bylaws meeting is Tuesday, April 16, 2024, from 7-8 pm. All who are interested are encouraged to attend.

**Finance:** Position open.

**Help Line: Julie G. March 2024**

Summary: Trending remains the same. 10% legitimate | 90% spam

Year to date Metrics (Jan-YTD):

- 69 total calls | 62 spam | 7 legitimate | 23 avg. calls per month

Monthly Metrics March:

- Call details: 3 legitimate calls (looking for meetings) | 21 spam calls

Legitimate calls were looking for meetings and general information about OA. One caller heard about OA from a friend.

**Verna K., Literature:** March 2024

No literature sales since last month. Almost all Intergroup literature has been given to Ronda Carlson for use at the Spring Retreat. All I have in my possession is one OA 12 & 12, one soft cover AA big book, OA anniversary coins, and approximately 40 more "Where Do I Start?" pamphlets, all of

which will be taken to the retreat and given to Ronda to use at the retreat, if not sold before then.

The planned purchase of literature from the Ontario Intergroup, was made on 2/24/24 and given to Ronda for the Spring Retreat.

OA is revising a piece of literature (it isn't clear which one) on the topic of what recovery actions are most helpful to our members. You may share your experience of what works for you and how you work it. Your answers will provide valuable insight. Entries need to be submitted by April 30, 2024. Go to [oa.org](http://oa.org) and search "A Step Ahead News" if you are interested in filling out the survey.

### **Loveline Newsletter, Irene R:**

March 23, 2024

Thanks to thank 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 in review-ing each issue prior to publication.

The March/April issue was released at the end of February. The theme of the May/June issue is Steps 5 and 6. The deadline for submitting original articles for that issue is April 10, 2024. Please do not submit AI-generated material. We also welcome flyers and news releases about OA-related events to include in the newsletter. When forwarding such information, please provide a contact phone number or email in case there are any questions.

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 or flyers to: [llnewsletter.editor@gmail.com](mailto:llnewsletter.editor@gmail.com).

**Office manager:** position open

**Updated PI/PO:** Monica S, Unity Day event was successful. Investigating having non-profit tables at festivals. Has created a draft of an OAGD poster with QR code that directs to the [orgreaterdetroit.org](http://orgreaterdetroit.org) website that can be posted publicly, looking for input and would require money to fund. Investigating ways to use social media. Next PI/PO meeting will happen in the next couple of weeks.

## **Region 5: Report from Lynn H.:**

### **Region 5 Assembly - March 8-10, 2024**

#### Highlights – things to take back to your meetings:

1. Ohio Day of Sharing – no meeting, attend a local meeting on that day.
2. Region 5 Convention – September 6 to 8, 2024.  
Cleveland, OH Registration begins April 1
3. Region 5 positions coming open – Chair, Treasurer, Trustee/Liaison to be voted on in November.

#### **Friday night Meetings.**

Region 5 Board – the question was asked what can we get excited about in the Region? Members discussed Convention will help with the excitement and all were advised to talk up the event. Show your excitement from Assembly and model the behavior to our members. Members discussed some areas to focus on – speaker list, maybe hold a business event at Conventions, work to involve more young people, determine the spiritual solution for being here.

#### Intergroup Sharing – Question was asked what are intergroups or meetings doing well:

- CCI asked what intergroups are selling literature. No Intergroup is selling consistently, some only sell at an Event or Convention.
- Other best practice shares:
  - In person retreats are working.
  - Holding a quarterly newcomers meeting
  - Share ideas on how to retain newcomers – Create a Welcoming Culture.
  - Break down service positions and have multiple people perform the position. Make service positions more attractive.

#### **Saturday Meetings**

##### Executive Committee Reports/Opening

- There are 24 Registered Intergroups in Region 5, with 410 registered meetings, 26 unaffiliated groups. There are 52 eligible reps and 110 virtual meetings.
- Roll call – 18 Reps, 4 Officer, 5 guests, 1 Region Trustee 1 Parliamentarian. Total attending 29
- Region 5 Trustee Report –
  - Make sure your meeting is correctly listed on the OA.org site. If your meeting has not met in person since the pandemic and is still listed as in person – please change. Yes, the meeting number will change but need to clean up.
  - Region 5 Board members will help in any Traditions or Concepts of Service workshop.

- OA has added a new statement to the WELCOME section of certain suggested meeting formats:

‘Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters whenever they are.’

- New literature/catalog order for online – oa.org [2024 Literature Catalog and Order Form Now Available - Overeaters Anonymous \(oa.org\)](#)
- There is a University Outreach. Is there a university close to you who supports 12 step programs? [New! Reach Out to University Staff Who Support Student Well-Being - Overeaters Anonymous \(oa.org\)](#)
- New 12 Concepts of Service Workshop. - [Delve into the Twelve Concepts of OA Service with Our New Workshop - Overeaters Anonymous](#)
- Updated Newcomers informational Meeting format - [New! Guidelines for a Newcomers Informational Meeting - Overeaters Anonymous \(oa.org\)](#)

#### Business Committee Meetings:

Broke out into Business Committee Meetings – my assignment was finance. The treasurer gave reports on Budget vs. Actual for the Year 2023 and for YTD 2024. She announced that her term of service will be up in November 2024. A new treasurer is being sought.

#### Outreach Sub-Committee Meetings.

Broke out into Outreach Sub-Committee. I am assigned to the Intergroup subcommittee.

- Renamed our sub-committee to Everything Intergroup
- Had brainstorming ideas for goals and deliverables. Two main topics discussed:
  - i. Region 5 inventory
  - ii. Create a Welcome Culture

#### Reconvened for general conference on Sunday.

- Reviewed reports from bylaws, finance, and media. Highlights:
  - i) New amendment regarding timing of submission of Trustee application. Motion was approved.
  - ii) Finance Committee – All credit cards will be replaced with debit cards. The committee will meet virtually on a quarterly basis to review financial reports. The committee advised having a second member log into the bank account to double check the account balances being reported.
  - iii) Media Committee – their goal to gather articles for newsletter.
- Committee of the Whole report outs:
  - (1) Sponsorship themed committee – Ideas were discussed and will be vetted at the next meeting.
  - (2) Intergroup to Intergroup – report included in text above

(3) Communication/Connectivity – looking at college campus' and treatment centers.  
The meeting was adjourned.

Thank you for the opportunity to represent our Greater Detroit Intergroup at Region 5

**Speaker Sponsor List:** position open

**12 Steps Within:** Open position

**Webmaster, Pina B: Changes since 2/18/24**

- Posted March/April Loveline
- Posted new in-person meeting in Holly at the Holly Library.  
Wednesdays 5:30-6:30 pm. Focus on the AA Big Book, OA 12 & 12.
- Updated the following meetings to indicate they are OPEN meetings:
  - Monday Detroit Unity Temple 6:00 pm meeting
  - Saturday Celtic Cross 8:45 am meeting
  - Saturday Celtic Cross 10:00 am meeting (5<sup>th</sup> Sunday of the month)
  - Saturday Garden City Presbyterian Church Garden City 1:00 pm meeting

**Old business: None**

**New business:** 1) Budget Deadline. Next IG meeting Lynn will present a preliminary budget. Committees needing funds should email Lynn before the April IG meeting and she will include in the preliminary budget. 2) Report on Region 5 Assembly

I added 3 more new business discussions that happened during the meeting **3) Corresponding Secretary:** A member is interested in the position. An exception can be made to the ByLaws 2-years in program requirement to allow the member to take the position. The position will be voted on in May. In the meantime, the member is already working with Barbara D. to learn the position. **4) Speaker/Sponsor List:** Discussion on usefulness. Agreement that it was useful and should be maintained. Speaker/Sponsor position is open. It was

helpful. Currently available on the website under the Intergroup tab. Needs to be easily accessible on the website. Verna will call the speakers and sponsor on the list and update the list. Ira H., willing to take on Speaker/Sponsor position. **5) Zoom meeting Security.** At the April IG meeting we will discuss Zoom meeting security. Ira H., recommended Zoom meetings use a waiting room and admit people to meetings.

**Upcoming events:** Spring Retreat to be held on April 12-14, 2024. Registration is full. Susanne G is handling a waiting list.

The Region 5 2024 Convention presented by the Cleveland Central Intergroup will be in person on September 6-8 at the Holiday Inn-Cleveland-S in Independence OH. More details at [region5oa.org](http://region5oa.org).

**Next Intergroup Meeting: April 27, 2024, at 11:15 a.m. on the Intergroup Zoom account.**

**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.**