

**Overeaters Anonymous
Greater Detroit Intergroup
Meeting Minutes
Oct. 22, 2022**

Call to order

The regular OA Greater Detroit Intergroup Meeting was held Oct. 22 as an online/telephone meeting. The meeting began at 11:17 a.m. with a moment of silence and the Serenity Prayer followed by introductions. We did not have a quorum. The 12 Steps, 12 Traditions and OA concept of the month were read.

Roll Call

Board Members and Committee Chairs Present:

Irene R., newsletter; Verna K., literature and helpline; Lynn H., treasurer and filling in for chair; Barbara, bylaws chair. Meeting Reps: Irene, Sat. Garden City; Verna, Wednesday, Surrender to Win Too, Carol U., Saturday, St. Mary's Hospital. No visitors present.

Officer and Committee Chair Reports:

Minutes reviewed from Sept. 24, 2022, by Verna, filling in for Keri. Corrections: Remove Pamalar B.'s name from Chair. Remove "written" from Speaker/Sponsor List and Webmaster reports to read "No Report". The minutes were approved as corrected.

Chair: open position. Lynn H. is acting chair.

Vice chair: open position

Lynn H., treasurer:

Report was not read and will be read at November meeting.

Corresponding secretary: open position. Keri has asked for reports from chairs for this meeting.

Standing Committees:

Barbara D., Bylaws: As of today, Oct. 18, 2022, I have done the housekeeping on pages 1 thru 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 region level seeking help. I also contacted the region bylaws chair for input.

Finance: Position open.

Verna K., Helpline: 9/21/22 – 10/18/22

- 3 calls inquiring about OA
- 0 Texts inquiring about OA
- 7 Wrong numbers or no message left, sales/spam calls
- 1 call to help a member make changes to the website. I took information and gave it to Webmaster, Pina.

All callers/texts inquiring about OA were referred to oagreaterdetroit.org for more information than Verna gave in conversations. People new to OA who gave their address were sent a “Where Do I Start” newcomer pamphlet.

Verna K., Literature: 9/21/22 – 10/18/22

No literature sold. No literature ordered. Mail picked up with three donations that were mailed to our treasurer, Lynn.

Irene R., newsletter: As the newly installed chair of the Loveline committee, I am thankful that my predecessor, Carol U., with her wisdom and experience, has agreed to continue to serve on the committee.

The November/December draft of Loveline is being expertly assembled by Mara. Following board review and approval, the prospective release date is the end of October.

The deadline for the January/February issue is Dec. 10, 2022. Articles received after that date will be held for publication in future issues.

The theme of the January/February issue: “What is my idea of happiness?” but members should feel free to submit articles on any recovery-related topic.

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.

Office manager: position open

PI/PO: position open

Region 5: open position

Frank, Speaker Sponsor List: No report.

Sue S., 12 Steps Within:

We had our study on Step 10 using the AA 12 and 12 on Oct. 13. We listened to an audio recording of a fellow OA member. Then there was participation from those in attendance. It was a great success and ideas were shared on doing Step 10 in a practical, doable way.

Step 11 will be held Nov. 10. It will be from 7-8 p.m. You can find the link by going to oagreaterdetroit.org and then to local events.

Step 12 will be held Dec. 8.

As of the end of this year, the Chair position of the 12 Step Within Committee will be vacant. Please consider stepping in and doing this service for our OA fellowship.

You can contact Sue at (248) 408-2340 if you need any information.

Pina, webmaster: 10/18/22

Changes made to the Website since last report:

1. Added Region 6 Convention (10/21-10/23)
2. Added OA 63rd birthday party (in person) 1/13/23-1/15/23
3. Posted Approved August Intergroup Minutes
4. Posted notifications for 9/26/22, 10/22/22 and 11/26/22 Intergroup Meetings
5. Made the following meeting updates:
 - Updated contact for St. Margaret of Scotland meeting on Saturday at 10am (face to face meeting) to new contact: Lu - 586-293-0814.
 - Updated Tuesday 7pm Hope United Church of Christ Tuesday 7pm meeting to face to face.

Old Business: None.

New Business: Further discussion of filling vacant positions. Verna has volunteered to take the position of Chair. A vote will be taken at the Nov. meeting.

Feedback on using the office for Intergroup and other meetings. Verna reports that she received a call regarding possible use of the office for a meeting. The caller is considering Sunday at noon but will ask around to find out if there is interest.

Meeting Updates:

Irene R: Saturday, Garden City. Still meeting Saturday at 1 p.m. and is still via telephone. Meeting is going well.

Carol U: St. Mary's, Sat. group conscience decision was to stay virtual for now. The meeting is going well.

Lynn H.: Grand Blanc Saturday. Still in-person, going well. (Lynn read the letter she composed about the office being available to all for meeting and special events that will be in the next Loveline and has been sent to meeting contacts.)

Barbara D.: Detroit Unity Monday. This is a Big Book meeting with 5-6 regular people and is going well.

Verna: Wed., Surrender to Win Too, still virtual and is going well.

Carole Ann: Thursday St. John's. Phone meeting with 5-8 people. Planning a group conscience to discuss getting back to face to face. The facility is no longer available. Comment: She does not receive notifications. Barbara commented that she is adding her to the email list. Verna mentioned that there is no contact person on the website for this meeting. Carole Ann will verify whether someone from the meeting wants to be the meeting contact on the website.

Next Intergroup Meeting: Saturday, Nov. 26, 2022, at 11:15 a.m. after the Celtic Cross OA meeting. Upcoming event: Living in the Steps, Thursday Nov. 10. Info on

oagreaterdetroit.org under local events. Step 11 study using AA Twelve Steps and Twelve Traditions book.

Voices of Recovery and For Today were read.

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

Lynn H. adjourned the meeting at 12:22 p.m.