

## **APRIL INTERGROUP MEETING MINUTES & COMMITTEE REPORTS**

**April 5, 2007 Meeting Minutes Westchester United Intergroup of Overeaters Anonymous  
Emmanuel Lutheran Church  
Meetings 1<sup>st</sup> Thursday of the month at 7:30PM**

**Attending:** Anne B (Acting Chair) Jan G (Corresponding Secretary); Kim D (Treasurer); John B (acting vice chair); Tom S (Region 6 Delegate), Shayna C (Pelham), Jean B (Larchmont); Louise Belmont (Hartsdale)

**Read:** Preamble; 12 steps; 12 traditions; 7-12 rules of service; sign in sheet & basket passed

### **Motion to approve March Minutes:**

**Vote:** 6 in favor  
1 abstain

### **Treasurer Report:**

#### **Highlights for Month of March**

- Sizeable donation for public information directly into their budget
- We are starting to get placemat costs coming in which will be coming from public information

### **Motion to approve Treasurer Report:**

6 in favor  
1 abstain

### **Newsletter Editor**

- Carolyn volunteered to be the new newsletter editor.
- We had a discussion in the past to get the newsletter out with announcements.
- Any problem with appointment.
- The missing requirement is that she has not been in Intergroup.
- Question: Can we make her acting now

### **Motion made to accept Carolyn as the Newsletter editor.**

- Vote by secret ballot...

**Vote:** Unanimous acceptance of Carolyn as acting newsletter.

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### **Discussion on Inventory Formats:**

- AA Group Inventory recommended by someone with experience doing inventories as the most effective.
- The AA Meeting Inventory will help us understand where we are at fault
- OA Intergroup Inventory too long
- In effort to attract people to Intergroup, the AA inventory looks at the dynamics of the group

### **Motion to accept the AA Group Inventory format.**

**Vote:** Favor – 6  
Opposed – 1

**Motion: To start Inventory at this meeting. The scribe will read back the discussion from this month – leave it open for final decision making.**

**Vote:** Unanimous to start inventory at this meeting

***The remainder of the meeting was dedicated to the AA Group Inventory. The scribe notes on the inventory material covered will be reviewed at the May Intergroup Meeting when the inventory will be completed...***

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### **Speaker Bank – Jmel W. 3/29/07**

I had one phone call asking for a sponsor from the Temporary Sponsor Bank. The person I gave her did not work out, and I need to work on getting more folks on my list.

Unfortunately, I will be out of town for both the April and May Intergroup meetings.

### **Public Information Report 4/5/07 (Carol B.)**

#### **Diner Placemats**

We signed a three month contract with The Dining Times to place an OA informational ad on diner placemats at the following four diners: Eldorado (Elmsford), Eldorado West (Tarrytown), Executive Diner (Hawthorne), and Pleasantville Diner at a cost of \$300 per month. Because there was extra room on the Thornwood Diner placemat this month, our ad was included. (Usual cost \$450 per month for 3 months.)

In April, 83,000 placemats were distributed:

- Eldorado (22,000)
- Eldorado West (22,000)
- Executive Diner (15,000)
- Pleasantville (12,000)
- Thornwood (12,000)

We used the same ad as we did in the movie theater slide. We submitted another request for permission to use the Overeaters Anonymous logo from World Services and this request was granted. As before, we were careful to keep within the OA traditions and guidelines, neither promoting nor soliciting anyone. The wording is simple... "Can't Stop Eating? Can't Stop Dieting?" and under this the statement "30 local meetings a week, Free, No Dues, No Fees." The OA logo is in the upper left corner and our hotline number and new website (oahelps.org) at the bottom. (Samples for each group will be available shortly.)

To those on the hotline, it would be helpful to the committee if you were able to find out how callers heard about OA. Also, when newcomers attend meetings, it would be helpful to find out if anyone found out about OA by seeing the ad. If so, please notify anyone on the committee: Carol B, John B., Tom S. or Roberta Z.

### **Communication from Carolyn regarding volunteering for position of newsletter editor**

I am sorry that I won't be able to make the intergroup meeting tomorrow night. Just to put it in writing: I would like to volunteer to be the new intergroup newsletter editor or one of the committee members if there are more members who are interested the position. I don't know if I need to give this information to you, but in case you need to know, I've taken Steps 1 through 9 and am "living in 10, 11, & 12." On April 12, Goddess willing, I will have 15 months of

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abstinence. I haven't been an intergroup representative, but I'd like to give service at the intergroup level. I will be out of town from tomorrow through Sunday, but I will have access to email and I can be reached on my cell phone at [phone # deleted for publication] if you have any questions.

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### **Website 4/5/07 (Beth T.)**

Just wanted to let you know that I will not be able to make the Intergroup meeting tonight. I did not send you a web report but there is nothing of real consequence to report so I will hold off with a formal report until next month.

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### AA GROUP INVENTORY FORMAT

#### Principles Before Personalities

**Tradition Two: For our group purpose, there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

#### The principal of Rotation:

Traditionally, rotation ensures that group tasks, like nearly everything else in AA are passed around for all to share. Many groups have alternates to each trusted servant who can step into the service positions if needed.

To step out of an AA office you love can be hard. If you have been doing a good job, if you honestly don't see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it's especially tough. But it can be a real step forward in growth – a step into the humility that is, for some people, the spiritual essence of anonymity.

Among other things, anonymity in the Fellowship means that we forgo personal prestige for any AA work we do to help alcoholics. And, in the spirit of Tradition Twelve, it ever reminds us “to place principles before personalities.”

Many outgoing service position holders find it rewarding to take time to share their experience with the incoming person. Rotation helps to bring us spiritual rewards far more enduring than fame. With no AA “status” at stake, we needn't compete for titles or praise – we have complete freedom to serve as we are needed.

#### What is an Informed AA Group Conscience?

The group conscience is the collective conscience of the group membership and thus represents substantial unanimity on an issue before definitive action is taken. This is achieved by the group members through the sharing of full information, individual points of view, and the practice of AA principles. To be fully informed requires a willingness to listen to minority opinions with an open mind.

On sensitive issues, the group works slowly – discouraging formal motions until a clear sense of its collective view emerges. Placing principles before personalities, the membership is wary of dominant opinions. Its voice is heard when a well-formed group arrives at a decision. The result rests on more than a “yes” or “no” count – precisely because it is the spiritual expression of the group conscience. The term “informed group conscience” implies that pertinent information has been studied and all views have been heard before the group votes.

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### AA Group Inventory

Many groups periodically hold a “group inventory meeting” to evaluate how well they are fulfilling their primary purpose: to help alcoholics recover through AA ‘s suggested Twelve Steps of recovery. Some groups take inventory by examining our Twelve Traditions, one at a time, to determine how well they are living up to these principles.

The following questions, compiled from AA shared experience, may be useful in arriving at an informed group conscience. Groups will probably wish to add questions of their own:

1. What is the basic purpose of our group?
2. What more can our group do to carry the message?
3. Is our group attracting alcoholics from different backgrounds? Are we seeing a good cross-section of our community, including those with special needs?
4. Do new members stick with us, or does the turnover seem excessive? If so, why? What can we as a group do to retain members?
5. Do we emphasize the importance of sponsorship? How effectively? How can we do it better?
6. Are we careful to preserve the anonymity of our group members and other AAs outside the meeting rooms? Do we also leave what they share at meetings behind?
7. Does our group emphasize to all members the value of keeping up with the kitchen, set-up, clean-up and other housekeeping chores that are essential for our Twelfth Step efforts?
8. Are all members given the opportunity to speak at meetings and to participate in other group activities?
9. Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care?
10. Are we doing all we can to provide an attractive and accessible meeting place?
11. Does our group do its fair share toward participating in the purpose of AA – as it relates to our Three Legacies of Recovery, Unity and Service?
12. What has our group done lately to bring the AA message to the attention of professionals in the community – the physicians, clergy, court officials, educators, and others who are often the first to see alcoholics in need of help?
13. How is our group fulfilling its responsibility to the Seventh Tradition?

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### **OA INTERGROUP / SERVICE BOARD INVENTORY**

This inventory is divided into three parts:

1. A look at the function of the intergroup / service board;
2. Twelfth-Step work with the Fellowship; and
3. Carrying the message to the still-suffering compulsive overeater

When you have completed the inventory, you will probably discover that your intergroup / service board has more strengths than you realized. After all, it takes commitment to be willing to do an inventory in the first place. You may also find some weaknesses. Just as in your personal recovery, appreciate your strengths. As for your weaknesses, remember that help is available to you both through your region and your world service representative, the region trustee.

The following sets of questions are suggestions only. Their purpose is to evaluate the intergroup / service board's present performance and to share some ideas from other intergroups / service boards about service. Take a deep breath and good luck!

#### **Preliminary questions:**

Are we satisfied with the function of our intergroup / service board? If not why not?

Have we ever taken an intergroup / service board inventory? If not, Why not? If so, what were the results?

#### **Part 1 – the function of the Intergroup**

1. What is the purpose of our intergroup / service board?
2. Do we have a statement of purpose or bylaws?
3. Do we use Robert's Rules of Order and our bylaws during our business meetings?
4. Are we incorporated? Do we have a nonprofit tax status?
5. Do we set realistic short and long term goals?
6. Does our intergroup / service board have a need for regular steering committee meetings or board meetings?
7. How can we keep the WSO group registrations up-to-date?
8. Do we choose our service people with care and consideration, placing principles before personalities?
9. Is anonymity honored within our intergroup / service board?
10. Is an opportunity given to each and every member to participate in the intergroup / service board's activities?
11. Do we have a budget which includes a prudent reserve and contributions to region and the WSO?
12. Have we done all we can to provide an attractive and convenient meeting place?
13. Are we committed to participating in the region and world service structure?

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14. Do we make every effort to fund our representatives to regional assemblies and the World Service Business Conference?

### **Part 2 – The Twelfth Step Within**

1. Do all the groups in our geographic area know about our intergroup / service board and the service we provide?
2. Do all the groups in the area belong to an intergroup / service board?
3. Do we keep in touch with groups that don't send representatives or contributions to intergroup / service board?
4. Do we let all groups know how they can support the intergroup / service board through service and financial contributions?
5. Do we encourage the 60/30/10 contribution formula, making sure our area groups know about it?
6. Do we inform all members and groups of the structure of OA?
7. Do we sponsor OA workshops and marathons for OA members in our area?
8. Do we keep our meeting list current?
9. Do we publish an intergroup / service board newsletter for the groups in our area?
10. Do we maintain a stock of OA literature and AA books for sale? Do we encourage subscriptions and written contributions to Lifeline?
11. Do we help new members find sponsors?
12. Do we arrange a system for groups to obtain abstaining OA speakers?
13. How do we help floundering groups?
14. Do we assist unaffiliated groups in nearby areas to form their own intergroups / service board?
15. Do we address the special needs of our members, e.g. young people or people with disabilities, and try to find ways to meet their needs without isolating them?

### **Part 3 – Carrying the message**

1. Do we have a permanent address and a phone number that is answered 24 hours a day?
2. Is our intergroup/service board phone number listed in area phone books?
3. Are we reaching compulsive overeaters in our community through:
  - Meeting listing in local newspapers
  - Radio and TV public service announcements (PSAs); calendar notices
  - Newspaper and magazine articles
  - News releases about special OA events
  - Bulletin board notices
  - OA literature in libraries
  - Special newcomer meetings
  - Speakers at various community gatherings
  - Other \_\_\_\_\_
4. What have we done to bring the OA message to the attention of the professional community:
  - Medical professionals
  - Physicians
  - Nurses

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- Dietitians
- Nutritionists
- Medical Technicians
- Psychiatrists
- Psychologists
- Counselors
- Teachers
- Social Workers
- Clergy
- Military
- Employee Assistance Counselors
- Other \_\_\_\_\_

5. What are we doing to carry the message to institutions:
  - a. Schools
  - b. Prisons and detention centers
  - c. Hospitals
  - d. Training facilities
  - e. Nursing homes and retirement communities
  - f. Other \_\_\_\_\_

### **Final question:**

Are there other alternatives to the present intergroup / service board structure that might be more useful in meeting the area's needs? If so, what?