

**Westchester United Intergroup Meeting
DECEMBER 6, 2007**

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November 20, 2007

Hey Brothers & Sisters:

Good things are happening! Our committees are moving forward, doing important work focused on bringing the OA message to those still suffering. The 12 Step Within Committee conducted a successful Relapse and Recovery IDEA Day Marathon this past weekend and the PI Committee is working on another round of placemats and working on delivering the message to high school and college students in the area. Congratulations to all those on these committees for work well done.

At our Intergroup meetings, we are going to continue to review a tradition each month. This month we will be talking about Tradition 12, so please spend some time reviewing this tradition before our next meeting so we can have a meaningful discussion.

I think it's important to continue to acknowledge our commitment and our success within the program, by sharing our length of abstinence (even if only for one hour), anniversaries and step milestones. We will have an opportunity to do so after the Serenity prayer

Once again, I am looking for volunteers to get to our Intergroup meeting early to set up and greet newcomers. It would be very helpful to give the newcomer some idea of what is going on and how the meeting is run.

In an effort to reduce cost incurred by Intergroup, please bring your own printed copy of this document.

Please join me for dinner at 6:00PM at McArthur's American Grill on 14 Washington Ave, Pleasantville, NY. This restaurant is located across the street from the Jacob Burns Movie Theater in Pleasantville. All are welcome. please R.S.V.P. so I can make reservation.

Thanks to All
Peace & Love,

John B.
914 720 7785

AGENDA

- Serenity Prayer
- Introduction – Please identify yourself and the group you represent if you are an Intergroup Rep and let us know if you are new at this. Please also share your length of abstinence and any anniversary and any recently completed steps.
- Preamble, 12 Steps, 12 Traditions and the 12 Concepts (Read only 1-6)
- *Pass around sign in sheet*
 - Sign in: Name address phone, e-mail and group you represent if an Intergroup rep
- *Pass basket* - Our rent is \$1 but World Service suggests a donation of \$2
- Tradition of the Month: Review Tradition (12)
- Approve Treasurer Report (John B)
- Approve minutes of November Meeting
- Old Business:
 - Inventory – Review Kim’s Final Document
 - Review By-law amendments
- New Business
 - Approve new acting PI Chair and acting Corresponding Secretary
 - Approve Phone Tree Form for Internet & Meeting Distribution (Jan G)
 - Approve sending funds to World Service for initiative to hire outside marketing company (Carol B)
- Announcements
(IR’s – Please refer to our website for current announcements)
- Roseanne’s Prayer – followed by high fives, hugs, and kisses.

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness; no longer must we each depend on our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours and as we join hands, we find love and understanding beyond our wildest dreams!

Westchester United OA Intergroup November 2007 Meeting Minutes

Attending: John B (Chair), Debbie S (Co-Chair), Anne B (Treasurer) Jan G (Recording Secretary) Carol B (WSBC Delegate), Rabia M (Sat WP), Roberta M (Speaker Bank), Larissa M (Hotline), Richard S (Katonah Wed), Valerie M (Corresponding Sec), Laura C (Mt. Kisco), Debby D (Yonkers), Denise B (Yorktown), Jean B (Thurs Larchmont), Vivian N (Thursday, Yorktown),

Read:

Serenity Prayer, Preamble; 12 Steps & 12 Traditions; Twelve Concepts of OA

REVIEW OF TRADITION OF THE MONTH:

Tradition 11:

Debbie S. leads the tradition:

- Traditions teaches how to have relations with others
- Debbie shares on what she can talk about – sticking to it and her abstinence is what they can talk about.
- Anonymity is important e.g. Britney Spears – we don't promote an individual
- Actors say they live a spiritual way of life – buzz word
- Living Tradition 11 - By just sharing her own experience, strength and hope – might be saving some one

Treasurer Report:

- Has to investigate with IRS if we are tax exempt – question on whether each meeting is tax exempt.
- Anne needs input from all the committees on what needs to be put in the budget
- John asked Anne to agree to ask someone in writing in Region 6 whether the individual meetings are tax exempt

Motion:

Web mistress to put out a notice for any member of OA who is a CPA to volunteer to look into IRS problem .

Vote: Favor: 13

Motion:

To Accept Treasurer report

Vote:

Unanimous

October Meeting Minutes

Motion:

To approve October minutes

Vote:

11 in Favor – 2 Abstain

OLD BUSINESS:

Intergroup Inventory:

- Trying to figure out a way to continue the process
- Kim coming back next month to review what has happened and how we were going to proceed
- Jan to send out copy of the Inventory to all the reps

BYLAWS:

- **Item & Discussion:** What can we do as a committee do to help get them out of relapse
We want to strengthen everybody's program

Motion: Set up committee to review by laws and make recommendation to Intergroup

Vote: 13 in Favor

Question: Who is interested in being part of the committee:

Volunteers:

John B

Anne B

Debbie Siskind

Carol B

Beth T

NEW BUSINESS:

IDEA Day:

Discussion: To approve 12 Step Within Committee for \$200 for room and \$50 for coffee, tea, water, cups.
Discussion that these funds will probably be replaced by the \$5.00 fee for entry into the IDEA Day.

Motion: Approve funds to be designated to IDEA Day

Vote: 12 in favor

12 Step Within Committee

Three things happening:

- IDEA DAY
- New Relapse Survivor Meeting (starting November 8) at 11:00AM at Bryant Avenue location in White Plains (Format will be from World Service Relapse Book).
- Would like to start a phone tree:
- What can we do as a committee do to help get them out of relapse
We want to strengthen everybody's program.
January 19 – Margaret, Region 6 Trustee, will be doing a marathon on will be doing a full day workshop on sponsorship, service, and 12 traditions.

Discussion: Debbie asked to receive phone lists from meetings.

Point brought up that the list belongs to the individual meeting and approval would have to be obtained. The idea was taken off the table. Debbie took the idea of the table

Intergroup Meetings Going Forward:

John will make sure the agenda gets out there early and ask to do some brainstorming on future ideas.

Webmistress:

Provided a hand out for people to give their e-mail address and be added to the distribution list.

ADOPT A MEETING DISCUSSION

In order to encourage intergroup to work cohesively and get more people to involved in intergroup – have people go out to business meetings to review Intergroup, what Intergroup can do for them

- Carol will find out more about it and investigate what they did
- John – part of the focus should be how we get people here, what can they do once they are here.
- Larissa & Rick are already doing it and would love volunteers to help them augment it.
- John – asked for a structure from Larissa’s committee and would ask for soldiers

PI Committee

Several things working on:

- Would like to have a special basket passed around at IDEA day.
- Public Awareness Campaign – World Service needs \$27,000 seed money to start a public awareness campaign. Will be decided later.

Motion: IDEA day pass a basket around for PI projects

Vote: Favor 13 1 Abstain

End of Agenda

John – opened the room for discussion

- Rick: Jan to get Bea to bring package for Rick
- Carol: will check on names and addresses being in list

Corresponding Secretary Update:

- Two new meetings
 - Anything on for the next retreat
 - Larissa – Region 6 is actively researching how many people we can have at Region 6 reps.

WUIG INVENTORY RESULTS

WUIG's 4th Step Inventory

In my experience, going through a 4th step inventory is one of the most loving acts we can do for ourselves. Only when we face our defects of character (selfishness, self-seeking, dishonesty and fear) are we truly able to look the world in the eye and be of maximum service to our higher power and our fellows.

As many of you know, this past summer our Westchester United Intergroup took this amazing leap of faith and performed a personal housecleaning. In doing so, we took an honest look at the exact nature of our wrongs and admitted our shortcomings.

Now as a group we're turning these truths to our fellows in the hopes that you will offer service to help fulfill our primary purpose...to carry the message to those who still suffer.

Please attend the next Intergroup meeting: Thursday, December 6th, 7:30P at the Emanuel Lutheran Church in Pleasantville.

Remember "together we can do what we could never do alone."

On a personal note, I am so extremely grateful to WUIG for allowing me to moderate and be a loving witness in this experience. It has meant a great deal to me and my program!

In service,
Kimi D.

1. What is our basic purpose?

Our primary purpose of this organization is to carry the message (and to serve and represent the OA groups from which WUIG is formed).

2. What more can our group do to carry the message?

The message is we have a solution and the solution is the 12 steps. Promote and clarify the 12 step solution.

3. Is our Intergroup attracting addicts from different backgrounds?

No we do not have diversity amongst our members.

4. Do new members stick with us or does turnover seem excessive-if so why?

Turnover is excessive. Why? We're not doing an adequate job of promoting/clarifying the 12-step solution.

5. Are we choosing our officers with care?

No. We don't have enough abstinent people from which to choose. People in the rooms who are abstinent are not coming to Intergroup, therefore we "elect" whoever volunteers.

6. Are we providing an attractive meeting place (environment)?

No. We are not providing a consistently abstinent environment (abstinence is defined as the state of being physically, emotionally and spiritually fit).

7. How are we maintaining recovery, unity and service?

The more abstinent in our environment we are the more recovery, unity and service we will have.

8. Are we bringing the message to professional?

Yes, we have a strong Public Information committee that is bringing the message to professionals.

9. Are we fulfilling our 7th tradition?

Yes and no. Financially we are meeting our obligations, but we are not fulfilling our responsibilities for service positions.

COMMITTEE REPORTS

Public Information Report 11/4/07 (Carol B.)

Present: Andrea R., Carol B., John B., Laura B., Mike S. and Roberta Z.

- 1) Introduced Mike S. as Acting Chair of the PI Com., pending WUIG approval.
- 2) Discussed the diner placemats for the Mont Olympus Diner for Jan Mar 08, costing \$595 in regards to our current remaining funds in the 07 PI budget of \$595. All agreed to proceed as scheduled.
- 3) Discussed amount to request WUIG for 08 budget line. No determination.
- 4) Discussed the need for PI funds. At recent meeting, WUIG approved an extra basket for PI projects to be passed at upcoming IDEA Day. We also discussed ³passing the basket² concept. Currently we are only aware of 2 meetings that ³pass the basket² for PI. In addition, the Sunday am WP Hosp meeting has given PI a lump sum. Suggestion was made to develop a statement that could be added to a meeting's format requesting regular PI donations and providing groups with a ³special basket.² Members of the PI Committee would then attend the business meetings of groups, describing our PI projects and asking the groups to put this statement into their formats. (Tom will write a PI statement.)
- 5) Discussed the new WS Public Awareness Campaign (for more info, please refer to www.oa.org.) So far, WSO has raised \$11,000 out of the \$20,000 needed for seed money. We agreed to ask WUIG to donate to this project.
- 6) Cable TV John will follow up to see if our PSA's are still being aired.
- 7) New initiative: Release to newspapers Roberta & Andrea to follow up
- 8) New initiative: Outreach to High School Students John spoke with the Health Teacher Coordinator from WPHS who seemed positive about having OA volunteers speak in health classes. She is to call John in the near future. We will pilot WPHS before reaching out to Scarsdale HS. We will need to have teen literature for at least 330 students (5 classes per day with approx 33 students each over a 2 day period) as soon as possible so that we will be ready.
- 9) New initiative: Outreach to health care professionals. Carol showed packet of material which included: (a) the pamphlet Introducing OA to the Health Care Professional, (b) the Courier, (c) the OA Member Survey Report and (d) an issue of the 2003 Lifeline. Laura given material for 25 packets to distribute at Northern Westchester Hosp (awaiting the pamphlet Introducing OA to the Health Care Professional.) We also have received a request from an OAer for literature to bring to her doctor. Michael to follow-up with the bariatric doctor and Tom.
- 10) Decision to order the following OA literature, pending approval of additional funds from WUIG: (John to pole WUIG Board requesting \$500. If approved, Carol to order from WSO)
 - 1) 100 copies of Introducing OA to the Health Care Professional
 - 2) 100 copies of The Courier
 - 3) 100 copies of the Member Survey Report
 - 4) 400 copies of To the Teenager

11) Soon, we will need more labels for pamphlets. Roberta/Carol to follow-up.

12) New business outreach to clergy. We are not going to pursue at this time.

13) Distribution of OA flyers John recently gave OAers some flyers to distribute

Next Meeting: TBA

12 Step Within Committee:

The Committee: Debbie S, Jan G, Rabia M, Kristine S, Jodi, Janet P

The 12 Step Within Committee tries to meet every Monday at 5:30 at the back of Dunkin Donuts in Wal-Mart in White Plains. Please join us if you would like to be part of this committee. But call either Debbie Siskind at 1-914-356-5314 or Jan G at 914-948-8143 to verify there will be a meeting prior to attending

Committee Mission: Providing information, opportunities and programs designed to help those wanting to gain or keep their recovery from compulsive overeating.

In line with this mission, the 12 Step Within Committee has done the following:

IDEA Day

Held on November 17 from 11:30 to 4:00PM

- Subject: Relapse and Recovery
- Content: Panel discussion, workshops on food plans, sponsorship, tools of the program
- Attendance: Approximately 60 people attended
- Financials: Door contribution: **354.30**
- Room Rent **(200.00)**
- Supplies (Coffee etc) **(40.00)**
- **Total profit 114.30**
- Public Info collection 21.50

RECOVERY FROM RELAPSE MEETING:

- New meeting established for every Wednesday at 11:00AM at Bryant Avenue location
- Following the Relapse & Recovery format and using the green “A New Beginning” Relapse book
- Working on establishing an evening Relapse & Recovery meeting

PHONE TREE:

- Form designed to capture names and requirements
- Used at IDEA as initial start
- Requiring approval of Intergroup – placement on intranet site
- Committee to work out details surrounding matching, e-mail, phone number, etc.

PENDING:

- JANUARY 19 – WUIG Sponsorship, Service, Traditions Workshop Scheduled
- Details to follow

Respectively Submitted: Debbie S, Jan G, Rabia M, Jodi, Janet P, Kristine S

BY LAW CHANGES:

By Laws Committee met and are recommending the following changes to the bylaws:

Section 3 – Qualifications for the Intergroup Board

- a. Working the 12 Steps of OA for one and a half years.
- b. Familiarity with the Twelve Traditions of OA and the Twelve Concepts of OA Service.
- c. One year of current abstinence for the Chairperson and Vice Chairperson, at the time of nomination – each person being the sole judge of his or her abstinence.
- d. Six months of current abstinence for the Treasurer, at the time of nomination.
- e. Three months of current abstinence for the Recording Secretary and Corresponding Secretary at the time of nomination.
- f. The World Service Business Conference Delegate/Alternate shall have at least one year of current abstinence and meet the qualifications and requirements as outlined and defined in the Overeaters Anonymous Inc. Bylaws, Subpart B, Article X, Section 3.
- g. Regular attendance of an active group within the WUIG area for a period of six months, and to be or have been an IR for six months at the time of nomination.
- h. If a Board member returns to compulsive overeating, he or she shall resign.**

Section 4 – Additional Qualifications for Chairperson

- a. Be attending OA meetings within the WUIG area for two years.
- b. Be serving or have served as an IR in good standing, or as a committee chairperson of WUIG for at least one year.
- ~~c. If chairperson returns to compulsive overeating, he or she shall resign.~~

Section 5 – Additional Qualifications for WSBC Delegate(s) and/or Alternate(s)

- a. Be attending OA meetings within the WUIG area for one and a half years.
- b. Be serving or have served as an IR in good standing, or as a committee chairperson in WUIG for at least one year.
- c. Each WSBC Delegate shall have at least two years of service above the group level.
- ~~d. If the World Service Delegate(s) return(s) to compulsive overeating, he/she shall resign.~~

Section 6 – Method of Election

- a. Elections shall be held annually in October, or as necessary to fill a vacancy, at a meeting specified for that purpose.
- b. To be eligible for election to the Board a nominee must:

1. Meet all the qualifications as defined in Article IV, Sections 3, 4, and 5.

2. Understand responsibilities of the position as defined in Article IV, Section 8 and as defined by the Intergroup job descriptions.

c. In order to be elected to membership in the Intergroup Board, a nominee must be present at the election meeting and must receive a majority vote of the IRs present and voting.

d. Elections shall be held by closed, written ballot.

Section 10 – Filling of Vacancies

a. Vacancies shall be filled by a majority vote of those members present and voting at the next meeting after which the vacancy occurred, or later if necessary. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.

b. A person chosen to fill any vacancy on the Board shall meet the qualifications as defined in Article IV, Sections 3, 4, and 5 and be aware of all responsibilities of that position as described and defined in Article IV, Section 8.

c. In the event that no qualified candidate appears for a position, the chair may nominate any person and that person may be approved as "acting" in the position by group conscience. If a candidate, meeting qualifications, appears during the term of a person acting in the position who still does not meet the qualifications, then the person acting in the position shall yield the position to the person meeting the qualifications. Between meetings, the chair may appoint a person to act in a position, with board approval, so long as the acting status is approved by group conscience at the next Intergroup meeting.

ARTICLE VII – COMMITTEES

Section 1 – Standing Committees

The following standing committees may be established as required to carry out the purposes of the Intergroup in the most effective manner.

a. Newsletter

b. Public Information

c. Speakers' Bank

~~d. Hotline~~

d. Sponsor's Bank

e. Other committees deemed necessary to carry on Intergroup work.