

**Westchester United Intergroup Meeting  
JANUARY 10, 2007**

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January 1, 2008

Hey Brothers & Sisters:

Happy New Year! Of course we are all making commitments for the New Year today. We all know that keeping our abstinence (or getting our abstinence) being the most important commitment of all, and the one allowing us to fulfill all our commitments in all the other areas of our lives – family, work, health, service and peace.

We know this to be true, but as a group, we have a lot to do this year to bring the message to those still suffering. So please spread the word that we need help on some of our Committees. Still need a replacement for Carol B as chair of our PI Committee and we are in need of members to join the 12<sup>th</sup> Step Within Committee. So let your folks know that we need them to keep OA alive and well in Westchester.

The beginning of the year starts off with a bang and a lot work for Intergroup. In addition to our normal new business, we will need to review and vote on which proposed Bylaw Amendments and New Business Motions should be included in the 2008 World Service Business Conference Agenda.

You will find these proposed motions in the attached document (Questionnaire Motions \_ 08). This is a fairly large document and we will be reviewing and discussing over the next two months. Please take some time to review the first half of the document (New Business Proposal Items A-L) prior to our next Intergroup Meeting (January 10). We will work through these quickly at the meeting.

Also, please discuss the By-Law changes we reviewed at last month's meeting (Page 11 & 12 of this document) with your groups and be prepared to vote on these changes so we can forward to World Service.

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(s).

Please join me for dinner at 6:00PM at the Magic Wok at 43 Wheeler Avenue 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 JANUARY 10, 2008

- 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 (1)
- Approve Treasurer Report (Anne B)
- Approve minutes of December Meeting
- Old Business:
  - Vote on By-law changes from Groups
  - Vote on \$1K donation to World Service for Public Awareness Campaign
- New Business
  - Discuss Question #3 from Inventory:
    - Is our Intergroup attracting addicts from different backgrounds?
      - No we do not have diversity amongst our members
  - Review World Service Motions and vote
- 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 December 2007 Meeting Minutes

**Attending:** Debbie S (Co-Chair), Jan G (Recording Secretary) Carol B (WSBC Delegate, Roberta M (Speaker Bank), Larissa M (Hotline), Carolyn C (Newsletter), Debby D (Yonkers), Vivian N (Yorktown)

**Read:**

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

### REVIEW OF TRADITION OF THE MONTH:

#### Tradition of the Month – Tradition 12

- We want to bring in traditions so we can best serve the community.
- It used to be in the beginning of AA that they spread the word before they could handle the response. That is when anonymity began.
- Why is it important for us—what we say here has to say here so we could recover. You can break your own anonymity if you choose to help others, but others cannot break your anonymity. We can advertise OA as to us individually.
- We carry the message not the messenger.
- It is up to each individual on how much they want to share who they are. Saying OA is not ok sometimes, saying a spiritual connection can scare people away.
- It is all about the best way to be of service and the best way of being a sponsor – you can say what you want, there are no mistakes.
- The twelve traditions teaches us to accept others – teaches us how to have relationships. Keeps me safe from others and keeps others safe from me.

#### Review Treasurer Report:

- Anne was absent
- Issue re Tax Exempt Status.
- Val has some one who is CPA who might be willing to help
- Debbie checking with trustees to see if we could use them if we pay a nominal fee – will have the answer next month

**Motion:** Accept budget as is for audit

**Vote:** unanimous

#### Approve Minutes for November Meeting:

**Motion:** Accept minutes as written

**Vote:** 9 in favor – 1 abstain

#### Inventory

- Review Inventory results
- **Focus on #2 – What more can our group do to carry message.**
  - Question to IR Reps: Do you feel the meetings you are going to promote the solution and how can we (Intergroup) help you to promote the solutions.
  - Sometimes the meetings don't focus on the Steps and Traditions.
  - Think about do the groups carry the 12 Step solution
  - Debbie from Wed night Yonkers meeting is struggling – because of the revolving format creates confusion.
  - Suggestion: Have the 12 Step Within Committee going to meeting and see what they can do.
  - Maybe establish a hot-line where people can call for questions about OA – suggestion in the meeting format that they can call a Hotline or a number of a member that can guide them.
  - Everyone in OA is responsible to help a struggling meeting.
  - The only way to recover is to learn the Steps and Traditions and keep away from discussion meeting
  - Get a group of people together to go to the Yonkers Meeting and bring their support. What are we going to do to support that meeting. We need a commitment from OAers to go to that meeting.
  - Have your sponsees attend the meeting
- Next month we will cover the next question from the Inventory

**Review By-law changes:**

- **Groups are in charge – groups have to approve – then changes are submitted to World Service**
  - If a board member returns to compulsive overeating they will resign.
  - Section 10: Page 12 – Filling the Vacancies – Chair appoint someone to position. Does not meet the requirements
  - Jan: Send it out again to IR's – go back to their groups for consensus and bring back to Intergroup for sending to World Service

**Acting PI Committee Chair:**

- We need a PI Chair. If questions, talk to Carol B
- **Corresponding Secretary:**
  - Val has the requirements and is willing to do the job

**Motion:** Vote for Val

**Vote:** Unanimous

**OA Twelve Step Committee Form:**

- Motion to accept the mission and goal of 12 Step Committee Form with changes
- Our goal is to enable people to recover better
- This is to support the fellowship
- Remove: I can live with / food plan out
- Vote: I need a sponsor willing to work with me: 6 yes 3 no
- Vote: I am available to sponsor and work with someone on a plan of choice: 5 no 4 yes
- I am available to work with someone. Vote: 8

**Motion:** approve form to be disseminated to Intergroup

**Vote:** Unanimous.

**Miscellaneous Discussions:**

- World Service has a campaign for public awareness – \$20K – has asked intergroups to make a donation -- \$1K request from our group.
  - **Tabled – until Treasurer is present .**
- Motion to extend meeting 5 minutes:
  - **Vote: Unanimous**
- 12 Step Committee -- January 19 Meeting on Sponsorship and Service – World Service Member – can you get people to come discussion.
  - Motion: Those in favor of tabling this Workshop for this time period**
  - Vote: Unanimous**

## COMMITTEE REPORTS

### 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 other Monday at 5:30 starting on Monday, January 14, at the back of Dunkin Donuts in Wal-Mart in White Plains. We need members for this very important committee. There is much work to be done. Please join us. 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.

- Support of Yonkers Wednesday night meeting
- Monitoring forms from Internet (Phone Tree)
  - After committee member increase, focus on rescheduling the WUIG Sponsorship, Service and Traditions Workshop.

**Respectively Submitted:** Debbie S, Jan G,

## **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.
- ~~e. 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.