

GREATER ANN ARBOR AREA INTERGROUP MEETING MINUTES

JUNE 19, 2023

In attendance:		
Marcy (Co-chair; Public In/Outreach)	Pauline (Online Communications)	Shay (AA Thursday)
Cecilia (Co-chair)	Vicki P (AA Monday Newcomers)	Jessi C.
Peg (Treasurer/AA Sunday)	Debora (AA Wednesday)	Susan R.
Kristi (Secretary/Jackson Thursday)	Margi (Jackson Saturday)	

Cecilia opened the meeting at 8:00 pm with Serenity Prayer and the reading of Concept Six.

INTRODUCTIONS AND GROUP REP MEETING STATUS REPORT

- Ann Arbor Sunday 7pm – Peg: hybrid (in person with zoom access); read, write, share format; using resources on relapse from oa.org to strengthen recovery.
- Ann Arbor Monday 7 pm Newcomers Meeting – Jessi C reported for rep: 4 regular attendees; currently virtual meeting with plans to switch to hybrid later this year; would like support with making the switch; several reps shared suggestions for using zoom or phone at in person meetings
- Jackson Monday 6 pm (in person) and Thursday 6pm (virtual) – Kristi: 3-4 regular attendees; literature basis for each group; have had recent email/text and phone contact from former attendees asking about meetings
- Ann Arbor Wednesday 7pm – Debora: literature meeting; small, but dedicated participants
- Ann Arbor Thursday 7 pm – Marcy reported for Shay: 100 pounders meeting; virtual; continues to be a strong meeting with 25-30 attendees, including UK/international participation; variable format with tools/literature as focus; one leader per month; WhatsApp 100 pounders group used for additional support.
- Maumee Thursday 8pm – Pauline reported for rep; hybrid (in person with phone access); several newcomers recently.
- Jackson Saturday 9:30 am – Margi: 4-5 regular attendees; moving from Big Book to literature study; currently using *Overeaters Anonymous*

SECRETARY'S REPORT

- May minutes linked to agenda: no questions/concerns.
- Motion by Pauline. Second by Marcy. Approved.

TREASURER'S / FINANCE COMMITTEE REPORT

- Treasury report linked to agenda: no questions/concerns.
- Motion by Vicki. Second by Shay. Approved.

ONLINE COMMUNICATIONS COMMITTEE REPORT (Website, Constant Contact, Facebook)

- Online Communications report linked to agenda.
- Points of discussion:
 - Constant Contact: current subscription is \$42.50/month with discount for full year. Allows for up to 500 subscribers. Currently at 406. After discussion, decision was made to upgrade to next level at \$66.50/month with discount for full year to allow up to 2500 subscribers.
 - Suggestion made to include health care professionals, counselors, etc. as an email subgroup to receive info about OA via Constant Contact. Public Outreach Committee to help with this.

PUBLIC OUTREACH COMMITTEE

- Marcy has 2-3 willing participants and would like 3-5 more committee members. Contact Marcy at mxfx@umich.edu for more info and/or you are willing to help.

SERVICE LIST COMMITTEE

- Cecilia continues to work on updating this list. No report

BYLAWS AND POLICY AND PROCEDURES COMMITTEE

- Next areas to be updated are Online Communications, Finance Committee Guidelines, and Public Outreach.

REGION/WORLD SERVICE

- Full report was linked to agenda.
- Cecilia reported on these key points:
 - Sponsorship pamphlet: 20 steps with readings
 - New diversity pamphlet/booklet being compiled
 - Cecilia is serving on the Global Public Information/Professional Outreach Subcommittee with emphasis on use of social media.

OFFICERS REPORT

- *Consensus Format* for intergroup meetings was modeled this month by including links in the meeting agenda to reports for officers/ reps/ attendees to read prior to the meeting. This allows more time for discussion and sharing of ideas during the hour-long meeting.
- There were additional nominations for co-chair or secretary positions.
 - Cecilia was unanimously voted in for a second term as co-chair.
 - Kristi was unanimously voted in for a term as secretary (after several months as interim secretary).

OLD BUSINESS

- Zoom – Cecilia is researching options for allowing more than 100 participants.

NEW BUSINESS

- Summer Sponsorship Workshop: In person; Saturday, August 12, noon to 3:30.
 - Marcy and committee are firming up format
 - Cecilia ordering resources from oa.org to use
 - Speaker will be videotaped/recorded and uploaded to the website.
 - Pauline working on online communications to get the word out via website, Facebook and Constant Contact email
 - Interested in helping? Contact Marcy at mxfx@umich.edu

ON THE RADAR

- Formation of new meetings: i.e. Men's, Young Persons, LGBTQ, etc.
- Formations of Meeting Group Support Team and how best to do this.
- Ideas for virtual fall workshop
 - Time Management (using *Then and Now* chapter/story from OA 3rd edition.)
 - Tough Times
 - Other ideas? Contact Marcy at mxfx@umich.edu

IG REP SUMMARY – Reps are asked to report back to their meetings:

- IG Officer Voting Results:
 - Co-Chair: Cecilia voted in for second two-year term.
 - Secretary: Kristi voted in for two-year term.
- No July Intergroup meeting
- August Save the Date: Summer Sponsorship Workshop – August 12, noon to 3:30 in person. This is for OAs who are currently sponsors as well as those who are interested in becoming sponsors. Look for registration information coming soon on www.a2oa.org, on Facebook (Greater Ann Arbor Area Intergroup of Overeaters Anonymous) and via Constant Comment email (for subscribers).
- Service Opportunities:
 - Public Outreach Committee – Contact Marcy at mxfx@umich.edu
 - Summer Sponsorship Workshop planning – Contact Marcy at mxfx@umich.edu to help.

The meeting was closed with the Serenity Prayer.

The next Intergroup meeting will be August 21st from 8 to 9 via zoom.