

GREATER ANN ARBOR AREA INTERGROUP MEETING MINUTES

SEPTEMBER 25, 2023

In attendance:	
Marcy (Co-chair)	Jessi C. (AA Mon newcomer/Wed 7 pm)
Peg (Treasurer/AA Sunday)	Shay (AA Thursday 100 pounders)
Kristi (Secretary/Jackson Thursday)	Mary (Adrian Saturday/Tecumseh Mon)
Pauline (Online Communications/ Thursday Maumee)	Nancy C. (AA Thursday/Tuesday Virtual)

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

INTRODUCTIONS AND GROUP REP MEETING STATUS REPORT

- Ann Arbor Sunday 7pm – Peg: hybrid (in person with zoom access); read, write, share format continues to have a solid core of about 7 attendees.
- Ann Arbor Monday 7 pm Newcomers Meeting – Jessi C reported meeting is now face-to-face only.
- Jackson Monday 6 pm (in person) and Thursday 6pm (virtual) – Kristi: 3-5 regular attendees; literature basis for each group; recent newcomer is returning.
- Tecumseh Monday – Mary: 4 regulars
- Ann Arbor Tuesday Virtual – Nancy: meeting is struggling; using pre-covid meeting lists to ask for meeting support
- Ann Arbor Wednesday 7 pm – Jessi: 5-7 attendees
- Ann Arbor Thursday Big Book Study – Nancy: 5-14 in attendance.
- Ann Arbor 100 pounders virtual meeting – Shay: varied format; 10-25 attendees
- Maumee Thursday hybrid – Pauline: mix of in person and phone attendees
- Jackson Saturday 9:30 am – Kristi: 2-5 regular attendees; using *Overeaters Anonymous* book; a couple of recent “off” weeks, but had new-to-our-meeting person this past Saturday.
- Adrian Saturday – Mary: 5-7 attendees.
- Take-aways:
 - Meetings asked to update information on WSO website (in person, hybrid, virtual)
 - Publicity: use newsletter, email and website outreach to spotlight “now in person” meetings
 - Continue phone outreach from current attendees to former attendees

SECRETARY’S REPORT

- August meeting minutes linked to agenda; no questions/concerns
- Motion by Pauline. Second by Shay. Approved.

TREASURER’S / FINANCE COMMITTEE REPORT

- Key items – Peg reported:
 - Deposits: August/early September totaling \$742.
 - Expenses: Summer Sponsorship Workshop - \$270; Web Maintenance - \$250.
 - Current Balance: \$7005; Prudent reserve: \$2000; Accessible balance: \$5005
- Motion by Shay; Second by Pauline. Approved.

ONLINE COMMUNICATIONS COMMITTEE REPORT - Website, Constant Contact, Facebook

- Key items – Pauline reported:
 - Quarterly newsletter is ready to go, pending IG board approval
 - Pauline is requesting a co-chair and committee members to assist with online communications (agenda, newsletter, email outreach). Familiarity with Constant Comment and digital resources is a definite plus. For more information, please contact Pauline via phone or text at 419-265-2536 or by email at Pauline.Glaza@EnhancedPublications.com
 - We are extremely grateful for all Pauline does for OA in our area, and are hopeful to have others join her in this valuable service!

PUBLIC OUTREACH COMMITTEE

- Marcy reported:
 - Committee requests help with suggestions for large community festival, health fair, etc. in each area. Goal is to have an OA Info booth in each of the intergroup regions.
 - Committee is considering outreach to bariatric surgery, nursing, health professional, counselor training, etc. programs to request opportunity to share about OA.

SERVICE LIST COMMITTEE

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

BYLAWS AND POLICY & PROCEDURE COMMITTEE - Cecilia

- Finance Committee Guidelines are being updated by Cecilia, Peg and Shay.
- Next areas to be updated are Online Communications and Public Outreach.

REGION / WORLD SERVICE

- Region 5 Fall Business Assembly: October 27-29 in Edinburgh IN – Cecilia
 - Based on the size of our IG, we may send at least two more reps. There are requirements for voting reps; non-voting visitors are welcome to attend. **Would anyone like to join Cecilia?**

OFFICERS REPORT

- Kristi has made progress on updating meeting information. Goal is to have all meetings represented at IG meetings. If there are changes to your meeting (time, place, virtual/in person, etc.), please let WSO and Kristi know – ksblair817@gmail.com.

OLD BUSINESS

- Zoom License – possible upgrade to accommodate more than 100 attendees. – Cecilia: no report.
- Zoom Security – Footsteps Virtual Meetings host a security training session every couple of months. It is suggested that at least one person from each virtual meeting attend. – Cecilia: no report.

NEW BUSINESS

- Virtual fall workshop - Marcy
 - *Planning for Serenity* – focus on using a daily food plan, a daily action plan and other tools to strengthen recovery and achieve ongoing serenity.
 - Date: Saturday, November 18th
 - Time: noon to 3 to accommodate West Coast and England

ON THE RADAR

- Mandated Reporter: Jessi will check with WSO and, if necessary, other 12-Step programs regarding what to do if a meeting attendee's sharing causes concern for the safety of the person and/or others.
- Strengthen existing meetings:
 - Use old meeting sign ins to contact former attendees to invite them back.
 - Request support from nearby strong meeting.
- Encouraging service including Intergroup involvement. Personal invitation may help someone take the next step. What else can be done?
- Intergroup Zoom Account – used for individual meetings; how best to do this.
- Formation of new meetings: i.e. Men's, Young Persons, LGBTQ, etc. U of M Young Person's Meeting coming soon.
- Formation of Meeting Group Support Team and how best to do this. Ideas?
- World Service Business Conference – May 7-11, 2024 – Albuquerque NM – Registration opens in January. IG to send rep?

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

- Outreach Committee is seeking opportunities to set up an OA information booth at community festivals, health fairs, etc. Contact Marcy at dr_marcy@hotmail.com with details if your community is hosting this kind of event.
- Save the Date: OA Fall Virtual Workshop – November 18 from noon to 3:00. Contact Marcy if you'd like to help plan the workshop.
- Region 5 Fall Business Assembly: October 27-29 in Edinburgh IN – Would anyone be willing to join Cecilia?
- Zoom OA Meetings – Please be aware of recent hacker incident; practice security measures and report any incidents to Marcy at dr_marcy@hotmail.com
- Service Opportunities:
 - **Online Communications** – Co-chair and committee members needed to assist with online communications (agenda, newsletter, email outreach). Familiarity with Constant Comment and digital resources is a definite plus. For more information, please contact Pauline via phone or text at 419-265-2536 or by email at Pauline.Glaza@EnhancedPublications.com
 - **Public Outreach Committee** – would like three more people to serve on this committee. Willing to help? Contact Marcy at dr_marcy@hotmail.com
 - **Intergroup Meeting Rep** – Please be sure that every meeting is represented at the monthly IG meetings.

The meeting was closed at 9:00 with the Serenity Prayer.

The next meeting will be October 16 from 8 to 9 via zoom.