

## GREATER ANN ARBOR AREA INTERGROUP MEETING MINUTES

OCTOBER 16, 2023

<b>In attendance:</b>	
Cecilia (Co-Chair; Maumee Thursday)	Jessi C. (AA Mon newcomer/Wed 7 pm)
Kristi (Secretary/Jackson Thursday)	Shay (AA Thursday 100 pounders)
Margi (Jackson Saturday)	Mary (Adrian Saturday/Tecumseh Mon)
Lynn F (workshop moderator)	

Cecilia opened the meeting at 8:00 pm with Serenity Prayer.

### INTRODUCTIONS AND GROUP REP MEETING STATUS REPORT

- Ann Arbor Monday 7 pm Newcomers Meeting – Jessi C reported 6-8 attendees; Jessi also reported that the Ann Arbor Wednesday and Sunday meetings average about 6 attendees.
- Jackson Monday (in person) and Thursday (virtual) – Kristi: 3-5 regular attendees; literature basis for each group; recent newcomer
- Tecumseh Monday – Mary: 4-5 regulars
- Ann Arbor Thursday 100 pounders virtual meeting – Shay: 7-20 attendees. This group is affiliated with Whatsapp, which has more than 150 members.
- Maumee Thursday – Cecilia reported 3-8 in person with 1-2 joining via phone
- Jackson Saturday– Margi: 2-5 regular attendees; using *Overeaters Anonymous* book
- Adrian Saturday – Mary: 5-8 attendees.
- Take-aways:
  - Meetings asked to submit current intergroup rep name, phone number and email to Kristi at [ksblair817@gmail.com](mailto:ksblair817@gmail.com)
  - Meetings asked to update information on WSO website (in person, hybrid, virtual)
  - Continue phone outreach from current attendees to former attendees

### SECRETARY'S REPORT

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

### TREASURER'S / FINANCE COMMITTEE REPORT

- Current treasury report was linked to agenda; no changes since September meeting

### ONLINE COMMUNICATIONS COMMITTEE REPORT - Website, Constant Contact, Facebook

- Pauline will begin training Kristi to use Constant Contact for meeting agenda and minutes.
- Please invite/encourage someone from your meeting to contact Pauline about joining the Online Communications Committee.

### PUBLIC OUTREACH COMMITTEE

- Discussion regarding using health fairs, community festivals as places to host OA info booth.
  - Health fairs more likely to attract attendees who may be interested in OA.
  - Jackson and Tecumseh/Adrian areas no longer host this type of event.
  - All areas encouraged to look at area festivals, events, gatherings where we might have an info booth.
- 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
  - Cecilia continues to be involved with the Intergroup to Intergroup Committee, and to share information that benefits our intergroup.

## OFFICERS REPORT

- Kristi has made contact with all 25 meetings in our intergroup. Many meetings have no designated intergroup rep. Please submit current intergroup rep name, phone number and email to Kristi at [ksblair817@gmail.com](mailto:ksblair817@gmail.com).

## OLD BUSINESS

- Zoom License – Cecilia reported that we may purchase a one-month large meeting add-on to allow up to 500 attendees for our upcoming Fall Workshop. Cost is \$79 for the month. Mary made the motion to allow Cecilia to go ahead with this, using intergroup funds. Shay seconded. Unanimous approval.
- Zoom Security – Cecilia reminded zoom meetings to practice safety measures:
  - use waiting room
  - not allow attendees to turn on video after first ten minutes of meeting
  - recorded and live zoom training available. Contact Cecilia for more information.

## NEW BUSINESS

- Virtual fall workshop – Jessi
  - *Planning for Serenity* – focus on using a daily food plan, a daily action plan and other tools to strengthen recovery and achieve ongoing serenity.
  - Saturday, November 18<sup>th</sup> from noon to 3 pm
  - Jessi reported that there will be a speaker and two break-out sessions of 8-20 attendees. The six break-out session moderators (and 2 backups) will receive detailed moderator information in the near future. Break-out sessions will include discussion question(s), reflection, writing and sharing. Jessi and another OA will be running the zoom that day.

## ON THE RADAR

- Formation of new meetings: i.e. Men's, Young Persons, LGBTQ, etc.
  - U of M Young Person's Meeting – Goal of January start date.
- Formation of Meeting Group Support Team and how best to do this.
- Strengthen existing meetings:
  - Use old meeting sign ins to contact former attendees to invite them back.
  - Request support from nearby strong meeting.
- 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.
- World Service Business Conference – May 7-11, 2024 – Albuquerque NM – meets in person bi-annually. Registration opens in January. Cecilia will attend. Shay would like to go, too. Funds to send Cecilia are already budgeted and pre-approved. Cecilia will check cost of additional flight, registration and meals to request IG funding for Shay. Cecilia and Shay would share a room.

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

- **Register now for the OA Fall Virtual Workshop** – November 18 from noon to 3:00. ***Flyer attached here.***
- **Zoom OA Meetings** – Please consider switching to in-person and/or phone dial-in options for safety's sake. Zoom meetings urged to practice security measures and report any hacker incidents to Marcy at [dr\\_marcy@hotmail.com](mailto:dr_marcy@hotmail.com)
- **Service Opportunities:**
  - **Please give personal encouragement/invitation** to at least one meeting attendee/sponsee to get involved with a specific area of service at the meeting and/or intergroup level.
  - **Online Communications** – Co-chair and committee members needed to assist with online communications (agenda, newsletter, email outreach). Familiarity with Constant Contact 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](mailto: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](mailto:dr_marcy@hotmail.com)
  - **Intergroup Meeting Rep** – Meetings asked to submit current intergroup rep name, phone number and email to Kristi at [ksblair817@gmail.com](mailto:ksblair817@gmail.com). Please be sure that every meeting is represented at the monthly IG meetings.

The meeting was closed at 8:40 with the Serenity Prayer.

The next meeting will be November 13 (2<sup>nd</sup> Monday due to Thanksgiving) from 8 to 9 via zoom.