Please note: Future Vancouver Island Intergroup meetings will start at 12:30 instead of noon

Overeaters Anonymous
Vancouver Island Intergroup Meeting Minutes
12:30 p.m. May 9, 2026
Zoom 897 8985 6841; Passcode: 854829

In Attendance: Sarah (Chair); Kim (Secretary) Lorraine (Literature); Cyndi (Sat a.m. Victoria group rep), Rose (Monday virtual group rep); Kelly (Newsletter); Lauren N. (Group co-ordinator); Elise W. (Sat night Into the Light group rep); , Alanna C. (Region One Chair and Intergroup Liaison)
Regrets: Gail (Treasurer).

1. Serenity Prayer

2. Introductions

3. Twelve Traditions
Read by Elise.

4. Twelve Concepts
Concept 6 read by Sarah: The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

5. Review Minutes from March 14, 2026
Sarah moved minutes be accepted. Kelly seconded. Approved.

6. Agenda
Sarah moved the amended agenda be accepted with the addition of time difference issue to New Business. Approved.

7. Treasurer's Report:

Opening Balance: $4701.07
Total Deposits: $300.00
Total Expenses: $0
Ending Balance: $5001.07
Prudent Reserve: $2000.00
Working Balance: $3001.07
Lauren moved that the Treasurer's Report be accepted as presented. Lorraine seconded. Approved.

Literature Budget Report:

Balance Forward: $1339.45
Income/Sales: $171.05
Ending Balance: $1060.77
Cash on Hand (Petty Cash): $162.15
Costs/Income: income of $7.80
Total: $169.95
Lorraine moved the literature budget be accepted. Kelly seconded. Approved.

8. Old Business:

a) Hailey is stepping down from the Public Information position. Kelly is in the process of contacting Hailey about possibly doing the job.

b) Michelle, a previous event coordinator, has old event coordinator materials and wants to know what to do with them. The materials are old and outdated. It's recommended the material be donated as per her wishes. Sarah thanked Michelle for her service.

c) The website account has been renewed and is now valid until March 2028.

9. New Business:

a) There was further discussion about keeping history/records of decisions from the minutes of previous VIIG meetings. How would we use this? Is there an option to give read power to G Drive where minutes are stored? Discussion included the fact a board member may need to revisit decisions made in the past. It was suggested VIIG secretary could do this for meetings going forward. There was also discussion on what issues/ decisions might need to be included i.e. just financial decisions? Another point was that it be for group conscience decisions. Discussion was tabled until June VIIG meeting.

b) Alana C. is the Region 1 Chair and incoming Region 1 Intergroup liaison. She joined the meeting to give updates on Region 1 and to offer support for our intergroup. She reported that Region 1 is looking for members to join project teams, including newcomer support, bylaws, public information, sponsorship/strong recovery, and budget/finance/delegate support.
There is also an opportunity for members to give service at the Region 1 level. There are positions up for election at the October Region 1 Assembly where the business of Region1 is dealt with. Board positions coming open are first vice-chair, secretary, apprentice treasurer, technology coordinator. Rose raised the issue of B.C.'s decision to shift to permanent daylight time possibly affecting posted meeting times on OA.org

Alanna was not aware of the issue.

c) Lauren has updated the VIIG and OA.org websites to add that the Sunday morning Victoria 'There is a Solution' meeting has changed its location to 1923 Fernwood Rd. The entrance to the meeting space is the back of 1923 Fernwood and can be accessed by Gladstone Street. Door is at the top of the ramp. Limited space to park but lots of street parking. Also, Lauren reached out to the person who was listed as a contact for having a spontaneous meeting on Hornby Island. At this person's request, this reference is no longer on our meeting list.

10. Announcements:

a) Alana C. is the Region 1 Chair and incoming Region 1 Intergroup liaison. Her email is chair@oaregion1.org

b) Kelowna retreat June 5-7. There was one commuter spot available as of May 9. (For general info on the retreat go to https://www.oasbcii.org/ events.html)

c) May 16, from 9:30-Noon PST - Region 1 Spring Assembly Reunion and Recovery Rally is an online event focused on working together to strengthen personal recovery across the region and to living a program of attraction. To register go here: https://form.jotform.com/260364366176158

11. Committee Reports:

Literature Chair: Let Lorraine know if you need any literature. (viigliterature@gmail.com)

Webmaster: Lauren's updates are under New Business item c).

Newsletter: Kelly is looking for submissions to the newsletter. The theme for the next issue is "My Life in Recovery."Please let your groups know. Submissions can be sent via vancouverislandintergroup@gmail.com

12. Meeting Reports
Please think about providing a written update on how your meeting is going. It is of great interest to other members! Email reports to VIIG Secretary (viigsecretary@gmail.com) to have them included in the minutes.

Virtual

Monday 5:30 PM Step and Traditions:

Rose reports the group is grateful to VIIG for funding the Zoom licences and hopes VIIG continues to keep funding them.

Monday 7:30 PM Together We Can:
Elise reports there is a core of 5-6 people. Members attend from Vancouver Island, Washington and California.

Thursday 10:00 AM Just for Today:
Elise reports there is a core group of 5-7 people. This group does not have a group rep.

Saturday 7:30 PM Into the Light:
Elise reported there are 10-12 people who attend on Saturday night, including 8 new visitors in April.

<u>In Person</u>

Victoria
Monday 7:15 PM. This meeting has been cancelled.

Tuesday 5:00 PM HOW

Tues/Wed/Thurs Noon - St Andrews Church. - PLEASE call Joy first to see if meeting is going ahead. Number is on VIIG meeting list on website.

Friday 4:00 PM HOW

Saturday 10:30 AM Love in Action: Group rep Cyndi reports there is construction at the front doors to the building where the meeting is held. Details on how to access the venue will be included in the meeting list on the VIIG website.

Sunday 9:30 AM There is a Solution has a new location: 1923 Fernwood Rd. The entrance to the meeting space is the back of 1923 Fernwood and can be accessed by Gladstone Street. Door is at the top of the ramp. Limited space to park but lots of street parking.

Duncan
Thursday 7:00 PM New Life

Nanaimo
Thursday 5:45 PM Southwinds: Kim reported the group has 8-12 people attending. It has its business meeting on May 14 (every other month on the second Thursday of the month).

Parksville
Tuesday 7:30 PM Step and Traditions:
Friday 12:15 to 1:15 Noon Topic Meeting

Hornby
This meeting has been cancelled.

13. 7th Tradition
Please send e-transfers to VIIGTreasurer@gmail.com. Anyone wishing to send cheques please contact the treasurer for a mailing address.

14. Serenity Prayer

15. Next Meeting
Saturday June 13, 2026, at *12:30 p.m.* Annual General Meeting and Elections
ZOOM ID 897 8985 6841
Password 854829