

Overeaters Anonymous
Vancouver Island Intergroup Meeting
MINUTES
Saturday November 18 2023 12 noon PT
Zoom 897 8985 6841 pass 854829

Attendance: Lorraine T (Chair), Loretta B (Vice-Chair), Lauren N (Treasurer), Elise (Literature Coordinator), Sarah H (Website coordinator), Rene W (Meeting Coordinator), Kelly C (GR Parksville), Maureen D (GR Victoria Monday Night Step Study)

Absent: Kim M (Secretary). Minutes taken by Lauren N

1. Serenity Prayer
2. Introductions
3. Read the 12 Traditions: Kelly
4. Read concept 2: - Lorraine - Conscience-The OA groups have delegated to World Service Business. Conference the active maintenance of our world services; thus, World Service Business. Conference is the voice, authority and effective conscience of OA as a whole.
5. Minutes of the Previous Meeting: September 9, 2023 Any corrections or omissions?
 - a. Clarify point 9E. MO means Region 1 Member Outreach funding available to intergroups to assist with funding to their IG groups and members.
 - b. Moved to accept: Loretta, 2nd: Elise
6. Agenda: Changes or Additions
 - a. Under NEW business: invite Diane D from Region 1 to our IG meetings.
 - b. Moved to accept minutes as adjusted: Sarah H, 2nd Kelly
7. Treasurer Report

Treasurer's Summary: Opening Balance: \$8,265.79 Deposits: \$213.00 Expenses: \$1,904.33 Closing Balance: \$6,574.46 Prudent Reserve: \$2,000.000 Working Balance: **\$4,574.46**

LiteratureSummary: Opening Balance: \$1,318.60 Deposits: \$423.20 Expenses: nil Ending Balance: \$1,741.80 Cash on Hand: \$226.85 Ending Balance (Cash and Bank): **\$1,968.65**
8. Old Business:
 - a. Region One Assembly and Convention (Loretta)

Loretta attended the Assembly Oct 13-15 2023 in the Seattle area as VIIG R1 Rep in Lauren's place as Lauren was unavailable.

Loretta arrived at 6pm on Wednesday after some travelling hiccups and delays. Assembly went smoothly; elections went quickly; Assembly finished a bit early on Friday. Next year's R1 Assembly is planned for the Lower Mainland (Vancouver area) BC. Date and details not confirmed at this time. Loretta is serving a one year term on the Budget, Finance, Delegate Support (BFDS) committee as her R1 Rep duty.
 - b. Member at Large Position at Region One - still vacant

9. New Business:

- a. Under NEW business: invite Diane D from Region 1 to our IG meetings. She is the VIIG board liaison. Diane reports to the Board on how the IG is doing. It would be helpful for her to attend meetings as she is able, and to receive the minutes of the meetings.
 - i. **ACTION:** Lauren - add Diane D to our VIIG email distribution list
- b. Kelly from Parksville has some questions regarding Parksville meetings. One of the meetings is starting up again. Kelly will work with Rene, our group coordinator, to ensure it is set up correctly on OA.org and added to our meeting list. Rene will send updated list to Sarah to post on our website.

10. Announcements:

- a. Southern BC Interior IG (SBCII IG) will be hosting the following in December:
 - i. Check out their website for more information: <https://www.oasbcii.org/events.html>
 - ii. Candlelight Meeting Thursday Dec 14 7-8:30pm on Zoom
 - iii. 12 Steps in 12 Days over the Christmas vacation. Dec 21-Jan 1 7-8pm on Zoom
 - iv. Retreat - Save the Date - May 31-June 2 2024, check website for details.

11. Committee Reports:

- a. Literature: Elise
 - i. Working on the pamphlet order
- b. Group Coordinator: Rene W
 - i. Just a few updates
- c. Website: Sarah
 - i. No new website work, except to post updated meeting lists
- d. Region 1 Rep (even) Lauren
 - i. See Loretta's R1 Rep report above
- e. e. WSBC vacant, Region 1 (odd) vacant, Events/Retreat vacant, Public Info vacant, Newsletter vacant.

12. Meeting Reports:

NOTE: please email meeting updates to VIIG prior to the meeting to be included in the minutes. Most meetings were reported on by the VIIG meeting attendees.

Virtual Meetings

Monday 5:30 PM - OA Step and Traditions
Monday 7:30 PM
Thursday 10:00 AM - Just For Today
Saturday 7:30 PM - Into the Light

Victoria

Monday 7:15 Hybrid - Step Study
Tuesday 5:00 PM Face-to-face HOW
Tuesday-Wednesday-Thursday 12:00 Noon Face-to-face
Friday 5:00 PM Face-to-face HOW
Saturday 10:30 AM Face-to-face - Love in Action
Sunday 9:30 AM Face-to-face - There is a Solution
Sunday 5:00 PM Face-to-face HOW

Duncan

Thursday 7:00 PM Face-to-face - New Life

Nanaimo

Thursday 7:00 PM Face-to-face - Southwinds

Parksville

Tuesday 7:30 PM Face-to-face - Step and Traditions

Gabriola Island

Sunday 12:00 Noon FACE-TO-FACE

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

14. Serenity Prayer and Closing Meeting Adjourned at 12:50pm

Next Meeting January 13, 2024 Zoom 897 8985 6841 pass 854829 12:00 Noon

Join Zoom Meeting

<https://us02web.zoom.us/j/89789856841?pwd=cGVHdkxHM0gxcFBhNjk3MTZtVEtGUT09>