

Intergroup Meeting Minutes: January 11th,2025

Overeaters Anonymous
Vancouver Island Intergroup Meeting Agenda
January 11th, 2025 12:00 Noon
Zoom 897 8985 6841; Passcode: 854829

Attendance: Lorraine T Chair, Lauren N. Treasurer, Kelly C Parksville meeting rep, Maureen Victoria Monday Meeting rep, Elise W Literature, Sarah H Secretary, Scott F. Webmaster

Regrets: Loretta B- group coordinator, Hailey-PIOP

1. Serenity Prayer
 2. Introductions
 3. Read 12 Traditions, read by Elise W.
 4. Read Concept #9 Ability: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
 - Read by Lorraine T.
 5. Review Minutes of November 16, 2024 meeting. Are there any errors or omissions? None
- Motion to accept: Lorriane T
All in favor
6. Agenda: Any changes or Additions needed for today's agenda?
 - Action Items to be highlighted in minutes. Note that this request was discussed in meeting

7. Treasurer's Reports:

Opening Balance: \$ 4,472.12 Total Deposits: \$ 445.00
Total Expenses: \$0
Ending Balance: \$ 4,917.12
Prudent Reserve: \$2,000.00
Working Balance: \$ 2,917.12

Literature Summary:

Account Opening Balance:\$472.01
Total Deposits: \$53.00
Expenses: \$0
Bank Balance: \$525.01
Cash on Hand Forward: \$186.00
Cash Sales: \$\$117.00 Exp: 0
Total COH: \$303.00
Available Funds: Cash plus Bank Statement: \$828.01

Move reports to be circulated- All in favor

8. Old Business

a. WSBC (2025) May 4 - May 10, 2025 Virtual Only Registration now open. To be a delegate member needs 2 yrs abstinence. Commit to sit on committee on the service level for 1 year, some positions may be 2 years. Anyone can go as an observer to your intergroup but can not vote if not on a committee. Funds used for technology to run Zoom event.

9. New Business

a. Email from Region 1- members with more than 1 yr abstinence to apply for positions for Region 1
b. Action Items to be highlighted in minutes for different jobs. Note that this request was discussed in meeting

10. Announcements:

1. SBCII is considering doing a 12 Traditions in 12 Days series in the near future. The success of the 12 Steps in 12 Days has encouraged them to get together in a similar way for the Traditions. Elise informed me the date decided will be **Feb. 17th and Virtual.**
2. Shipping rates from the OA Bookstore <https://bookstore.oa.org/>. Beginning January 1, shipping to Canada for orders of \$24.99 or less will be \$15 US instead of \$30 US.
3. There will likely be other changes later in 2025, as OA is looking into changing from a flat rate charge system to a system based on weight and distance. In the meantime, please let your local members know of this change for Canadian members.
4. Virtual Meeting taking place, "Meet the Makers" : motions for WSBC

Feb 1, 2025 11:00 AM Mountain Time (US and Canada)

Join Zoom Meeting

<https://oa-org.zoom.us/j/83949789977?pwd=vQW9BlzpOLhioambs5ZCUrI9e fhbl9.1>

Meeting ID: 839 4978 9977

Passcode: 782160

*Will be recorded and available on the website for viewing at a later date.

5. Meeting location change - Parksville OA meeting is moving to Parksville. Quality foods upstairs. Friday 12:15 - 1:15.

ACTION: **Loretta:** please change the meeting list and send to Scott to update website

11. Committee Reports:

Literature Chair: Elise

Wanting to order the daily reader, Voices of Recovery, as there are only old ones in stock.

Workbooks are available for the daily readers, as e-books, example given in chat:

<https://bookstore.oa.org/digital-products/voices-of-recovery-e-workbook-996.asp>

The one gifted by Intergroup about 2 years ago now is being used frequently!

Update that Port Alberni Contact Jane S. is sharing that the tentative start time for a new meeting in that community will be in February - she is asking for items that are not part of the new group package, and I suggested she approach the Intergroup with her inquires... and attend today's meeting.

I sent her these resources from the document page

<https://oa.org/document-library/> at WSO (oa.org): for carrying the message!

Released in Feb. 2024 – You are welcome to duplicate and distribute the Courier without written permission from Overeaters Anonymous, Inc.

<https://oa.org/news/professional-community-courier-updated-to-issue-iii/>

and in December 2024 -

<https://media.oa.org/app/uploads/2024/04/11135905/professional-community-courier.pdf>

2025 Catalog :

<https://media.oa.org/app/uploads/2023/06/02141032/oa-literature-catalog.pdf>

With USA prices

Group Coordinator: Loretta - Absent

Website: Scott - committee updates done. Will update the meeting list once Loretta sends a new list.

Region 1 Rep (even): Lauren

- Member outreach, help support members in the intergroup groups for various requests
- Funds available to send a rep to Region 1 Assemble
- WS Delegate: conferences virtual every 2nd year. in -person conference will be paid by intergroup to be the delegate
- One region 1 rep position open (1 yr abstinence requirement, but can be waived)

Region 1 Rep (odd): Hayley -Stepped down from position. Now Vacant.

ACTION: Scott, please change position status to Vacant on the website.

Newsletter: Kim

- Have not found energy or time to start the newsletter
- Received a contribution to go towards next newsletter
- Willing to give up position if someone else would like to take it on. Group is grateful that Kim has offered to take on this role and to just do what she can when she has the energy to.

Public Information: Hayley -Absent

12. Meeting Reports:

Virtual

Monday 5:30 PM Step and Traditions

Monday 7:30 PM Together We Can - Elise. Have visitors, attendance varies but same as what was reported last meeting. Have been using the VOR work book, very valuable and being well used at meetings

Thursday 10:00 AM Just for Today - Kelly C. 6-9 people

Saturday 7:30 PM Into the Light - Elise , well attended, speaker night higher attendance

In-Person/Hybrid

Victoria

Monday 7:15 PM Hybrid Step Study- Maureen, doing the VOR work book. 10-12 people, 2-3 online. Some newcomers

Tuesday 5:00 PM HOW

Tues/Wed/Thurs Noon - St Andrews Church

- Last Thursday's meeting had 6 people, 4 were newcomers.

Friday 4:00 PM HOW

Saturday 10:30 AM Love in Action - Scott, 9-12 people weekly

Sunday 9:30 AM There is a Solution - Lauren, 15-20 people, BB study, read 1 paragraph at a time

Sunday 5:00 PM HOW - MEETING CANCELLED

ACTION: Loretta - Please remove the meeting from our meeting list and send it to Scott to update on the website. Also have meeting removed on OA.org if not already been done.

Scott: please update the meeting list on the website. Also post under the meeting info and events section on the Home page and Meeting webpage

Duncan

Thursday 7:00 PM, New Life

Nanaimo

Thursday 5:45 PM Southwinds - Kim M, good meeting, 8-12 people. Business meeting on Thursday- great interest for P.I in the community and asked for PI person Hailey's contact info.

ACTION: Lauren- please send Kim the contact information for Hailey, P.I. rep.

Parksville

Tuesday 7:30 PM Step and Traditions -

Friday 12:15 to 1:15 Noon Topic Meeting -6 people

Gabriola

Monday 7:00 PM Gabriola OA -upon inquiry

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 Sat. March 8th, 2025 ZOOM ID 897 8985 6841 Pass 854829.

ACTION: Scott please add to the Intergroup website page as well the meeting for the rest of the year.

Meeting adjourned: 12:45p.m.