

Please note: Future Vancouver Island Intergroup meetings will start at 12:30 instead of noon (as of VIIG vote on Jan. 10, 2026)

Overeaters Anonymous
Vancouver Island Intergroup Meeting Agenda
Noon Jan 10, 2026
Zoom 897 8985 6841; Passcode: 854829

In Attendance: Sarah (Chair); Christina (attending from Thursday virtual meeting); Lorraine (Literature); Gail (Treasurer); Cyndi (Sat a.m. Victoria group rep), Rose (Monday virtual group rep); Kelly (newsletter); Lauren (Group Co-ordinator); Elise (Sat night Into the Light group rep); Kim (Secretary).

Regrets: Hayley (Public Info); Scott (Acting Webmaster)

1. Serenity Prayer

2. Introductions

3. Twelve Traditions

Read by Sarah.

4. Twelve Concepts

Concept 4 read by Sarah: The right of participation ensures equality of opportunity for all in the decision-making process.

5. Review Minutes

Sarah moved minutes be accepted. Approved.

6. Agenda:

The group decided to move agenda item 5a. (Change webmaster title for Scott to "Acting Webmaster" - position needs to be filled) to Old Business in order to discuss filling the position AND to delete Lauren's Region 1 report

from the Committee Reports on the agenda because it was done in November.

7. Treasurer's Report:

Opening Balance: \$6048.83
Total Deposits: \$1650.40
Total Expenses: Nil
Ending Balance: \$7699.23
Prudent Reserve: \$2000.00
Working Balance: \$5699.23

Intergroup members discussed potential expenditure of some funds. Points raised:

- Does VIIG have a protocol for when donations are regularly made to Region 1 and World Service Office?
- Answer: Quarterly
- It was suggested VIIG make a special donation to World Service for their project to update the find-a-meeting tool on the World Service website. Lauren moved that VIIG send \$1000 Canadian from the general fund to World Service for the find-a-meeting update project. Kim seconds.
Approved.

Gail moved that the Treasurer's Report be accepted. Kelly seconds.
Approved.

Literature Budget Report:

Balance Forward: \$925.55
Income/Sales: \$245.60
Ending Balance: \$1,171.15
Plus Cash on Hand \$306.90
Total: \$1,478.05

Lorraine moved that the Literature Report be accepted. Rose seconds.
Approved.

8. Old Business:

The Webmaster position is open. Scott will stay on in an acting role for several months. Rose will ask another member she knows to consider taking on the position.

9. New Business:

Sarah reviewed the vacant positions on board, which include:

- Region 1 Rep (two positions)
- World Service Business Conference Rep
- Event Co-ordinator

Group reps are asked to take this information back to their regular meetings to see if anyone has an interest in these positions.

10. Announcements:

a) To keep the Region One Website running smoothly and securely, event flyers will no longer be uploaded directly. Instead of sending flyers for your events to Region One, please follow this four-step process:

1. Register your event with oa.org with this link:
<https://oa.org/event-calendar-submission-form/>

2. Region One will check oa.org at the beginning of each month for events

3. Region One will spotlight your event on the Region One Events page

4. Region One's new Events Calendar will look like this:
<https://www.oaregion1.org/events.html>

5. Please send flyers you would like included in the newsletter to
technologycoordinator@oaregion1.org

b) Save the date flyer posted on Region One Website for the 2026 Montana OA Region One Convention, Oct. 2-4, 2026.
Convention Planning Service Opportunities - these positions are still needed:

- Tech Support
- Keynote Speakers
- Program
- Clothing Swap
- Hospitality
- Entertainment
- Decorations

c) New Secular Daily Reader Submission Deadline:
Here is a link to the announcement on Step Ahead News, specific instructions for submissions and the flyer to download and share:

<https://oa.org/news/secular-oa-members-help-create-a-new-daily-reader-submit-by-january-15-2026/>

d) On December 3, 2025, OA World Service Office moved to a new platform to make online 7th tradition contributions more cost-effective for the Fellowship. This change will save approximately \$25,000 (US) per year in fees, allowing more of member contributions to support OA's primary purpose. For more information visit:

<https://oa.org/news/important-new-seventh-tradition-contribution-form-launches-december-3-2025/?news-category=0&page=0>

f) The OA World Service Office is hiring! The application deadline is January 17, 2026. More information can be found here:

<https://oa.org/news/oa-is-hiring-managing-director-world-service-office/?news-category=0&page=0>

g) OA's World Service Business Conference is taking place April 20-25, Albuquerque, New Mexico.

<https://oa.org/world-service-business-conference/>

h) Discuss changing start time for intergroup meetings. Members coming from other OA meetings supported the idea of moving to a 12:30 start from

the current noon start. Lorraine made a motion to start at 12:30. Cyndi seconded. Approved.

11. Committee Reports:

Literature Chair: New pamphlet prices will be coming out so Lorraine will order *Where Do I Start?* pamphlets in the interim.

Group Coordinator: Gabriola has donated its literature to Nanaimo Southwinds meeting because it has closed. Lauren to update the VIIG website.

Newsletter: Kelly says next newsletter will come out in March. She is looking for submissions so let your groups know.

12. Meeting Reports

Please email reports to VIIG Secretary (viigsecretary@gmail.com) to have included in the minutes.

Virtual

Monday 5:30 PM Step and Traditions: Rose reported there is a very dedicated core of 5-6 people. If Zoom disruptors come it's usually about 20 minutes into the meeting. If you are unable to come on time please contact Rose ahead of time to let her know.

Monday 7:30 PM Together We Can: Elise reports there is a core of 4-5 people who attend. The group decided to close the meeting before sharing starts to support a safe meeting.

Thursday 10:00 AM Just for Today: There are 7-10 people who attend. Attendees come from a wide geographical area.

Saturday 7:30 PM Into the Light: Elise provided an annual count of attendees for 2025 - 70-80 people attended over the course of the year. An estimate of between 20 and 30 disruptors hit the meeting over the year.

In Person

Victoria

Monday 7:15 PM Step Study is temporarily suspended.

Tuesday 5:00 PM HOW

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

Friday 4:00 PM HOW

Saturday 10:30 AM Love in Action: Cyndi reports there are usually 8-10 people who attend.

Sunday 9:30 AM There is a Solution: Gail reported that the group got through their Big Book study and have started the book again. There are 14-23 people.

Duncan

Thursday 7:00 PM New Life

Nanaimo

Thursday 5:45 PM Southwinds: Kim reported that there are usually a minimum of eight people attending and often there are more. The group donates to VIIG after each business meeting. These meetings occur every other month on the second Thursday of the month.

Parksville

Tuesday 7:30 PM Step and Traditions: Lauren reported there are a core of 6-8 people. Good recovery.

Friday 12:15 to 1:15 Noon Topic Meeting: Kelly reported it is a vibrant meeting. About six people attend including two newcomers.

Gabriola

The Gabriola meeting has closed.

Hornby

No regular meetings but for a spontaneous meeting contact Petra 1 (250) 208-2899.

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

Noon March 14 at **12:30**, 2026 ZOOM ID 897 8985 6841,
Password 854829