

Overeaters Anonymous
Vancouver Island Intergroup Meeting Agenda
Noon November 8, 2025
Zoom 897 8985 6841; Passcode: 854829

In attendance: Sarah (Chair); Gail (Treasurer); Lorraine (Literature Chair); Lauren (Group Co-ordinator); Kelly (Newsletter); Elise (Group Rep for Saturday night Into the Light); Judy (Group Rep for Monday night 7:30 Together We Can); Kim (Group Rep for Thursday Nanaimo Southwinds 5:45); Rose (Group Rep for Monday night Step Study 5:30) Regrets: Scott (Webmaster), Hayley (Public Information Chair)

1. Serenity Prayer

2. Introductions

3. Twelve Traditions

Read by Sarah.

4. Twelve Concepts

Read by Sarah. Concept Three: Spiritual Principle: Trust. The right of decision, based on trust, makes effective leadership possible.

5. Review Minutes

Are there any errors or omissions to the Sept. 13, 2025, minutes? It wasn't clear if VIIG had voted in favour of Kim taking over as VIIG secretary. (It was being done on an interim basis by Scott).

6. Agenda

A vote on whether the group wants Kim as VIIG Secretary was added to New Business.

7. Treasurer's Report:

Opening Balance: \$4768.83

Total Deposits: \$1,280.00

Total Expenses: Nil

Ending Balance: \$ 6048.83

Prudent Reserve: \$2,000.00

Working Balance: \$4048.83

Motion to accept report made by Gail P, seconded by Lauren N. Accepted.

Literature Summary:
Account Opening Balance: \$925.55
Total Deposits: nil
Expenses: nil
Bank Balance: \$
Cash on Hand Forward: \$306.90
Cash Sales: nil
Exp: nil
Cash plus Bank Statement: \$1232.45

8. Old Business:

a) Upcoming Intergroup meeting dates for 2025-2026:

- November 8, 2025
- January 10, 2026
- March 14, 2026
- May 9, 2026
- June 13, AGM, 2026
- September 12, 2026
- November 14, 2026

b) Committee member positions 2025-26:

- Chair: Sarah H.
- Vice Chair: Vacant
- Treasurer: Gail P.
- Acting Secretary: Scott F. The position still needs to be filled.
- Literature Chair: Lorraine Th.
- Group Coordinator: Lauren N.
- Website: Scott F.
- Region 1 Rep (even): Lauren N.
- Region 1 Rep (odd): Vacant
- Newsletter Editor: Kelly C.
- Public Information: Hayley A
- WSBC Rep: Vacant
- Event Coordinator: Vacant

9. New Business:

a) Vacant positions: Kim volunteered to be Secretary. Sarah moved Kim become Secretary. Elise seconded. Passed.

b) See attached Region 1 report from Lauren. The Region 1 Assembly was on Zoom this year and it will be online next year as well. Lauren was voted in as a Region 1 board member. She is now be the Member-at-Large. She can't vote twice on the Region

1 Board (1 as VIIG rep and 1 as Member-at-Large) so she suggested someone else should move into her Region 1 rep role. Lauren also reported that she stood in for Sarah at a meeting in October between the Region 1 chair and other intergroup reps in Region.

c) Scott will be stepping down as webmaster but will stay on for 6 months to help a new person get up to speed. So VIIG needs a new webmaster - please pass the info around at your meetings.

10. Announcements:

a) See update on shipping rates set by World Service Office (WSO) on non-U.S. literature orders: <https://oa.org/news/new-shipping-prices-for-non-us-bookstore-orders-start-august-1/>

b) WSO is looking for member submissions for a new secular daily reader: <https://oa.org/news/secular-oa-members-help-create-a-new-daily-reader-submit-by-january-15-2026/>

11. Committee Reports:

Literature Chair: Lorraine Th.

Lorraine wants to know if she can find a new home for the suitcase that the VIIG literature was stored in. VIIG said yes!

Group Coordinator: Lauren N.

Two updates: the Tues-Wed-Thurs noon meetings in Victoria are back on; the Monday night step study in Victoria has closed temporarily.

Website: Scott F. - Lauren said she would do an interim update on the website. Thank you Lauren!

Region 1 Rep (even): Lauren N. See attached report.

Newsletter: Kelly C. is working on a December issue of the newsletter.

12. Meeting Reports

Please email meeting reports to viigsecretary@gmail.com in order for them to be included in the minutes. Thank you.

Virtual

Monday 5:30 PM Step and Traditions (Group rep Rose)

- 5-6 regular members - We have guests dropping by from all over the world from time to time
- "Bombed" last month - this hasn't happened in over 2 years. Bombers attempted entry 2 weeks later as well. We have security in place and are able to vet potential troublemakers and remove bombers. Just want to flag this for any other online meetings to watch for - may be an uptick again, as it seems to have been quiet lately.

- Individual group members make regular 7th Step contributions directly to VIIG as we don't have a bank account.

Monday 7:30 PM Together We Can (Group rep Judy)

- We have been a small group of about 5.
- Our meeting format has been revamped and is working well.

Thursday 10:00 AM Just for Today (Elise reported for Nov. 8 VIIG meeting)

- This group needs a VIIG rep.
- Group has been working on a new format.
- Regularly attended by 8-9 people.

Saturday 7:30 PM Into the Light (report from Elise, the meeting's first ever group rep)

- On average we have 8–10 members.
- Meeting attendees read from the two daily readers, and often there are two questions from the workbooks for those daily readers that are presented in the chat for topics.
- On the last Saturday of the month we invite a speaker to share their experience strength and hope. Please consider joining us as a speaker or just to listen: • Last Saturday of the Month, Speaker meeting @ 7:30 pm PST, hosted by Into the Light on Vancouver Island, Zoom Room # 849 6466 1572. Pass: 180133 • Since August we have had about 65 members attend. Members come from numerous corners of the planet (aside of our regular members).
- We have been developing a Meeting Guest List to help keep the meeting room safe. • Group has worked to update the format for inclusivity and regard for others.

In Person

Victoria

Monday 7:15 PM In-Person, Step Study - temporarily suspended. ACTION: Lauren will update the website.

Tuesday 5:00 PM HOW -

Tues/Wed/Thurs Noon - St Andrews Church. Meetings have resumed.

Friday 4:00 PM HOW

Saturday 10:30 AM Love in Action (Cyndi reported by email):

- Meeting is doing well, with about 5-12 attendees in the last several weeks. • Sadly, I think our attendance went up because of the closure of the Monday and Thursday evening meetings.

Sunday 9:30 AM There is a Solution (Gail reported):

- Focused on the Big Book.
- Twelve to twenty attendees.

Duncan

Thursday 7:00 PM New Life -

Nanaimo

Thursday 5:45 PM Southwinds - (from Kim, group secretary):

- Meeting is doing well.
- Over the last 9 weeks, there has been an average of 8 people with up to 12 people attending.
- The group had a business meeting on Nov. 13 and will send \$100 7th Tradition donation to VIIG.

Parksville

Tuesday 7:30 PM Step and Traditions (Lauren reporting):

- There has been an average of 5 or 6 people attending.
- This group studies the Steps and Traditions.

Friday 12:15 to 1:15 Noon Topic Meeting (Kelly reporting):

- There has been an average of about 6 people per meeting, including newcomers. • The meeting is very dynamic.
- Both Parksville meetings have a poster campaign going on to seek new members.

Gabriola

No regular meetings but for a spontaneous meeting contact Mercedes at gabriola.aa@gmail.com

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 Jan. 10, 2026. ZOOM ID 897 8985 6841, Password 854829

[Region 1 report for Nov. 8 VIIG](#)

Fw: Lauren's report on the R1 Assembly

Hello

Thank you all for allowing me to represent VIIG in October at the Region 1 Assembly. It's always interesting to learn the business of

OA and the use of the Steps, Traditions and Concepts that give it the structure and guidance.

Here is my report to VIIG. Please attach it to the minutes, and feel free to put it in the newsletter.

Yours in service

Lauren N

outgoing Region 1 Representative

R1 Rep Assembly Report 2025

R1 Rep: Lauren N

October 3-5 2025 - held as VIRTUAL by Zoom

I attended the R1 Assembly via Zoom representing Vancouver Island Intergroup. It was a wonderful way to meet others from our vast geographical region. R1 includes BC, Alberta, Saskatchewan, Manitoba, Yukon, NWT, Alaska, Washington, Oregon, Idaho, Montana. That is one very large area!

I will need to step down as the VIIG R1 Rep as I am now on the R1 Board. The reason for this is I will be voting at assembly in my board capacity. I cannot vote twice, so our IG R1 Rep will have their own vote at assembly. I really encourage anyone meeting the requirements for a R1 Rep to consider this position. More than anything, it helps me stay abstinent with all of the support I receive from our region on top of going to meetings in VIIG. I likely spent about 4 hours/month on my R1 duties.

Thank you all at VIIG for entrusting me in the R1 Rep position over the past few years. Service is a huge part of my recovery and I would love you all to experience this first hand.

I did not attend the R1 Convention this year in Bellingham WA due to personal preference for not crossing the US border. R1 Convention 2026 in October will be held in Montana. Details are still being sorted out, but it is likely to be held in Billings, MT. R1 Assembly 2026 will be held virtually through ZOOM next October.

THE BUSINESS OF VOTING:

R1 has 23 Intergroups and some intergroups have more than one representative. Voting members are the attending R1 Reps and R1 Board members. If a voting member needs to leave for a couple of hours, voting continues and they miss their chance to vote. The maximum voters were 22 but they were not all present for the whole weekend.

2025 Assembly Membership (this decides our voting quorum)

Intergroup Representatives: 15

Board Members: 7

Intergroups Represented: 11 (out of 23)

Parliamentarian: 1 (no vote)

Visitors: 1 (no vote)

Elections:

Region One Board

- Chair: Alanna C. (new)
- Treasurer: Judy B. (2nd Term)
- 1 st Member-at-Large: Lauren N. (new)
- WSBC Trustee Nominees (these will be voted on at the WSBC in April 2026)
 - Beverly M (2nd Term)
 - Alice W. (new)

2026 Region One WSBC Delegates (going to WSBC to represent R1)

- Diane D.
- Tim C.
- Alice W.
- Annie F.

Many policy and bylaw amendments were administrative in nature and so were simple to adopt. The following may be out of order numerically, but this is the order in which they were discussed.

Here is the outcome of the voting.

By-Law Motion Amendments:

Motion B-2 – Move to amend Article III, Section 4 –

Adds specific qualifications to be an Assembly Representative – by inserting: d) Each Representative should have a minimum of six (6) months of current abstinence and at least one (1) year of service beyond the group level. Each Representative shall be the sole judge of his/her abstinence and maintenance.

e) Each Representative should be selected for sound judgment, experience, stability, willingness to service and for faithful adherence to the program of the Twelve Steps and the Twelve Traditions of Overeaters Anonymous.

The Motion was adopted

Motion B-3 – Motion to Amend Article V, Section 1 –

Redefines the Chair's ability to vote – by inserting:

I. The Chair has a voice but will only have a vote in case of tie or secret ballot.

The motion was adopted.

Motion B-1 – Motion to Amend Article VIII, Section 1 Trustee Nominees Applications – by inserting:

b) Applicants shall be qualified members who:

- i. Live in Region One at least six months of the year or,
- ii. Claim a Region One group as their home group or,
- iii. Are known through service to Region One. The motion was adopted as amended.

The motion was adopted as amended.

Policy Amendment Motions:

Motion P-6 – Motion to Amend Section 5, Subsection 5.1 - Adds language to verbally validate an email request for reimbursement – by inserting:

5.1.5.1 Requests for disbursements of funds received via email shall be verified verbally with the person making the request prior to executing the Disbursement. 5.1.5.2 Board members shall submit their expenses within 60 (sixty) days of the date of the incurred expense.

The Motion was adopted as Amended.

Motion P-7 – Motion to Amend Section 6, Subsection 6.2 - Region One Assembly Nomination – By inserting:

6.2.3 When electing for the position of Chair, if the incumbent is running, the Chair shall appoint a board member to preside over the election proceedings.

The motion was adopted as amended.

Motion P10 – Motion to amend Section 5 – Representative and Delegate Support – to specify: 2025 Representative expense reports and all receipts are due to the Region One Treasurer by December 1 of the year the expenses were incurred.

The motion was adopted.

Motion P11 – Motion to amend Section 5, subsection 5.4 -Representative ad Delegate Support – to specify:

WSBC Delegate Support expense reports and all receipts are due to the Region One Treasurer within 60 (sixty) days after WSBC.

The Motion was adopted

Motion P12 – Motion to Amend Section 4, Subsection 4.2 Chair Responsibilities – by inserting: 4.2.7 Appoints a Head Regional Delegate who shall serve as a resource for the other Regional Delegates.

The Motion was adopted as Amended