

Overeaters Anonymous
Vancouver Island Intergroup Meeting Agenda
November 16, 2024, 12:00 Noon

Zoom 897 8985 6841; Passcode: 854829

Attendance: Lorraine T (Chair), Sarah H. (Secretary), Elise W. (Literature Coordinator), Hayley (P.I Coordinator, Region 1 Rep odd year) Loretta B. (Meeting Coordinator) Kim M (Newsletter editor), Kelly C (GR Parksville)

Absent: Lauren N. (Treasurer) Scott F. (Website coordinator, GR Victoria Saturday morning)
Maureen D. (GR Victoria Monday Night Step Study)

Meeting called to order at 12:00 noon

1. Serenity Prayer
2. Introductions
3. 12 Traditions read by Elise W.

4. Read Concept #8 Delegation:

Read by Lorraine Th. - The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.

5. Review Minutes of September 14, 2024 meeting. Are there any errors or omissions? No.

Move to pass: Lorriane T.

6. Agenda:

Any changes or additions needed for today's agenda?

- a) Request to discuss website some items not updated. How to proceed.

Move to pass: Lorraine.

Seconded: Kelly

7. Treasurer's Reports: Read by Lorraine in Lauren's absence

Opening Balance: \$ 5,688.54

Total Deposits: \$ 130.00

Total Expenses: \$ 1,346.42

Ending Balance: \$ 4,472.12

Prudent Reserve: \$2,000.00

Working Balance: \$ 2,472.12

Literature Summary:

Account

Opening Balance: \$1,430.45

Total Deposits: \$0.00

Expenses: \$958.44

Bank Balance: \$472.01

Cash on Hand Forward: \$513.60

Cash Sales: \$172.40

Total COH: \$186.00

Available Funds: (Cash plus Bank Statement) \$658.01

Thank you to Lauren, Treasurer for VIIG for her ongoing service and skill in providing the financial review for the Literature Report.

8. Old Business

a. Region 1 Assembly and Convention, Bellingham Washington Report

Lauren was absent, but will present the report at the next intergroup meeting. The report will be added to the minutes.

b. Recovery Day went well and a good time was had by the volunteers. Met so many people. Steady stream of people. Gave away many pamphlets, good exposure.

9. New Business

a. Discuss Website - not updated since change over in Summer. Sarah will reach out to Scott with items needing updating and cc board members. Include upcoming events

10. Announcements:

- Monday Night Lifeliners (Vancouver) are hosting a meeting in December.

Candlelight Meeting

7:00 - 8:00pm Thursday, December 5th 2024.

Meeting ID: 881.9250.6856 Pass Code: 333221



- Southern BC Interior Intergroup SBCII is again sponsoring the “Take the 12 Steps Toward a Serene 2025” virtually.
Time: 7:00pm to 8:00pm, Dec 21, 2024 to Jan 1, 2025. You must register on their website to get the meeting Zoom information. More information on their website.
<https://www.oasbcii.org/events.html>
- A new e-zine is available via this link:
<https://heyzine.com/flip-book/95df03fa8e.html?#page/2> Available through Region 1 - “Joy of Service”
- Elise W. announced that stories are being collected for a third edition of Abstinence. Information on the Region 1 website.

11. Committee Reports:

Literature Chair: Elise W.

Update from last meeting:

- PI Posters in stock- “The Stop Sign, Stop Hurting Yourself with Food” with pull tabs and the QR Code that takes people to the Quiz. These posters are one of the PIPO posters being posted on Facebook by Region 1 on Monday, Sept. 9th, 2024. Will be running on Facebook from September –December, 2024. QR Code has now been reactivated.

1. <https://bookstore.oa.org/pamphlets/to-the-young-person-280.asp> downloadable for FREE. (ages 18 – 30) Request for meetings to promote the pamphlet for young people. i.e Virtual meetings are a good place to promote this.
2. Stories are being collected for a third edition of [Abstinence](#). Please share your story at <https://lifeline.oa.org/> by **January 1, 2025**.
3. Elise will be checking with the Port Alberni contact, as VIIG has an allocated Group Start Up Kit for that area.
4. Activity of books is slow. Two book orders were made in September.

Reports as accepted: Lorraine 1st, Kelly seconded

Group Coordinator: Loretta

Request tutorial on how to distribute meeting list, access to google drive documents. Will connect with Lauren N.

Website: Scott F., absent

Region 1 Rep (even): Lauren, absent

Region 1 Rep (odd): Hayley. May need to stand down from the role. Will contact Lauren N to discuss.

Newsletter: Kim

No update. Still in the process of figuring out how to create newsletter.

Public Information: Hayley

Recovery day:

- Great success. Thank you to everyone who volunteered at the table, setting up and taking down after the event. Hayley offered to announce the event being sponsored by SBCII “Take the 12 Steps Toward a Serene 2025” virtually at her home meeting. Asked for Scott to please post the event on our website’s event page.

12. Meeting Reports:

Virtual Meetings

Monday 5:30 PM Step and Traditions

Monday 7:30 PM Together We Can
5-8 people average. Varies, sometimes 3-4

Thursday 10:00 AM Just for Today - 5-8 people. New members taking on hosting Reading For Today

Saturday 7:30 PM Into the Light - 5-8 ppl. Speaker meeting at end of month more attended

In-Person/Hybrid Meetings

Victoria

Monday 7:15 PM Hybrid Step Study - 5-8 people, 1-2 online. Due to weather changing and dark earlier some attend online instead of in person.

Tuesday 5:00 PM HOW - Lorretta requested for support, low attendance.

Tues/Wed/Thurs Noon - St Andrews Church - Small meeting. Average 1-2 people.

Friday 4:00 PM HOW

- varies from 2-5 people. Sent \$65 to region 1 last week from 7th tradition for Tuesday and Friday meeting

Saturday 10:30 AM Love in Action - 4-7 people

- Numbers have gone down. Some members no longer attend due to one certain member of the group that made them uncomfortable. Hayley is wondering how to approach this delicate situation. Stressed importance to have people feel welcome and comfortable. Suggested from Elise W. to contact Region 1 trustee. Hayley will look into this.

- The Secretary will be stepping down from position because of conflicting work reasons. Scott may step into the role.

Sunday 9:30 AM There is a Solution - Very well attended. Last October when the meeting started there were 3-4. Now 12-15 people. Read from the big book and discuss.

Sunday 5:00 PM HOW

- at Lorraine T. house. 2-3 people on a regular basis.

Duncan

Thursday 7:00 PM New Life

- No news

Nanaimo

Thursday 5:45 PM Southwinds

- Business meeting yesterday. 7th Trad to intergroup made soon. 7-8 people. Strong meeting

Parksville

Tuesday 7:30 PM Step and Traditions

- Kelly: 6-8 people, on occasion 4.

Friday 12:00 Noon Topic Meeting

- Attendance spotty. 4 people last meeting. No primary key holder, inconsistency who has the key so unable to open up the room recently.

Gabriola

Monday 7:00 PM Gabriola OA

- Meeting on hiatus. Needs to be noted on meeting list as inactive

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

Meeting ended at 12:50 pm

15. Next Meeting Saturday January 11, 2025 ZOOM ID 897 8985 6841 Pass 854829. Scott, please update on the website.