Overeaters Anonymous

Vancouver Island Intergroup Meeting MINUTES
12:00 Noon, September 13, 2025
Zoom 897 8985 6841; Passcode: 854829

Attendance:

Sarah H, Gail P, Scott F, Lorraine Th, Lauren N, Kelly C, Hayley A, Elise W, Dianne, Judy, Rose, Cyndi

1. Serenity Prayer

2. Introductions

3. Read 12 Traditions

4. Read Concept 2 (read by Lauren) : Conscience - The OA groups have delegated to the 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. Review Minutes of June 21, 2025 meeting. Are there any errors or omissions? Unanimous no

6. Agenda: Any changes or additions needed for today's agenda: Unanimous no

7. Treasurer's Report:
Opening Balance: $ 7,015.52
Total Deposits: $1,633.96
Total Expenses: $3,880.65
Ending Balance: $ 4,768.83
Prudent Reserve: $2,000.00
Working Balance: $2,768.83
*Note: WSO donation included an additional $200 from Parksville

Motion to accept report made by Gail P, seconded by Lauren N
Report accepted unanimously

Literature Summary:
Account Opening Balance:$
Total Deposits: $
Expenses: $
Bank Balance: $
Cash on Hand Forward: $
Cash Sales: $
Exp: $
Total COH: $

Available Funds:
Cash plus Bank Statement: $

8. Old Business:
a) Elections held and voted on at AGM on June 13, 2025.
Committees member positions for 2025

- 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

Kim has volunteered to be Secretary
Motion: No motion made to have Kim as Secretary, however there was noAccepted unanimously, will start for next meeting.

9. New Business:
a) Region 1 Convention committee is asking for all Intergroups thoughts on combining the raffle and auction. A couple of motivators for this are folks who have expressed a desire for more people to have a chance to win big baskets and it takes more time and effort and volunteers to staff both fund raisers.
Questions:
1. Would it be acceptable to your Intergroup to include donated items in the raffle?
2. Would you prefer your donated item be auctioned?
3. It is possible we could have a smaller silent auction.

Matters discussed, general consensus made to get a gift card for the raffle.
Motion: Move to spend $100USD for Dianne and Lauren to get a gift card to the convention, moved by Lauren, unanimously approved.

b) annual report to the 2025 Region One Assembly- Lauren submitted.

4) Upcoming Intergroup meeting dates for 2025-2026:

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

10. Announcements:
a) Region 1 Assembly, October 3-5th, 2025 is now Virtual.
Online registration form: https://form.jotform.com/251396942302154 There are only 20 people registered so far. The deadline to register is September 19th.

b) Region 1 Convention, October 17-19, 2025 in Bellingham, WA.

c) Region 1 Convention next month in Bellingham- any items/crafts, etc. that members want to sell as fundraising in the Boutique are welcome. Anyone who is attending can volunteer in the Boutique. Contact Convention Volunteer Coordinator (jodybealoregon@gmail.com)

d) OA.org website "Find a Meeting" link will be down for maintenance Sept 16 from 7pm-midnight ET. The "add,edit,or cancel" feature will be unavailable Sept 15 from approx. 11pm for 24hrs ET

e) The Silent Auction Committee for the Region 1 Convention in October is hoping intergroups can make a donation of a basket, craft, gift card, art, or? Each and every donation is helpful and appreciated! Note from Silent Auction Committee:
The donation commitment can be emailed to Yvonne with the contact information (name & phone number) of the intergroup contact person for the auction donation and a brief description of the donation item. This will help assure adequate area is assigned for room and table set up and assist Chris if items need to be tracked down.
There is a volunteer coordinator to run the auction however at least one volunteer is needed to assist with closing the auction and another to help with cleaning up as the volunteer coordinator may not be able to be there Sunday.
Thank you so much for all you do and your help in helping to make the 2025 OA Region 1 Convention a success!
We appreciate your input and efforts.

11. Committee Reports:

Literature Chair: Lorraine Th.
This is my first report as Literature Representative for VIIG. I have started the necessary paperwork with Coast Capital to change the signing authorities on the Literature Account. The paper is located in the Westshore with Jordan Scaife 250-483-8529 (personal cell) This file can be sent to any branch of Coast Capital for the Chair and the Treasurer to sign, one of which needs to be a Sponsor for the account. A big thank you to Elise and Lauren for all their help. Elise handed over an organized and tidy collection of literature and Lauren delivered it to me. Thank you for all your service to OA particularly in Literature.
Lorraine

Group Coordinator: Lauren N.
No updates.

Website: Scott F.
No updates

Region 1 Rep (even): Lauren N.

Region 1 Rep (odd): Vacant
Newsletter: Kelly C.
Kelly had computer issues, nothing to report

Public Information: Hayley A.

12. Meeting Reports received from those in attendance,

Virtual
Monday 5:30 PM Step and Traditions
Monday 7:30 PM Together We Can
Thursday 10:00 AM Just for Today
Saturday 7:30 PM Into the Light
In Person
Victoria
Monday 7:15 PM In-Person, Step Study - **no longer hybrid, action update website**
Tuesday 5:00 PM HOW
Tues/Wed/Thurs Noon - St Andrews Church. Temporarily on hold.
Friday 4:00 PM HOW
Saturday 10:30 AM Love in Action
Sunday 9:30 AM There is a Solution
Duncan
Thursday 7:00 PM New Life
Nanaimo

Thursday 5:45 PM Southwinds
Parksville
Tuesday 7:30 PM Step and Traditions
Friday 12:15 to 1:15 Noon Topic Meeting
Gabriola
No regular meetings but for a spontaneous meeting contact Mercedes at gabriola.oa@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 at Noon November 8, 2025. ZOOM ID 897 8985 6841, Password 854829