

**Minutes**  
**OA So. Maine Intergroup (SMIG) Meeting**  
**Saturday, March 1, 11:30 a.m. - 2:00 p.m.**  
12 High St., Lewiston, part of the Central Maine Medical Center campus

In attendance were:

Bob M., Augusta

Catherine P. - Treasurer, SMIG, and filling in for Becky H., Portland Sunday evening meeting rep. who was not present

Elizabeth W. - Sat morning Portland group rep

Gina T., Chair, SMIG

Ginger K. - Mon morning Scarborough group rep

Helen L., visitor from Lewiston Sat. morning meeting

Joan M. - rep for Lewiston Sat morning meeting

Pat D., visitor from Lewiston Sat. morning meeting

Robin H. - retreat comm. chair, Bangor area

Susy K., Secretary, SMIG

Meeting began at 11:39 a.m.

**1. Opening and Introductions**

- a. Serenity Prayer and reading of OA's 12 Steps, 12 Traditions, and 12 Concepts
- b. Personal Introductions and affiliations of all in attendance

**2. Officer Reports**

- a. Secretary - Susy K.
  - i. Minutes of Dec. 8, 2013 meeting - Approved as presented. See attached.
- b. Treasurer - Catherine P.
  - i. March 1, 2014 Treasurer's Report - Approved as presented. See attached.
- c. Vice Chair - George H. - No report.
- d. Region 6 Representative - George H.
  - i. Not in attendance, but he provided written report which was read. See attached.
  - ii. For more information on Region 6, to which SMIG belongs, see <http://oaregion6.org/en/>
- e. Chair - Gina T.

- i. Asked meeting representatives present if their groups are including study/reading of the 12 Traditions in their meeting formats and they responded.

### **3. Committee Reports**

- a. Registrar - Joyce M.
  - i. No report.
- b. Web Manager - Eigen H.
  - i. No report.
- c. Public Education & Information - Position vacant
  - i. Helping the still suffering compulsive overeater is OA's primary purpose, and the Public Education & Information Committee of SMIG organizes getting the word out to those still suffering in our area.
  - ii. See OA World Service's Public Information Suggestions for more information: <http://www.oa.org/membersgroups/public-information-suggestions/>
- d. Bylaws - Bob M.
  - i. Our new bylaws are roughly 6 months old and Bob suggested that we review them periodically.
  - ii. Committee was disbanded and Bob M. was thanked for his service. Any bylaws issue in future will go under New Business.
- e. Retreat - Robin H.
  - i. The retreat committee debriefed in January, and will meet again on March 8 to discuss and vote on the format for the 2014 retreat (speaker/lecture versus breakout groups). The scholarship fund will be a combination of monies from Southern and Central Maine Intergroup. The retreat committee will decide how this fund will be managed. If anyone wants to share ideas with Joan M. or Robin H., the retreat committee is open to hearing them.

### **4. Old Business**

- a. Nominations are now being accepted for the following two-year positions (all for the 2014 and 2015 calendar years):

- i. Second Region 6 representative - Nomination of Robin H. approved. She plans to attend April assembly.
- ii. Treasurer - Catherine P. continues to be of service in this role until new Treasurer is found. Requirements are minimum 1 year abstinence, and 2 years experience as Intergroup representative or higher level service.
- b. OA public service announcements (PSAs) for TV and radio in SMIG area (Scarborough to Waterville)
  - i. A motion was made to purchase 100 OA World Service-approved PSAs for \$500 and distribute from top down to the most popular stations in each market in SMIG geographic area. Motion was withdrawn.
  - ii. We decided to do more research and invite folks to preview the PSAs on OA World Service website at <http://www.oa.org/membersgroups/public-information-suggestions/> and provide feedback via SMIG Google group (to be included in Google group, email George H. at [12stepgeorge@gmail.com](mailto:12stepgeorge@gmail.com)).
  - iii. Individual groups are also encouraged to purchase PSAs and distribute to media in their area.
- c. Establishment of an event committee to organize Unity Day and other events as discussed in OA World Service Traditions.
  - i. No discussion.

## **5. New Business**

- a. 12th Step Within Day: The 12th Day of Each Month - All are encouraged to reach out to members who haven't been seen at local meetings in a while on the 12th day of each month. See attached documents from Region 6 about how to do this. Susy will ask George to post on OA Maine website.
- b. World Service Business Conference Survey - WSBC <http://www.oa.org/world-service-events/world-service-business-conference/> is held annually. We may want to consider having a February 15 meeting every year so we can give meaningful feedback on the agenda via the survey with deadline of late February, see <http://www.oa.org/pdfs/Agenda%20Questionnaire%2014%20-%20INTERACTIVE.pdf>.

- c. Proposed Maine e-book on recovery topic - George would like to find members who were in a significant relapse, have now been abstinent for a year or so, and would be willing to write a 500-word story about their recovery. Stories should briefly discuss what happened, and mostly describe path to recovery. George was looking for a motion in absentia on his proxy to write/publish this book. Motion approved: we are committing as Intergroup reps to take this request back to our meetings to ask for folks to participate. All are in agreement that George can go forward with this project.
- d. Proposal for 3 workshops in the upcoming year to address needs of sponsors - We decided to go ahead and plan first of these sessions on Sat., June 7, 2014. It will be a 90-minute sponsorship panel format, 11:30am-1:00pm, bring your own lunch at Central Maine Medical Center, 112 High St., Conference Rm H following regularly scheduled OA meeting.
- e. Service and traditions workshop - At the last meeting, it was suggested we bring in an OA World Service trustee or Region 6 representative to do session on service and traditions. We discussed doing this on November 15, 2014, which is International Day Experiencing Abstinence Day. See <http://www.oa.org/membersgroups/important-dates/>
- f. Service body group inventory - OA Region 6 <http://oaregion6.org/en/> (see "Intergroup Handbook" under Meetings -- *Note from Susy: I couldn't find this reference on Region 6 or World Service website*) has provided us with a survey to help evaluate our own success as a service body. It is a poorly formatted 36-page document. George should reformat and put on Survey Monkey to make as palatable and interesting as possible to groups. Group representatives were asked to tell their groups that Intergroup is evaluating itself, and groups are also encouraged to evaluate themselves. George can then consolidate these individual responses, and we can discuss at an upcoming Intergroup meeting.
- g. A proposal to officially add space in the Intergroup meeting agendas for group representatives to bring their questions and concerns to regularly scheduled Intergroup meetings. Motion approved. We will include after Old Business and before New Business in our regular agenda.

- h. Talk of reviving Central Maine Intergroup in Bangor area - Robin H. - talking to Region 6 trustee about

**6. Upcoming meetings, conferences and events:**

- a. May 12, 2014 - 12th Step Within
- b. June 1, 2014, 5:00-6:30 p.m., Intergroup Meeting, Brighton campus, Maine Medical Center, 335 Brighton Ave., Portland. See [http://www.mainehealth.org/mmc\\_body.cfm?id=1149#directions](http://www.mainehealth.org/mmc_body.cfm?id=1149#directions) (1-1/2 hour meeting)
- c. June 7, 2014. 90-minute sponsorship panel, 11:30am-1:00pm, bring your own lunch at Central Maine Medical Center, 112 High St., Conference Rm H
- d. June 12, 2014 - 12th Step Within
- e. July 12, 2014 - 12th Step Within
- f. August 12, 2014 - 12th Step Within
- g. Sept. 7, 2014, 4:00-6:30 p.m., Intergroup Meeting, Brighton campus, Maine Medical Center, Portland (2-1/2 hour meeting)
- h. Sept. 12, 2014 - 12th Step Within
- i. Oct. 12, 2014 - 12th Step Within
- j. Oct. 24-26, 2014, Holiday Inn in Burlington, Mass. Region 6 Convention <http://r6convention2011.ticketleap.com/wicked-awesome-recovery-r6-2014-convention/>
- k. Nov. 12, 2014 - 12th Step Within
- l. Nov. 15, 2014, International Day Experiencing Abstinence Day. Proposed service and traditions workshop. Details forthcoming.
- m. Dec. 7, 2014, 5:00-6:30 p.m., Intergroup Meeting, Brighton campus, Maine Medical Center, Portland, (1-1/2 hour meeting)
- n. Dec. 12, 2014 - 12th Step Within

**7. We closed the meeting with the Serenity Prayer.**

**8. Meeting adjourned 2:00 p.m.**