

Minutes  
OA Southern Maine Intergroup (SMI) Meeting  
**Sunday, June 1, 2014, 5-6:30 p.m.**  
335 Brighton Avenue, Portland

*Present:*

George H., Region 6 Representative, SMI Vice Chair, in absence of Chair, Gina T.  
Catherine P., SMI Treasurer  
Ginger K., Monday morning Scarborough group representative  
Nancy D., Tuesday evening Portland group representative  
Eleanor E., Thursday morning Scarborough group representative  
Judy N., Friday evening Portland group representative  
Becky H., Sunday evening Portland group representative, acting as Secretary in  
absence of SMI Secretary, Susy K.

Meeting began at 5:02 p.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. Acting as Secretary - Becky H. (in absence of SMI Secretary Susy K.)
  - i. Minutes of March 1, 2014 meeting presented, as prepared by Susy K., SMI Secretary. Approved as presented.
- b. Treasurer - Catherine P.
  - i. June 1, 2014 Treasurer's Report - Approved as presented. See attached.
- c. Vice Chair - George H.
  - i. No report.
- d. Region 6 Representative - George H.
  - i. George said that a written report from the trip to Albany is pending. He provided a verbal report including the following:
    - All are encouraged to participate in the Region 6 Convention in Burlington, MA, October 24-26, 2014. This is a celebration of recovery rather than a business meeting.
    - Bylaws were amended to more clearly reflect current practice.

- At the Region 6 Fall Assembly, September 13, 2014, there will elections of officers.
  - George joined Intergroup Outreach (IGOR); he learned that there are about 6 unaffiliated groups in Maine, so he is contacting them to learn how Region 6 may be of service.
- e. Chair – Gina T.
- i. Absent. No report

### **3. Committee Reports**

- a. Registrar - Joyce M.
- i. Absent. No report.
  - ii. George reported that she sent an April update to the SMI meeting schedule.
- b. Web Manager - Eigen H.
- i. Absent. No report.
  - ii. George, understudy to Eigen, noted that the meeting format column on the website was modified slightly for the Monday Scarborough meeting. Also, the 12<sup>th</sup> Step Within day flyer was posted.
- c. Public Education & Information - Position vacant
- i. No report, no updates as to anyone interested in the Chair position.
- d. Retreat - Robin H.
- i. Absent, no report.
  - ii. George noted that the flyer for the 2014 Columbus Day Weekend retreat is almost ready to go. Watch for information in the near future.

### **4. Old Business**

- a. Nomination for Treasurer: No one has come forth nor been nominated to assume the Treasurer's position; Catherine P. agreed to continue in this role for the short term.
- b. OA Public Service Announcements (PSAs): No one present had reviewed the PSAs so no feedback was available, and thus no action was taken as to purchasing any PSAs. George will send a link out to the SMI (Google group)

distribution list, with a renewed request that SMI preview and be prepared to share comments.

- c. Establishment of an event committee: Thus far, Gina and George are the only members of this committee. All are welcome to join-- one does not need to be a group representative or a voting member of SMI. If you are a sponsor, consider encouraging sponsees to do service.
- d. Sponsorship workshops: The first of two or three sponsorship workshops will be held Saturday, June 7, 2014, 11:30am-1pm (following the regularly scheduled 10am OA meeting) at Central Maine Medical Center in Lewiston, 112 High St., Conference Room H. Feel free to bring your own lunch. The workshop will include a panel of two OA sponsors (Terri and Robin) and 'controlled cross-talk', wherein those who have experience with the issues and questions raised can interact with the panel.
- e. Service and Traditions workshop: At the last meeting, it was suggested that this be offered on November 15, 2014, 'International Day Experiencing Abstinence' (IDEA) day. Since then, George learned that the Region 6 Board trustee isn't available on that date, however could present the workshop on November 22. After discussion, SMI recommended that the workshop be offered on IDEA day, therefore George will inquire whether a Region 6 representative could offer the workshop instead. George was encouraged to consider offering another sponsorship workshop on IDEA day, as well. More information expected by the next SMI meeting.
- f. Service Body Inventory: OA Region 6 has provided a survey to help Intergroups evaluate their own success as a service body. SMI agreed that doing an Intergroup Inventory would be a worthy process, and recommended that this be done at the September SMI meeting. Group representatives were encouraged to tell their groups about the Intergroup Inventory, and encourage their own groups to evaluate themselves (there is a group inventory process and tool). Also, all SMI groups are encouraged to send a representative to participate in the September SMI meeting (this is Sunday, September 7, 2014, 4-6:30pm at Brighton. Please feel free to bring your dinner, stay for the OA Big Book Step

Study meeting after). The feedback from concurrent group and Intergroup inventories could inform SMI going forward. George will put the forms out via the SMI Google group. Ginger noted that she has participated in a group inventory before, and it was a helpful and positive experience, taking perhaps 20 minutes.

## **5. Group Representative Concerns and Questions**

i. It can be challenging for group representatives new to SMI to explain to group members, especially when seeking to boost interest/attendance, what SMI does and how it can serve groups. How can new representatives be oriented to the work, and what tools might be developed to support learning and service? It was suggested that a flyer to be developed, listing SMI meeting dates and some concise messages such as “You don’t have to be a group representative to attend” “Come find out what’s going on”. Announcing upcoming meetings at each group meeting over the 3 or 4 weeks preceding a meeting may help boost attendance.

ii. How do we reach groups not physically represented at SMI?

## **6. New Business**

i. Group representatives have some difficulty explaining the highlights of Intergroup meetings when reporting back to their groups. Representatives rely upon the timely distribution of minutes. It was requested that the September meeting include time for discussion to determine a timeframe within which final minutes are available for dissemination.

## **7. Unity Exercise**

Assuming that one factor that draws people to Intergroup is strong recovery, what does ‘strong recovery’ look like to you?

## **8. Upcoming Meetings, Conferences and Events**

a. Jun. 7, 2014 - 90-minute sponsorship panel, 11:30am-1:00pm, bring your own lunch, at Central Maine Medical Center, 112 High St., Conference Room H

- b. Jun. 12, 2014 - 12th Step Within (*On 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. There is guidance from Region 6 about how to do this*).
- c. Jul. 12, 2014 - 12th Step Within (*On 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*).
- d. Aug. 12, 2014 - 12th Step Within (*On 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*).
- e. Sept. 7, 2014, 4-6:30 p.m., Intergroup Meeting, Brighton campus, Maine Medical Center, Portland (2-1/2 hour meeting) *SMI will be undertaking the Service Body Inventory as encouraged by Region 6.*
- f. Sept. 12, 2014 - 12th Step Within (*On 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*).
- g. Sept. 13, 2014 – Region 6 Fall Assembly, Albany NY.
- h. Oct. 11-12, 2014, OA Retreat, Biddeford. More information to follow.
- i. Oct. 12, 2014 - 12th Step Within (*On 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*).
- j. Oct. 24-26, 2014 - Holiday Inn in Burlington, Massachusetts. Region 6 Wicked Awesome Recovery convention of Overeaters Anonymous (*Sessions all day long discussing the steps, tools and traditions.*) <http://oaregion6.org/2014/>
- k. Nov. 12, 2014 - 12th Step Within (*On 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*).
- l. Nov. 15, 2014 - International Day Experiencing Abstinence Day (*Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.*) *Proposed two workshops: 'Sponsorship' and 'Service and Traditions' workshop. More information to follow.*

- m. Dec. 7, 2014, 5-6:30 p.m., Intergroup Meeting, Brighton campus, Maine Medical Center, Portland (1-1/2 hour meeting).
- n. Dec. 12, 2014 - 12th Step Within Day (*Celebrated on December 12 (12/12) each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors*).

**9. Meeting closed with the Serenity Prayer.**

**10. Meeting adjourned.**