

Minutes
OA Southern Maine Intergroup (SMI) Meeting
Sunday, September 7, 2014, 4-6:30 p.m.
335 Brighton Avenue, Portland

Present:

- Gina T., Chair
- George H., Vice Chair, Region 6 Representative, Assistant Web Manager
- Catherine P., Treasurer
- Eigen H., Web Manager
- Kevin B., visiting from Augusta and Waterville meetings
- Chris P., filling in for Ginger K., Scarborough Monday morning group representative
- Nancy D., Portland Tuesday evening group representative
- Eleanor E., Scarborough Thursday morning group representative
- Trish V., Scarborough Thursday morning group representative
- Judy N., Portland Friday evening group representative
- Elizabeth W., Portland Saturday morning group representative
- Becky H., Portland Sunday evening group representative, acting as Secretary in the absence of Secretary, Susy K.

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. Chair, Gina T.

Discussion about today's agenda since the priority task of this meeting is to undertake a Service Body Inventory. Gina suggested that the standard agenda be followed, through and including Old Business. The inventory would follow, and the standard agenda would resume at the point of New Business. There was no opposition.

b. Acting Secretary, Becky H. (in absence of Secretary, Susy K.)

Minutes of June 1, 2014 meeting presented, as prepared by Becky H.. A question arose about the June minutes being named 'Draft 2': assuming there was a first draft, what changed? Becky explained that after drafting minutes on 6/5, she sent them to George since she had questions about his updates. Becky also researched background info on the OA Maine and Region 6 websites and made improvements to her first draft.

On 6/6, she posted the revised document to the SMI-OA Google Group assuming her notes were open for comment from those who attended the June meeting. Gina advised that going forward, any changes to the minutes presented by the Secretary could be captured at the next meeting and noted in the appropriate place under Officer Reports. Gina asked that Becky confirm that all attendees today, who wish, are included in the SMI distribution list (SMI-OA Google Group). The minutes (Draft 2) were approved as presented. Becky offered to remove the 'Draft' watermark, rename the document, and then re-post the June minutes. June 1 meeting Minutes (without 'Draft') were approved (*See Attachment*).

c. Treasurer - Catherine P.

Treasurer's Report of September 7, 2014 presented. Catherine requested that Groups sending 7th Tradition donations to SMI please include their Group number. A question arose about the growing Retreat balance. Discussion was postponed until after the fall retreat and until a Retreat Committee representative could be available. Catherine will continue as Treasurer through the end of this year. Report approved as presented. See attached.

d. Vice Chair - George H.

George provided an update regarding discussion/proposal for 'IDEA day' activities. He noted that International Day Experiencing Abstinence (IDEA day) is celebrated the third Saturday in November, 11/15/14. George is willing to offer a 'Sponsorship Workshop' for the purpose of encouraging people who are not sponsors to become sponsors. He has also confirmed that someone from Region 6 could offer a 'Service and Traditions Workshop'. Further discussion was tabled until 'New Business'.

e. Region 6 Representative - George H.

George will be attending the Region 6 Fall Assembly in Albany, New York. This is an all-day meeting on 9/13/14, including election of officers and committee meetings. George is on the Intergroup Outreach (IGOR) committee, charged with affiliating unaffiliated groups. George noted that Region 6 has two annual meetings, one in April and one in September. Robin H., representing a Bangor meeting and the Retreat Committee, will also be attending the meeting in Albany.

3. Committee Reports

a. Registrar - Joyce M.

Joyce was not present, no report provided. George asked if all 14 affiliated Groups are on the meeting list on the web. After checking, Eigen confirmed that all are listed on the SMI meeting schedule available at www.oamaine.org.

b. Web Manager - Eigen H.

Eigen noted that the oamaine.org website funded by this group, provides information such as meeting lists and Intergroup events and meeting reports. Eigen provided some website statistics: Using today's date and looking back a year, there have been more than 2,600 visitors. About half are mobile users. Of all visitors, 63.5% are new (they have not been on the site before). Google is the most common search engine used. The most viewed page is the southern Maine schedule. Most visitors are from Portland, although several other neighboring southern Maine and New Hampshire locations were also common. The primary function of the site appears to be meeting hook ups. There are 10-15 visits a day, and there were spikes around January 1st, February, June and July. These are times when New Year resolutions are common, and when Maine has a high volume of summer visitors. Eigen noted that the website costs are minimal, with an annual cost for the domain name and a website host cost. The Web Manager's verbal report was accepted.

c. Retreat - Robin H.

Robin was not present, no report provided. Gina noted the Retreat registrations are good; there are only 18 openings remaining for the Columbus Day Weekend event.

4. Old Business

OA Public Service Announcements (PSA):

Catherine noted that George had asked SMI to preview (www.oa.org/mediaprofessionals/psa-public-service-announcements/). She said it is worthwhile, and she asked to purchase some to distribute to local television stations. After discussion, the purchase of five PSAs was approved.

5. Service Body Inventory

George distributed a set of questions provided by Region 6 to help Intergroups to self-evaluate their success as a service body. He facilitated a conversation to bring forth 'hot spot' issues—here are **highlights**:

- Not much has been happening within and because of SMI. We need activity on this level, producing quick, tangible results.
- SMI has been a holding group for the retreat fund. These two service bodies have little interaction and they sometimes compete for members.
- Group representatives have little understanding of the possibilities of Intergroup.
- Group representatives are unclear about their role and responsibilities. Representatives recruited to fill the Intergroup Rep position have been told “all you need to do is show up.” (The position descriptions in the SMI Bylaws, adapted from World Service Bylaws, are reportedly minimal).
- Attendance at SMI meetings is low. Some Groups have no representation or interaction with SMI. With frequent rotation of members, it is hard to form an identity as a group. SMI comprises a large geographic area; getting to meetings is a hardship for some.
- With quarterly meetings, we lose momentum. While we have an SMI email distribution list (SMI-OA Google Group), we are not accustomed to using it as a vehicle to continue the work between meetings. George said he used the Google Groups to seek feedback about using the updated inventory form.
- The SMI member groups likely know that SMI exists, but not what we do, or could do to support the compulsive eater. SMI members have visited affiliated Groups to pass along information about SMI; it was difficult from some representatives to describe and discuss SMI.
- The Treasurer's books have not undergone review.
- We do not publish a SMI newsletter.
- We do not have an active Public Information and Education committee.

Members noted that SMI needs to do something to get members to participate. The irony is that members are needed to get something done. One way to get started is to have the SMI do the work; another is to find a healthy Group and ask them to take on a scope of work. Discussion ensued about IDEA Day. This was tabled until New Business.

A member suggested that the following quote, found at the end of the 'Intergroup or Service Body Inventory' document, guide SMI going forward:

"We all know, of course, how to identify dysfunction. So, it isn't so much an issue of not knowing there's a problem as it is about doing something. Being long on wisdom, do we opt for serenity, or courage? Do we accept it or change it? Intervention or avoidance? If not you, who?"

6. New Business

- a. George will send SMI Bylaws to Eigen for posting on the OA Maine website.
- b. Catherine will create/propose a system for annual review of the Treasurer's books. George noted that Region 6 convenes a group of 2-3 people for this duty. The Treasurer presents the books and is asked to track random transactions. It was suggested that this review take place in December, in concert with the incoming Treasurer.
- c. SMI needs descriptions of service positions as one tool to engage members in service on SMI. Becky offered to research OA bylaws and literature to develop drafts including key responsibilities, term of service, and abstinence requirements, for discussion at the December 7th SMI meeting.
- d. Trish, Eleanor and Chris volunteered the Thursday morning Scarborough Group as host for IDEA day, 11/15/14. As noted earlier, this day will include a Sponsorship workshop and a Service and Traditions Workshop. Members of the Scarborough Group will find a venue, arrange a sponsor panel in collaboration with George, and distribute publicity. More information to follow.

- e. Other issues that arose during the inventory tabled until December:
- SMI to develop an annual plan that is action-oriented.
 - SMI to develop and disseminate a description of its purpose, plan and services; this would assist the SMI to carry the message, especially to Groups that have not been present or otherwise engaged with SMI.
 - SMI to strengthen the connection with the Retreat Committee.
 - Consider meeting more often, and using technology to connect with the membership. [Catherine will explore a web-based and a phone-based conferencing system options and costs. Catherine will provide this information to Gina, SMI Chair.] Members agreed to a schedule of six meetings, to be determined, possibly combining some with Unity Day or IDEA day events.
 - Schedule 2015 Sponsorship workshops
 - Consider a men's event that celebrates men's recovery in OA, both men in OA and welcoming to men who are not yet aware of or in OA.
- f. Elections: The December SMI meeting will also include elections for service positions. Nominations, including self-nominations, can be taken over SMI-OA Google Group until the December SMI meeting for the following positions:
1. **Chair**, 2 year
 2. **Secretary**, 2 year
 3. **Treasurer**, 1 year (requires 1 year of abstinence and experience at Intergroup level)
 4. **Region 6**, two representatives—one 1-year, and one 2-year
- g. What is possible in 2015?
1. Open meetings—more access (phone or web conferencing for most/all meetings)
 2. More frequent meetings—more than quarterly
 3. SMI executive board meetings and/or committee meetings (Public Information, Events, etc.?)
 4. Unity Day event (**February 22 11:30 a.m. PST** — Unity Day-- *This day recognizes the strength of the Fellowship worldwide. On the last Saturday in*

February, at 11:30 a.m. Pacific Standard Time, OA members pause to reaffirm the strength inherent in OA's unity.) One idea is a daylong event, including an SMI meeting or presentation.

7. Upcoming Meetings, Conferences and Events

- a. 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*).
- b. Sept. 13, 2014 – Region 6 Fall Assembly, Albany NY.
- c. Oct. 11-12, 2014, OA Retreat, Biddeford. Registration still open but filling fast. <http://www.oamaine.org/UpcomingEvents.html> (click on “12th Annual OA Retreat”)
- d. 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*).
- e. 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/>
- f. 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*).
- g. 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.*) Two workshops, ‘Sponsorship’ and ‘Service and Traditions,’ are planned. More information will be shared at your local meetings and posted on www.oamaine.org.
- h. Dec. 7, 2014, 5-6:30 p.m., Intergroup Meeting, Brighton campus, Maine Medical Center, Portland (1-1/2 hour meeting). Feel free to bring your dinner to eat during the meeting. Meeting agenda includes election of officers and planning for 2015. Come share your experience and ideas! Visitors are welcome! Please

stay for the OA Big Book Step Study meeting that takes place in the same room from 7-8:30pm.

- i. 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*).

8. Meeting closed with the Serenity Prayer.

9. Meeting adjourned.