

Minutes of OA Southern Maine Intergroup Meeting
4:30-6:30 p.m., Sunday, December 4, 2016
Brighton Ave. Campus - Maine Medical Center, Portland, Maine

Present

George H.: outgoing Chair, Treasurer pro tem, Webmaster, World Service Rep

Robin S.: outgoing rep Portland Saturday mtg

Debbie: incoming rep Portland Saturday mtg

Beth: incoming rep Portland Sunday mtg

Cheryl Y.: rep Thursday Bath mtg, Region 6 rep

Trish V.: rep Monday Scarborough mtg, Vice Chair

Susy K.: outgoing Secretary, rep Portland Friday mtg

A. Opening and Introductions

1. Serenity Prayer was said, and OA's 12 Steps, 12 Traditions and 12 Concepts were read.
2. Personal Introductions and affiliations of all present were shared.

B. Reports

1. Secretary - Minutes of the 9/18/2016 meeting were accepted with one change: delete World Service rep which is not up for election.
2. Treasurer pro tem - Treasurer's report as of 12/1/16 (see attached) accepted as approved. Last year at this time, we had \$1,000 less in the bank than we do this year. 7th tradition contributions are slightly up from this time last year.
3. Retreat - Trish connected with a retreat committee member who confirmed that the committee understands that they are responsible to SMI. We would like a financial and attendance report. Trish will convey that request back to her contact on the retreat committee.
4. Region Representatives - Assemble twice a year at Albany (April and October). There was no report since Cheryl was not able to attend fall meeting. Region 6 website has been revamped. There is a "news bites" summary posted to the Region 6 website.
5. IDEA Day report - A participant at the end of the day told one of the organizers, "This is the best OA event I've ever been to." There were eight different presenters including a rug maker, woman who did 12 steps with photographs, a knitter/prayer shawl creator, and a dance therapist. 29 people attended in all. Spent \$145 on the event. Got a healthy 7th tradition donation from participants in response: \$75-85.
6. Chair - Nothing to report.

C. Elected:

1. Chair: Cheryl Y.
2. Secretary: Robin S.
3. Region Rep I (2 year term): Cheryl Y.
4. Region Rep 2 (1 year term): No nomination.
5. Treasurer (1 year term): Debbie P.

D. Old Business

1. By-laws are already appropriately worded so no amendment necessary.
2. Marketing Position - No longer needed.
3. Eating Plan Workshop 1/1/17 - See attached flyer. Will be held at Conference Room, Midcoast Hospital, 120 Medical Center Dr., Brunswick ME 04011.
4. Scheduling an intergroup inventory and reviewing our goals: See "intergroup inventory" at www.oa.org for the format of the inventory. It will be a separate meeting. Sunday, January 22, 4:30-6:00 p.m.
5. Unity Day Invitation to Plymouth, MA - February 25 — we will not participate in person, but we will show our support by sending a \$50 LL Bean gift certificate to show our support and support their raffle

E. New Business

1. 2017 SMI Meeting Dates (all are Sundays, all at 4:30-6:30pm, all at Brighton Ave. Campus - Maine Medical Center, 335 Brighton Ave., Portland 04102)
 - a. Special meeting for Intergroup Inventory: Sunday, January 22, 4:30-6pm, same place.
 - b. February 5
 - c. April 2
 - d. June 4
 - e. August 6
 - f. October 1
 - g. December 3

If you can't attend in person, you may join SMIG meetings in 2017 by phone or computer:

1. Dial Into the conference (United States) at (712) 770-4035
Access Code: 958474 or International Dial-In Numbers: <https://www.freeconferencecall.com/wall/smioa#international>
2. Or join the Online Meeting at <https://join.freeconferencecall.com/smioa>
(Online Meeting ID: smioa)

At the scheduled date and time of the meeting:

Dial into the conference line. When prompted, enter the Access Code followed by the pound key.

Or

To join the online meeting, click on the online meeting link listed above and follow the prompts to join the meeting.

- F. Meeting adjourned at 6:17 p.m. after saying prayer together. Respectfully submitted,
Susy

Southern Maine Intergroup
Treasurer Report

December 1, 2016

Balance 9/18/2016 \$ 5,446.16

Receipts

7th Tradition \$ 930.54

Cash Available \$ 6,376.70

Disbursements

PI Event Reimbursement \$ 85.60

Ending Balance 11/30/2016 \$ 6,291.10

7th Tradition Year to Date

OA Lewiston \$ 38.35

OA Thurs Scarborough \$ 32.79

Portland Sat. AM \$ 62.22

Sunday OA BBSS \$ 172.00

Unrecorded \$ 394.70

OA Lewiston \$ 58.89

Thursday Scarborough \$ 28.86

Monday Scarborough \$ 140.00

Thursday Scarborough \$ 60.00

Thursday Waterville \$ 144.60

Thursday Noon Bath \$60

Lewiston \$ 53.34

Monday Scarborough \$ 147.00

Thursday Scarborough \$ 88.20

Thursday Bath \$ 60.00

Unknown \$224.80

Sunday AM Brunswick \$152.60

Total \$ 1,918.35

Overeaters Anonymous Southern Maine Intergroup sponsors

Eating Plan Workshop

January 1, 2017 2pm ~ 5 pm

Conference Room at Midcoast Hospital
120 Medical Center Dr. Brunswick Maine

Start the new year with a healthy, abstinent meal plan instead of relying on those same old resolutions that don't work!

Based on OA pamphlets *A Plan of Eating* and *Dignity of Choice*, this workshop will help you rate foods and show you how to come up with a personal food plan that works.

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one.

Questions? Ask Cheryl Y. at cherylobath@yahoo.com or 207-386-1740