

**Minutes of Southern Maine Intergroup Meeting**  
**4:30-6:30 pm, Sunday, February 5, 2017**  
**Mercy Hospital, 100 State Street B-2, Portland**

**Present**

Cheryl Y.: Chair, Region 6 Rep, Thursday Bath Rep  
Trish V.: Vice-Chair, Monday Scarborough Rep  
Debbie P.: Treasurer, Saturday Portland Rep  
Robin S.: Secretary, Thursday Scarborough Rep  
George H.: Webmaster and Publicity Coordinator, WSBC Rep  
Beth C.: Sunday Portland Rep  
Quinn B.: Bath Thursday Rep

**A. Opening and Introductions**

1. Serenity Prayer was said and OA 12 Steps, OA Traditions 1&2 and OA Concepts 1&2 were read.
2. Personal introductions and affiliations were shared.

**B. Reports**

1. Secretary – Intergroup information with new officers and affiliated groups was updated on OA.org.
2. Treasurer – The ending balance as of 12/5/17 is \$6,719.22. See attached report for details.
3. Retreat Committee – Nothing to report.
4. Region 6 – Nothing to report.

**C. Old Business**

1. Votes on WSO Motions – 7 groups were polled (Mon. Scarborough, Tue. Bath, Thu. Scarborough, Thu. Brunswick, Sat. Portland, Sat. Lewiston, Sun Portland). Motion C (Move to add a tenth Tool: Mindfulness) was voted no for placement on the WSBC agenda and all other motions (A – N except C) were voted yes. As per WSBC instructions, Robin will submit the results to WSO before the March 2 deadline.
2. Membership Survey – Cheryl will work on developing questions for the Membership Survey that the Intergroup Inventory taken on January 22 (see attached results) indicated was due.
3. Tools Workshop - scheduled for Sunday, March 26 from 2-5pm at Mercy Hospital B-1. Trish is planning the agenda which so far includes a humorous skit on the tools, 3 30-minute sessions of 3 tools each and 30 minutes of discussion and closing. Robin will put together a flyer with the information.
4. Unity Day – February 25, nothing planned by any of the Maine Intergroups for this year.
5. Setting up Calendar through June 2018 – see attached agenda for tentative schedule.

- a. Ideas and locations for workshops on IDEA Day (November 18), Sponsorship Day (August 19) and possibly a family get-together were discussed. Cheryl will work on recruiting members from various meetings to participate in organizing events.
- b. Beth volunteered to develop a pocket-sized version of the 2017 Intergroup Calendar as a convenient way for group members to plan ahead for workshops and other events.
- c. Remaining Intergroup meetings for 2017 will be held at Mercy Hospital B-1.

**D. New Business**

1. It was agreed that we have a need for more effective methods of publicity and outreach. Ideas should be brought to the next Intergroup meeting (April 2) for a start in addressing solutions to this issue.
2. George proposed that rather than reading the Traditions and Concepts of the 2 month period covered by each meeting, all 12 Traditions and 12 Concepts be read at each meeting in addition to all 12 Steps. The group voted to read all 12 of each next meeting to see how long it takes and then vote on whether this practice should be continued.

**E. Closing** – The meeting adjourned at 6:30 pm after saying the OA Promise together. The next meeting is Sunday, April 2, 4:30 – 6:30pm, same place. If you can't attend in person, see attached instructions for joining the meeting remotely.

**Attachments:**

1. Meeting Agenda
2. Treasurer's Report
3. Group Inventory Summary
4. Instructions for Attending Remotely

# **SMI Meeting Agenda Sunday, February 5**

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Serenity Prayer  
OA 12 Steps  
OA Traditions 1 & 2 OA Concepts 1 & 2

Secretary's Report Treasurer's Report Retreat Committee Region 6 Report

Votes on WSO motions  
Intergroup Inventory – Membership Survey Unity Day  
Tools Workshop

## **Setting up Calendar until June 2018 2017**

February 25 Unity Day  
March 26 Tools Workshop 2-5

April 2 SMI Meeting  
April 8 Region 6 Spring Assembly  
May 1-7 World Service Business Convention June 6 SMI Meeting  
August 6 SMI Meeting  
August 19 Possible Sponsorship Day September 16 Region 6 Fall Assembly October 1  
SMI Meeting  
October 6-8 OA Retreat Biddeford Pool November 18 IDEA Day  
December 3 SMI Meeting

## **2018**

February 4 SMI Meeting February 24 Unity Day April 1 SMI Meeting June 3 SMI Meeting

## Treasurer's Report

	Withdrawal	Deposits	Total
<b>Balance 11/30/16</b>			<b>\$6,291.10</b>
Receipts			
7th Tradition		\$736.10	\$7,027.20
Disbursements			
Cheryl Y.	\$20.00		
Cheryl Y.	\$50.68		
US Post Box	\$86.00		
Signarama	\$151.30		
<b>TOTALS</b>	<b>\$307.98</b>		<b>\$6,719.22</b>
<b>Ending Balance 2/5/17</b>			<b>\$6,719.22</b>
<b>7th Tradition 12/1/16-2/5/17</b>			
Saco		\$152.60	
Deposit		\$254.00	
Scarborough 26987		\$45.00	
Scarborough 38864		\$58.80	
Scarborough 26987		\$72.52	
Lewiston CMMC		\$33.18	
Bath 50877		\$60.00	
Brunswick 37459		\$60.00	
<b>TOTAL CREDITS</b>		<b>\$736.10</b>	

## **Intergroup Inventory Summary**

We had a productive meeting on January 22 where we covered the Intergroup Inventory. A lot of the survey questions we answered as "yes". These are the items we think need to be covered:

- We need to make Southern Maine Intergroup better known to some of the OA groups that fall under us.
- SMI's purpose is to carry the message of recovery, pass on OA information, provide resources and workshops other functions.
- We do not have a statement of purpose.
- We also do not have a set tenure of people serving officer positions in Intergroup. We feel that we have not needed it in the past, because officers seem to favor keeping their office for 2 years, which is a reasonable amount of time.
- We should plan better short term and long term goals. (We will be setting those at our next SMI meeting in February.)
- Robin, our new secretary, will register new SMI officers on the OA website.
- We need to ask our membership what their needs are. For example, at the end of the Eating Plan workshop, there was a request for a tools workshop. We have scheduled one on March 26, from 2 pm to 5 pm. We will see if it can be held at the old Mercy Hospital in Portland.
- SMI attendees need to share information briefly with their home groups.
- We need to make donations to Region 6 and the OA World office.
- We need to encourage groups who do not send an intergroup rep to get a volunteer.
- We keep in touch with the groups through the meeting contact people, by having SMI reps visit meetings, and by Google Groups.
- We need to work on explaining to the membership the importance of 60/30/10, and how Region 6 works with us and for us.
- We need to arrange a system for groups to have abstinent speakers, and a way for members to find available sponsors.
- We need to discuss how to help floundering groups and why they are floundering.
- We need to look at better ways to reach compulsive overeaters in the community and the professional community, such as doctors and hospitals.

There is one thing we need to make clear: at the Eating Plan Workshop, we used **OA Conference approved literature**, which was **compiled** by Don C. People took the information back to their meetings but thought they could not pass it out because it was not approved by OA. If we take **OA Conference approved literature** and **compile it**, we need to make clear that we put it together, but

the **information itself is Conference approved.** So, feel free to share the information at the meetings and with other compulsive eaters.

**For those who need to phone in:**

**1. Dial Into the Conference** (United States): [\(712\) 770-4035](tel:(712)770-4035)

Access Code: 958474

International Dial-In

Numbers: <https://www.freeconferencecall.com/wall/smioa#international>

**2. Join the Online Meeting:**

Online Meeting Link: <https://join.freeconferencecall.com/smioa>

Online Meeting ID: smioa

**Instructions:**

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