

Maritimes Intergroup of Overeaters Anonymous (OAMIG)
Business Meeting Minutes
April 27, 2024

Attendees:

Service Position(s)	Name(s)
Chair	Tobi M
Vice Chair	Claudette S
Secretary	Lisa N
WSBC Delegate; PI/PO; IR, Truro	Melanie B
Retreat Chair	Claire J
Website Tech/Admin	Thane S
IR, Yarmouth	Carmen W
IR, Atlantic Recovery	Millie L
IR, Windsor Wellness	Betty L
IR, 12 Step	Adele P
IR, Wolfville	Pete L
IR, Sackville	Bonnie M
Observers	Dale R
	Jenny T
	Joanie M
	Aly T
	Lynnea A
Regrets Received	
Treasurer	Tina A
Newsletter Editor	Elsa P

1. Opening
 - a. Welcome: The meeting was opened by the Chair at 10:00 AM.
 - b. Serenity Prayer was said together.
 - c. Guidelines and Purpose of the Meeting were read by the Chair.
 - d. Self Introductions with Group Updates – group updates noted below:
 - Truro Group: Now have 9-10 members regularly and some newcomers that keep attending.
 - Windsor Wellness: going well with between 4-8 people attending regularly.
 - Sackville: flourishing with 7-9 members and we serve tea and coffee. Last week people stayed quite a while after the meeting, and it was really good.
 - Yarmouth Group: since Covid we have been meeting virtually on Zoom on Monday nights; with 2-3 from Yarmouth and rest from everywhere else. We have about 10 people per meeting.

- Wolfville Group: 4-6 regularly attending on Zoom.
- Atlantic Recovery: it has always been virtual. We have between 10 and 18 people depending on the time of year.
- Saturday 12 Step: 4-5 typically attending. Our numbers are dipping a bit. We are seeking a secretary for the group as I am stepping down from that role (Adele).
- A reminder to all groups from Tobi that it is the group's responsibility to ensure that your contact information is all current with www.oa.org (go into 'Find a Meeting' and update the information yourself) and with www.oamig.org (contact the Thane our web tech. Additionally our contact information is on 211 Nova Scotia. Tobi noted that she recently updated incorrect information about our groups on www.211ns.ca and encourages groups to check that the contact information is still current.

- e. Preamble was read by Tobi.
- f. 12 Steps were read by Carmen.
- g. 12 Traditions were read by Claudette.
- h. 12 Concepts were read by Lisa and Millie.

2. Agenda, Announcements, Minutes

- a. Housekeeping Announcements (and Accessibility) were noted by the Chair. We are video recording the session for minutes and this meeting will end by noon or before today. There is an afternoon workshop with a speaker from California on the topic of surrender from 1-3. There was a reminder to stay muted when not speaking. Anyone can make a motion and only 1 representative from each group has a vote on any motions.
- b. Adoption of Agenda: there was an addition to the agenda where Web Tech was added to the Reports Section. The agenda was adopted as updated.
- c. Review Minutes of Last IG Meeting: The minutes from the November meeting were adopted as circulated.

3. Reports

- a) Chair: goals have remained the same: more attendance at meetings with observers and reps from each group; more in-person events (the retreat and the recent celebration in Sackville were amazing). The Sackville Group is planning a workshop to apply the Twelve Steps to any problem you have in your life. Watch for that. Elections are in August for some positions: Lisa, Melanie, Tina and Claudette are rotating out of their positions this year.
- b) Treasurer: Tobi screenshared the report.
 - Our current balance is \$5,359.10. Our typical prudent reserve is \$6,000 – part of that is a deposit for the Fall Retreat in Debert which has already been paid. Our IG is in good financial shape.
 - The only expenses we had were flight and airport parking for our Retreat Leader and the Fall Retreat deposit. Three years of website hosting fees were just paid. An expense coming up soon is our annual Zoom membership which is increasing by approximately \$20.
 - Questions:
 - How much was Debert deposit? \$1,500 or less (which is 20% of the total expected cost of the retreat).
 - How much was web hosting? \$1,068 for 3 years.
 - What is the yearly cost of our Zoom account? Increasing from \$200 to \$220 per year.

- Are the registration fees offsetting the cost of the past two retreats? The idea is to break even. We are always within \$200 of breaking even. The idea is to keep costs as low as possible so we can get as many members attending as possible.
- How much are we giving to Region and World Service Office? IG donated \$200 (US) to both R6 and to WSO since our last meeting. The Board voted to get back to making \$200 donations to each service level twice yearly. WSO suggests on www.oa.org that donations from groups have a 60/30/10 split of funds to Intergroup/WSO/Region. Tobi is happy to help groups with making donations to R6 or WSO and with conversion to US dollars.
- A suggestion was made to display which group has donated a specific amount. Groups can add a note on the e-transfer notes section naming the group.

Tobi moved that the Treasurer's Report be adopted as presented and Tobi will talk to Tina about our Spring donations to R6 and WSO and to suggest to Tina that group names be included on their donations. Claudette seconded this motion. Motion carried unanimously.

- c) Secretary: Lisa shared that the job is not that busy with 3 sets of minutes per year, sending emails to members occasionally, responding to infrequent questions and participating on the Board in between IG meetings. Lisa suggested that some of the group meeting information is not current on oa.org and oamig.org. Please reach out to Lisa if you want any help updating this information.
- d) Committees
- 1) Retreat: Claire reported that feedback has been positive. We had 31 people attending. Our leader Amy B. was the 32nd registrant. IG gave 2 scholarships and individuals provided an additional 2 full scholarships and a partial scholarship. The silent auction and clothing swap raised \$604 which is the most we have ever raised. The leftover clothes were donated to the Salvation Army. We had members from Cape Breton and Newfoundland and the leader came from New York. Retreat invoice was \$8,145 and flight and parking for the retreat leader. We ended up with \$138.02 in profit. I am chairing the next retreat and Adele has volunteered to do registration. Villa Madonna has changed their policies so they will no longer be able to be as flexible with accommodating last-minute cancellations and we will start providing them with a deposit. The Fall Retreat is in Debert. The cost with like be \$300 or a little bit more.
 - i. To avoid the IG being on the hook for last-minute cancellations, Claire suggested that people pay the outstanding balance maybe a couple of weeks before the retreat or pay a 50% deposit. There were great suggestions and experience shared. *Lisa moved that the Intergroup will ask for a fifty percent deposit from members for retreats with the balance due 6 weeks prior to the start of the retreat. Carmen seconded the motion. Motion passed unanimously.* Claire and Tobi will draft an email for circulation to give members as much time as possible. Late Note: The minutes were very late being completed and circulated so Claire and Tobi did not receive a reminder. Lisa apologizes.
 - 2) Newsletter: Elsa sent her regrets. The newsletter has gone out and looks beautiful.
 - 3) PI/PO: The committee met and decided on circulating posters to members that can be put in places in their local area. A member is reaching out to obtain the costs of advertising on billboards or on the back of buses. For now, we are focusing on our individual communities. Anyone is welcome. Tobi noted that there were 50 posters printed and if everyone at the retreat took a poster or two, we could circulate them easily. Carmen suggested using Facebook to help reach others.
 - 4) Duties and Responsibilities: This committee is currently not active. Please contact Tobi if you are interested in being on this committee and she will help get some other committee members and other support.

- e) Region 6 Rep: Claudette shared that she did not attend the last R6 Assembly as it was the same weekend as the Retreat. She shared that she was privileged to be able to attend the two previous assemblies and learned an extreme amount. She has been on the Web and Publications Committee is planning a newsletter again and the R6 website is getting updated and invigorated again. There is talk of the 2025 Convention being in upstate New York and that the 2026 one may be held in Canada.
- f) WSBC Rep: Melanie asks for and welcomes any feedback on the WSBC motions that were just circulated. She is going to WSBC in Albuquerque next Saturday. Feedback can be sent to blue@melsgraphics.com. The WSBC Rep does not just serve for just 1 week. She does committee work on the Literature Committee the past two years.
 - Pete provided verbal feedback on proposal to replace He with the word God. He supports this if it won't cause rebellion.
 - Lisa agrees with the proposal to remove 'maintaining a healthy body weight' from the definition of abstinence. She thinks that this portion of the definition is an outside issue. Pete agreed that change to the definition of abstinence was a good change, as it takes the focus off our weight.
- g) Web Tech: Thane's report was circulated. I was elected in November and then Melanie and I conducted a handover in November and December. I wanted to make it 'handoverable' to the next person, so I started documenting website information (using Playbook Docs) from a technical and content perspective. They cover off the most important activities for posting website content and technical information like credentials. Thane shared several interesting website statistics from the report. Additionally, he reported that it costs \$30 per year for domain registration and it costs \$1100+ for 3 years for the site. Tobi thanked both Thane and Melanie for their contributions. Thane is currently exploring whether there is need for a Web Admin as well as a Web Tech and he will share his suggestion on whether an additional position of Web Admin is needed. This will be an agenda item on the August meeting.

4. Old Business

- a. Previous Treasurer Report, Low Balance Update: Tobi explained what the low balance on the previous report was due to pending transactions for retreat and travel costs. So, the balance was much higher than it appeared to be.
- b. Fall Retreat Chair and Co-Chair: Claire has agreed to chair the Fall Retreat in Debert. We will discuss a Chair for the Spring 2025 retreat at our August meeting.

5. New Business

- a. Region 6 Fall Assembly Rep Discussion: The next assembly will be held in Albany, New York and is a 1-day business meeting. It is typically a one-year commitment (two assemblies) with a maximum of a two-year commitment (four assemblies). Jo-Anne had previously volunteered to be the Alternate R6 Rep with the possibility to be the next R6 Rep. Lisa volunteered to be the R6 Rep if Jo-Anne cannot attend. *Tobi moved that Jo-Anne be offered the R6 Rep position first and that Lisa be her Alternate or that Lisa be the R6 Rep if Jo-Anne is no longer interested or available. Claudette seconded it. Motion carried unanimously.*
- b. In-Person Event Suggestions: We had some recent in-person events and there were suggestions at our last meeting. If you are interested in putting on a workshop, just reach out to Tobi.
- c. Zoom Workshop Topic Suggestions: Melanie shared that R6 has offered to do a Traditions Workshop on Zoom and Tobi would need to reach out to Beth if we are interested. The workshop could be called Group Harmony to attract more people to attend. Lisa suggested that we could

conduct a workshop on preventing a slip. She also suggested that the Vice Chair position responsibilities include coordinating workshops. The board could take this suggestion offline for the future. Tobi reiterated that anyone who is willing to put on a workshop, to please reach out to her.

- d. IG Scholarships for Fall Retreat: Last time the IG provided two scholarships. Groups and individuals also often provide scholarships for the retreats. These scholarships really do change lives with partial or full scholarships. *Lisa moved that we provide two IG scholarships for the Fall Retreat. Millie seconded it. Motion carried unanimously.*
- e. Date for Next Intergroup Meeting: Saturday, August 17th at 10:00 AM.

6. Announcements From the Floor

- The Fall Retreat is from October 4-6 in Debert, NS.
- Lisa will be celebrating 4 years of abstinence at the hall in Ketch Harbour on Saturday, May 25th at 1 PM. Alternatively it may need to be held on Zoom.
- Tobi encouraged members to submit jokes, announcements, articles – big or small - they will all be accepted.

7. Next Meeting: It was announced that the next meeting will be held on **Saturday, August 17, 2024, at 10:00 AM on Zoom**. A workshop will be held in the afternoon from 1:00-3:00 PM.

Chair declared the meeting adjourned at 11:58 AM. We closed the meeting with the Serenity Prayer.

Respectfully submitted by Lisa N