

May 21, 2023 6:00pm Agenda

NOTE: This meeting will be held by ZOOM

<https://us02web.zoom.us/j/83426036699>

Meeting ID: 834 2603 6699

Passcode: 729007

One tap mobile

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Meeting Opening: Serenity Prayer

**Anyone can ask for the Serenity Prayer at any time during the meeting*

- Introductions/Check-ins/Welcome
 - Reading of Concepts of Service 4 and 5.
 - Approve March 2023 Meeting Minutes, (attached below), including making any corrections. Please read the Minutes before the meeting, and be prepared to bring forward any corrections or additions needed, so the vote can be taken without having to wait for people to read them.
- Thanks!

Reports

Treasury Report (report attached, below) and Tradition 7 Reports- Amy, Treasurer.

Website report- Joshua

Phone report- Katrine

A take back from WSBC that Karen G. shared with me, regarding OA Intergroup, Region, and WSO service roles: "No one ever feels ready to step into a new role, and no one is expecting perfection."

OLD BUSINESS—

- GMNI current situation and discussion of potential changes to number of officers and officer duties. Examples: Combine Secretary and Webmaster positions, do away with the Vice-Chair position, or other options that arise in this conversation.
- By-laws changes discussion, and creation of motions for change, if necessary, from above discussion. Voting would occur at the 16 July 2023 GMNI meeting.

NEW BUSINESS—

- Report from Karen G., Representative to Spring Assembly, (report attached, below).
- Report from Karen G., World Service Business Conference Delegate, (report attached below).
- Outreach idea: Local newspaper ads

GENERAL INFORMATION-

The Morrisville group is hosting a one day retreat!

WHEN: Friday, May 26, 2023 - 9:30 a.m. - 3:30 p.m.

WHAT: Overeaters Anonymous Day retreat

WHERE: Jenna's House, 117 St. John's Rd., Johnson, VT

BRING: The OA 12 and 12 book and/or an AA Big Book, if you have them, and bring your own lunch.

Refrigerators are available.

Cost: There is no cost for participants, but there will be a Tradition 7 collection. Proceeds go to Jenna's House.

Please, if you have something you'd like added to this agenda, contact Nance at nancewells@hotmail.com or call: 802-345-8737. Thank you!

GMNI Meeting Minutes
March 12, 2023
Zoom Meeting

Meeting called to order at 6:00 pm

Attending

Sue C., Joshua C, Judi S, Nance, Carmen D., Beth B., Cathleen B., Helen S., Ramona A., Amy B., Karen G., Lianne M., Mary B.

Minutes

Accept January Meeting Minutes as presented

Motion: Amy B.

Second: Ramona A.

Passed

Reports

Treasury and Tradition 7 Reports: Current balance is \$8831.85, no outstanding checks, no tradition 7 income or expenses. 60% to GMNI, 10 % to Region 6, 30% to World Service Office. The January Free conference call payment wasn't processed, Amy will pay both in March. Judy has Tradition 7 checks from the mailbox that she will send to Amy.

Website: Website traffic remains low with the most hits taking place on the meetings page.

Phone Report: There have not been many calls. The few calls received were inquiries about meeting information.

OLD BUSINESS

Tradition 7 donations by on-line means discussion and vote:

The group decided to table this discussion while the future of the GMNI intergroup is decided.

New Business

The Future of the GMNI Intergroup:

Nance polled the executive board to get approval for Karen's travel to attend Spring Assembly on April 1, 2023. Board Approved.

Reponses regarding the State of GMNI Letter: Nance shared she has not had any responses to her letter. Nance & Ramona had a call with Beth & Carmen who recommended the GMNI group do some public outreach: placemats, advertising on bus, service and concept workshops held by Beth & Carmen. GMNI has three options:

1. Keep trying to remain viable.
2. Dissolve completely and let groups decide where they want to affiliate, or
3. Merge with NH intergroup.

Nance has spoken with Pat in NH, and they too are having trouble filling service positions. Carmen shared about intergroup forums that take place on the 4th Sunday of the month. The March forum will focus on attracting members to do service at the group level and above. People from outside VT can be officers and group representatives at GMNI. For geographical reasons, the person who picks up and deposits checks from the mailbox will need to be in the Burlington area.

- Discussion: Adjust by-laws to require fewer officers.
- Discussion: Joining virtual intergroups such as OA Footsteps.
- Discussion: GMNI has some money to spend on a public campaign to attract members.

Meeting Disruptions:

Meeting disrupters have increased in the last month in both Zoom and Freeconferencecall.com meetings. Groups may contact Nance at nancewells@hotmail.com or 802-345-8737 for host information for either of these platforms.

Please refer disruptors as Zoom intruders and not Zoom bombers out of respect for people who are experiencing bombings and war.

Adjournment

Amy moved to adjourn the meeting at 7:41 pm
Ramona second
Passed

Green Mountain North Intergroup (GMNI) OA Treasurer's Report for the 21 May 2023 GMNI meeting

- 1.** Current balance from the bank statement dated 30 April 2023 is:
\$10,445.41. There are no outstanding checks
 - a.** Tradition 7 Income in March was **\$ 612.40**
 - b.** We received a grant from Region 6 in the amount of \$1200.00
(*NK addition: For travel expenses to WSBC for our Delegate, Karen G.*)
 - c.** Expenses for March were \$125.31; \$47.97 for our three Zoom accounts, Freedom Voice telephone, \$10.56 for month, Internet services, \$51.78 and Free Conference calling, \$15.00 for monthly contribution
 - d.** Expenses for April were \$73.53; \$47.97 for the 3 Zoom accounts; \$10.56 for Freedom Voice and \$15.00 for Free Conference Calling monthly contribution.
 - e.** **Our current bank balance is \$10,445.41 *minus* \$400.00 for our Prudent Reserve which leaves us with Working Capital of \$10045.41 as of April 30, 2023**
- 2.** Groups are reminded to give donations to GMNI, and also to Region 6 and the WSO. **PLEASE** include the **NAME** of your Group as well as the **WSO Group Number** on the checks, so your Group can be acknowledged both in these reports, and on the list of **Tradition 7 donations kept for each year.** **Information to Groups:** The WSO suggests the following formula when determining how much to donate to each level of OA when dividing up the available funds of a Group: **60%** to GMNI, **10%** to Region 6, and **30%** to the WSO.

~In Service, Amy B. , GMNI Treasurer

Region 6 Spring Assembly Report

Submitted April 4, 2023 by GMNI Representative Karen Goetz

The OA 2023 Spring Assembly was held on Saturday April 1 at the Hilton Garden Medical Center Hotel in Albany NY. 46 representatives were registered to attend, including 15 first timers ("blue dots"). 22 of the 36 R6 Intergroups were represented.

1. Orientation for First-Time Attendees – I attended and was briefed on Assembly procedures.
2. Assembly Opening and Readings
3. Officers Reports: Annual reports were presented by the Chair, Vice-Chair, Treasurer, Coordinator, Secretary, Web/Publications Coordinator, and Trustee Liaison. All approved by the body.
4. Announcements:
 - a. PIPO Blitz Funds – underspent and available
 - b. Podcasts from Fall Assembly now available on the website
 - c. Anyone can now add OA events to the R6 website independently (monitored)
 - d. "Coming Back to OA" Workshop over Zoom. April 22 from 10:30-noon, eastern. See OARegion6.org for more info.
 - e. "A Guided Walk thru the 12 Steps" In-person OA retreat sponsored by the Western MA Intergroup. June 2-4, call event co-chair Karen 413-636-8237 for more info.
 - f. "Keeping Connected" Workshop over Zoom. July 16 from 1-4pm, eastern. Presented by our R6 Chair and Trustee Liaison. Sponsored by R6 and the Greater Rochester Intergroup. See OARegion6.org for more info.
 - g. R6 2023 Convention Oct 13-15 in White Plains, NY. See website for more info.

h. New address for 7th Tradition Contributions:
Region 6 Treasurer
PO Box 95
Lynbrook, NY 11563

5. Committees

- a. Meetings: I was assigned to the Bylaws, Policies, and Procedures Committee. I am joining an editorial project in progress to standardize, correct, and clarify wording within the current manual. The project is over 50% complete, and our goal is to finish in July.
- b. Reports: Committee reps briefed attendees on their subcommittee activity during the designated work sessions.

6. New Business:

- a. Bylaw Amendments/Policy Motions
 - i. Written procedure for placing R6 members onto the WSBC Reference Committee – approved
 - ii. Granting the R6 Board authority to change location/format plans for Assemblies – approved
- b. Motion to Adopt 2023 Budget – approved
- c. Motion to set dates for 2025 Assemblies – approved (April 5 and September 20, 2025)

7. Traditions Tune-Up: Presentation from Beth, our Region 6 Trustee Liaison, based on the OA publication “The Twelve Traditions of Overeaters Anonymous: A Kid’s View.” Search oa.org to see this sweet and simple piece of OA literature.

8. Adjournment

I would like to thank GMNI for sending me to the Assembly. It was a very positive experience, reminding me how fun, invigorating, and supportive of my recovery, in-person service and fellowship are. – Karen

2023 WSBC Report for Green Mountain North Intergroup

Karen Goetz, Delegate

May 16, 2023

Conference Theme: Inclusivity

- Welcoming diversity of membership
- Endorsing diversity of program practice

Conference Debate:

- Groups promoting only one way to recover
- Literature restrictions
- Vocabulary of inclusivity
- International group and service body affiliation options

Conference Credentials:

- Total eligible voters: 178
- Countries represented: 14 (Australia, Brazil, Canada, Columbia, Greece, Iran, Israel, Italy, Russia, Spain, Sweden, Ukraine, United Kingdom, United States).

Officer Reports:

- Chair – Adjusting to working with new Board structure adopted last year, eliminating “General Trustee” positions. Region Trustee Liaison positions remain open.
- Treasurer – Expenses have increased significantly, but organization has adjusted and remains strong financially. Contributions and literature sales have continued well. Gains from holding virtual WSBCs helped offset cost increases. Approved budget of \$1.8M.
- Managing Director – Numbers of groups and service bodies are no longer dropping. Accounting of literature-related initiatives and website activity is detailed. Newest pieces of literature: *The Twelve Traditions of Overeaters Anonymous Workbook*, *Fifteen Questions for the Young Person*, and 2nd edition of *Voices of Recovery*. All available for purchase now.
- Region Chair Reports – A good deal of Public Information/Professional Outreach (PI/PO) activity has been going on among the Regions, utilizing region resources to support local efforts. Funds and expertise are routinely tapped by intergroups at all the Regions to support awareness and outreach. If GMNI opts to take on PI/PO projects, regional resources are available. The Virtual Region has been providing technology training and assistance within its membership, and to other regions. Region 6: Convention Oct 13-15 in White Plains, NY. Scholarships: apply on-line.

Committee Reports:

Reports from the last year’s chairs of the various committees were included in the conference materials and are available on oa.org. I will report on the committee to which I was assigned: Conference Approved Literature Committee (CLC)

- Two completed texts prepared and ready for presentation for WSBC approval tomorrow
- Continuing Committee work:
 - *Twelve Traditions Workshop and Study Guide* (Subcommittee will continue work in progress)
 - *OA Handbook for Member, Groups, and Service Bodies* (revised by CLC and OA Publications Department; Subcommittee working with comments from the CLC)
- Newly adopted project:
 - *To the Man who Wants to Stop Compulsive Overeating, Welcome* (Subcommittee will develop updated version of this existing pamphlet)

- Rejected OA Literature proposals submitted:

- *Twelve Concepts of OA Service*
- *Mental Health, Medication, and Recovery*

New Business and Motions:

- Consent Agenda – Passed
- New Literature Motions:
 - *Diverse Voices: A Common Solution* (new) – Passed
 - *Sponsorship in OA: Guiding Others into Recovery* (replaces *A Guide for Sponsors* and *Sponsoring Through the Twelve Steps*) Discontinues use of the 30 questions – Failed
- Key motions passed:
 - E) New naming convention for meetings:
 - Meetings with Visitors (open)
 - Meetings without Visitors (closed)
 - Specific Focus Meeting
 - Specific Topic Meeting
 - M) Increased limits on annual member contributions to \$7500
 - S) Recovery chips: add 45 and 50 year chips, not every year
 - U) Encourage OA groups to use OA literature
 - 4) Replace “special” with “specific”
- Key motion failed:
 - T) Remove OA Conference approval from all AA literature except Big Book and AA 12&12
- Unresolved:
 - V) Digital Library proposal was sent to the Board for further consideration
 - 11) No regular rotation for in-person vs virtual WSBC vs hybrid formats was adopted for WSBC. 2024 will be in-person and 2025 will be virtual.
 - Various bylaw motions and amendments related to current international concerns regarding affiliations with Regions, service bodies, and language service bodies

New Trustees (all nominees elected, 3 open positions remain):

- Gary Davis, Florida (second term)
- BJ Jones, Colorado (second term)
- Michael Koechner, Colorado (returning)
- Meg Miller, Minnesota (returning, current Board Treasurer, new Board Chair)
- Beverly Montgomery, Oregon (new)
- Lee Roberts, Texas (second term)

Personal Reflections:

- Wonderfully interesting and uplifting recovery experience for me, inspiring me toward greater participation in fellowship and service.
- Honored to be assigned to the Literature Committee and entrusted with that important work.
- Particularly impressed and humbled by observing the Reference Committee and its collaborative process. If I am fortunate enough to return to WSBC next year, I would investigate the possibility of serving as a Region 6 representative on Reference.
- I appreciated the spontaneous decision to survey and share WSBC baseline diversity numbers.
- I am learning about the application of Concept 4, seeing that participation is the key to harmony.
- I am deeply grateful to GMNI for giving me the opportunity to represent Vermont OA at WSBC.