

Overeaters Anonymous Western Mass Intergroup Business Meeting Minutes June 13, 2021

Attendees: Anne H., Beth C., Carol Ch., Gwen G., John C., Julie B., Karen O., Marlene B., Rob R., and Sean R.

Board Reports

1. Chair's Report— WMI received \$821.50 from Region 6 as 80% reimbursement for Website design expenses.
2. Vice Chair Report— no report.
3. Recording Secretary's Report— Minutes were accepted as written.
4. Treasurer's Report—Report accepted as written.
5. Corresponding Secretary's Report—no report.
6. Region 6 Rep Report—
 - a. Marlene is the co-chair of the Region 6 PI/PO committee, which is still being organized.
 - b. One idea is to collect best practices of outreach to newcomers and publish to Intergroups.
 - c. PI/PO Blitz dollars available are \$12 – 15 K.
 - d. Region 6 is considering whether to accept a Google Grant to help us use Google Ads to drive traffic to Region 6 website. The decision hinges on whether the grant is considered in compliance with Tradition 7.
7. WSBC Delegate Reports—A new definition of abstinence has been agreed upon. "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis."

Committee Reports

1. Phone Service liaison – All is going well.
2. Workshop Working Group –
 - a. A workshop on the first 12 days is being planned. Anyone interested in working on one or more workshops, the group meets weekly at 6pm on Mondays on Zoom. Email Karen S. for login info.
 - b. Julie volunteered for a workshop on using the green 12 steps workbook.
3. Retreat – Anne reported that 22 people attended. The speaker did workshops on all 12 steps. The attendees were very pleased with the program. Genesis has been paid \$4,700 for this year as well as a deposit of \$500 for next year. The remaining balance in the Retreat account is \$669.40. A motion was made to have \$330.60 (*is this amount correct?*) withdrawn from the Intergroup account and deposited in the Retreat account to avoid payment of fees for an account with a balance under \$1,000. The motion carried unanimously.

Old Business –

1. An ad hoc committee was formed to address all the requirements for maintaining a zoom account for Intergroup and others (to be defined). Sean will lead the committee. Gwen and John will be working members. Marlene suggested the committee look at info available on hybrid meetings (possibilities and difficulties). The committee will develop recommendations and present them to Intergroup.

2. PI/PO –
 - a. As promised in our May meeting, Rob provided a list of potential PIPO initiatives, which we reviewed.
 - b. Carol Ch. volunteered to get the committee off the ground. She suggested Sue, our archivist, might be willing to serve and offered to contact her.
 - c. Karen O. and Marlene volunteered as well.
 - d. Carol proposed the committee begin with the objective of implementing at least one initiative.
 - e. Marlene suggested we ask our groups to call media outlets to post our meeting list. Community bulletin boards are a good place to start. We might also ask the OA Facebook page administrator to post a link to our website.
 - f. We should be clear on who we are targeting and tailor the message accordingly.
 - g. John suggested we ask each group to post a free ad each week to direct people to their meeting.
 - h. Carol will send an email out to all to solicit ideas.
 - i. Rob committed to obtain some information on billboards (see page two).

3. The group decided to hold off on contributing to World Service until we price out some PI/PO ideas (e.g., billboards).

New Business—none

The meeting adjourned at 2:16 pm.

Our next meeting will be held on Sunday, July 11, 2021.

Respectfully Submitted,
Beth C

PI PO Ideas

Post links to meeting lists in Online Events Listings

- Daily Hampshire Gazette Events Calendar
 - o <https://www.gazettenet.com/Events#!/details/Food-Addicts-In-Recovery-Anonymous-Zoom-phone-gatherings/8741954/2021-06-06T16>
- Amherst Bulletin
- Greenfield Recorder

Public Service Announcements

- A PSA is usually a 15-, 30-, or 60-second radio or television spot with a short message about OA plus the phone number and website of the World Service Office and/or the local service body.
- Contact radio and TV stations in our area, ask them to run PSAs

Community Bulletin Boards

- Post notices in shopping malls, grocery stores, libraries, schools, waiting rooms, hospitals, and other public places (where permitted).

Facebook page for Overeaters Anonymous – Western Massachusetts

- <https://www.facebook.com/OAWMA>
- Post meetings and events to the page! It's not very active.

Billboards

- CT Intergroup is doing billboards through Outfront Media
 - o <https://www.outfrontmedia.com/media/billboards>
 - o Proposal received from Outfront Media
 - o CT PIPO Chair: Wendy B. (860-614-6143)
- Blue Line Media <https://www.bluelinemedia.com/billboard-advertising/springfield-ma>
- Lamar Advertising Company <https://www.lamar.com/connecticut>

Signs on Buses

Professional Outreach

- Compile a list of professional resources, including individual physicians, treatment centers, local professional conferences, community health fairs, hospitals, schools, libraries, correctional facilities, religious organizations, corporations, and military bases.
- Compile a list of volunteers who would be available for one or more of the following: (a) panel presentations; (b) health fairs; (c) professional trade shows. OA is best represented by members who are in recovery and have a working knowledge of the Steps, Traditions, OA service structure, and OA literature.
- <https://oa.org/app/uploads/2021/01/guidelines-for-professional-outreach-committees.pdf>

Resources from oa.org's Document Library:

Public Information

- <https://oa.org/app/uploads/2020/12/pi-resource-list.pdf>
- <https://oa.org/app/uploads/2019/12/Let-People-Know-About-Your-Meeting.pdf>
- <https://oa.org/app/uploads/2021/01/guidelines-for-public-information-events.pdf>