

## **Overeaters Anonymous Western Mass Intergroup Business Meeting Minutes February 13, 2022**

**Voting Attendees:** Anne H., Beth C., Carol Ch., Gwen G., Julie B., Karen S., Laura G., Louise S, Rob R., Sean R., and Sr. Susan (Susan T.)

**Visitors:** Diane C. (from Raleigh, NC), and Mary I.

### Board Reports

1. Chair's Report—
  - a. PI Blitz application submitted to place signs on PVTAs buses.
  - b. Two to four newcomers have been attending the Newcomers Meeting (Tuesday 6:30pm) on Zoom. It's a great place to connect with newcomers, if you're looking for a sponsee.
  - c. A new zoom account has been purchased for the Newcomers meeting.
  - d. Julie sent out an email with video of our billboard as seen from driving by it on Rt 291 and onto the ramp at St James exit.
  - e. One newcomer reported that she saw the bulletin board in a moment of despair and decided to act.
  - f. Rob will be undergoing shoulder surgery 2/28, and will enlist help if needed for our March 13<sup>th</sup> meeting.
  - g. Rob encouraged everyone to bring a friend to the next meeting.
2. Vice Chair Report—
  - a. A few meeting changes have been requested and promptly updated on our website.
  - b. Only a little trouble with zoom bombing on our meetings. Hosts are being instructed on use of the waiting room to avoid any such occurrences.
3. Recording Secretary's Report—The January minutes were accepted as written.
4. Treasurer's Report—The January report was accepted as written.
5. Corresponding Secretary's Report—No significant changes from last month to report.
6. Region 6 Rep Report—Registration for the Spring Assembly will begin 2/16/22.
7. WSBC Delegate Reports—none

### Committee Reports

1. Phone Service liaison –
  - a. We have exceeded our limit a few times but not enough to make a change in plan cost-effective.
  - b. Gwen will continue to monitor and alert us to any change in usage in the future that might require action.
2. Workshop Working Group –
  - a. A virtual workshop will be held on February 27<sup>th</sup> entitled Mapping Your Recovery. It will be presented by an OA from Provincetown at our request. See flyer attached to minutes.
3. Zoom Account Working Group –
  - a. Sean said next steps should be to record responsibilities for shared accounts as well as procedures such as preventing zoom bombers access to our meetings.

- b. Rob reported that Al-Anon is engaged in a similar effort and suggested we reach out to their service board(s) for more info.
- 4. Retreat Committee –
  - a. Marlene J is the chair.
  - b. Five people have registered.
  - c. Confirmation packet has been drafted.
  - d. Menu has been updated.

#### Coming Events, and “Help Wanted!”

1. Mapping Your Recovery Workshop 2/27/2022 1-2:15pm – see flyer attached
2. OA Region 6 Google AdWords project – anyone willing to request and review the video presentation, and bring what they’ve learned back to WMI? Request video here: <https://tinyurl.com/2p8p7u2k>.  
No one volunteered – this role is still available!
3. R6 Intergroup Forum 4-5pm on 2/27/2022 – anyone willing to represent WMI and bring back what they hear?  
<https://us02web.zoom.us/j/82812500552?pwd=R1dtY3ZlZk0UGsyNmZlclhtbmlqUT09>  
Meeting ID: 828 1250 0552  
Passcode: 811927  
One tap mobile  
+16465588656,,82812500552#,,,,\*811927# US (New York)  
No one volunteered – this role is still available!
4. WMI’s response to WSBC Questionnaire due 2/24/2022 – Instructions and Questionnaire Summary are here: <https://oa.org/app/uploads/2021/12/agenda-questionnaire-instructions-and-summary-wsbc-2022.pdf>  
Anyone willing to create a Google Form survey to assess WMI members’ views, and report back to WSBC by 2/24/2022?  
No one volunteered – this role is still available, although the time window is rapidly shrinking!
5. Carol Ch. suggested we investigate the possibility of adding a Donate option to our website. Rob suggested that anyone who is interested explore the steps necessary to accomplish that.
6. Westfield 7pm meeting is having their 46th anniversary February 16th at Church of the Atonement, Westfield.
7. Southwick Sunday meeting anniversary is March 20th zoom 842259291 pc 030886 3:30pm.

#### Old and New Business

1. Select our goals from 2022 from those proposed at our 12/12/2022 meeting (any others we missed?):
  - a. Develop workshops (and potentially hold them as hybrid meetings)
    - i. Mary I volunteered to produce a list of potential workshops.
    - ii. She asked all Reps to ask group members what workshops they are willing to hold and what workshops they would like to attend.
    - iii. Rob asked the group if we should collectively learn more about holding hybrid meetings before including the hybrid component

- b. Address changes to Bylaws, Policies and Procedures
    - i. Karen S. has changes to the Corresponding Secretary role drafted and ready for review.
    - ii. Sean will review Policies and Procedures and target something for review at the next meeting.
  - c. Welcome people new to WMIG and attending on Zoom. Rob asked Marlene to think about what welcoming would look like.
    - i. Laurie G. offered to work on a welcome packet for newcomers. Karen S. said she had a lot of existing material and offered to mail it to Laurie and investigate how much of it is in digital form.
    - ii. Rob suggested we put use Google Drive to collect and collaborate on newcomer materials. Laurie G. agreed to work on this with Rob's help.
    - iii. Someone suggested we develop a one-page form for Reps to record what to bring back to their groups. Rob said that he'd not been diligent in getting "the top three or five thing" out to IG members for conveying to their groups, and he'd try to improve.
  - d. Hold the 2022 Marathon and set planning for 2023 in motion.
    - i. Still possible that a Marathon will be held in 2022. Nobody identified themselves as actively working on this, so it seems doubtful.
    - ii. Karen and Gwen are beginning to plan for 2023.
  - e. Support Rotation of Service principle by holding workshops on what it means to serve and by direct appeals to individuals to serve based on their interests and/or skill sets.
  - f. Encourage and support sponsorship by developing and maintaining a list on the website. Rob suggested we explore ways to do this without breaching individuals' privacy.
    - i. Sean suggested we keep group specific lists centrally and give each group their own link to access their list.
  - g. Continue Newcomers get more OAs involved in chairing and getting speakers.
    - i. Mary I volunteered to chair Newcomer meetings
    - ii. She also volunteered to resurrect and chair Step One, Two and Three meetings.
  - h. Ask each OA group to develop and hold one workshop in 2022. Ideas: Open a group Anniversary Meeting to all, IDEA (International Day of Experiencing Abstinence), one of the WSBC "to do" items.
2. Do we want to offer a member survey similar to this one? Intergroup members are invited to view these surveys, and bring their thoughts to our next meeting!  
<https://www.surveymonkey.com/r/2022CCISurvey>  
 Cape Cod Intergroup's results are posted here: <https://tinyurl.com/2p8n6d35>  
 Or this one, from CT? <https://tinyurl.com/vk4st279>
3. Feedback on Billboard
- a. Julie noted that the billboard is not visible if driving on 291 but is when taking the exit at St James.
  - b. She questioned the estimate of 400k weekly impressions.
  - c. The billboard will remain in this location until March 1<sup>st</sup>.

Carol mentioned a call she received from a long-time member who expressed joy at seeing the billboard as she got off 291 at St. James Ave.

The meeting was adjourned at 3:15 pm.

Our next meeting will be held on Sunday, March 13, 2022, at 2pm.

Respectfully Submitted,  
Beth C

# Mapping Your Recovery

A Virtual Workshop for Getting and Staying  
Abstinent

Sunday, Feb 27<sup>th</sup>  
1-2:15pm EST

**We're powerless, but we need not be helpless!**

In this Workshop, you will:

- examine the Tools and Practices, Thinking, and Food Behaviors that support or sabotage your abstinence
- create a visual representation – a *personal* Recovery Map

Who should attend?

Anyone who wants a clear and intentional (visual?) framework to become and remain abstinent from compulsive eating and compulsive food behaviors.

To participate, you'll need:

- access to a printer, to print the map field (or tape two 8.5" x 11" sheets of paper together)
- 1.5" x 2" Post-Its (or you can cut down larger Post-Its, or use paper/tape)

To Register:

- email [workshops@oawmass.org](mailto:workshops@oawmass.org)
- registration is limited to 30, and closes Feb. 27<sup>th</sup>



Western Mass Intergroup of Overeaters Anonymous