## **GPI** Meeting

November 12, 2023

Focus Group: GPI Meeting Experience

- Streamline agenda to one page
- Streamline minutes to decisions made, actions to take
- Ask attendees to review minutes in advance vs taking meeting time
- Streamline reports to "need to know" items
- Change approach to WSO, PnP edits so it's not so deadening
- Send a highlights email after the meeting

## Proposed 2024 Budget



	Proposed 2024 GPI Bud	get compare	d to Actual 2	2022				Pro	posed 2024 GPI Budget co	mpared to A	ctual 2022		
		Proposed 2024 Monthly Budget			Variance				r	Proposed 2024 Monthly Budget	Proposed 2024 Yearly Budget	Actual 2022 Yearly Spent	Variano
eipts		Duugei	Duuget	Receipts	variance	Г	Expen	litures		Buugei	Duuget	Spent	v al lait
Contributions		\$700.00	\$8,400.00	\$6,284.93	-\$2 115 07		Fi						
Contra	Special Gratitude Collection	\$700.00	\$0.00	\$0.00	\$0.00		11	Telephone (Tel)		\$60.00	\$720.00	\$693.98	-\$26
	2023 \$793 as of 11/4/23		\$0.00	\$0.00	30.00			Insurance		\$32.90	\$394.80		-\$20
	2022 \$524							Mail Service & Post	age (MS/P)	\$0.00	\$0.00	\$0.00	\$0
	2022 \$524							Website/Admin (Web)		\$504.42	4	\$3,212.89	-\$2,840
	2020 \$822							Regular Webmaste	/	\$502.50		\$3,202.89	-\$2,82
	2019 \$697							Monthly Web Hosting (paid every 2 years)		\$0.00	\$0.00		-\$2,82 \$(
	2019 \$097							Security Certificate		\$0.83	\$10.00		
								DNS Reg (paid every 5 years)		\$1.08	\$10.00	,	-\$1
								Extra Website	ery 5 years)	\$0.00	\$13.00		-\$1.
								Printing & Supplies (P/S) Rents: U-Haul, USPS, Zoom		\$5.00	\$60.00	\$0.00	-\$6
										\$63.98	\$767.79		-\$30
								U-Haul		\$29.95	\$359.40		-\$50
								USPS Box		\$29.93	\$339.40		-\$0
		-						Zoom			-		
DZANC		60.00	60.00	\$0.00	60.00		D		(07/0000)	\$13.37	\$160.39 \$0.00		\$
	SO Reimburse (R7/WSO)	\$0.00	\$0.00		\$0.00			R7 / WSO Contributions (R7/WSO) R7/WSO Representatives & Delegates		\$0.00	\$0.00	\$600.00	\$60
R//WS	SO Representatives & Delegates	\$0.00	\$0.00	\$0.00	\$0.00		R)		s & Delegates	\$50.00	¢	60.00	<b>A</b> ( <b>A</b> )
								Airfare		\$50.00	\$600.00	\$0.00	-\$600
								Hotel		\$59.00	\$708.00	\$0.00	-\$708
								Mileage (\$0.34/mile	e)/Gas/Tolls (M/G/T)	\$21.50	\$258.00	\$0.00	-\$25
								Food		\$11.70	\$140.40		-\$14
								Registrations (Reg)		\$7.50	\$90.00		\$8:
Literature (Lit)		\$0.00	\$0.00	\$0.00	\$0.00		Literature (Lit)		\$0.00	\$0.00	\$0.00	\$	
Other		\$0.00	\$0.00	\$0.00	\$0.00		Other		\$0.00	\$0.00	\$50.31	\$5	
	ion Events						M	rathon					
	PI Annual Retreat		\$0.00	\$0.00	\$0.00			GPI Annual Retreat		\$0.00	\$0.00	\$0.00	\$
	A Birthday (Bday)		\$0.00	\$0.00	\$0.00			OA Birthday (Bday)		\$0.00	\$0.00	\$0.00	\$
	nity Day (Unity)		\$0.00	\$0.00	\$0.00			Unity Day (Unity)		\$0.00	\$0.00		\$0
ID	DEA Day (Idea)		\$0.00	\$0.00	\$0.00			IDEA Day (Idea)		\$0.00	\$0.00	\$0.00	\$
Sponsorship Day (Spon)			\$0.00	\$0.00	\$0.00		Sponsorship Day (Spon)		\$0.00	\$0.00	\$0.00	\$0	
12th Step Within Events					12th Step Within Events		1						
12th Step Within Day (12/12)			\$0.00	\$5.00	\$5.00			12th Step Within Day (12/12)		\$0.00	\$0.00	\$0.00	\$0
Misc Events (Misc)			\$0.00	\$0.00	\$0.00			Misc Events (Misc)		\$0.00	\$0.00	\$0.00	\$0
Chairs							Cł	airs					
St	anding Chairs							Standing Chairs					
									12th Step Within (12 W/in)	\$0.00	\$0.00	\$0.00	\$0
									Outreach	\$23.00	\$276.00	\$0.00	-\$270
tal Receipts		\$700.00	\$8,400.00	\$6,289.93	-\$2,110.07		Total Expenditures		\$839.00	\$10,067.99	\$9,463.65	-\$604	
e Ending Statement Balance Includes						Net Variance YTD							

# GPI Mentoree Form



#### Welcome to Greater Pittsburgh Intergroup!

To help you understand your role as an intergroup representative and have a positive experience while doing so we'd like to ask you a few questions so that we can know best how to support you in this service position.

Let's begin by getting your first name and last initial \*

And a good phone number for you \*

Short answer text

Short answer text

And your email address \*

Short answer text

What meeting are you representing? Please provide the day of the week, meeting time and meeting location.

Short answer text

Have you had a chance to read the two documents on the GPI website that describe how GPI \* operates? <u>What is GPI?</u> and <u>Welcome to Intergroup!</u>

O Yes

() No

Would you be interested in staying after the meeting (either this meeting or a future meeting) \* for a brief orientation and Q&A session?

O Yes

O No

O Maybe

Would you be interested in being assigned a mentor that you could talk to about GPI?

O Yes

O No

O Maybe

# Focus Group: GPI // Mentor Program

- Basic Info: purpose, geography, overall OA organization, personnel
- GPI services: carrying the message, website, meeting list, news, events, building membership, connecting to Region 7 and WSO
- GPI meetings: business meeting, meeting materials, IR role in meetings
- IR responsibilities: represent meetings at GPI, bring GPI info back to meetings, encourage members to volunteer for service
- GPI challenges: organization in transition, shrinking membership, most meetings do not send IRs to GPI



## 12<sup>th</sup> Step Within Activities

#### **INTERNATIONAL TWELFTH STEP WITHIN DAY**

#### December 12, 2023

The purpose of the 12 Step Within day is to encourage OA members, groups, and service bodies to reach out to those in the Fellowship who are still suffering from compulsive eating behaviors.

#### **Suggested Twelfth Step Activities**

\*Have a special Relapse Topic for the meeting on or closest to December 12.

### \*Plan a reunion for past and present members.

\*Offer to babysit for someone attending a meeting.

\*Invite another group or past members to a luncheon or dinner.

#### Suggested Twelfth Step Within Topics

\*Working the Steps to Recover from Relapse
\*Relapse: Stepping-Stone or Stumbling Block?
\*Dealing with Shame, Both In and Out of the Program
\*We Have To Do It Ourselves, But We Cannot Do It Alone
\*Keep Coming Back
\*The Solution Is In The Steps
\*Relapse: Time to Begin Anew
\*If You Slip Cot Up

\*Call twolve newcomers

## October 2023 Survey Results

- 51 respondents, 18% of total list, 50% of estimated active members
- 76% have attended GPI meetings, another 10% say someone represents their group
- 84% make 7<sup>th</sup> Tradition contributions through treasurers, 6% contribute directly
- 74% have attended GPI events
- 45% have used the Speakers Bureau
- 64% read the Voice of Recovery

- Attract new members
- Encourage service
- Provide more support for zoom meetings
- Establish more face-to-face meetings
- Continue to offer workshops and special events—online and in person

October 2023 Survey Suggestions