

Greater Pittsburgh OA Intergroup Zoom Meeting Minutes

July 7, 2024 Minutes taken by Sheree C.

Serenity Prayer

Reading of the Seventh Concept of OA Service

ROLL CALL: (16 people present, 15 voting members)

4 Executive board: **Ro M.** (Chair), **Tricia S.** (Vice-Chair and WSBC Delegate), **Dee C.** (Treasurer), **Sheree C.** (Secretary)

4 Standing Chair(s)/Regional Reps/WSBC Delegates: **Linda A.** (12 Step Within), **Liv S.** (Speakers), **Beth A.** (VOR Editor), **Melanie G.** (Region 7 Rep) (Outreach is Vacant)

Jessica F. (Webmaster) (Voice but no vote)

7 Reps: **Susan C.** (Mon 7:30p Brentwood), **Debbie B.** (Mon 7:30p Lower Burrell), **Peggy L.** (Thu 6p Bellevue), **Cinda B.** (Thu 6p Meadville), **Judy D.** (Sat 9a Pgh-Shadyside), **Shannon P.** (Sat 10:30a Bridgeport WV), **Juanita K.** (Sat 10:30a Erie)

No Visitors

ANNIVERSARIES: Liv S. 1 year of abstinence, Dee C. 13 years of abstinence

MINUTES: Motion made/accepted to approve June minutes as submitted.

REPORTS (Executive Board): All officer's reports reviewed.

Chair (Ro M): Report reviewed. All Reps, chairs and officers met to go over duties. Budget planning is in progress, and we are taking steps to attempt to reduce costs. We are also looking at the calendar schedule for 2025.

Ex-Officio (Kristi K)(Absent): Report reviewed, no questions

Vice Chair (Tricia S.): Report Reviewed. no questions.

Treasurer (Dee C.) - Financials Reviewed. Question of average donations per year was addressed.

Secretary (Sheree C): Report Reviewed. No questions.

REPORTS (Standing Committee Chairs): All chairs' reports reviewed.

12th Step Chair (Linda A.): Report reviewed. Q: Are the Recovery from Relapse meetings during the regular meeting time? A: Yes. We are also looking for additional meetings to host these Recovery from Relapse programs.

Speaker's Bureau Chair (Liv S.) : Report reviewed. Responded to three requests for meeting lists.

VOR Editor (Beth A): Q2 VOR is available. The VOR will now be in Mailchimp format and will be sent separately on the first day of the first month of the quarter. Hope for more submissions for the next issue.

Events (Gene M.)(Absent): No report filed.

REPORTS (Other Trusted Servants): All trusted servants' reports reviewed.

Region 7 (Kristi K & Melanie G): Report reviewed. Melanie was unable to attend assembly, but will serve on the 12th Step within committee, as will Kristi.

WSBC (Tricia S): Report reviewed. Expects to stay on the PI/PO committee, but has not yet received information regarding committee assignments. Tricia reviewed her WSBC report in more detail. Definition of abstinence changed to "healthy body", dropping the word "weight". **(There is some question about whether this motion passed and requires further investigation.)** Meeting registration process changed so that meetings that meet more than once a week can now be listed as one meeting, with one meeting number. Everyone in the fellowship is invited to attend the WSBC and Trustee meeting, but WS needs to know in advance. We can now nominate someone from our area as a Trustee, if anyone is interested. The LGBTQ+ service board has been attacked, and a letter will be sent out to the entire fellowship condemning such hate speech.

Webmaster (Jessica): report reviewed. No questions.

DISCUSSION ITEMS:

- **A Look Behind the Scenes:** Secretary Sheree C. spotlighted the duties of her position.
- **2025 Budget Planning: Dee C.** Webmaster compensation: The average Webmaster fee is \$42, and we are slowly raising Jessica’s yearly to bring it more in line with market rates. We are planning to include funding for outreach. Dee has been acting as a liaison between the Executive Board and the Finance Committee to work together more closely. Retreat planning is being taken into consideration. One cost we are looking at is a telephone bill of \$60/month and looking to see if there are other ways to handle those calls. The average contributions in past years were about \$700/mo. and are now running around \$723/mo. Comment: WSO is recommending \$5/meeting donation, but most members are donating less. Discussion of reaching out to meetings that do not contribute to GPI. Comment: F2F meetings in rural areas are generally small, and we don’t want them to think we are out for their money. We could also ask them about sending a representative to GPI. Comment: We have a “resources for Zoom meetings” on the website.
- Suggestions were made to do outreach to healthcare professionals and mental health professionals that deal with eating disorders as well as high school guidance counselors.
- Any meeting contacts getting abusive texts, please contact Ro using her chair@gpioa.org email address. She needs to know how widespread the problem has been, and whether we need to look for other ways of supporting meeting contacts.
- **Policy & Procedure Amendments:**
 - **Amendment 1:** Set a process for GPI to close meetings which are not following Tradition 4: Note: This is a rare procedure for GPI to take. Motion Approved
 - **Amendment 2:** Update Treasurer job description (protect Treasurer’s personal information, flexible donations to R7 & WSO, update procedures/terminology): Motion Approved
 - **Amendment 3:** Update Secretary job description (change dates for reminders, Main Motion to Continuing Effects Motion, public and secure archives posting, keep GPI address book): Motion Approved
 - **Amendment 4:** Update Finance Committee Chair qualifications to require attendance at one GPI meeting per year: Motion Approved
 - **Amendment 5:** Add requirement that Standing Chair applicants are working with a sponsor: Motion Approved
 - **Amendment 6:** Update Webmaster job description to remove Secretary duties, clarify Website Development Guidelines and online archive duties, update terminology: Motion Approved
 - **Amendment 7:** Update GPI Anonymity Policy: Motion Approved
 - **Amendment 8:** Set up a GPI Archive Policy for physical and electronic storage: Motion Approved
 - **Amendment 9:** Create a standard non-affiliation response to outside organizations/persons requesting to be a resource for members: Motion Approved
- **Upcoming Events**
 - 8/17, Saturday 10 am-Noon virtual Sponsorship Success Workshop sponsored by Shadyside Sat 10am meeting
 - 9/13-9/15 10th Annual “Just Rustic Enough” OA Men’s Retreat
 - 9/21 Fun Not Food Picnic at North Park Gold Star Pavilion sponsored by Cranberry & Butler meetings

- **Other Issues & Concerns:**

- VOR as color/B&W versions. Most printers today can print in B&W so we will no longer post two versions.
- Bellevue Tuesday 6pm meeting has closed

ITEMS TO TAKE BACK TO MEETINGS:

- Abusive Calls or texts to Meeting Contacts
- Upcoming special meetings/events
- VOR articles “Serenity and Courage in Recovery”
- Both R7 and OA.org resources available
- Posters are still available for community placement
- Include WSO letter regarding abuse towards LGBTQ+ groups in email
- WSO suggests a \$5 contribution per meeting

Meeting adjourned with OA Responsibility Pledge.

Next Meeting: August 4, 2024, 2pm, same Zoom info.

GPI Reports for July 7, 2024

VACANT: Outreach, Region 7 Reps-2/ Alts-2, WSBC Delegates-2 / Alts-2

Chair (Ro M.): June Accomplishments

- Forwarded GPI retreat planning feedback to the committee
- Assembled officers and chairs to review responsibilities and resources
- Began 2025 budget planning

Chair (Ro M.): July Goals

- Investigate options for reducing telephone and post office costs
- Finalize 2025 GPI schedule

Ex-Officio (Kristi K.): June Accomplishments

- All routine work accomplished

Ex-Officio (Kristi K.): July Goals

- Be available to the Executive Board and support the board's efforts.

Vice Chair/Policy Committee (Patricia S.): June Accomplishments

- Committee wrote new duty to Treasurer's position regarding account # and passwords
- Wrote list of how and when to borrow and return items from the storage locker
- July meeting canceled. Chair worked on agenda items for August meeting
- Chair sent 10 PnP amendments to Executive Board for review at their June meeting
- Chair completed PnP revisions and returned to GPI chair for July GPI vote.

Vice Chair/Policy Committee (Patricia S.): July Goals:

- Next meeting in August
- Committee to decide on format and begin review of PnP or Bylaws

Treasurer (Dee C.): June Report:

- Current financial spreadsheet available at <https://gpi.org/docs/gpimtgs/2024/06Financials.pdf>
- Financial Facts: Report Date: June 30, 2024, GPI - July 7, 2024 Meeting
 - Balance: \$10,491.28
 - Receipts vs Expenses: + \$449.58
 - May Contributions: \$665.81
 - 2024 Total Contributions \$40354.53 YTD
 - Average Per Month YTD: \$725.73
 - Unrestricted Fund Balance: \$5,707.28

Secretary (Sheree C): June Accomplishments

- All routine tasks completed in cooperation with Ro, Jessica and Secretarial Committee
- Dawn A responded to email requests for meeting information as of June 2024.
 - 2024-0 Jan, 1 Feb, 2 Mar, 6 Apr, 1 May, 0 June
- Shirley checked voicemail & sent out meeting packets as of June 2024.
 - 2024- 1 Jan, 0 Feb, 2 Mar, 5 Apr/May, 0 June

Secretary (Sheree C): July Goals

- Be available where and as needed.

12th Step Within (Linda A): June Accomplishments

- Temporary Sponsors: Newcomers' First Twelve Days on OA.org - Link is available in Q2 VOR.

Contact 12 Step Within chair if help is needed.

- Recovery from Relapse Meetings - article in VOR. The first one is scheduled for July 15 at Lower Burrell's Monday night Zoom meeting. The second one will be coming up on August 13 at the Tuesday Plum Borough phone meeting.
- We will do these Recovery from Relapse meetings once per month. Contact committee chair if interested in holding one in September.
- IDEA Event - a group is interested (November 16)

12th Step Within (Linda A): July Goals

- Hold Recovery from Relapse Meetings July 15 and Aug. 13.
- Check to see if Temporary Sponsors: Newcomers' First Twelve Days link is on our website.
- Be available to help with Temporary Sponsors: Newcomers' First Twelve Days.
- Be available to help with Recovery from Relapse Meetings.

Speaker's Bureau (Liv S.): June Accomplishments:

- Responded to three requests for the Speakers List. There were no new speakers added to the list in June.

Speaker's Bureau (Liv S.): July Goals: None Listed

VOR Editor (Beth A.): June Accomplishments:

- The 2024 third quarter edition of Voice of Recovery was emailed in the new MailChimp format on July 1st. Plans are to send the VOR on the 1st of the four quarterly months of January, April, July and October as a way to draw more attention to the information contained within so as not to get forgotten in the other GPI meeting materials.

VOR Editor (Beth A.): July Goals:

- The theme for the next issue of 2024 4th Quarter VOR is Serenity and Courage in OA. Please submit your experience, strength, hope, thoughts, or ideas of the roles of serenity and courage in your recovery. Submissions for the next issue on this theme, events for the fall, helpful resources from the committees, etc. can be submitted immediately until deadline of September 15, 2024 to vor_editor@gpioa.org

Events (Gene M.): June Accomplishments and July Goals: No report filed.

Region 7 Representative (Kristi K. and Melanie G.): June Accomplishments:

Region 7 Spring Assembly, April 13, 2024

- Kristi attended the Twelve Step Within Committee meeting on 6/9. She agreed to stay on as the secretary for the group. We did a final review of the Benefits of Face to Face Meetings workshop presentation. This workshop is designed for the Central Jersey IG. Once presented there a generic version will be made available on the R7 website. We don't have another meeting scheduled until the Fall Assembly.

Region 7 representative (Kristi K. and Melanie G.): July Goals:

- Stay current with all R7 email communications.

Region 7 Coming Events to share with your Groups:

- September 6-8, 2024 In-Person Region 5 OA Convention "Welcome - Home: Many Symptoms, one solution" (Hosted by Cleveland Central IG)
<https://oacleveland.org/current-events/>
- November 1-3, 2024, Ocean City, MD Region 7 OA Convention: "Footwork of Recovery: How People Work Their Program". Flyers coming soon although you can register at
<https://oaregion7.org/events/2024-region-7-convention/>

World Service Business Conference (WSBC) Delegate (Patricia S.): June Accomplishments:

- Prepared 4 page summary of WSBC motions and letter to all OA members/groups (see below pp. 3-6)
- Contacted WSO and our Trustee, Bob L., and got on PIPO Committee as non-delegate
- Reservations for hotel, airline and ground transport were refunded, but not Conference registration (no refunds after April 1). If we had a 2nd Delegate or Alternate, funds would transfer!

WSBC Delegate (Patricia S.): July Goals

- To attend the PI/PO committee after receiving the Zoom ID etc.

WSO ANNOUNCEMENTS:

- **A STEP AHEAD NEWS:** 7 pgs: member survey: “what works for You” due 6/15: Professional Exhibit funds available; 5 new meeting formats; Newcomer Leader Kit, etc.
- **PI/PO** page on oa.org: 7 social media links with instructions on how to use them.
- **PLEASE** check this out on **oa.org!** There is a wealth of information/help. Many documents are **free and downloadable.**
- MR8 (international region): TIPS series to answer “how to” questions: grow/develop new groups/meetings; use PIPO efforts to bring newcomers; host recovery events.

GPI Webmaster Special Worker (Jessica F): June Accomplishments

- Sent Executive Board & Finance Committee 2025 Budget request and supporting information
- Sent GPI Secretary initial contingency planning information
- Time off work taken in June for surgery
- Contacted author of free OA Hope Wordpress theme for access and how to proceed
- All other routine duties completed, nothing more to report

GPI Webmaster Special Worker (Jessica F): July Goals

- Complete work on Teamup calendar for live rollout on current website to address AB vs ABC issue
 - When complete, restart Tech Committee as Website Committee and have them resume prior duties
- Work with Exec Board & secretarial committee member to complete contingency planning and secure GPI documentation
- (ongoing) Move publicly available archive documents to GPI website from google as appropriate
- (ongoing) Work with Secretary and Treasurer to consolidate google archives into our nonprofit google address
- (future goal) review GPI physical documents & scan for online archive

Overeaters Anonymous World Service Business Conference: 2024

Report by GPI Delegate, Tricia S. for July 7, 2024

NEW BUSINESS MOTION ADOPTED:

Motion A-a: Conference Seal of Approval granted to the revised manuscript *OA Handbook for Members, Groups, and Service Bodies.*

Motion C: Amended WSBC Policy 2021d adopted that WSBC delegate service is limited to no more that 6 continuous years requiring a minimum of 1 year rotation out of service. Request for waiver of this limitation shall be submitted to the BOT. Should the individual be elected as either a region chair or trustee, the 1 year rotation out of service would not apply.

TRUSTEE ELECTIONS: Six persons were elected and four positions were declared vacant.

Motion A: Amended WSBC POLICY 1988b by striking as follows:

The WSBC 2021 accepts the following definitions: 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.

New Business Motion E: Move to revise the meeting registration process on oa.org in the Find a Meeting section by adding a feature that will enable meetings to indicate if they meet multiple times a week. Such meetings may elect to be registered under one meeting number if they so choose.

Business Motion E referred to the Board of Trustees.

New Business Motion D: Move that when planning the World Service Business Conference or other meetings scheduled in accordance with OA, Inc. Bylaws, Subpart B, Article VIII, Sections 1 and 2, the Board of Trustees will make every effort not to arrange such meetings during major holidays. Whenever possible, such meetings will not be arranged for three days before or after the holidays.

BYLAWS AMENDMENTS ADOPTED:

1. *Bylaw Amendment Proposal Ten:*

Article VIII – Meetings of Delegates Section 3 – Delegates:

b) Those who may address the World Service Business Conference are:

- 1) Delegates: All delegates as defined in Section a. Any delegate may choose another delegate to speak on their behalf.
- 2) Nondelegates: Officers of the Corporation or any parent or subsidiary of the Corporation who are not also trustees, the Conference parliamentarian, trustee nominees, the managing director, the managerial staff of the World Service Office, and interpreters.

2. *Bylaw Amendment in lieu of Proposals One and Fourteen:*

Article VIII – Meetings of Delegates. Section 1 – World Service Business Conference

b) Time and Location: The Conference shall be held on such dates as the Board of Trustees may determine. The Conference shall be held on a two-year rotation as follows:

- 1) In person in the Albuquerque, New Mexico area or at such place as the BOT may designate.
- 2) Via videoconferencing platform with BOT determining any hybrid elements at their discretion.

3. *Bylaw Amendment Proposal Eight:*

Article VII – Board of Trustees Section 5 – Nomination of Trustees

a) At least one-hundred twenty days prior to the scheduled opening of the annual Conference of Overeaters Anonymous, all groups within a region shall be notified by the region officers of the forthcoming Conference, with a request to all qualified members of the Fellowship of Overeaters Anonymous to submit nominations to the region.

b) At least ninety days prior to the annual Conference of Overeaters Anonymous, the region representatives of each region shall choose from the nominees submitted to it no more than three qualified nominees.

c) Nominees for trustee chosen by each region shall be submitted to the Conference for election.

d) Copies of resumes must be sent to all Conference delegates at least forty-five days prior to the annual Conference (see exception, Section 7).

4. *Bylaw Amendment Proposal Fifteen:*

Article VIII – Meetings of Delegates - Section 1 – World Service Business Conference

c) Virtual Attendance

The Board of Trustees may call the Conference, or any part of it, by virtual method(s).

5. *Bylaw Amendment Proposal Sixteen:*

Article VII – Board of Trustees - Section 7 – Assignment of Trustee Liaison

a) After election or appointment of a new trustee, the Board of Trustees will give first consideration for liaison assignment to the region that affirmed the new trustee.

b) Should the region affirm multiple candidates, the Board of Trustees will select the liaison from those the region affirmed.

Section 8 – Vacancies

a) Vacancies occurring among the trustees may be filled by the Board of Trustees to serve until the conclusion of the next World Service Business Conference. The Board of Trustees shall solicit the names of eligible candidates through the regions.

b) Should such vacancy occur within one hundred twenty days prior to Conference, the usual deadlines for the selection of trustee nominees shall be suspended. In this case only, resumes of trustee candidates nominated by the region shall be received by the Board of Trustees at least two weeks prior to the official opening of Conference to be considered for election at that Conference. Regions may affirm the nominations in a manner determined by the region. Copies of these resumes shall be supplied to the delegates by the opening of Conference.

c) If the regions are unable to provide applicant(s), then Article VII, Section 8 applies.

d) A vacancy created by action of the Conference delegates shall be filled as stated in Section 8.

6. *Bylaw Amendment Proposal Thirteen:*

Article XII – Bylaw Amendments Section 1 – Procedure - Subpart B of these Bylaws may be amended as follows:

a) Amendments to Subpart B of these Bylaws may be proposed by any registered service body, any standing or ad hoc Conference committee, or the Board of Trustees and shall be submitted to the chair of the Board of Trustees, postmarked, or be dated and time stamped through electronic transmission by December 1 before the annual meeting of the Conference.

7. *Bylaw Amendment in lieu of Proposal Two:*

Article VII – Board of Trustees Section 4 – Qualifications

a) Qualifications for a Trustee shall be:

1) Seven years in the Fellowship;

2) Five years of service beyond the meeting level, including at least two years of service as a region representative, region committee chair, region board member, region trustee liaison, or having served as a board member of a national service board;

3) Attendance as a delegate to at least two World Service Business Conferences;

4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:

(i) five years of current continuous abstinence;

(ii) current maintenance of a healthy body weight for at least two years; and

(iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.

CONSENT AGENDA MOTIONS:

1. *New Business Motion B*

Move to amend WSBC Policy 1982e to read as follows:

It was adopted that:

The Fellowship be invited to attend and observe the open Board of Trustees' meetings held at World Service Business Conference and World Service Convention. The board is to make available sufficient facilities to accommodate all who choose to attend.

2. *Bylaw Amendment Proposal Six:*

Article VI – Service Bodies Section 2 – Registration

a) Each service body shall be duly registered with the World Service Office of Overeaters Anonymous by submitting:

3) complete registration information on:

- i) intergroups—each affiliated group;
- ii) national service boards— each affiliated intergroup and group;
- iii) language service boards—each participating group, intergroup, and national service board; and
- iv) specific focus boards—each participating group and intergroup.

3. *Bylaw Amendment Proposal Seven:*

Article VII – Board of Trustees Section 2 – Duties and Responsibilities

b) Subject to the limitations of these bylaws, and to the action of the delegates at the Conference, all powers shall be exercised by or under the authority of, and the business affairs of the Corporation shall be controlled by the Board of Trustees. Without prejudice to such general powers but subject to the same limitations, it is hereby expressly declared that the trustees shall have the following powers:

- 4) In reference to Article VIII, Section 1, to designate a manner or method for holding meetings of the delegates or any other meeting as required.

4. *Bylaw Amendment Proposal Eleven:*

Article VIII – Meetings of Delegates Section 3 – Delegates

c) Qualifications/Selection

5) Delegates and alternates should be selected at least fifty days before the annual Conference, and

The names forwarded immediately upon selection to the World Service Office of Overeaters Anonymous.

5. *Bylaw Amendment Proposal Twelve:*

Article VIII – Meetings of Delegates Section 4 – Notice

Notice of the regular annual Conference and all special meetings of delegates shall be given to each registered service body, unless otherwise instructed by each individual service body, by electronic transmission. Such notice shall be sent no less than sixty days before each meeting, and shall specify the method and manner of the meeting, and shall state the general nature of the business to be considered at such meeting.

6. *Motion*

It was moved to add World Service Business Conference approval to the following letter being distributed to the Fellowship:

The Board of Trustees, Region Chairs Committee, Unity with Diversity Conference Committee, and the 2024 World Service Business Conference stand hand-in-hand with all our Specific Focus Service Boards. We regret to report that OA's The Rainbow (LGBTQ+) Specific Focus Service Board has received some vicious, attacking emails from individual OA members. We are taken aback by the hostility directed at The Rainbow (LGBTQ+)

Specific Focus Service Board.

While OA welcomes a free exchange of ideas and criticisms, we also want to say clearly: There is absolutely no place for hate speech in the loving fellowship of Overeaters Anonymous. We are here to support each other in love, tolerance, acceptance, and recovery.

As noted in our 12 & 12, “When we apply OA’s Tradition Three, we find the treasure of friendship where we least expect it, with people we once would have excluded from our lives. Such treasure is all around us, and all we have to do is open our hearts to receive it. OA is where we learn to open our hearts, because it is here that most of us first experience unconditional acceptance.” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, pp. 111-112).

Motion **adopted** with no objection.