

OREGON INTERGROUP Minutes May 12, 2021

Opening: Serenity Prayer, Steps, Traditions, Concept of month,
Welcome from Rosanne, CoChair stepping in for Liz who could not attend tonight.
Introductions/Statements from each Representative.
Attendance: 16 persons. Attendance list available on request.

New Abstinence definition from recent WSBC - **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 working and living the Overeaters Anonymous Twelve Step program on a daily basis.”

Review of Minutes from the month of April, 202, no corrections, approved
Reports were distributed on our google groups. No updates

Events Coordinator, Christina - BABY STEPS in RECOVERY workshop on zoom June 12 2:30 - 4PM (PDT). Flyers out soon. Love to have other events on the calendar. Talk up the idea at your meetings. Christina is happy to help.

Meeting of the Month -Last one was held in April. Big Thank you to Jim. Status, open position – Anyone who has a strong desire or vision to continue this service, please contact Liz.

Treasurer’s Report, Dorothy – Transfer of OIG accounts to Credit Union, etc. Please see the reports sent out on Monday for a Jan - April spread sheet.
Brought up a motion to be distributed ahead of the June Oregon IG Meeting to institute a Prudent Reserve for the Serenity Retreat. The Serenity Retreat will be added as a line item in the general budget each year so the chair of the retreat knows their budget. The Policies motion will be presented at our next meeting. Bylaws require 28 days notice before a vote for a change in policies. There will be time for discussion, pro/con and questions at the June meeting.

Audit, Dorothy – status report pending but soon.

Storage Space rental – Allie N. Screen shared about available sizes and prices of rented storage. Helpful info from Allie. However, the most basic information before any plans can be made is to inventory exactly what “stuff” OIG owns and where it all is. Elizabeth, a new rep stepped up to assist Pat in completing an inventory.

Job descriptions Roseanne updated the group on progress on a review of current service positions. Some progress has been made but it makes sense to wait for new office holders to complete the process.

OPEN Positions - The positions rotating in July elections are:

Chair – Requirements -9 mo abstinence, worked thru Step 7

Treasurer - Requirements -9 mo abstinence, worked thru Step 7

Member-at-Large -Requirements -9 mo abstinence, worked thru Step 7

6 delegate/representatives to go to the Region 1 Assembly and 4 of the 6 to go to WSBC to represent Oregon Intergroup – all expenses paid. They must meet criteria specified in by-laws of Overeaters Anonymous, Inc., Subpart B, Article X, Section 3c, for delegates of World Service Business Conference, chief of which is: Have a least one (1) year of current abstinence and at least two (2) years of service beyond the group level.

Some important functions are open: Serenity Retreat Chair, 12 Step Within, PI/PO, Meeting of the Month. All Committee chairs must have at least nine (9) months current abstinence and have worked through at least Step 7.

The only exception is for the chair of the 12th Step Within Committee who must have at least ninety (90) days of abstinence.

Please look at the members attending your meetings. Think of your sponsees. Do you know someone who may make a good candidate for any of these positions? Please speak to them to express your confidence in them. Sometimes that is all we need to hear, then we can to step up. Personal Recruitment is the key to success. Service helps recovery. You are invited to call any OIG Board member if you have questions or want to learn more about any position.

Update from Last Month's Action Plan: Joyce and Natalie are interested in pursuing the idea to have the digital "Where Do I start" newcomer pamphlet available on the OIG website. Pat will connect with them to bring recommendations on implementation back to the Intergroup.

There being no further business, the meeting was adjourned.

respectfully submitted

Pat O'C

secretary