



## Meeting Minutes

July 11, 2009

**Present:** Miller – Chairperson  
Lillian – Vice Chair  
Ellen – Treasurer  
Pamela – Secretary  
Robin – Region 2 Rep  
Mary – Rainbow Newsletter/Webmaster  
Curtis – Monday AM Meeting Rep  
Jody – Meeting Liaison

**Absent:** Jacob – Public Information  
Christy – Special Events  
12<sup>th</sup> Step Within Needs Rep  
World Service Needs Rep  
Sunday PM Meeting Needs Rep  
Monday PM Meeting Needs Rep  
Kathy – Tuesday PM Meeting Rep  
Thursday PM Meeting Needs Rep  
Kim – Saturday AM Meeting Rep  
Friday AM Meeting Needs Rep

1. Meeting opened at 9:15 am with the Serenity Prayer
2. Read 12 Traditions & 12 Concepts
3. Pam read the minutes from the June meeting. Corrections were offered and accepted.

### **Board Reports:**

**Chair** – Miller stated that she had added specific bullets under some of the agenda items and wondered if the group was OK with this. Ellen responded that it is at the discretion of the person who creates the agenda.

**Vice Chair** – Lillian had no report.

**Treasurer** – Ellen gave the Treasurer's Report for June. Opening balance as of June 1, 2009 was \$3,327.74. There was no income recorded in June. Phone expenses were \$27.26, leaving a closing balance on June 30, 2009 of \$3,340.48. Ellen also presented the mail: newsletters from Sacramento and San Diego. There is a workshop on Achieving Abstinence in Oakland on July 25<sup>th</sup>. Oakland is also hosting a 12 Step Marathon on September 12<sup>th</sup>. Fliers were made available to the Intergroup and to Mary for the Website.

**Secretary** – In Pam's final meeting as secretary, she said that "OA Works." She found that OA has been the gentler, softer way than FA. The group again expressed appreciation for the job that Pam had done during her tenure. Jody reminded Pam that she is welcome at any meeting, at any time, in any state.



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Robin said that she had asked OA member John if he were interested in the secretary position. He expressed interest, as he is a writer. Miller added that she had also approached John, who mentioned that work may or may not conflict with Saturday IG meetings. Both Curtis and Jody plan on asking John when they see him.

**Special Events** – Mary reported on the June 27<sup>th</sup> Body Image event held at the Lucas Valley Church. She was congratulated for a great job overall producing the event with Kim. Mary said that approximately 40 people attended, and the gross income was \$174.35. Fliers cost \$12, programs were \$15, and \$50 was donated to the church. The church was very generous and accommodating in hosting, even posting informational fliers to direct OA attendees, as a memorial service also occurred that day. The purple chairs were very comfortable, according to Lillian. Miller greatly appreciated the programs, as it was grounding to know when speakers were going to transition, Q&A, and breaks were scheduled to occur. Miller also said that for future events, we might consider allowing more time for the audience to share rather than extending the speakers' time to answer questions, as they might come off as being "authorities." Lillian suggested that the speakers sit with the other members after their personal share ends. A request was made for at least one male speaker at such events. We discussed the purpose of the sign-in sheet vs. the usual practice of passing around a telephone/email sign up sheet. Mary brought up the next (Fall) event and she will investigate the church's availability in September.

**Region 2** – Robin had no report, except that the Young Peoples' committee never really got started. It seems that the young members of the committee have "fled".

**Meeting Liaison** – Jody gave the IG members copies of the Table of Contents from the Service, Traditions and Concepts Workshops booklet. Curtis asked for the actual copy of the section about Sponsorship workshops. Robin will scan the entire booklet and email it as needed. He mentioned that a member had expressed interest in a ½ Day in OA centered on Sexuality. This topic has been covered by others as it relates to Body Image.

**Rainbow/Web Mistress** – Mary presented new printouts of the Rainbow. She explained that there is a newcomer's story on the back, pulled from the Lifeline publication. Ellen asked if it were legal to reprint material published by Lifeline. Mary had read their copyright rules, and saw that we are allowed to use their copy as long as we cite the source. Miller asked how it was decided that the newsletter would no longer be quarterly. Mary explained that she generally prints updated versions for every monthly Intergroup meeting. Mary requested the Meeting Reps take responsibility for contacting her when their meetings run out of Rainbows. The group said that the real problem is that there are too few meeting reps. Miller suggested that the literature positions at meetings should take over the stocking of the rainbows. The group generally agreed that the real solution is to have members step up to be IG reps. However, for now those present at the meetings will simply bring Rainbows back to the meetings that they attend.

Pam mentioned that she will follow-up with the secretary who preceded her, Maureen, to obtain missing soft copies of some meeting minutes for the IG.

**Public Information** – Jacob emailed the group to say, "The new OA Contact Cards have been printed and distributed to some, but not all meetings. You can see them on the literature table at the Saturday meeting."



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### Group Rep Reports:

**Sunday 6:00 pm** – needs a rep. Jody and Ellen have attended when 3 -5 people were at the Sunday meeting.

**Monday 9:30 am** – Curtis said that there were 12 people at the last meeting, and they are not currently struggling with any noise issues.

**Monday 6:00 pm** – needs a rep. Mary said the group generally fits around the table with 1 or 2 on the outside. She is the new secretary for that meeting.

**Tuesday 7:15 pm** – In Kathy's absence, Lillian reported that the meeting averages about 12 attendees, with some old returnees and periodic newcomers alike.

**Thursday 7:30 pm** – Robin said the meeting is going strong, with a dozen (+ or -) average OA members.

**Friday 9:30 am** – needs a rep. Jody reported that 12 is also the average attendance during the summer upsurge. The noise level is also tolerable to this group.

**Saturday 10:45 am** – Robin stepped in for Kim, saying that even the 4<sup>th</sup> of July meeting was well-attended. The speaker that day mentioned an idea that resonated with Robin. Rather than saying, "Binge today, diet tomorrow," one can say, "Be abstinent today, and eat what you want tomorrow." One day at a time, this would work.

**Retreat Liaison Report** – Ellen said that so far, 10 women have paid their first installment of their retreat fee. 9 women have fully paid for the retreat. There have been several applications for scholarship funds. There was a surge of registration at the June 30<sup>th</sup> deadline. Most attendees are traditionally from outside of the Marin fellowship. The next committee meeting is on Saturday, July 18<sup>th</sup> at Novato's Wildfox Restaurant.

**World Service** – this position is still open.

**12<sup>th</sup> Step Within** – this position is still open.

**Old Business** – The Intergroup Inventory.

Question 3: Do we use Robert's Rules of Order and follow our Intergroup By-Laws? Discussion: We usually make motions, 2<sup>nd</sup> them, and vote on motions. We use agendas and take minutes, and use R's R of O as much as is appropriate to our situation.

Question 4: Do the 12 Traditions take precedence over Robert's Rules of Order and our By-Laws? Discussion: We read aloud the Traditions at every IG meeting, whereas none of us is familiar with the By-Laws. The heart of the question really lies in whether or not we use group conscience over R's R of O, which we generally do. The group agreed that the purpose of such a question is to prompt us to read our By-Laws and further think about the question. The OA By-Laws are on the website. They have been revised once or twice in the past 15



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years. They are periodically reviewed and approved with suggestions by World Service. It is probably time for us to review, revise and submit them to World Service. Jody will bring 3 hard copies of the By-Laws to the next meeting.

**New Business** – Retention of members was discussed. Our collective desire to make OA stronger and to spread the word achieves the trickle-down effect of retaining members. We discussed why different people come to OA initially. Some are interested in losing weight and are not looking for a spiritual / God-centered 12-step approach to their life. Because people have such varying motives, they can choose to come and go from OA for any number of reasons. The outreach we do stemming from Intergroup and our members' ability to walk the walk all contributes to the perpetuation of the message of the solution we have found in OA. For some people, however, it is just not the right time. If we can't save ourselves, we certainly can't save someone else. We discussed the importance of welcoming newcomers. This is a strength of the Marin fellowship.

We followed up on our concern with crosstalk at meetings. The IG has previously created a customized version of the definition of crosstalk, which was adopted by many meetings and subsequently dismissed from those same meetings. We considered whether or not it is the secretary's responsibility to interrupt someone who is engaging in crosstalk. We also asked if individuals would feel comfortable taking aside the "offender" after the meeting to express our concern and explain the rules.

We went on to talk about members going over the time limit in their shares. Is it also the secretary's job to curtail someone who is clearly over their time allotted? We brought up the use of hand signals by secretaries in the past.

We also talked about OA members who use their shares as therapy / dumping sessions. The suggestion was made to redirect them to talk to their sponsors about personal problems. The meeting is the venue in which to share experience, strength and hope, and to stick to issues directly related to the Program. The 12 Steps and 12 Traditions of OA book addresses this topic, but we need to find the exact passage. We cited the notion that "You share all your crap with your sponsor and share your hope at a meeting."

Miller motioned to forego reading of minutes aloud in order to allow more time for discussion / new business. Discussion ensued, in which Robin suggested that we skip group rep reports when there is nothing of importance to bring to the group. The group agreed to review and email revisions of the previous month's minutes before the next IG meeting. We will also consider the suggested ways to adjust the timing of the meetings to allow more time for new and pertinent discussion.

Next meeting is August 8, 2009 at 9:15 am

Meeting was adjourned at 10:30 with The Closing Prayer.

Submitted by,  
Miller McCord-Collier, Acting Secretary / Chair