

Philadelphia Area Intergroup (PAIG) Meeting Minutes

July 5, 2023

7:15 – 8:45pm

Preliminaries

- Meeting started at 7:15pm
- Roll Call – done (18 participants total)
- Establish a Quorum? Yes
- Upcoming Events (all event flyers are available on oa-phila.org)
 - **“Freedom from Bondage” Virtual Workshop**: Tuesday, July 4, 2023 from 9:30-11:30am. Three Speakers, Sharing & 7th Tradition. Sponsored by the OA Fellowship of Hope Meeting. See flyer at oa-phila.org for Zoom information
 - **2023 PAIG Retreat Planning Committee Meeting**: Wednesday, July 12, 2023 at 7:00pm. Meeting ID: 347 721 2196, Passcode: 724462. Dial-in: 929-436-2866. All are welcome! Volunteers needed!
 - **2023 PAIG Malvern Retreat – “Acceptance is the Answer, Surrender is the Solution”**: September 22-24, 2023. Online Early Bird* registration is open at oa-phila.org using electronic payments. If preferred, print a paper registration & mail with a check to the Retreat Treasurer. **Register & pay before July 31st to be entered into a raffle to receive a \$50 discount on the cost of registration.* Scholarships are also available. See flyer for details at oa-phila.org.
 - Added: **Region 7 Fall Assembly** – now virtual (see Region 7 Rep’s report below)

Questions/Issues from Groups

Judy M. – thanked everyone who supported the Fellowship of Hope’s (FOH) “Freedom of Bondage” workshop. “Wonderful and great sharing.” FOH meets on Thursday mornings at 10am on Zoom. Meeting to be spotlighted in the next AWARE.

Alice P - What are Roundtable Discussions? Every month, Region 7 holds a roundtable discussion (similar to a workshop) with different topics. This month, the topic is Service and a previous topic was Relapse and Prevention. Each month the notice is emailed to the PAIG Google Group and the link/flyer posted on the PAIG website.

Board Reports

Chair (Mary T.)

- Want to welcome Shari B. as new Secretary and Anne W. as Region 7 Rep B. Committee Chairs - Maureen L. Speaker List and Anne W. Communications.

Vice Chair (Wendy K.)

- Not too many meeting list changes recently.
- Reminder: you can save our Area Meeting List as your Favorite and can click on the link to always get the most updated meeting list.
- *Questions/Answers:*
 - The Wednesday night, Bryn Athyn meeting was struggling. Is it still meeting?
 - Yes, the Group is still meeting with 2 or 3 mainstays, but one person is away for the summer, and that person was responsible for putting up the directional signs. But we're hanging in for now and would appreciate support.

Treasurer (Phil S.)

- Previous Balance: \$7,703.71
 - Income: \$250.72 (Group and Other)
 - Expenses: \$438.34
- Total Balance: \$7,516.09
 - Prudent Reserve: \$2,000.00
 - Delegate Savings Fund: \$360.00
- Total Operating Funds: \$5,156.09
- Motion passed to approve the Treasurer's Report.

Secretary (Shari B.)

- Motion passed to approve June's meeting minutes.
- No report; happy to be part of the Board.

World Service & Region 7 Reports

WSBC Delegate A - OPEN

WSBC Delegate B - OPEN

Region 7 Rep A (Angela C.)

- Fall Assembly – September 29th – October 1st. Will be virtual
- Will also allow visitors/guests
- PAIG can have 3 reps. Rep C is open.
- Region 7 doing monthly roundtable discussions – this month's topic will be on Service – Tuesday, July 18th at 7pm. Everyone is welcome.
- Already registered for the Fall Assembly.

Region 7 Rep B (Anne W.)

- New to position. No Report. Will sign up for the Assembly.
- Has been a Region 7 rep before for Brandywine IG.

Region 7 Rep C - OPEN

Region 7 Alternate – OPEN

Committee Reports

AWARE (newsletter) (Chris N.)

- Showed current edition of the AWARE via Share Screen: Independent Theme.
- Another upcoming event on July 30th, 7-8:30pm (“Breaking Free from Compulsive Food Behaviors”)
- Asked for pictures of pets; a way to get to know people without breaking anonymity.
- Emailing AWARE Submissions: If you have an event flyer that gets sent out via PAIG’s Google Group; please also send separately to Chris at northword99@gmail.com. Or aware@oa-philadelphia.org.
- Deadline Submissions: Need submissions before July 27th to be included in August’s AWARE (27th of each month – prefer to receive sooner but the deadline is the 27th)
 - Send a story, or something you heard at a meeting or photo of recovery-related artwork. Or anything else recovery-related.

Program (Trish M.)

- Through Committee consensus, decided not to hold the 2nd Sunday Workshop in September since it would be held just before the Retreat. And several members of the Program Committee as also on the Retreat Committee. Will consider the retreat as our Fall quarterly program.
- The next workshop will probably be held on the 2nd Sunday in December. The committee will meet in October.
- If anyone is interested in joining the committee, please get in touch with Trish.
- *Questions/Answers:*
 - The reported 7th Tradition donations from the June 2nd Sunday Workshop totaled \$20 with 100 attendees. Did anyone send cash/checks outside of PayPal donations? No. Phil S confirmed that the financial report is reconciled and up to date. The Program Committee will discuss what to do next.

Retreat 2023 (Natasha M.)

- Online registration is up and running.
- Workshop topics and titles are complete; the next step is to match readings from OA literature to the titles.
- Retreat Flyer is on the website and in the AWARE.
- Register by July 31st to be eligible for a \$50 Early Bird drawing.
- Scholarships are available.
- Please announce at meetings: Retreat is 2 months away – can also download paper registration and mail that in; Individual and Group Gift basket donations as well as Scholarship donations for 2024 Retreat.

Speaker List (Maureen L.)

- Not present. Contact Maureen for a copy of the speaker list or to be added or removed from the list.

Communications (Anne W.)

- Received no calls.

Web (Shari B.)

- Posted received events, AWARE, meeting minutes, retreat online registration.
- Email any event flyers etc...that need to be posted.
- *Questions/Answers:*
 - Is it possible to donate to PAIG via PayPal without a PayPal account? Yes, by clicking on "Send Money."

7th Tradition

Donations can be made via PayPal (treasurer@oa-phila.org)

Old Business

None

New Business

"OA Guidelines for Membership Retention" review & discussion:

- Home group has not done a recent Group Inventory. Will suggest it at our next business meeting.
- Rotate service positions no matter what. Same people stepping up. Members still afraid to lead Zoom Meetings. Suggest leading just one week instead of monthly. May get people who normally wouldn't sign up for a whole month.
- In-Person Mtgs: Since May; going to in-person meetings and have seen an increase in newcomer attending and coming back; there's a real need for in-person meetings
- 12th Step Within: Looking through old "We Care" lists and reaching out to those who used to come to the meetings? Maybe want to mention that at meetings.
 - This was a service position at some in-person meetings. Also, meetings creating Google Groups and asking Newcomers if they would like to join. A good way to stay in contact.
- Start & end meetings on time. Sometimes small groups do not start on time and wait. Would be good to adhere to that rule.
- Good to provide OA Where to Start OA pamphlets and write phone numbers on them but to also take down numbers of newcomers to call so members can call them.

- Meetings have listed their meetings (for free) in community newsletters. A PAIG member posts tear-offs throughout the community and/or in local colleges.
- Meetings should emphasize the program of recovery and abstinence. Encourage members to share on their disease but the focus should be on the solution.
 - Share our experience, strength and hope. If the meeting focuses on our inability to get abstinent it doesn't give anyone strength & hope. We are a program of attraction. Better chance of newcomers coming back.
 - Important to be honest. People who have said "I can't do it" have come back the next week and are abstinent. It's a spiritual solution.
 - The meeting should provide support through the 12 Step Program. That's the whole point of being in recovery. We'll help you until you can help yourself.
 - When in relapse, focus on how Program helps you deal with problems rather than what's been going on the last week. Some meetings don't want specific mentions of food. Helps to stay focused on the Solution.
 - Try to share experience, strength and hope. Need to accept people wherever they are and encourage them to keep coming back.
 - Have meetings recently reviewed their meeting formats? Adding time for newcomers or those who are struggling? Leaders sticking to the script and only reading OA approved literature.
- Noted there is a 2017 Member survey report on the oa.org website. The results include the average ages, education, years in Program, average weight loss, etc. 600+ people participated in the survey. As requested, it will be emailed to PAIG Google Group after the meeting.

Closing

Motion to close

Serenity Prayer

Meeting adjourned at 8:26pm

NEXT MEETING: Wednesday, August 2, 2023