

Philadelphia Area Intergroup (PAIG) Meeting Minutes
August 2, 2023
7:15 – 8:45pm

Preliminaries

- Meeting started at 7:16pm
- Roll Call – done (15 participants total – over the course of the meeting)
- Establish a Quorum? Yes
- Upcoming Events (all event flyers are available on oa-phila.org)
 - **2023 Retreat Planning Committee Meeting:** Wednesday, Aug 9, 2023 – 7:00pm. Mtg ID: 347 721 2196 Passcode: 724462 Dial In: 929-436-2866. All are welcome! Volunteers needed!
 - **OA Sponsorship Day:** Third full weekend (Friday included) in August (18-20, 2023).
 - **Labor Day “Working Together” Virtual Workshop:** Monday, September 4, 2023 from 9:30a-11:30am. Three Speakers, Sharing & 7th Tradition. Sponsored by the OA Fellowship of Hope Meeting. See the event flyer at oa-phila.org for details.
 - **2023 PAIG Malvern Retreat “Acceptance is the Answer, Surrender is the Solution”:** September 22-24, 2023. Online registration is open @oa-phila.org using electronic payments. If preferred, print a paper registration & mail with a check to the Retreat Treasurer. Scholarships are also available. The deadline for requesting a Scholarship is August 15th. See flyer for details @oa-phila.org.
 - **OA Annual Events:** See New Business
- Also:
 - **Region 7 Fall Assembly:** Friday to Saturday, Sept 29-30. Virtual event. Reps and visitors are welcome to attend. Register on Region 7’s website (<https://oaregion7.org/events/2023-region-7-fall-assembly-virtual/>)
 - **Region 7 Convention “Sail into Recovery, Together We Get Better”:** Friday to Sunday, Nov 3-5, Princess Royale Oceanfront Resort, Ocean City, MD. Register on Region 7’s website (<https://oaregion7.org/events/2023-region-7-convention/>)

Questions/Issues from Groups

None

Board Reports

Chair (Mary T.)

- Focus on Sponsorship this month. There's a lot of information on OA's website (<https://oa.org>). See **New Business** for details.

Vice Chair (Wendy K.)

- Not a lot of meeting changes.
- Shari B. – Meeting list has incorrect address for Sat. 10:30am meeting at St. Mark's School. Should be 1024 Radcliffe St, not 1025.
- Comment re: Sat. 10am meeting in Roxborough – every week, volunteers for tech host, co-host and leader are requested and selected the week prior to service. Reduces the amount of commitment asked for.
- Chris N. motioned to accept Vice Chair's report. Motion passed.

Treasurer (Phil S.)

- Previous Balance: \$7,516.09
 - Income: \$1,228.04 (Group and Other)
 - Expenses: \$211.49
- Total Balance: \$8,532.64
 - Prudent Reserve: \$2,000.00
 - Delegate Savings Fund: \$720.00
- Total Operating Funds: \$5,812.64
- Found out unknown group for check donation was Sat. 10am meeting in Roxborough. Phil will update previous month's report with correct info.
- Natasha motioned to approve the Treasurer's report. Motion passed.

Secretary (Shari B.)

- July's meeting minutes were sent out on 7/31.
- Wendy motioned to approve the meeting minutes. Motion passed.

World Service & Region 7 Reports

WSBC Delegate A - *OPEN*

WSBC Delegate B - *OPEN*

Region 7 Rep A (Angela C.)

- Region 7's Fall Assembly coming up. Friday and Saturday, September 29th and 30th.

- Angela is on 12th Step Within Committee. They created 4 new workshops. Once workshops are approved by Region 7 at the Fall Assembly, templates will be posted on Region 7's website.
 - Templates can be used by any Intergroup to host a workshop on one of the four topics.
 - Service
 - Recovery from Relapse
 - Program Booster Shot
 - The Hardest Thing in OA is Staying in OA.
- Surveyed different Intergroups for workshops that have already been created. Committee reviewed templates received and edited them for distribution.

Region 7 Rep B (Anne W.)

- Not present

Region 7 Rep C - *OPEN*

Region 7 Alternate - *OPEN*

Committee Reports

AWARE (newsletter) (Chris N.)

- Newsletter sent out via PAIG's and 2 meeting Google Groups and on Monday, July 31.
- Topic for Discussion:
 - When meetings were held in person, PAIG used to print newsletter distribution. This is no longer being done. If members are not part of PAIG's or meeting's Google Group, they don't receive it. Are people sending the AWARE to their meetings?
 - Some people send to their meeting Google Groups. Others put link to AWARE on PAIG's website in Zoom Chat or announce at in-person meetings.
 - Suggestions to increase readership:
 - Print a few copies and bring to in-person meetings.
 - Encourage people to sign up for PAIG's Google Group.
 - Webmaster offered to install Google Analytics tracking to track numbers that are downloading / viewing the AWARE online.
 - Currently images displayed in the AWARE come from the Internet (mostly <https://pixabay.com>) and are free. There have been times where it would have been nice to include images (i.e. cartoons, humorous/fun images) from sources that require funds. It's another way to make AWARE more fun and attract more readers. Requested if funds could be provided as a budget item for the AWARE.

- Trish motioned to create a \$50 budget for the AWARE. Motion passed.

Program (Trish M.)

- No workshop to be held in September; don't want to detract attention from the PAIG Retreat.
- The next workshop will most likely be held on December 10th.
 - One idea is to host a "Recovery Reunion" (based on OA's 12th Step Within Day which is 12/12). It would be a workshop to do a "Call Bank". Encourage people to bring "We Care" sheets from their meetings and do a marathon calling session to reach out to people that haven't been seen in a while.
 - Another idea is to host a workshop that has been written by Region 7's 12th Step Within Committee.
- Next Program Planning Committee meeting will be in early October. Volunteers and ideas are welcome.

Retreat 2023 (Natasha M.)

- Registration is live. Printable forms can be downloaded and printed out. It was encouraged to print some out and take to face-to-face meetings. Also announce at both virtual and face-to-face meetings.
- Meetings are asked to start preparing baskets for the prize drawing and also take up collections for the Scholarship Fund. A 2nd envelope (in addition to the 7th Tradition) can be passed around.
- The planning committee is working on getting speakers. There are exciting workshops planned.
- August 15th is the deadline for Scholarship requests. Can register online and enter information in the "Need Financial Assistance?" box.
- Next committee meeting is Wednesday, Aug 9th at 7pm.

Speaker List (Maureen L.)

- Members are asking for the list; 5 or 6 have been sent out in the last couple of months.
- A couple of people asked to be removed from the list but someone else was added.
- Contact Maureen for a copy of the list or to be added.

Communications (Anne W.)

- Not present

Web (Shari B.)

- Posted event flyers, AWARE, and meeting minutes.

- Email any event flyers that need to be posted to Shari.

7th Tradition

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

Old Business

None

New Business

Annual OA Event Dates:

- **Sponsorship Day:** Third full weekend (Friday included) in August (18-20, 2023).
- **International Day Experiencing Abstinence (IDEA):** Third full weekend (Friday Included) in November (17-19, 2023).
- **12th Step Within Day:** (Tuesday, December 12, 2023). An annual event on 12/12 for Service Bodies, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.
- **OA Birthday:** Third full weekend (Friday Included) in January (19-21, 2024). Annual celebration of the January 19, 1960, founding of OA.
- **Unity Day:** Last Saturday in February (February 24, 2024 at 11:30am local time).

OA Sponsorship Day: Review and discussion of the benefits of sponsoring, helpful tips, and tools to assist in the sponsor/sponsee relationship, and/or any concerns with sponsoring. **Attachments from oa.org.**

Highlights of Sponsorship handouts:

- **The Balanced Sponsor/Sponsee Relationship** – handout from 2017
 - It's a nice reminder of what the relationship is supposed to be like.
 - These documents can be used to go over expectations and other things with your sponsee.
- **Temporary Sponsor – Newcomers' First 12 Days**
 - The document gives steps and instructions on taking a newcomer through the first 12 days. Can use this template / format without adding anything else. *Note:* the 12 days don't have to be all in a row. There are 15 questions.
 - Can then use the "Where Do I Start?" pamphlet.

- <https://oa.org/document-library/> - houses all documents and pamphlets for free.
- Asked how people sponsor:
 - One responded: sponsees generally read “The Doctor’s Opinion” to understand the allergy of the body and obsession of the mind.
 - Also have done Surrender School – a number of fellows and members compiled resources and created handouts, step studies and more to help those who are still suffering.
 - There are sequential “programs” to get people started (i.e. welcome letter, food history, red/yellow/green food lists, start working the Steps)
 - <https://oasponsor.org> – click on “Surrender School”.
 - *Note:* not OA-approved conference literature
 - If you’re fearful of being a sponsor; it’s all laid out for you.
 - Used Sponsorship pamphlets, OA 12 & 12 Workshop was helpful in getting started as a sponsor.
 - Also have the 12 Step Workshop Workbook which takes groups of people through the Steps in 16 weeks.
- **A Sponsor’s Toolbox**
 - Uses questions for a sponsee’s food slip inventory.
 - 15 Characteristics of Effective Sponsors
 - i.e. It’s good to have set call time. Both know that time is allocated and focused for one another.
 - This handout is useful whether you’ve been a sponsor a long time or you’re a new one.
 - Also talks about getting honest about food and weight.
 - Tips for Sponsoring
 - “I don’t have to know the answers; only where to find them.”
 - What to say a sponsee if they want to eat
- **Sponsorship Success Online Workshop**
 - Page 5 – there are a lot of great questions to discuss.

Closing

Natasha motion to close the meeting. Motion passed.

Serenity Prayer

Meeting adjourned at 8:40pm

NEXT MEETING: Wednesday, September 6, 2023