

PHILADELPHIA AREA INTERGROUP (PAIG) MEETING MINUTES

October 2, 2024

Start Time: 7:15. End: 8:15ish pm

PRELIMINARIES

- Roll Call:
- Establish a Quorum: (3 Board Members & 8 Group Reps)? Yes.
- Sign-in sheet. Done.

UPCOMING EVENTS (Shari)

- Region 7 Convention: November 1-3, 2024, Ocean City, MD. \$70 through October 31, 2024. \$80 thereafter. Register online at <https://oaregion7.org/events/2024-region-7-convention/>
- Virtual Workshops in October: Hosted by other Intergroups.
 - A Journey Through the 12 Steps: The Path to Recovery: October 13, 2-5pm ET, Zoom Meeting ID: 813 4728 9091, Password: 202410
 - Half Day in Overeaters Anonymous: Taking Your Abstinence with You on Holidays: October 19, Noon-3pm ET, Call (775) 225-3390 for Zoom link
 - Tricks of the Disease & Treats of Recovery: October 20, 1-3pm ET, Meeting ID: 825 0402 2462, Password: October
 - Aging with Grace and Wisdom: October 20, 2-4pm ET, Meeting ID: 875 1548 1911, Password: 311344
 - Body Image Workshop: October 27, 1-3pm ET, Meeting ID: 868 3487 1890

THIS MONTH'S PRINCIPLE (#10) in the Twelve Concepts of Service - CLARITY

- Mary T. shared that she hadn't had clarity about anything before entering OA. No clean connection with her HP; no healthy food plan; no understanding of her character defects. She was a "feather in the wind," believing she was in charge. Having a food plan and working the steps provided the clarity she needed to have the life she has today.

QUESTIONS/ISSUES FROM GROUPS

- Discussion about World Service's representation of Zoom meetings.
 - Face to Face meetings that transitioned to Zoom during the pandemic and continue to be online only, have been listed as Zoom meetings in WSO's Meeting List. Noticed increases in attendance. Concern that most out-of-towners aren't willing to step up to be of service.
 - Hybrid meetings not affected as they're still listed as Face to Face.
 - Meetings need to update their information on both WSO and PAIG meeting lists. It's vital that meetings represent themselves accurately at WSO because that also determines how many reps PAIG is allowed.

- A reminder that the Saturday, 11:00am Gloria Dei meeting will *not* meet in person for the next 2 weeks because of the Jewish holiday. They'll meet on phone only and will resume F2F on 10/19/24.

BOARD REPORTS

Chair (Shari B.): Defer to **Old Business**.

Vice Chair (Wendy K.): In Wendy's absence, Shari reported that Wendy is following up on the 6:00 PM meeting which has said they are no longer part of OA.

Treasurer (Phil S.): See report sent by Phil. Some income may have been from August, because he wasn't able to get to the bank in the interim. No dates specified.

- Shari: even after donating \$5,000, PAIG has quite a lot of money.
- Question: Did we actually donate? Yes. In May of 2024, we sent WSO \$5,000.
- Motion to send another \$5,000 forestalled by concerns about other ideas re: what to do with the \$. Decision tabled.
- Treasurer report accepted.

Secretary (Chris N.): Absent. Per Shari, previous minutes were tabled. We'll bring them up next month to accept them (just a formality).

WORLD SERVICE & REGION 7 REPORTS

WSO Delegate (Trish M.): Nothing yet. Motions will be released in January. Trish will register in 2025 for the WSBC to be held in April 2025.

Region 7 Rep C (Natasha M): She sent her report to the PAIG Google Group. Some details:

- Zoom scam: if someone requests meeting info but won't show themselves, be aware. Also, don't use copywrited information or images. There's a lawsuit pending against an intergroup! When in doubt, leave it out.
- Web security: webmaster wants to make sure intergroups' information is protected, backed up, behind firewalls, etc. Specifics available in report. Region 7 board members are available to help with these issues.
- Mark your calendars: on March 29, 2025 is Region 7's Virtual Spring Assembly.
 - Bob, R7's WSO Trustee liaison, reports that 9 meetings folded in the past year.
 - WSO: revenue has dropped, so changes as of 1/1/25 to *suggested* contribution guidelines for intergroups from 60/30/10 format to 50/40/10. Upshot: Intergroups can decide whether to receive 50% instead of 60%, with WSO receiving 40% instead of 30%. Why? Donations have

dropped, and WSO needs the revenue. The WSO intends to provide additional guidance about this issue in the future.

- New focus group re: neurodivergence/ neurodiversity and body dysmorphia will be added.
- An application to reduce literature costs for workshops is available online.
- Committee Reports:
 - Financial By-laws made a motion to give \$15,000 to WSO was approved.
 - Intergroup Renewal Committee has new workshops planned on Service and Sponsorship. Also, a workshop to focus on newsletters for intergroups that don't have one is being planned.
 - Natasha is a member of R7's 12-Steps-Within Committee. They're finalizing a presentation about the Benefits of F2F meetings. Also, developing a workshop re: Regions for intergroups, and updating R7's speaker list.
- LeeAnn S. is new R7 Chair, and Bob L. is WSO Trustee. Note: there are a lot of open positions, and empty seats! R7 needs service. See report sent by Natasha.
- World Service Convention is to be held in August 2025 in Orlando, FL
- Questions: is the WSO convention hybrid or only in person? Natasha will find out.
 - What about minors not being welcomed to meetings? Some members bring their children. Per Shari: Based on WSO newsletter, they're not banned. But if meetings *want* to endorse a policy to not welcome minors, they may. Each meeting is autonomous.

COMMITTEE REPORTS

AWARE (Chris N.) Absent. Shari: The AWARE is out. Take a peek!

PROGRAM: (Trish): Suspended until after retreat. Trish will be in touch with members in early Spring. Join us! It's a great way to stay in touch!

RETREAT (Angela): It went well! We have new co-chairs: Wally and Chris N.! She and the committee will have a meeting to look over evaluation forms, etc. Trish has them. She'll compile and write all up in a summary.

- Shari: thanks to everybody who stepped in and stepped up.
- Mary: 67 registered; 62 showed up. Numbers have dwindled since COVID. Before that, we were at our maximum (98).
- Discussion about changing the timing, as our retreat conflicted with R7's Fall Assembly, a Jewish holiday, and other nearby events. Please join the committee!!!

PI/PO (Alice): She's heard of two people who joined meetings after seeing the flyers. No phone calls this month re: flyers.

- Advertising: Looking into placing ad with O'Rourke Media Group (covers 11 newspapers/circulars) under "Health Services." \$130 per month for first 10 words; \$2 for each additional word. She'll send ad proposal to Shari for her okay.
- Two other papers are free. We have ads in those through January.
- Maureen gets one of the papers, and it's sent to 8 or 9 different areas. Example: The Warwick Journal, but includes, Doylestown, Newtown, New Hope. Reaches 3,000+ people. Seems worth the \$\$.
- Anita L put up a flyer and talked to a newbie who saw it and was interested. Flyers are working!

SPEAKER LIST (Maureen):

- She keeps updating the list. Wally was added because he was prompted at this meeting last month! Keep telling people about our list!
- Brandywine and South Jersey will get back to her, and she'll circle back to R7 in the future when they've finished updating their list.
- FYI, speaker recordings from past retreats are on PAIG's website, and R7 has recordings of speakers online too, if somebody can't find a speaker in person.

COMMUNICATIONS (Mary T.):

- We have one text asking about speakers. Another about the retreat. Another who couldn't find the building in Malvern.

WEB (Shari B.):

- She posted lots of flyers; the Events category is up to date. She'll post more updates after she gets the latest re-recording of panel speaker from the PAIG Retreat from Mary and Phil.
- She'll also reach out to Natasha to find out more about security measures.

7th TRADITION PayPal link was shared with members: treasurer@oa-phila.org.

OLD BUSINESS

- Fellowship Fun Days: Shari sent Part 2 of questionnaire. 21 submissions re: Location, date and time. We'll start with Game Day.
 - Questions re: same place or new places each time? Weekend days seemed to be more popular. Times: afternoon or early evening.
- Let's try Saturday afternoon, either 2-4 or 3-5. If we can, we'll get something on the books before Thanksgiving.
- Particulars are still being nailed down. It's meant to increase fellowship. PAIG has the funds to rent a spot that's accessible to all.
- Discussion re: a fire hall? VFW? Ben Wilson center? Someplace in Willow Grove?

- Stay tuned.

NEW BUSINESS

- Shari with a reminder about the Saturday Gloria Dei meeting. (See above)

CLOSING

- Maureen motioned to close the meeting, and Wally seconded.

NEXT MEETING: Wednesday, November 6, 2024

Submitted by Chris N. on 11.4.24