PHILADELPHIA AREA INTERGROUP (PAIG) MEETING MINUTES – June 3, 2026

Meeting started at: 7:15 pm

Roll call / Sign-in sheet – link entered in Chat

Establish a Quorum? Yes

New Representatives: None

Upcoming Events: Save the dates! (see event flyers @ https://oa-phila.org/#events and https://oa.org/event-calendar/)

- **You Are Not Alone – Quarterly Region 3 Relapse Prevention Workshop** – June 13th, 2:00-3:30pm ET, Zoom Meeting ID: 881 1854 0543, Password: itworks
- **When is "Good Enough" Enough?!** – June 13th, 2:30-4:00pm ET, Zoom Meeting ID: 818 8862 8727, Passcode: 561561
- **Body Image Workshop** – June 27th, 2:00-4:00pm ET, Zoom Meeting ID: 859 4819 8466, Passcode: 854885
- **Staying True to *My* Program Through Life's Transitions** – June 28th, 1:00-3:00pm ET, Zoom meeting ID: 837 1100 7258, Passcode: 202690
- **Region 7 Convention** – October 23-25, 2026, The Besthesdan Hotel, Bethesda, MD. $70 Early Bird Registration is $70 through September 23rd. Thereafter, price increases to $85 for regular registration and $100 for onsite registration. For more information and to register, visit https://oaregion7.org/2026-convention/

Issues/Concerns/Questions from the Groups:

Question: is there a specific IT/tech position for Zoom meetings? This is an individual group decision. Each meeting is autonomous. Some hybrid meetings have tech hosts. Different options were discussed.

Board Reports:

Chairperson: Shari B – deferred to Old/New Business

Vice Chair: Pat S – no new meetings or changes.

Treasurer: Phil S

Total: $ 7,828.56
Contribution: $ 418.94
Expenses: $ 1,815.53
Total balance $ 6,431.97
Prudent reserve $1,000

Delegate Savings Fund: $ 2,565.32
Public Information budget remaining: $740

Total Operating funds: $ 2,126.65

Report was approved.

Secretary: Natasha M

Minutes sent to PAIG's Google group.

WORLD SERVICE & REGION 7 REPORTS:

WSBC Delegate A: Trish M

Report is now available and was sent to PAIG's Google group

World Service is operating at a deficit. Deficit is being minimized by difficult cost-cutting measures.

Revised the website. Expect outreach to verify accuracy of meeting information

Business motions (can review further in report). Highlights include:

- Plain language Big Book - approved.
- Proposal to change tool to outreach- not approved- issue with language
- New Serenity Statement ("I seek the serenity…") as a new way to close a meeting - approved
- Allow meetings to change the word "God, He, Him, His, and Himself" as they see appropriate – withdrawn due to inability to come to a consensus.

Conference-Approved Literature Committee actions:

- New publications include *To the Man Who Wants to Stop Eating Compulsively, Welcome* and *Sponsorship in OA: Guiding Others into Recovery*
- Adopted Manuscripts include *Mental Health and Recovery* and *Unity with Diversity Checklist*
- Continuing Literature Projects include *Twelve Traditions Workshop and Study Guide*, *Secular Daily Reader*, and *Tools of Recovery*
- New Literature Proposals include *Accommodations* (pamphlet / "checklist" addressing certain accommodations needed for recovery – ADOPTED) and *Aging in*

OA (NOT ADOPTED)

License agreement which allows OA to transfer documents and translate in other languages. OA members in Europe did not have literature. Emergency business motion was held and approved.

Region 7 Rep: Natasha M – no report (term ending as of June 30th)

COMMITTEE REPORTS:

AWARE (newsletter): Chris N – stories are needed. Pet stories and photos as well.

Program: Jean M

First workshop to be held in-person will be on "Getting Started in Meditation".

Date/time, location and teacher needed.

Retreat 2026: Chris N

This year's theme: "Radical Acceptance". Registration will go live at the beginning of July.

Next retreat meeting will be June 24th (last Wednesday of each month)

PI/PO: Anthony

Working on other magazine ads.

Discuss including QR code on tear-off flyer

Speaker List: Laura (*Excused*)

Communications: Ed

Received 4 calls. Some came from the *Metro* advertisement and flyer posted in a doctor's office.

Web: Shari B

Flyers of events have been posted to PAIG's website.

Talked about a new endeavor called "Recovery Corner" which will contain compilations of 3-to-5-minute shares on specific topics. Pitch to record yourself (can do through Zoom) and the upload the audio recording through an online form. Once 3 to 5 submissions on a specific topic have been received, a new compilation will be created. Will send out email when ready.

7th TRADITION - Donations via PayPal can be made to: treasurer@oa-phila.org

Old business:

- **PAIG Nominations/Elections**

  Open positions include Chair, Treasurer, Region 7 Rep, and WSBC Delegate

  Chair nomination: Lori Exley – qualified, voted in. Lori will be PAIG's Chair for the 2026-2028 term

  Treasurer nomination: Danielle Reed – qualified, voted in. Danielle will be PAIG's Treasurer for the 2026-2028 term and authorized to access the intergroup's bank account perform all banking functions on behalf of PAIG (Philadelphia Area Intergroup of Overeaters Anonymous)

  Region 7 rep nomination: Ed McGowan – qualified, voted in. Ed will be PAIG's Region 7 representative for the 2026-2028 term. His contact information will be forwarded to the Region 7 Chair and Corresponding Secretary for inclusion in Region 7's mailing list.

  WSBC Delegate nomination: Annie Bucca – wants time to consider the nomination. No other nominations at this time.

  All terms will begin July 1, 2026.

New Business:

- **No meeting in August** – due to vacation schedules, next meeting will be September 2nd

Closing: Serenity Prayer

Adjourned: 8:30pm

Next Meeting:
Wednesday 7/1/2026 @ 7:15 PM
Zoom Link: https://zoom.us/j/3477212196
Meeting ID: 347 721 2196, Passcode: 724462
Dial In: 1 301-715-8592 Meeting ID: 347 721 2196#