

MINUTES

Saturday 3rd November 2012 (1-5pm)

The Boardroom, Lower Ground Floor, Chelsea & Westminster Hospital, Fulham Road, London SW10 9NH

Attendees			
IG Officers	Name	Phone	Email
Chair	Kate		chair@oasouthandeastengland.org.uk
Executive Secretary	Alex		secretary@oasouthandeastengland.org.uk
Recording Secretary	Catherine		secretary@oasouthandeastengland.org.uk
Treasurer	Ceri		treasurer@oasouthandeastengland.org.uk
Telephone Officer	Elizabeth		telephone@oasouthandeastengland.org.uk
New & Existing Group Support	Charlie		groupsupport@oasouthandeastengland.org.uk
Region 9	Catherine		region9@oasouthandeastengland.org.uk
NSB Representatives	Angela		nsb@oasouthandeastengland.org.uk
	Jacqueline		nsb@oasouthandeastengland.org.uk
National Assembly Committee	Francene		
IG Reps	Name	Phone	Email
East Finchley/Sun 11:00	Jackie		
Chelsea/Sun 11:00	Charlotte		
Southgate/Mon 20:00	Jill		
Crouch End/Tue 19:30	Stuart		
Barbican/Tue 19:30	Teddy		
St Mary Le Bow/Thu 18:00	Emma		
Eltham/Thu 20:00	Caroline		
Stevenage/Thu 20:00	Clarie		
Hinde St/Fri 18:30	Mansoureh		
Reading/Fri 19:45	Sheila		
Soho/Sat 11:00	Sarah		
Hinde St/Sat 12:45	Lucy		
Visitor	Charlotte		

Agenda items	Action points
Meeting opened: 2:00pm by Kate (Chair)	
Readings Preamble: Lucy • 12 Traditions: Jill • 12 Concepts: Charlotte Purpose of Intergroup: Mansoureh	
Apologies Officers: Reshma (Vice-Chair)/ Mary (PI)/ Uz (Loner Support)/ Deborah (Newsletter Officer)	
7th Tradition: £33.73	
Quorum: Voting Members present 14. Quorum met (11)	
Minute Approval	
<ul style="list-style-type: none"> All bylaws have been updated and are on dropbox. WSBC motion on use of Wordpress & Joomla plugin has been handed to OAGB who will send motion to WSBC. Proposed by: Ceri/ Seconded: Caroline. Minutes were approved. Matters Arising <ul style="list-style-type: none"> Ceri will not be running as treasurer. 	
Officers' Reports	<i>All Officer Reports appear in full in the Meeting Pack.</i>
Chair: Kate No questions Executive Secretary: Alex No questions Recording Secretary: Catherine No questions Treasurer: Ceri No questions PI Media Officer: VACANT Professional Outreach Officer: VACANT New & Existing Group Support Officer: Charlie No questions Telephone Officer: <ul style="list-style-type: none"> How many calls are test calls? Unknown. Usual average number of calls per month is 20. Region 9 Rep: Catherine <ul style="list-style-type: none"> Gave report back from Region 9 Assembly which she had just got back from (see attached) Does Region 9 have charity status? Don't think so but will check. NSB Reps: Angela/Jacqueline <ul style="list-style-type: none"> Why is so much time spent on bylaws? Reminded that 'we' set agenda. Why were London meetings so poorly represented at the Assembly? Various suggestions were given. It was suggested that anyone who was at Assembly should write an article to go into the newsletter. AGENDA ITEMS: National Assembly 2012: Wrap-up <ul style="list-style-type: none"> Preparing written report and financial report Received letter from NSB thanking IG for hosting Assembly and Convention. Thanks given in particular to NAC committee. 	<ul style="list-style-type: none"> Catherine to check with Region 9 chair.

- Preliminary finances:

ASSEMBLY

1. Total expenses: £785.65
2. Income: £1026.10
3. Net proceeds: £240.54 (this goes to OAGB)

CONVENTION

1. Total expenses: £446.45
 2. Income: £1703.85
 3. Net proceeds: £1257.40 (this goes to OASEEIG)
- Committee learned a lot and will note lessons learnt in report for next IG meeting.
 - At convention there were various fund-raisers. A lot of one item was left over – pens costing £1 each (350 left)

Telephone Officer

- Discussion: What is the future?
- At present: Have Rep for North London, West London and East London.
- Receive very few calls per month & difficult (impossible) finding people to cover.
- People find changing number from land-line to mobile etc. difficult/fiddily.

PROPOSAL : Telephone Officer has mobile phone & sim card, which means it is more accessible and allows officer flexibility. The role of the telephone officer is to answer mobile phone calls/texts and any left messages.

Proposed: Catherine

2nd: Ceri

MOTION PASSED.

- CHANGE IN AGENDA – 10 minute break then electing of key officer positions, followed by discussion about IG goals for next year. Then continue elections & AOB

- IG Reps asked to sell pens to groups/workshops/events at £1 each – proceeds go to intergroup.

- Catherine will give mobile phone (no longer used) to telephone officer.

Break: 2:30-2:40pm

Agenda Items

Officer Elections: (by ballot)

CHAIR: Caroline nominated herself. Seconded: Jacqueline

18 votes cast 17 Yes 1 No. **Caroline elected.**

TREASURER: Jackie nominated by Catherine. Seconded: Jacqueline

20 votes cast 20 Yes 0 No. **Jackie elected.**

WSBC DELEGATE: Jacqueline nominated herself. Seconded: Stuart

20 votes cast 19 Yes 1 No. **Jacqueline elected.**

EXECUTIVE SECRETARY: Alex nominated herself. Seconded: Angela

Francene nominated herself. Seconded: Jill

Alex withdrew her nomination.

20 votes cast 20 Yes 0 No. **Francene elected.**

RECORDING SECRETARY: Ceri nominated herself. Seconded: Elizabeth

20 votes cast 20 Yes 0 No. **Ceri elected.**

AOB

- **PLESHEY RETREAT** asks for IG endorsement of this event.
Proposed: Catherine 2nd: Ceri **RETREAT IS ENDORSED BY OASEEIG.**
- **PLESHEY RETREAT FLYER** available.
15-17th March 2013 Topic: Courage and Integrity

Chair thanked all officers who had served the past year.

DISCUSSION ABOUT GOALS OF IG FOR 2013

(Planning of workshops/Structure of IG/Committees & chairs)

IG STRUCTURE PROPOSAL: To keep the officer positions of :-

Chair, Vice-Chair, Executive Secretary, Recording Secretary, Treasurer, Website Officer, Newsletter Officer and Telephone Officer and remove all other officer positions.

To introduce three new officer positions to chair each of the committees on:-

12th Step Within

Outreach

Events

Proposed by: Stuart Seconded: Caroline. **MOTION PASSED.**

IG MEETING STRUCTURE PROPOSAL:

For a trial period of 3 meetings (Jan/Mar/May), the meeting structure will be:

2pm Open meeting & readings

2.15pm Committee Work (12 Step Within/Outreach/Events)

3-5pm Agenda/Officer Reports

Proposed by: Caroline Seconded: Catherine. **MOTION PASSED.**

Officer Elections resumed: (by ballot)

VICE-CHAIR: Stuart nominated himself. Seconded: Emma
19 votes cast 17 Yes 2 No. **Stuart elected.**

WEBSITE: Alex nominated herself. Seconded: Stuart
20 votes cast 13 Yes 7 No. **Alex elected.**

TELEPHONE: Elizabeth nominated herself. Seconded: Ceri
20 votes cast 20 Yes 0 No. **Elizabeth elected.**

NEWSLETTER: Deborah nominated herself. Seconded: Alex
20 votes cast 20 Yes 0 No. **Deborah elected.**

Temporary election of Committee Chairs

12th Step Within: Catherine nominated herself. Seconded: Lucy
20 votes cast 19 Yes 1 No. **Catherine elected.**

Outreach: Lucy nominated herself. Seconded: Jill
20 votes cast 19 Yes 1 Abstention. **Lucy elected.**

Events: No one nominated. Vice-chair will act as chair for first meeting next year.

- **All chairs to have one year's abstinence; the same as officers.**

Stuart proposed that ballots be destroyed. Seconded: Jill

- Flyers circulated to Reps to take back to groups.

- **HANDOVER must be organised between new & old officers.**

- Chairs to write 'blurb' about committees; to be included in minutes pack. Email addresses to be given so that anyone can get involved in committee work (do not have to be IG Rep to come & join committee.)

- IG Reps given flyers.
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AOB

- Please take flyer for Tooting Bec Meeting. Information is on website.
- Sunday Chelsea Meeting are holding a workshop: **12 Steps of Christmas** 9 December 2 -4pm. (Come to meeting in morning & have lunch together afterwards followed by workshop.) Details on website.
- Charlotte putting together an **Advent Calendar** (will run from 10/12 to 06/01). If you would like to contribute and write a piece similar to what you find in *Just for Today/ Voices of Recovery/ Lifeline*; send to Charlotte at email: charlotte.e.preston@gmail.com

- **Chair thanked everyone for their hard work.**

Meeting closed: 5:00pm

Glossary: Common abbreviations used in our documents

AOB	Any other business	OASEE	OA South and East England
GSR	General Service Representative (<i>same as IR</i>)	OASEE IG	OA South and East England Intergroup
IG	Intergroup	PI	Public Information
IR	Intergroup Representative (<i>same as GSR</i>)	PO	Professional Outreach
MP	Meeting Pack	R9	Region 9 (<i>Europe, Africa & Middle East</i>)
MS	Meeting Summary	TSW	Twelfth Step Within
NSB	National Service Board	WSO	World Service Office
NA	National Assembly	WSBC	World Service Business Conference
OAGB	OA Great Britain		

Useful website links

www.oasouthandeastengland.org.uk (*Our IG website*)
www.oagb.org.uk (*Our national website*)

www.oa.org (*The WSO website*)

REPORT BACK FROM REGION 9 ASSEMBLY 2012 held in Warsaw, Poland, 24-26 October

Thanks to OASEEIG for giving the opportunity to go to Region 9 Assembly.

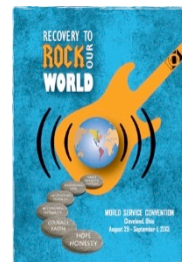
I enjoyed the business of the Assembly, but did find the accommodation & food challenging.

Reminder of Purpose of Region 9: “Our primary purpose is to carry the OA message to the still suffering compulsive overeater, wherever they may live and whatever language they may speak. In fulfilling our purpose we should ever strive to achieve worldwide unity and common policies among all countries. With love and tolerance as our code. Together we can do what we could never do alone.” Region 9 Motto: “Embrace the similarities; Love the differences; In all our affairs.”

At the assembly this year there were 16 countries represented. The region was celebrating its 30th birthday. The total number of years of abstinence at the assembly was 142 years.

Important dates to remember:

- 17 November 2012 **IDEA** (OA celebrates International Day Experiencing Abstinence)
- 12 December 2012 (12/12/12) **Twelve Step Within Day** (Celebrated on December 12 (12/12) each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviours.)
- 29 August 2013 – 1 September 2013 **OA World Service Convention:**
Theme: Recovery to Rock Our World Cleveland, Ohio
(<http://www.oa.org/world-service-events/world-service-convention/>)
- 23 – 26 October 2013 **Region 9 Assembly & Convention, Israel**



Chair, Susan thanked Patrick for his service given.

A new secretary, treasurer and banker were elected, as well as committee chairs.

A number of bylaws and business motions were voted on, although there was relatively little discussion/debate and questions as a lot of these were a matter of clarification/tidying up/ updating etc.

A lot of discussion took place over the 2013 budget. This year the translation fund was renamed to general assistance fund. Also a Translation Reserve was moved into the budget.

Highlighted a number of times during assembly as well as during budget discussions was THE IMPORTANCE OF TRADITION 7. Groups encouraged to use Tradition 7 Tent Card found on Region 9 website (<http://www.oaregion9.org/wp-content/uploads/2011/02/7th-TraditionTENTCD-11.pdf>) as this shows OA members where their money goes. We need to self-supporting at all levels. There are also ideas of how to increase Tradition 7 on website (<http://www.oaregion9.org/wp-content/uploads/2011/02/Ideas-on-ways-to-increase-the-7th-Tradition11.pdf>). Make members aware of 7th Tradition pamphlet – perhaps use this pamphlet as literature for one meeting with focus of meeting on 7th tradition. REMEMBER: 7th Tradition is about SERVICE TOO! We are responsible for the survival of OA and OUR RECOVERY and CARRYING THE MESSAGE TO THOSE WHO STILL SUFFER – this keeps me well!

DON'T FORGET TO VISIT VARIOUS WEBSITES – there's a lot of help given here:

www.oa.org

www.oaregion9.org (read the Region 9 newsletter & or contribute to the newsletter)

www.oagb.org.uk

www.oasouthandeastengland.org.uk

WE HAD SOME FUN TOO. 😊! A very lively mock debate on the best James Bond – this was to prepare us for our own voting procedures etc.

We do not have a venue for Region 9 Assembly and Convention for 2014 – would we OASEEIG like to consider this? Or 2015?

The minutes for the Assembly are being written up and will be posted on the Region 9 website in the near future. If you have any further questions please ask me.

In regards to budgeting (Tradition 7/Contributions/Finances) this year we sent only one Rep to Assembly and the cost for flight, accommodation including meals and registration cost £190 BUT next year the *flight only* will cost in the region of £400.

Finally, please let me know: **WHAT DO YOU WANT FROM REGION 9?**

With thanks,

Catherine

OASEEIG Region 9 Rep (email: region9@oasouthandeastengland.org.uk)