

MINUTES

Saturday 7 July 2012 (2-5pm)

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

Attendees			
IG Officers	Name	Phone	Email
Vice Chair	Reshma		vicechair@oasouthandeastengland.org.uk
Executive Secretary	Alex		secretary@oasouthandeastengland.org.uk
Recording Secretary	Catherine		secretary@oasouthandeastengland.org.uk
Treasurer	Ceri		treasurer@oasouthandeastengland.org.uk
Loner Support	Uz		lonersupport@oasouthandeastengland.org.uk
Telephone Officer	Elizabeth		telephone@oasouthandeastengland.org.uk
World Service Rep	Patrick		worldservice@oasouthandeastengland.org.uk
Newsletter Officer	Deborah		newsletter@oasouthandeastengland.org.uk
Region 9	Catherine		region9@oasouthandeastengland.org.uk
NSB Representatives	Angela		nsb@oasouthandeastengland.org.uk
IG Reps	Name		Email
Chelsea/ Sun 11:00	Charlotte		
Earls Court/ Sun 14:00 (HOW)	Caroline		
London W1/ Tue 18:30	Deborah		
Wimbledon/Tue 19:00	Christie		
Chelsea/Tue 19 :00	Natasha		
Barbican/Tue 19:30	Teddey		
Crouch End/Tue 19:30	Stuart		
Hinde Street/Wed 12:15	Jean		
Chelsea/ Thu 19:00	Matt		
Swiss Cottage/Thu 19:30	Denis		
Eltham/ Thu 20:00	Caroline		
London W1/ Fri 12:15	Frances		
London W1/ Fri 18:30	Mansoureh		
Greenwich/ Sat 08:30	Ali		
Soho/Sat 11:00	Sarah		
VISITORS			
Michael S			
Rosie (Clapham/Mon 19:00)			

Agenda items	Action points
Meeting opened: 2:00pm by Reshma (Vice-Chair)	
Readings Preamble: Elizabeth • 12 Traditions: Charlotte • 12 Concepts: Michael Purpose of Intergroup: Stuart	
Apologies Officers: Kate (Chair)/ Jacqueline (NSB Rep)/ Sam (NSB Rep)/ Mary (PI)/ Francene (NA Chair)/ Charlie (group Support) Reps: Sheila (Reading/Fri 7.45pm) Zehra (Stratford/ Tue 7pm)	
7th Tradition: £47.85	
Quorum: Voting Members present 24. Quorum met (11)	
Minute Approval	
Proposed by: Ceri/ Seconded: Deborah. Minutes were approved. Matters Arising <ul style="list-style-type: none"> Query Page 4: Newsletter Officer – Who is to receive all incoming mail? 	Ask Kate ?
Officers' Reports	<i>All Officer Reports appear in full in the Meeting Pack.</i>
Chair: Kate <ul style="list-style-type: none"> Added addendum re Chairs' Meeting on 23rd July No questions Vice Chair: Reshma <ul style="list-style-type: none"> No questions Executive Secretary: Alex <ul style="list-style-type: none"> No questions Recording Secretary: Catherine <ul style="list-style-type: none"> No questions Treasurer: Ceri <ul style="list-style-type: none"> Handed out 7th Tradition pamphlet to everyone as money contributions had fallen from groups. Please encourage groups to continue to contribute & promote understanding of 7th Tradition. Query: Should we be making OAGB contribution? First action: Awareness! PI Media Officer: VACANT PI Groups Officer: Mary <ul style="list-style-type: none"> No questions Professional Outreach Officer: VACANT New & Existing Group Support Officer: Charlie <ul style="list-style-type: none"> No questions Loner Support Officer: Uz <ul style="list-style-type: none"> No questions 	<ul style="list-style-type: none"> ALL : Encourage awareness of 7th Tradition & its importance.

Newsletter Officer: Deborah

- If you want newsletter please email:
newsletter@oasouthandeastengland.org.uk
- You can sign up on website.
- If not getting, check spam filters
- Pass on information to signing up to groups.

Website Officer: Patrick

- Groups please check your group information on **OA website (worldwide)** and **OASEE website**.
- If problem, please contact Patrick.
- Sign-up form for newsletter is on website.
- **PLEASE NOTE!** In November IG will need new website officer. (Knowledge of Wordpress is an advantage but not necessary.)

Telephone Officer:

- Need Volunteers!
- Handed out flyer to be taken back to groups.

World Service Officer: Patrick

- WSBC Report uploaded on website.

Region 9 Rep: Catherine

- In process of organising details for Region 9 Assembly.

NSB Reps: Angela

- 18th August meeting cancelled as not needed.
- Next meeting will be at National Assembly in October.

Jacqueline

- No questions.

National Assembly 2012: Caroline on behalf of Francene

- Flyers handed out to be given out at groups.
- **NOTE: Numbers are limited! Max. of 100. Need to register!**
- Reminder: *Early Bird Registration Rate*: Register before 21 August for £7.50 registration fee instead of £10.
- Coach: Cost £15 return from Central London (most probably Victoria) to Reading. REGISTER INTEREST with ALEX.
- If you would like to do service/host meeting at Convention, please contact Deborah. Abstinence requirement: 6 month & 1 year depending on role.
- Separate flyer for Convention will be circulated in the next 2/3 weeks.
- There will be National Assembly Committee meeting before next IG meeting (1st September) at 1pm near Costa in Chelsea & Westminster Hospital. All welcome.

Agenda Items:

INTERGROUP INVENTORY

Part 2: The Twelfth Step Within

- 4. Do we let all groups know how they can support the intergroup/service board through service and financial

ALL IG REPS: Is anyone interested in being Website Officer??

ALL IG REPS: Need Volunteers! Telephone service – give flyer to group & highlight.

contributions? Service: *Yes 7 No 8* Financial *Yes 13 No 4*

- 5. Do we encourage the Seventh Tradition's 60/30/10 contribution formula, making sure our area groups know about it? *Yes 8 No 10*
- 7. Do we sponsor OA workshops and marathons for OA's in our area? *Yes*
- 9. Do we publish a newsletter for the groups in our area? *Yes*
- 11. Do we help new members find sponsors? *Yes 3 No 16*
- 12. Do we arrange a system for groups to obtain abstinent OA speakers? *No*
- 13. How do we help floundering groups? *Yes 3 No 10*
- 14. Do we assist unaffiliated groups in nearby areas to form their own intergroup/service boards? *Yes 0 No 7 Abs 12*

WSBC 2012 (Patrick)

- Theme for this year: Visions for the Fellowship. Report is on the website – please read. My notes Included.
- Key points:

1. In accordance with our Traditions, we suggest that OA groups maintain unity and honour our Traditions by using, selling and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA Conference-approved books, booklets, and all future editions thereof, with original edition copyright 2010 or earlier; and locally produced OA literature.

There is no restriction on anyone using any literature they like outside of OA meetings, or when sponsoring, or in any other recovery activity – this is just within OA meetings.

2. New and re-written Literature:

- a. Before You Take That First Compulsive Bite has been comprehensively re-written. This will have a knock-on effect, as part of the re-write included changing the “15 questions” – all leaflets that include the “15 questions” will be updated to reflect the new wording.
- b. Sponsoring Through the Twelve Steps has been revised to reintroduce the suggestion that sponsors can use the AA Big Book.
- c. To the Newcomer has been revised.
- d. An electronic workbook Voices of Recovery e-Workbook was approved. The new and amended literature is now available.

Election of National Assembly Representative:

Caroline Proposed: Francene/ Seconded: Pat

Francene was elected.

Items to be carried:

- **PI Flyer**
- **Eating Disorder Conference March 2013**
- **Going Digital**
- **Nominations for NSB** (Note: OASEEIG needs to approve your election. Need 2yrs abstinence & 2yrs service at intergroup level.)

Break: 3:15-3:30pm

Group Reports: Group Reports are not minuted unless specifically requested.

- **East Finchley Sun 11am:** Will be running workshop on Sunday 7th October: Living by Spirit Principles
- New Meeting: Tooting Thu 7pm
- Meetings needing support: **Hinde St Tue 11.30am (HOW)**
Hinde St Tue 6.30pm
Swiss Cottage Sun 11am
- Closed: Kingsbury Wed 7.30pm

Agenda Items

Officer Elections:

- **Region 9 Officer VACANT: One (more) Region 9 Officer**
- **PI Media: VACANT**
- **Professional Outreach: VACANT**

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*)