

## INTERGROUP MEETING MINUTES

Saturday 11<sup>th</sup> January 2020 (2-5pm)

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

| IG Officers         |                                  |  |
|---------------------|----------------------------------|--|
| IG Officer role     | Name                             | Email  |
| Chair               | Darren                           | <a href="mailto:chair@oasouthandeastengland.org.uk">chair@oasouthandeastengland.org.uk</a>                 |
| Treasurer           | Natalie                          | <a href="mailto:treasurer@oasouthandeastengland.org.uk">treasurer@oasouthandeastengland.org.uk</a>         |
| Recording secretary | Karen                            | <a href="mailto:rec.secretary@oasouthandeastengland.org.uk">rec.secretary@oasouthandeastengland.org.uk</a> |
| Telephone Officer   | Kara                             | <a href="mailto:telephone@oasouthandeastengland.org.uk">telephone@oasouthandeastengland.org.uk</a>         |
| Jacqueline          | WSBC delegate & Finchley Central | <a href="mailto:oa.jacqueline@email.com">oa.jacqueline@email.com</a>                                       |

**Apologies (Officers only):** Anne (Executive Secretary), Juliet (NSB Officer - Secretary)

| IG Reps/Visitors         |           |  |                     |          |
|--------------------------|-----------|--|---------------------|----------|
| Meeting description      | Name      |  | Meeting description | Name     |
| Beaconsfield (Mon)       | Tina      |  | Reading (Mon)       | Pam      |
| Borehamwood (Wed)        | Nik       |  | Southgate (Mon)     | Kate     |
| Brixton meditation (Thu) | Hannah    |  | St Albans (Tue)     | Pauline  |
| Clapham (Mon)            | Charlotte |  | VISITOR             | Caroline |
| Eltham (Mon)             | Caro      |  | Wimbledon (Sat)     | Lynn     |
| Reading (Fri)            | Sheila    |  |                     |          |

| Ref                         | Notes  | Action points        |                       |                      |                             |                                  |  |  |
|-----------------------------|--|----------------------|-----------------------|----------------------|-----------------------------|----------------------------------|--|--|
| 01/<br>02                   | <b>Meeting opened:</b> 2pm by the Chair, followed by the Serenity Prayer and a moment of silence for the still suffering compulsive eater  |                      |                       |                      |                             |                                  |  |  |
| 03                          | <p><b>Readings</b></p> <table border="1"> <tr> <td>Preamble: Hannah</td> <td>12 Traditions: Sheila</td> <td>12 Concepts: Natalie</td> </tr> <tr> <td>Purpose of Intergroup: Lynn</td> <td>Healthy Intergroup Preamble: Pam</td> <td></td> </tr> </table> | Preamble: Hannah     | 12 Traditions: Sheila | 12 Concepts: Natalie | Purpose of Intergroup: Lynn | Healthy Intergroup Preamble: Pam |  |  |
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| Purpose of Intergroup: Lynn | Healthy Intergroup Preamble: Pam   |                      |                       |                      |                             |                                  |  |  |
| 04                          | <b>Fellowship sharing time:</b> the reading was an excerpt from the AA Big Book 'More about Alcoholism'  |                      |                       |                      |                             |                                  |  |  |

| 05             | <b>Introductions</b> – led by Darren<br><b>7<sup>th</sup> Tradition: £57.50</b>   |  |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
|----------------|---|--|----------------|--|------------|----------------|--|-----------------------------|----------------|---|--|----------------|--|--|----------------|---|------|----------------|---|------|----------------|--|------|----------------|--|------|----------------|---|------|----------------|--|----------------------------------|--|
|                | <b>Quorum:</b> 11 voting members required, 14 voting members in attendance  |  |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
| 06             | <b>Minutes from November 2019 meeting – corrections and amendments</b>  |  |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
|                | <table border="1"> <thead> <tr> <th>Ref</th> <th>Page</th> <th>Correction</th> </tr> </thead> <tbody> <tr> <td>07b</td> <td>4</td> <td>Re-number the action to 07c</td> </tr> <tr> <td>14</td> <td>8</td> <td>Clarification over the wording of the first bullet point: reword to “New groups sometimes <b><i>don’t</i></b> affiliate for several months .....</td> </tr> </tbody> </table>   |  | Ref            | Page   | Correction | 07b            | 4  | Re-number the action to 07c | 14             | 8   | Clarification over the wording of the first bullet point: reword to “New groups sometimes <b><i>don’t</i></b> affiliate for several months ..... |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
| Ref            | Page  | Correction   |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
| 07b            | 4   | Re-number the action to 07c  |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
| 14             | 8   | Clarification over the wording of the first bullet point: reword to “New groups sometimes <b><i>don’t</i></b> affiliate for several months ..... |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
|                | <b>Minutes from November 2019 meeting – matters arising</b>   |  |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
|                | <p><b>Previous actions:</b></p> <table border="1"> <tbody> <tr> <td>06a.<br/>Page 2</td> <td><b>Exec Sec</b> to send the virtual meeting Byelaw amendment 30 days prior to the January meeting which will enable it to be voted on in that meeting.</td> <td>Done</td> </tr> <tr> <td>06b.<br/>Page 2</td> <td><b>Chair</b> to include the virtual meeting byelaw amendment as an agenda item on the January Intergroup meeting</td> <td>Done</td> </tr> <tr> <td>06c.<br/>Page 2</td> <td><b>Exec Sec</b> to ensure that the next time we do a health assessment of affiliated groups, it should be based on a general assessment by the individual meeting/rep and not on number of attendees.</td> <td>In progress</td> </tr> <tr> <td>06d.<br/>Page 2</td> <td><b>Chair</b> to ensure that the Exec Committee take action on the website software upgrade</td> <td>See website officer report in section 07</td> </tr> <tr> <td>07a.<br/>Page 3</td> <td><b>Exec Sec</b> to add Nik to the distribution list</td> <td>Done</td> </tr> <tr> <td>07b.<br/>Page 4</td> <td>The 3 <b>NSB officers</b> to submit separate reports from January onwards</td> <td>Done</td> </tr> <tr> <td>07b.<br/>Page 4</td> <td><b>Region 9 delegate</b> to produce report for January meeting</td> <td>Done</td> </tr> <tr> <td>13a.<br/>Page 7</td> <td>Current <b>Treasurer</b> to check with the WSBO delegate whether 2 hours will be enough to cover all the motions</td> <td>Done</td> </tr> <tr> <td>14a.<br/>Page 7</td> <td><b>Kara</b> to remove the logo and send the flyer to the website officer to publish it. She will also send it to the Exec Sec to send out in the weekly digest.</td> <td>Done</td> </tr> <tr> <td>14b.<br/>Page 7</td> <td><b>Organising committee</b> to start researching venues for the OAGB Assembly in 2021.</td> <td>Not yet started – see section 15</td> </tr> </tbody> </table> |  | 06a.<br>Page 2 | <b>Exec Sec</b> to send the virtual meeting Byelaw amendment 30 days prior to the January meeting which will enable it to be voted on in that meeting. | Done       | 06b.<br>Page 2 | <b>Chair</b> to include the virtual meeting byelaw amendment as an agenda item on the January Intergroup meeting | Done                        | 06c.<br>Page 2 | <b>Exec Sec</b> to ensure that the next time we do a health assessment of affiliated groups, it should be based on a general assessment by the individual meeting/rep and not on number of attendees. | In progress  | 06d.<br>Page 2 | <b>Chair</b> to ensure that the Exec Committee take action on the website software upgrade | See website officer report in section 07 | 07a.<br>Page 3 | <b>Exec Sec</b> to add Nik to the distribution list | Done | 07b.<br>Page 4 | The 3 <b>NSB officers</b> to submit separate reports from January onwards | Done | 07b.<br>Page 4 | <b>Region 9 delegate</b> to produce report for January meeting | Done | 13a.<br>Page 7 | Current <b>Treasurer</b> to check with the WSBO delegate whether 2 hours will be enough to cover all the motions | Done | 14a.<br>Page 7 | <b>Kara</b> to remove the logo and send the flyer to the website officer to publish it. She will also send it to the Exec Sec to send out in the weekly digest. | Done | 14b.<br>Page 7 | <b>Organising committee</b> to start researching venues for the OAGB Assembly in 2021. | Not yet started – see section 15 | 06a. <b>Exec Sec</b> to ensure that the next time we do a health assessment of affiliated groups, it should be based on a general assessment by the individual meeting/rep and not on number of attendees. |
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| 06d.<br>Page 2 | <b>Chair</b> to ensure that the Exec Committee take action on the website software upgrade  | See website officer report in section 07   |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
| 07a.<br>Page 3 | <b>Exec Sec</b> to add Nik to the distribution list   | Done   |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
| 07b.<br>Page 4 | The 3 <b>NSB officers</b> to submit separate reports from January onwards   | Done   |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
| 07b.<br>Page 4 | <b>Region 9 delegate</b> to produce report for January meeting  | Done   |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
| 13a.<br>Page 7 | Current <b>Treasurer</b> to check with the WSBO delegate whether 2 hours will be enough to cover all the motions  | Done   |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |
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| 14b.<br>Page 7 | <b>Organising committee</b> to start researching venues for the OAGB Assembly in 2021.  | Not yet started – see section 15   |                |  |            |                |  |                             |                |   |  |                |  |  |                |   |      |                |   |      |                |  |      |                |  |      |                |   |      |                |  |                                  |  |

|           | <p>Lynn moved to accept the minutes as an accurate record of the meeting; Kate seconded.</p> <p>Votes:</p> <table border="1"> <thead> <tr> <th>In favour</th> <th>Against</th> <th>Abstentions</th> <th>Outcome</th> </tr> </thead> <tbody> <tr> <td>9</td> <td>0</td> <td>0</td> <td><b>Motion approved</b></td> </tr> </tbody> </table>   | In favour   | Against                | Abstentions | Outcome | 9 | 0 | 0 | <b>Motion approved</b> |  |
|-----------|---|---|------------------------|-------------|---------|---|---|---|------------------------|--|
| In favour | Against   | Abstentions   | Outcome                |             |         |   |   |   |                        |  |
| 9         | 0   | 0   | <b>Motion approved</b> |             |         |   |   |   |                        |  |
| 07        | <b>Officers' reports:</b> these appear in full in the meeting pack  |   |                        |             |         |   |   |   |                        |  |
|           | <p><b>Chair</b><br/>Questions/comments:</p> <ul style="list-style-type: none"> <li>The various groups that meet at the Hinde Street venue have grouped together to apply for one Public Liability insurance policy. If any meetings have any questions about Public Liability insurance, Darren offered support.</li> </ul>   |   |                        |             |         |   |   |   |                        |  |
|           | <p><b>Vice Chair</b><br/>Position vacant so no report submitted</p>   |   |                        |             |         |   |   |   |                        |  |
|           | <p><b>Executive Secretary</b><br/>Questions/comments:</p> <ul style="list-style-type: none"> <li>Rosemary (Clapham Mon) to be added to the IR email list.</li> <li>Caroline reminded that anyone who wants to join the email list should email the exec secretary.</li> </ul>   | 07a. <b>Exec sec</b> to add Rosemary to the IR email list.  |                        |             |         |   |   |   |                        |  |
|           | <p><b>Treasurer</b><br/>Questions/comments:</p> <ul style="list-style-type: none"> <li>Q: Should the budget be a separate agenda item at this meeting?<br/>A: It will be a separate agenda item in the March meeting. Anyone with any ideas or proposals for next year's budget should contact the treasurer.</li> <li>Jacqueline stated that the budget for the WSBC to attend the World Business Service conference is too low.</li> <li>Q: Why are our reserves so high at the moment? A: We build the reserve up over the year to spend in the following year. Also, we haven't spent as much as we expected. We will review the surplus in March meeting.</li> <li>Reminder: when sending contributions to Intergruop, ensure the meeting number is in the reference and email the treasurer. Guidance is available on the website.</li> <li>Easyspace has replaced Global Gold as our website hosts.</li> <li>Q: Why were the cheques returned from the Wimbledon group?<br/>A: The cheques bounced.</li> </ul> | <p>07b. <b>Jacqueline</b> to work with the <b>treasurer</b> to confirm the budget for attendance at WSBC.</p> <p>07c. <b>Lynn</b> to try to resolve the returned Wimbledon cheques with the <b>treasurer</b>.</p> |                        |             |         |   |   |   |                        |  |
|           | <p><b>Recording Secretary</b><br/>Questions/comments:</p> <ul style="list-style-type: none"> <li>none</li> </ul>  |   |                        |             |         |   |   |   |                        |  |
|           | <p><b>Website Officer</b><br/>Position vacant so no report submitted</p>  | 07d. <b>Exec committee</b> to continue to try to solve the problem of   |                        |             |         |   |   |   |                        |  |

|    |   |  |
|----|---|--|
|    | <ul style="list-style-type: none"> <li>The outgoing website officer has been trying to upgrade the website software, but no one on the committee has the expertise to be able to do it. This is currently on hold.</li> <li>There was a request for any fellow with WordPress or PHP expertise to help with the upgrade.</li> </ul>   | upgrading the website software   |
|    | <b>Social Media Officer</b><br>Position vacant so no report submitted   |  |
|    | <b>Newsletter Officer</b><br>Position vacant so no report submitted   |  |
|    | <b>Telephone Officer</b><br>Questions/comments: <ul style="list-style-type: none"> <li>The current balance is £2 in credit</li> <li>The telephone officer now has access to the telephone officer email address and the EE account</li> </ul>   |  |
|    | <b>NA Delegate</b><br>Position vacant so no report submitted  |  |
|    | <b>National Service Board Officers</b><br>Questions/comments: <ul style="list-style-type: none"> <li>There was a call for volunteers to take minutes at the Board meeting on 25<sup>th</sup> January from 10-4pm.</li> </ul>  |  |
|    | <b>Region 9 Delegate</b><br>Questions/comments: <ul style="list-style-type: none"> <li>Q: Where will the Region 9 conference be held in 2020? A: In Ireland, and South Africa in 2021.</li> </ul>   |  |
|    | <b>Professional Information Officer</b><br>Position vacant so no report submitted   |  |
|    | <b>Public Outreach Officer</b><br>Position vacant so no report submitted  |  |
|    | <b>World Service Business Conference delegate</b><br>Jacqueline gave a verbal report: <ul style="list-style-type: none"> <li>Flights to the WSBC have been booked, although they were more expensive than expected as it's close to a holiday period.</li> <li>The registration form has been completed, signed and will be sent off imminently.</li> <li>There will be 10 Byelaw amendments and 11 new business motions on the WSBC agenda, including 2 new tools.</li> <li>An extra Intergroup meeting is scheduled on Sat 8<sup>th</sup> Feb from 2-4pm to discuss the motions.</li> <li>Q: How does someone suggest a new tool? A: It's too late for this year, but they should be suggested and submitted through Intergroup.</li> </ul> | 07e. <b>WSBC delegate</b> to send the proposals to the Exec sec, highlighting the most important ones.<br><br>07f. <b>Exec sec</b> to forward the email to all officers and reps in preparation for discussion on 8 <sup>th</sup> Feb. |
| 08 | <b>Virtual Meetings – Byelaw amendment</b>  |  |

|     | <ul style="list-style-type: none"> <li>• Currently virtual meetings can affiliate with our Intergroup, but they cannot vote. This byelaw amendment would allow them to apply to have a vote.</li> <li>• Q: What do virtual groups currently do? A: There is a virtual region and virtual intergroups which virtual groups can affiliate to. The OA byelaws state that virtual groups, with permission, can affiliate to any Intergroup, whether virtual or land based.</li> <li>• There was a brief discussion about whether a new meeting (whether virtual or land based) can only affiliate to their intergroup when they register but the rules were unknown.</li> </ul> <p>Proposed by Exec Committee, seconded by Kate<br/> Votes:</p> <table border="1"> <thead> <tr> <th>For</th> <th>Against</th> <th>Abstain</th> <th>Outcome</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>2</td> <td>4</td> <td>The motion was passed</td> </tr> </tbody> </table> | For  | Against               | Abstain | Outcome | 8 | 2 | 4 | The motion was passed |  |
|-----|---|--|-----------------------|---------|---------|---|---|---|-----------------------|--|
| For | Against   | Abstain  | Outcome               |         |         |   |   |   |                       |  |
| 8   | 2   | 4  | The motion was passed |         |         |   |   |   |                       |  |
| 09  | <b>Break</b>  |  |                       |         |         |   |   |   |                       |  |
| 10  | <b>Officer Position elections – led by Darren</b>   |  |                       |         |         |   |   |   |                       |  |
|     | Vice Chair:<br>Candidates: no willing candidates<br>Votes: n/a  |  |                       |         |         |   |   |   |                       |  |
|     | Website Officer:<br>Candidates: no willing candidates<br>Votes: n/a   |  |                       |         |         |   |   |   |                       |  |
|     | Professional Outreach Officer:<br>Candidates: no willing candidates<br>Votes: n/a   |  |                       |         |         |   |   |   |                       |  |
|     | Social Media Officer:<br>Candidates: no willing candidates<br>Votes: n/a  | 10a. <b>Darren</b> to check whether the current twitter account is being maintained and used or is dormant or removed. |                       |         |         |   |   |   |                       |  |
|     | Public Information Officer:<br>Candidates: no willing candidates<br>Votes: n/a  |  |                       |         |         |   |   |   |                       |  |
|     | Newsletter Officer:<br>Candidates: no willing candidates<br>Votes: n/a  |  |                       |         |         |   |   |   |                       |  |
| 11  | <b>OA 60<sup>th</sup> Birthday Celebrations</b><br>Caroline gave a verbal report from the committee: <ul style="list-style-type: none"> <li>• The 1<sup>st</sup> event is a workshop in London next Saturday which has had all 80 places filled. The Exec committee approved an extra budget for AV equipment. It is hoped that the 7<sup>th</sup> tradition will</li> </ul>  | 11a. <b>60<sup>th</sup> birthday Committee</b> to submit a proposal (including costs) for the final entertainment      |                       |         |         |   |   |   |                       |  |

|     | <p>cover the majority of the costs. Nik is coordinating volunteers on the day.</p> <ul style="list-style-type: none"> <li>• 1-2 workshops outside of London, supported by local groups.</li> <li>• A final 'entertainment' type event in London towards the end of 2020.</li> <li>• The current committee are struggling with the workload, especially as Natalie will be stepping down due to her new role as Treasurer. A request for additional volunteers resulted in Jacqueline and Hannah volunteering particularly for the workshops outside of London.</li> <li>• Any other OA fellows (not necessarily officers or Intergroup reps) willing to join the committee would be welcome; expressions of interest should go to the chair.</li> </ul>  | <p>workshop in London at the March meeting.</p> <p>11b. <b>60<sup>th</sup> birthday Committee</b> to collate all the responses from Intergroup reps and send to exec secretary to update her records.</p> |                       |         |         |    |   |   |                       |  |
|-----|--|---|-----------------------|---------|---------|----|---|---|-----------------------|--|
| 12  | <p><b>12 step within committee &amp; supporting new and struggling IG meetings</b><br/>Kara/Darren led a discussion on how to help struggling groups.</p>  | 12a. Caroline and the <b>telephone officer</b> will work together to create a role description for a 'group mentor'.  |                       |         |         |    |   |   |                       |  |
| 13  | <p><b>New phone for Telephone Officer</b><br/>There was a discussion over the options for replacing the current Intergroup phone. This ended with a motion to replace the phone up to a budget of £139, and to remain on the same PAYG plan.<br/>Proposed by Kara, seconded by Sheila.<br/>Votes:</p> <table border="1"> <thead> <tr> <th>For</th> <th>Against</th> <th>Abstain</th> <th>Outcome</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>0</td> <td>2</td> <td>The motion was passed</td> </tr> </tbody> </table>   | For   | Against               | Abstain | Outcome | 12 | 0 | 2 | The motion was passed | 13a. <b>Telephone officer</b> to decide on the best phone and purchase it. |
| For | Against  | Abstain   | Outcome               |         |         |    |   |   |                       |  |
| 12  | 0  | 2   | The motion was passed |         |         |    |   |   |                       |  |
| 15  | <p><b>AOB:</b></p> <p>Leaflets and cards relating to 'Men at OA' were made available, and a men's only weekly WhatsApp group which runs from 20:00 Wed to 20:00 Thu was signposted. More details can be requested from Darren.</p> <p>Jacqueline and Caroline (along with another fellow) are going to do a presentation to professional healthcare workers next week. There will be more opportunities in the future if anyone else wants to get involved with step 12 work.<br/>Charlotte expressed interest in making herself available for speaking at professional outreach events.</p> <p>OAGB Assembly in 2021<br/><b>Darren</b> gave a verbal report:<br/>The committee hasn't yet been formed. Volunteers should contact Darren as we need to start researching venues.<br/>South coast Intergroup have asked if we would like to jointly host.</p> | 15a. <b>Chair</b> to coordinate the volunteers for hosting of the OAGB Assembly   |                       |         |         |    |   |   |                       |  |
|     | <b>Meeting closed:</b> 5pm with the Serenity Prayer  |   |                       |         |         |    |   |   |                       |  |

|  |  |  |
|--|--|--|
|  | <p><b>Extra meeting to discuss WSBC motions:</b> Saturday 8<sup>th</sup> February 2020, 2-4pm</p> <p><b>Next Intergroup meeting:</b> Saturday 7 March 2020, 2-5pm</p> <ul style="list-style-type: none"> <li>• Reports &amp; agenda items due <b>15 February 2020</b></li> <li>• Packs sent out <b>22 February 2020</b></li> </ul> |  |
|--|--|--|

**Glossary: Common abbreviations used in our documents**

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

**Useful website links**

[www.oasouthandeastengland.org.uk](http://www.oasouthandeastengland.org.uk) (Our IG website)

[www.oagb.org.uk](http://www.oagb.org.uk) (Our national website)

[www.oa.org](http://www.oa.org) (The WSO website)