

## MWI Meeting Minutes December 17, 2022

<input type="checkbox"/>	Michael P.	MWI Board: Chair WSBC delegate & R6 rep	<input type="checkbox"/>	Marianne P.	Wednesday 7:15a Cambridge (Hybrid)
<input checked="" type="checkbox"/>	Rachel S.	MWI Board: Vice Chair	<input type="checkbox"/>	Paula	Wednesday 7:30p Acton
<input checked="" type="checkbox"/>	Sue M.	MWI Board: Treasurer	<input checked="" type="checkbox"/>	Susan G.	Thurs 12p Gov't center
<input checked="" type="checkbox"/>	Nancy G. P.	MWI Board: Website coordinator R6 rep, web and publications cmmtte	<input type="checkbox"/>	George S.	Friday 12p Acton
<input checked="" type="checkbox"/>	Chloe	MWI Board: Recording Secretary	<input checked="" type="checkbox"/>	Bob	Friday 6:15p Cambridge
<input checked="" type="checkbox"/>	Barbara K.	MWI Board: Outgoing Corresponding Secretary	<input type="checkbox"/>	Beth K	Saturday 9:30a Cambridge / Virtual
<input type="checkbox"/>	Bruce P.	Monday 7p Brookline, visiting	<input type="checkbox"/>	Kathy B.	Saturday 10a Westwood
<input checked="" type="checkbox"/>	Jean	Monday 7p Hopkinton	<input checked="" type="checkbox"/>	JB	Newsletter, Rep for Friday Acton 12pm
<input checked="" type="checkbox"/>	Blair P.	Tuesday 7:15p Newton WSBC delegate, R6 rep, Diversity subcommittee	<input checked="" type="checkbox"/>	Marge M	Wednesday Wellesley
<input checked="" type="checkbox"/>	Lenore	OA Member, MWI Visitor	<input checked="" type="checkbox"/>	Alan F	Monday Brookline Men's meeting
			<input checked="" type="checkbox"/>	Toni	Weds 7:15am Eliot Church HOW meeting Rep

### SERENITY PRAYER 9:00 a.m.

- Introductions
- No needed Orientation for new members, as no new members present.
- [Readings](#): **Chloe G.** read the 12 Steps, **Sue M.** read the 12 Traditions, **Marge M.** read the Concept of the Month (short version), **Blair P.** read MWI's Strategic Goals
- Volunteers for minutes review (need 2 people): Sue M, Jean.

### OLD and/or ONGOING BUSINESS 9:15 am

Treasurer's report: **Sue** presented the report.

- Month's Income: \$761 donations, \$10 check that was never cashed, like a refund from the bank
- Expenses: 3rd quarter donations to WSO/R6, etc, Social media, liability insurance and Paypal fees: \$1,940
- Income - Expenses: -1169.26
- Ending Balance (matches bank statement): \$9357.10
- Activity since the first of December: Grp Donations \$1,102
- Outstanding expenses: 1,544.61 (fees, WSO, R6), Includes a paid invoice to Nancy GP for web services/social media (\$235.00), and \$10 repaid from check that was never cashed.
- Reserved for Retreat: 3K
- Working Balance: \$5,314.49

Sue noted that at the end of the quarter, donations tend to go up, which is why we're seeing higher donations in Dec. Sue also noted that our budget was conservative, and we are well within it this year. Barbara Asked when quarterly contributions to WS/R6 are made and Sue explained that they are usually paid the month after the end of the quarter but this time they were paid in Nov instead of Oct. Blair mentioned that she needs to send Sue some invoices from Zoom. Nancy GP has some things to send to Sue as well. Susan G noted that YTD, our budget was spot on, and we're over (we're in the black), but that's because we didn't incur any costs with sending any delegates to WS. Sue noted that we need to set up a meeting to outline a draft budget for 2023 so we can present at the Jan MWI meeting. Susan G., Rachel S., and Blair volunteered to be part of the budget committee. Sue will set up a meeting with the group before the Jan meeting. Blair mentioned it's an interesting and fun process. When Sue picks a time, she can share it with the whole MWI group in case anyone wants to join. Susan G noted that Nancy will be important to this meeting as a lot of our budget is in web related fees/costs.

☐ Strategic Goal Updates:

- Website and Social Media: **Nancy** noted that this time of year, activity usually picks up, and we are seeing that in our metrics. She noticed that we were using Overeaters Anonymous, and we got in trouble with OA because we were getting a lot of their traffic. Nancy explained there is a Trademark issue, but will get back to us with more information next month as she learns more. Blair explained to the group that our ads are free due to non-profit Google ads funding. Nancy noted that the CRSP chatbot is also quite busy this time of year, and invited people to help out with volunteering to be an operator. We got a grant to do our social media for 3 months, and Nancy thinks they did a great job and invited folks to take a look. The reason we hired them is because we couldn't find a volunteer who could do Social Media regularly. Nancy stated we'd love to keep it going, and invited MWI members to let their meetings know this is an open volunteer opportunity, now that our contract is over with our paid social media person. Blair and Nancy will collaborate to send the report to Region 6 about what they spent the grant money on. Nancy mentioned that she and Darwin need some more folks to help out on the newcomers meeting. It was suggested that we add this to the announcements.
- Hotline- no update this month.
- Workshops: **Rachel** stated Emily B. will continue workshops for the next year.
  - Next Workshop: Jan 8, not Jan 1, Topic: Step 1: Powerlessness, Unmanageability, and the Gift of Desperation "We admitted we were powerless over food - that our lives had become unmanageable." Whether we are new to OA or have been attending meetings for decades, the success of our recovery rests on the foundation of the first step. In this interactive workshop, a member with long-term recovery will introduce some key elements of the first step and guide you in understanding how you can build or strengthen your own first step foundation. Please have pen and paper handy.

☐ 'Where Do I Start?'/newcomer pamphlet distribution: **Jean** - sent two out this month.

☐ Sponsor bank: **Barbara K.** noticed that the majority of the correspondence in the inbox is looking for sponsors, and noted that perhaps next year we could put together a working group to discuss sponsorship support and increasing the support. (See new business below for discussion of this suggestion).

**NEW BUSINESS** 9:45 am

- Retreat 2023: **Susan G.** Reported that she has been trying to reach out to the retreat center and there's been some turnover, but a new person started a week or two ago at Lasalette and now Susan has reached out about the dates that are paid and rolled over, and will follow up to meet with her regarding spaces, rooms, etc. Susan G. mentioned it would be good to take a trip down to look at it to make sure we know what it's really like, so Susan plans to go down, and invited folks to go with her to see it. Lasalette Attleboro. Blair asked if it's time to put a "save the date" in our announcements. Note the tentative location. Rachel noted that as we're trying to keep costs down for participants, we have 3K saved towards the retreat, and should maybe earmark more. Will discuss this in the budget committee meeting.
- **Barbara K** has volunteered to be our new chair! This role is to set the agenda, presiding in meetings, and liaising with R6 and WSO and in the event of the tied vote, cast the deciding vote. **Barbara K.** was voted in as new chair. **Blair** will co-lead with Barbara in Jan and Feb as she is learning.
- **Jean** is the new corresponding secretary. **Barbara** will also update the spreadsheet with all the roles in the MWI folder. **Nancy** stated thank you to everyone doing such incredible service. **Rachel** noted that we still need a vice chair. **Blair** pulled up the requirements: needs to have been a recent intergroup rep for at least 6 months, ideally with 6mo of abstinence and 1 year of recent service. Blair also noted that if we need to change the bylaws to accommodate someone to fill this position, that is a process.
- **Sponsor Bank subcommittee:** As one of our objectives as an intergroup, we should bring this forward. Sue suggested that we run a "how to be a sponsor" workshop again. Barbara suggested a sponsor speed-dating event. Are you interested in a sponsor, need a sponsor, etc. Inquiries that people make from all over the country looking for sponsors. Feeling like the list is inadequate. **Susan** agreed that Our list needs to be longer, and getting folks together to learn more about the sponsorship to build the list. Noted that we want a long list of sponsors at that speed-dating event, so start with the sponsorship workshop, then guide those people onto the bank or onto the speed-dating event. Bob suggested that we do sort of a panel of sponsors

who tell their story. **Barbara** affirmed this was kind-of what she was envisioning too. **Chloe** raised the idea of structuring “temporary sponsorship” kind-of like newcomer greeters. **Chloe** noted step 1- make more sponsors, step 2- make a forum for them to meet more people. **Barbara** suggested a subcommittee. Chloe, Bob, Sue, Susan G. and Nancy GP will be on the subcommittee.

Reviewed announcements. Blair suggested we add an announcement about the subcommittee  
Blair suggested we talk in Jan about reflecting on the success of the flashmobs and do we want to continue as is.

## **UPCOMING MWI EVENTS**

### **Sunday MWI workshops**

When: Usually the First Sunday of the month, but in Jan, 2nd Sunday 1:30-2:30p Eastern

Meeting ID: 705 658 2426, password 402153 -> **see MWI website for call-in #s**

- **Jan 8: Led by Barbara K.**

→ <https://www.metrowestoa.org/news-and-events/>

### **For announcements:**

Upcoming Workshops

Opportunities for Service this time of Year:

Chat on MWI website

Please join the Newcomers meeting to meet newcomers

- MetroWest Weekly Newcomers Zoom Meeting  
Every Sunday 7:00 pm EST  
MWI Zoom: ZOOM link  
mtg ID: 705-658-2426 OR call in (929) 205-6099  
Contact us for the passcode

15 min before the Sunday Brookline 6pm meeting, Newcomers are welcome to come IN PERSON to meet someone who can greet and orient them

Vice Chair still needed, needs to have been a recent intergroup rep for at least 6 months, ideally with 6mo of abstinence and 1 year of recent service.

Save the Date for retreat, tentative location.

Sponsorship subcommittee is forming

### **Volunteers to review minutes: Sue M and Jean**

Meeting Adjourned at 10:20AM

Rachel S. led us in the Unity Prayer:

## **UNITY PRAYER**

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

