**MWI Meeting Minutes**

February 18, 2023

**Our Primary Purpose is Tradition 5:  . . .*“to carry the message to the compulsive overeater who still suffers.”***

**Present:**

Blair – new rep for POC mtg,

Kathy B – Rep for Sat Westwood 10am in person mtg

Sue - treasurer

Rachel – rep for Sat am HOW, retreat co-chair

Barbara K. Chair

Toni – rep for Elliot church weds am

JB- newsletter

Marge – re for weds Wellesley noontime mtg

Chloe- recording secretary, retreat cmmttee

Nancy GP- web person

Paula – rep for Fri noon Acton mtg

Jean – Corresponding secretary

Susan – rep for Thursday noontime gvt ctr

Alan – rep for Monday brookline mens mtg

Bob K. – member

**Serenity Prayer: 9a**

* Introductions: Everyone present introduces themselves and their role in MWI.  Each attendee shares one thing they are grateful for
* **Barbara** Reviewed the meeting etiquette: REMINDER that the intergroup representative’s (intergroup rep’s) role is to:

(1) Report back to their meeting on what is going on in the intergroup, and (2) Support MWI’s goals through work on projects that MWI identifies as action or strategic goals.

**Barbara** also reviewed: If voting occurs, intergroup reps can cast one vote for the meeting they represent. Questions & cross-talk are encouraged. The chair will move the meeting along if too much time is given to one agenda item. *No new member orientation needed* *today*.

Readings (need 4 volunteers): **Marge** read the 12 steps, **Kathy B** read the 12 Traditions, **Susan G.** read Concept of the Month (short version), **Bob K.** read MWI’s Strategic Goals  
  
Volunteers for minutes review (need 2 volunteers): **Susan G** and **Marge** will review the minutes & will serve as this month’s ad-hoc subcommittee for minutes approval. Procedure: Provide edits or approval of minutes within ~3 days of the minutes being provided to you. Once the minutes are reviewed by the 2 volunteers, they are approved.

**Old and / or Ongoing Business: 9:25a**

☐ Treasurer’s report: **Sue M.** presented the report:

Total contributions for Jan: $1,220

Distribution to WSO, R6: $1,210.50, $364.50

Paypal Fees: $23.28

Balance (matches bank statement): $10,326

1 uncashed check from several months ago that Sue needs

Total outstanding expenses

Working balance as of 2/13/23: $6,518.59

Last month column G is Dec figures and column H is the 2022 Jan figures

Note that we have some additional retreat expenses coming up that will be discussed in the budget.

☐ Discuss /vote on amended 2023 budget

-  budget ad hoc subcommittee: Sue M., Rachel S., Nancy G. P., Susan G., Blair P.

**Sue M**. presented the new budget

A few notes:

Anticipated Retreat income: min 20 people = $4,300 (required by LaSalette)

Expected 5th trad contributions: $12,000 (conservative relative to last years of $13,804)

Why are we presenting this this month? We were projecting being in the red next year last month and needed to spend some more time discussing this. We do need to spend down some of the $6K overage we have from this year, but we wanted to be thoughtful about the sustainability of our budget.   
Blair asked – what if we don’t make 20 people at the retreat? Susan G. noted that we have a prudent reserve for retreats ($3K).

Barbara K. asked what can we do to make people feel safe at the retreat so they can come?

Susan G. noted that for the first time, the rooms are all singles, and there is outdoor space to meet, and we can also provide masks. We could also discuss additional requirements because we have the whole building to ourselves.

Sue M. noted that the intergroup’s job will be to really encourage folks to come, and spread the word about the retreat.

Blair asked for a straw poll on who on the call would want to come to the retreat- 6 people, and Rachel and Sue noted a few others who also wanted to come, so we’re at 8 or 9 already.   
Sue noted that we have $500 already down at LaSalette, so the rest we owe them in our contract is $3,800 additionally.

Group voted unanimously to approve the budget.

Strategic Goal Updates:

☐ Website & Social Media: Nancy G. P.

Noted that during the pandemic we had very high traffic, but now that OA.org has gotten more sophisticated with their ad words, etc., they are getting more of the google traffic, and our traffic has restabilized the way you’d expect a regional intergroup to get. The 1min metric makes sense because we route them where they need to go- e.g. OA.org or the quick, or newcomers page. Blair thank you for your idea to have a newcomers page! It’s so helpful. We have a click through rate (CTR) of 7, 8, and 14%, and Nancy noted that anything over 5 is good. Barbara also noted that the optimization score is very high- and Nancy noted that we pay for that. Nancy also noted that this past month, ages 45-64 is getting reached by ads more than previously. I.e. when people 45-64 search things related to overeating, etc. they see ads for MWI’s site. Click through rate is people clicking on our site from the list of links that comes up in their search.

CRSP chat library function- Blair noted this is some of the most important money we’re spending because it’s really helping people find what they need. We have a new Social Media intern who’s helping us with our Instagram. She’s been posting daily meetings, which Nancy GP likes.

☐ Hotline / Voicemail: Barbara K. to share emailed report from Steve M.  
Barbara notes that in Jan, 1 spam call, 4 other calls, 1 vm. Calls looking for passwords, 1 for a meeting in Mississippi- shows how far our reach is.

☐ Workshops: If received, Barbara K. to share emailed report from Emily B. Kathy B. said 41 people attended the most recent workshop. Kathy said it was really wonderfully done and people really wanted more of it. Barbara K noted there are more and more body image meetings in OA and maybe we should consider adding a meeting. Nancy GP also noted that we had tons of requests for the password to the workshop. We might want to do some marketing survey with a big group like that because folks are coming from all over. Nancy also noted HUGE thanks to Emily B for her incredible work on this.

☐ Sponsor Bank: No update received yet.

☐ ‘Where Do I Start?’ (WDIS) pamphlet: **Jean E**. named 2 requests from the past month, but got a request yesterday, so 3 total.

☐ Flash mob: **Blair P**.  Blair noted the attendance is low. Nancy GP suggested we finalize it and that it’s run its course. **Chloe G** noted lots of people are confused by terminology. JB asked, is the March one in the newsletter the last one? **Nancy** suggested yes. **Susan G** suggested that we “suspend” it for now, and we can revive in the future, and also that in the announcements we just have a link to all the meetings. Kathy B. stated that one of the hopes was that if people attend a new meeting, people would then go back to that meeting, but she noted that didn’t really happen. People just came once. Kathy stated that getting the meeting list out is a great idea especially for newcomers. Blair also suggested a nuts and bolts workshop, including how to use OA.org to search for other meetings. Also, Blair named that in the past IG reps took turns attending new meetings to beef up and offer support to those meetings, and Sue M suggested that we also could encourage those meetings to send a rep to MWI. Blair also noted that every couple of months, the meetings we have have changed- it might be a good idea to put in the announcements that meetings also make sure to keep MWI. 9 votes for stopping the flashmob. 1 voted to continue. 1 abstention. DECISION: discontinue flash mobs for now. Will resume on the agenda for next month a discussion of the other strategies discussed in this section of the meeting. Susan G also asked that we add a link to the meeting list in the announcements.

**New Business: 10:15a**

☐ MWI 2023 Retreat: Rachel S. & Susan G.

Susan G. reported that we continue to meet, and have finalized the budget, and our retreat leader is squared away and the budget is squared away, we reviewed the insurance and we may not have events covered and we need to meet with Ava. Will meet again on Monday to discuss. Barbara asked about the theme? And Barbara asked about the theme, and Susan G said big book and relapse.

☐ MWI sponsorship ad hoc committee, survey and workshop: Chloe G.

Do we want to skip a workshop on the June weekend. Barbara will let Emily B. know.

☐ MWI roles spreadsheet for 2023: Jean E.  
Jean noted it’s almost done. Sent it out, but got some feedback on updates. Asked if we should send to distribution list?

☐ R6 Spring Assembly (reps and registration): Barbara K. noted that we’ve been getting notices that it’s time to register. Michael and Nancy are reps, but we have 2 open positions for people we could send on the 1st of April (in person in Albany). $15 to register with lunch. There’s an abstinence requirement – 6 months of continuous abstinence. Suggested in our bylaws but required in R6 bylaws, and we go by our bylaws. MWI will reimburse reps for travel expenses (mileage and tolls, hotel). It’s 9-6, we may end early. It’s a great way to do service. Nancy isn’t sure if she can make it this year, and another plug for someone from this group. We can elect an alternate rep. It’s not just 1 day of service, you get elected to a committee until Dec 2023. Report the actions of the regional assembly. Last question: when do people register? 9-6pm. Deadline for group rate is Feb 28th. Chloe volunteered to be Nancy GP’s alternate. Motion- Blair moved to elect Chloe as the alt rep, Susan G. seconded. All voted yes, except Alan didn’t vote, but may have stepped away. Bob noted that Ebby, early AA person is from Albany. Barbara asked that if anyone is available to be a rep, they can email Barbara and Barbara will facilitate voting them in.

☐ WSBC agenda questionnaire vote: Blair P.

Only one item garnered 3/7 votes to strike it from the agenda. #7 in the bylaw amendments. Several items received 2/7 votes, and typically we only strike if 50% or more of the votes. Blair moved that we include everything since all of the items had a majority yes. 12/12 voted yes.

Nancy moved to elect Blair as vice-chair, and it was seconded. The group voted to elect Blair as vice chair.

**Other / Closing: 10:25a**

☐Recording Secretary review with group the possible announcements

* March Flashmob
* List of meetings
* Retreat – include only the dates, and the Attleboro location until the title and theme are finalized.
* R6 Assembly- Happening on April 1 – go as guests. Add the link
* REMOVE need for Blair and social media intern

☐ Barbara K. Closed with the Unity Prayer (see next page)

**Adjourn: 10:30a**

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.