**MWI Meeting Agenda**

April 15, 2023

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

**Zoom details**: MWI Zoom Account #2

[https://zoom.us/j/7056582424](https://zoom.us/j/7056582424?pwd=SFJlZUR3UmFqcmFoMlZoMzRzZTdYUT09), **Meeting ID**: 705 658 2424, **Passcode**: 402153

**Present:**

Barbara- Chair

Kathy B. - Rep for Westwood

Sue M. - Treasurer

Michael C- visitor

Toni

Abby C - first time, Rep for the monday and thursday meditation meeting

Susan G- Rep Thursday noon Govt. Center meeting

Nancy GP - website

Marge M - Rep wed noontime wellesley mtg

Allen F- Monday Brookline mens meeting

Bob - Friday night Harvard Sq mtg

Blair- Weds POC mtg rep, WSBC, and Region 6 board member

Jean E- corresponding secretary

**Serenity Prayer: 9:00 am**

* Introductions: Everyone present introduces themselves and their role in MWI.  Each attendee shares one thing they are grateful for.
* Susan G and Abby C went into a breakout room to go over the introduction of how the intergroup works.
* Reminder: An intergroup representative’s (intergroup rep’s) role is to:

(1) Report what is going on in the intergroup to their meeting

(2) Support MWI’s strategic goals through work on related projects.

(3) MWI is available to support reps. There will be a time in the meeting for reps to bring up issues or ask questions on behalf of their groups.

* Other information: 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. Orientation for new members will be done in a breakout room, if needed.
* Readings (need 4 volunteers): Kathy B read the 12 Steps, Sue M. read the 12 Traditions, Chloe read the Concept of the Month (short version), Jean E. read MWI’s Strategic Goals.
* Review of minutes (need 2 volunteers): Kathy B and Susan G will serve as this month’s ad-hoc subcommittee for minutes approval. Procedure: Notify Recording Secretary (Chloe G.) of edits or approval of minutes within ~3 days of receiving draft minutes. Once edits are made by the Recording Secretary, the minutes are considered approved.

**Ongoing Business: 9:20 am**

☐ Treasurer’s report: Sue M.

We took in $1,186 in donations in March, $1,333 expenses including quarterly donations to WSBC, bills to zoom and web services, and world service delegate expenses. To reconcile with our bank statement, as of $10,585.02 in our bank account at March 31.

So far in April we’ve taken in 860 in retreat registrations, and 125 group donations.

Total outstanding expenses are $1,055.53 (The bulk of this money is income from Retreat registrations that have not been paid to LaSalette yet. This number will be higher next month as Retreat Registration money will continue to be collected and will stay in MWI's account until paid to LaSalette in early June.)

**Working balance of April 14th: $6,914.49**.
Chloe asked about money for the retreat, and Sue M confirmed that we have passed the 20 registrant minimum in order to break even with our commitment to them.

☐ Website & Social Media: Nancy G. P.

We had 1.2K users this month, 1.1K new users. We had slightly more traffic this month than usual. Mostly from the US, UK, Ireland, where we advertise. Average engagement time was ~1min. We had 59 folks come to the Retreat page this month, which is new. Susan asked about what words route to our page, and there are lots of words including overeating, eating disorder, binge eating disorder.
Barbara asked about ads and our tradition of attraction not promotion. Nancy explained that we get free advertising, and there’s been debate about this for 20 years. Blair explained that region 6 and world service have also discussed google ad words and also have approved this activity. Blair explained that our IG was one of the early adopters and because of our success. Nancy GP explained that this is how we get the word out to people who are still suffering. Blair explained that people are going to google to try and find stuff, and so this is where info needs to be available.

Also, we are not paying or promoting Google. Susan G. explained that google is now kind of like the phone book, and we have a listing in the phone book. It’s where information lives.

Sue M. also explained we are not promoting our individual selves but the organization.

Nancy also explained that it would be good to put the links to our social media feeds in the announcements.

☐ Hotline / Voicemail: Steve M.

☐ Workshops: If received, Barbara K. to share emailed report from Emily B.

☐ Sponsor Bank: If received, Barbara K. to share emailed report from Shelley

☐ ‘Where Do I Start?’ (WDIS) pamphlet: Jean E.

Jean sent out a couple yesterday, and has another order for one today, so it seems to be the same each month.

Sometimes, we get inquiries about advertising another organization, or offering PR or social media help. Nancy GP said they are likely spam, and don’t even need to respond.

Barbara also mentioned that we got a volunteer from someone interested in running the newsletter, and she put him in touch with JB.

**Region and WSO:**

☐R6 Assembly Report: Michael P, Chloe G, Blair

Blair reported that she is the region 6 secretary now. The meeting went really well, and she is also the board mentor on the PIPO committee (Public Information/Public Outreach). Every year the Committee has the opportunity to review Blitz applications- free money for intergroups to carry the message. Blair suggested that if you’ve never attended Region 6 assembly, we encourage you to do so! It’s about 5 hours of meetings.

Chloe also reported out on how eye opening the experience was.Chloe also shared that there were many people at the meeting who have been doing service for many many years and in need of new folks. The challenge is that one has to have done a certain amount of intergroup service before they can advance to the region level- so we need to think about building the service pipeline.

☐ R6 Forum and Calendar: Barbara K.

Barbara explained that 1x/month, there’s a Forum for all members and reps in Region 6. Recommends attending. The most recent one was on March 26th, and they had lots of suggestions about how to encourage members to do service above the group level. One of our thoughts was to use the friends list to the distribution list, and found that they were essentially the same list.

Blair explained that the Region 6 calendar is now open for anyone to put events on the calendar and folks can post about events. This is a great way to get the word out about events. Also, Blair pointed out that we won’t have an intergroup forum in April due to WSBC. The May meeting is during memorial day weekend and there will be a presentation on the PIPO.

Michael P is on the Region 6 web and pubs committee, so Blair can circle back with him offline. Barbara suggested that we get the workshops on that calendar.

Chloe raised the importance of broadening the base of folks involved and Barbara suggested we talk about how to get folks more involved in the pipeline as a sub-committee.

Barbara also suggested the possibility of a joint event with MBI, a social event in person like a big picnic or something- a byo lunch and hangout. 12/12 voted yes.

Blair also wanted to share that there has been a longstanding effort to do events in collaboration with MBI, and while this hasn’t yet come to fruition, there’s still desire. The issue has been the differences between the two intergroups with respect to food plans and some of MBI’s very specific food plan, and it’s been challenging to merge these for a workshop.

Nancy GP - asked the name of the person who’s helping us with the retreat registrations. And also a reminder to send events for the MWI calendar.

**Ad hoc Committees:**

☐2023 Retreat: Rachel S, Susan G

Susan G delivered the update on the retreat subcommittee- all is well. The fliers are out, the announcements are out. We are ⅔ full, so remind people to sign up before we fill up. We have a great location with amenities,a great retreat leader. And a great topic: Sometimes Quickly, Sometimes Slowly-The Miracle Can Happen, Big Book and relapse focus

Had one other thing to raise here, our retreat leader is coming in from out of town and is coming in early. We’re looking for someone who’s willing to offer a guest room May 31 and Jun 1 for just two nights. You don’t have to transport or feed them, and we need a cat free space because she’s allergic. Ideally Boston area, or west or south of Boston. Asked if we could ask at meetings. Dogs are ok.

☐MWI member survey: Chloe G

Chloe delivered an update most surveys received so far are from folks in program many years, we would like to get a broader representation of responses especially from folks newer to program.

We could post the survey on the newcomer page on the website? And bring it to the newcomers meeting too. Post the survey on the website.

We will continue to make the survey available.

☐Increasing IG Participation:  Barbara K, Sue M.

**New Business: 10:15a**

☐Zoom security settings: Blair

Blair raised that one of the folks who uses the zoom accounts asked that we change the security settings, that the sound comes on when a new member enters the room and only the host hears it. Blair has been stewarding the zoom accounts and wanted to ask if the intergroup wanted to put some bumpers around the decisions that Blair can make on the zoom accounts. So this is in fact two questions:

1. Can we change these settings?
2. What are the parameters on what Blair can change as a trusted servant, versus what to bring to the larger group?

Susan suggested we have an ad hoc committee that Blair can bounce ideas off of. Susan and Nancy GP. volunteered. If there’s a process question, Blair can bring this to them. Larger issues can be brought to the IG.

Bob reminded the group that video-conference intruders is a better terminology than “zoom bombers”, and it’s been helpful to announce this at meetings.

Blair moved that we allow a trusted servant make changes to the zoom accounts such that the entering ding is only audible to the hosts, and that an ad hoc committee be available to bounce these ideas off of in the future. 10/10 voted in favor.

☐ Volunteers (2) for Natick High School Wellness Fair Wednesday, May 17th, from 8:30

am-10:30 am.  OA has always had a table.  Annette Ziegler (508)-647-6400 X1606: Barbara K.

Sue M. volunteered to be at the table. Sue will contact Annette. Abby C. also volunteered. Chloe G. asked, should we reach out to the YP meeting? Abby C. mentioned that she goes to the Sunday 6pm meeting and there are a lot of young people there and she can bring it up. Bob K also raised it would be helpful to have a young man there if possible.

**Questions/comments/meeting concerns from meeting reps**

Alan F asked: Is there a minimum amount of funds we should keep on hand as a group? What’s appropriate. Blair explained the types of things folks could use money on: Medallions, literature, etc. Barabara added that since some meetings are going hybrid, a prudent reserve could be used for technical equipment should they want it. Blair raised that if meetings are certain that they will never move to hybrid or in person again, they could consider getting a new meeting ID. Barbara mentioned that you can also join the virtual intergroup but then would not be part of MWI. Alan F stated their group already voted and they prefer to stay affiliated with MWI.

Barbara asked about the new Norwood meeting, but no report out from them yet as they just started meeting.

Kathy B. noted they had gotten some literature from another meeting in their area.

Chloe asked about literature for workshops, and Sue explained there isn’t a category for workshops in the budget, though there is a category for new meeting support. Sue M stated that we can talk offline about what category it might fall into.

Marge M. asked about the date for the Sponsorship workshop.

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

☐Recording Secretary review with group the possible announcements for April 2023

☐ Close with the Unity Prayer

**Announcements:**

* Social media feeds
* Retreat registration
* Sponsorship membership poll
* Sponsorship workshop, and there’s no June workshop because of the retreat
* *Also, in this month's announcements for the retreat could you update the text as follows:*
* **Join us for MWI's Annual Retreat**-June 2-4 2023 Big Book and relapse focus. We'll gather in person at La Salette in Attleboro, MA w/private rooms, 4 meals included. Filling fast, registration deadline May 15th. More info & register at: [Retreat 2023 | MWI (metrowestoa.org)](https://www.metrowestoa.org/retreat-2023/).

**Adjourn: 10:30 am**