**MWI Meeting Minutes**

March 18, 2023

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

**Present:**

Barbara K- chair person

JB - newsletter

Jackie - rep

Blair - vice chair, Region 6

Chloe G. - Recording secretary

Sue M - Treasurer

Kathy B - Westwood Sat meeting

Nancy GP - Web person and PIPO (R6) committee member

Marge M- rep

Susan G - Gov’t center meeting rep

Mimi M - Visiting today, and will be the contact for a new F2F meeting in Norwood.

Kathy E - representing the JP meeting

Paula - Friday Acton Noontime meeting

Alan F - Brookline Monday

Bob M. - Rep Friday night Cambridge BBSS

**Serenity Prayer: 9a**

Zoom bombing report: Blair P

*Barbara suggested that we change the language to video conference disruption so as not to invoke or trigger the experience of actual bombing.*

*Blair explained that video conference disruptors have gotten more complex and advanced, now using Deepfake takeovers. Blair mentioned that instructions on avoiding the new form of disruption have been circulated, and if we need them, we can email Blair P. Blair explained that efforts to interrupt Deepfake takeovers include: changing all host codes asap. Updating zoom to the latest version of zoom. Keep host codes as sensitive information. Set parameters as to who can access them. When someone requests the host code during a meeting, ask them to turn on their video, and maybe even ask questions that only that real person would know- for example, you could decide on a code word that only hosts would know. Only*

*Marge M. asked if we could create waiting rooms for our group members, and Blair confirmed this can be helpful as well.*

* Review of meeting etiquette: REMINDER that the intergroup representative’s (intergroup rep’s) role is to:

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

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

* 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.

*Kathy E was new to the meeting and Susan G. agreed to support her after the meeting to get oriented.*

* Readings (need 4 volunteers): *Kathy read the 12 Steps, Marge read the 12 Traditions, Susan G. read the Concept of the Month (short version), JB read MWI’s Strategic Goals.*
* Review of minutes (need 2 volunteers): Two people will serve as this month’s ad-hoc subcommittee for minutes approval. Procedure: Notify Recording Secretary 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.

*Susan G. and Kathy B. volunteered to review the minutes*

* Introductions: Everyone present introduces themselves and their role in MWI.  Each attendee shares one thing they are grateful for.

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

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

*Took in $926 in income*

*Expenses: $509.61*

*Balance $416.39*

*Barbara asked if Region 6 registration/travel fees are included in the budget, as that’s coming up. The answer was yes. Chloe asked if we send those reimbursements to Sue, and she confirmed.*

*All income from Paypal during Feb was transferred to our bank account.*

*Cash on hand in Bank account: $10,842.63*

*In March, we have had $995.00 in donations to date.*

*We make quarterly contributions to R6 and WSO, and we will be paying $363.10 and $1,089 this quarter, so these, and paypal fees, is a total of $1487.62. We also have a 2024 retreat reserve of $3,000 and a prudent reserve of $600, so the working balance is $6,650.
Sue explained that paypal fees are the fees on any donations.*

*Mimi asked if there was money from intergroup to get new meetings started. Sue M. confirmed there is, and Susan G. suggested that there may also be several meetings that used to be in person that are now on zoom who could donate their old literature.
Susan G. moved to approve the budget report, it was seconded, and 11/14 people present voted yes, 2 didn’t vote and 1 abstained. Budget report approved.*

Strategic Goal Updates:

☐ Website & Social Media: Nancy G. P.

*Nancy G. Presented our monthly report. Nancy noted we got quite a few spammers on our CRISP chatbot.*

*Nancy also mentioned that we have a volunteer, Sarah who has been doing an excellent job with social media.*

*Nancy also put in a plug for the Sunday night newcomers meeting.*

*Nancy also mentioned that she is hopeful more people will get back in person.*

*Jackie asked about what is a leaderboard on the CRISP chat, and Nancy explained that these are the volunteers who respond to the chat requests.*

*Jakie also asked about the “young people” category- Nancy explained it’s 18-30. Young people is a special focus on the MWI website too- which links out to the Young People’s resources.*

☐ Hotline / Voicemail: Barbara K. to share emailed report from Steve M.

*Steve sent in a report. Most of the requests were for passcodes, but he’s also been in touch with Mimi about the new meeting. Also one request about the retreat.*

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

*Emily has already rescheduled the June workshop to the second week in June instead of first so as not to conflict with the retreat.*

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

*No update given.*

☐ ‘Where Do I Start?’ (WDIS) pamphlet: Jean E.
*No update given.*

☐ Flash mob: Blair P.
*Barbara explained this will be removed from the agenda for next month, as we voted last month to discontinue these.*

**New Business: 10:15a**

☐ MWI 2023 Retreat: Rachel S. & Susan G.
*Susan G. shared the retreat theme and title “Sometimes Quickly, Sometimes Slowly-The Miracle Can Happen!” (the title was suggested by Barbara- thank you!). Retreat will focus on the Big Book and relapse. Susan G showed the retreat flier, and also explained that she and Sue M went to the retreat center and if anyone wants to see pictures they can ask to see them. Registration fee is $215. Flier expected release next week. Recognized the rest of the retreat committee: Sue M, Rachel, Chloe, Margaret Ann, Boots and Sarah. Susan G. explained that there is a refrigerator and microwave available for participant use, walking trails, and any questions about the menu for folks who need information relative to their food plans will get the menu in advance so they can plan. Max attendance is 45 people. There will be 5 partial scholarships. Boots made the flier. Susan G. mentioned people are so excited to get together in person, and is hopeful it will sell out. Barbara K explained that although the retreat theme mentions relapse, you don’t have to be in relapse to participate. Reps, please explain that all are welcome.*

☐ MWI sponsorship ad hoc committee report: Chloe G.
*Chloe G. reported out that the sponsorship working will take place in May. [CHLOE FILL THIS IN] Sue M and Barbara offered to support Chloe G. with getting the survey out.*

☐ MWI roles spreadsheet for 2023: Jean E.

*Jean got the reports from everyone but will send out.*

☐ R6 Spring Assembly (reps and registration): Barbara K.

*No updates, since we already discussed reimbursement during the budget discussion.*

☐ Report from R6 Intergroup Forum 2/26/23: Barbara K.

*Barbara K attended and asked Nancy GP if the upcoming meetings are listed on our MWI website.*

*Barbara brought several ideas back from the Intergroup Forum. These included making sure the OA World Service website has updated info for all of our meetings. Susan G.mentioned Blair had raised this before and had done some updating herself and we might want to defer talking about this until next meeting as Blair had to leave early. Another was allowing time in our IG meeting for individual IG Reps to speak. There was a discussion on how you get more intergroup reps. One example is for IG board/reps to attend meetings that don’t have a rep and make some announcements/explain what the value of IG is. Also suggested that there be a time on the IG agenda where IG reps could bring issues from their groups to the meeting.*

*Susan G. made two motions based upon Barbara K’s report from the Intergroup Forum. 1- That we allow time in each IG meeting for individual IG Reps to bring ideas, issues or questions to the group. It was agreed to do this in the future.*

*Barbara K. asked how many people on the meeting were intergroup reps, and 7 people had their hands raised.*

☐ Discussion about adding Friends of MWI to Agenda distribution:  Barbara K

*Yes, we will do this. Now, reps and friends of OA will be 1 list ( Sue said she would do this), and this whole list would get the MWI meeting agenda.*

*Nancy wanted to say thank you to JB about the Newsletter because it’s so thorough and good! Thank you JB!*

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

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

* *Retreat Announcement:* [*MWI Retreat Registration 2023 | MWI (metrowestoa.org)*](https://www.metrowestoa.org/retreatregistration23/)
* *Workshops*
* *Member Survey*

☐ Close 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.