**MWI Meeting Minutes**June 17, 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

**Attendance**

Barbara K- Chair  
Susan G- Rep Thursday noon Gov’t ctr meeting  
Blair P - Vice Chair, WSB delegate  
Nancy GP - Region 6 rep and paid professional on web   
Abby C- rep for both Thursday meditation meeting, Monday Morning Meditation Meeting and the Tuesday Big Book Step Study Meeting at 7:15.- voting rep for Thursday only  
Sue M- treasurer  
Rachel- rep for Sat Cambridge HOW meeting  
Jean- corresponding secretary  
Chloe G. - recording secretary  
Kathy B - rep for Westwood Sat meeting  
Kathy E - rep   
Mary M - substitute rep, guest  
Bob M - Rep for Friday evening BBSS meeting  
Marge M- rep

**Serenity Prayer: 9:00 am**

* Introductions: Everyone present introduced themselves and their role in MWI. Each attendee shared one thing they were grateful for.
* 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): Marge M read the 12 Steps, Kathy B read the 12 Traditions, Jean read our Concept of the Month (short version) and MWI’s Strategic Goals (updated 16 Jan 2021).
* Susan G and Kathy B volunteered to Review the minutes

**Ongoing Business: 9:20 am**

☐ Treasurer’s report: Sue M. Read the May Report

Total May contributions $1,575

May Expenses paid:

· $714 for CRSP

· $31.92

· $40.71 in Paypal

· $446.75 R6 Delegate expenses

· $1,950 WSBC Delegate expenses

May Balance (Income-Expenses) -$1,609.08

Bank Balance as of 5/1: $9,717.92

Ending Balance as of 5/31: $9,141.14

Working Balance as of 6/14: $2,642,06

Barbara K asked- did we do ok with the retreat? Sue M said yes, the invoice is paid, but it’s an expense not a money-making endeavor. Attendees pay the full cost of their stay at the Retreat Ctr. Sue M. noted that we pay the other costs of the retreat, leader transportation and room, handouts, supplies, etc. Blair agreed that it is a service we do, and it’s worth it. Sue M also noted that we had an expense related to the retreat (airfare for the leader) that was paid in an earlier month. Susan G. reminded the group that we had a pre-approved budget for the retreat and we stayed within it.

Blair reminded the group that we are trying to spend down our overall balance and spend the money to be of service.

Kathy E asked do I need to send this budget to my group? Barbara said the announcements go out which is what to announce to all the meetings. The minutes are posted within a month to the MWI website.

☐ Website & Social Media: Nancy G. P.

Nancy reminded all that the The Sunday Framingham hospital zoom meeting (was a newcomer meeting for a little while) has been closed.

Nancy then showed her monthly website report and noted a few things:

National OA didn’t have their google Ad Words worked out for a while and so we were getting a lot of national OA type traffic. Now they have their google ad words working, so our traffic is lower, but that makes sense. Our new normal is a little less traffic than before.

Blair reminded the group that Google provides non-profits with grants to post ads. The ads we have posted would have cost ~$5k but we don’t have to pay it, because we are a non-profit.

Nancy also showed that we have a CRISP chatbot that works like a hotline on our website. Nancy appreciated that there are members who have been doing great service responding to the chatbot questions live.

Barbara K asked about the abstinence requirement for helping with the chat, and Nancy said no requirement, and you can send an email to [info@metrowestoa.org](mailto:info@metrowestoa.org) and she can get you set up.

Nancy reminded people that she is both a volunteer doing service, but that a lot of the website work is also paid- she is a paid professional for the intergroup.

☐ Hotline / Voicemail: Barbara to share email report from Steve M.(if available)

· Almost all requests for passcodes to meetings

☐ Workshops: If received, Barbara to share emailed report from Emily B. (if available)

· Next workshop, on intimacy and relationships is July 2nd

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

· No updates this month

☐Speaker Bank:

· Beth has been doing this service for several years, and she just stepped down. We need a new person to handle this.· Susan G. volunteered, and will communicate with Beth K.

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

· Jean sent one pamphlet last month. Jean mentioned that she also gets a lot of spam (people wanting to list ads), but also gets outreach from newcomers or folks looking for information like passwords to meetings etc.

**Region and WSO:**

☐Fall Assembly Reg begins in August. Need to recruit IG reps to go

· We’re looking for people to go to the Assembly. It’s a Day-long event. It’s the 23rd of Sept. Nancy and Michael (Chloe is Nancy’s alternate) were the Spring reps. Barbara K. mentioned that we’ll keep announcing it.

· Requirements: go to the assembly, report back, be a Intergroup rep for at least 6 months, 1 year of a service position, and 6 months of abstinence.

☐Support of R6 Convention new raffle format: Barbara K:

The 2023 convention will not be doing gift baskets. There will be a raffle done in a different way this year. As the largest fundraiser for the convention, instead of paper tickets, which are difficult to manage, they created a safe online site to purchase your tickets - click to reach this site: [Raffle Ticket - Region 6 Convention (square.site)](https://checkout.square.site/buy/6FJGOI33YGKYSXXLAW7M5T4Z)

A $10 donation gets five chances to win. The three prizes are:

● 1st: Convention Registration and Hotel

● 2nd: Full set of Convention Recordings

● 3rd: Convention Registration

Prizes will be drawn during the Region 6 Fall Assembly, Sept. 23. Prizes are transferable, so even if you cannot attend, you can give the prize to someone else.

They are asking if you would get this information out to your groups to allow the members the opportunity to join in the raffle.

☐ Report on June IG Forum: Barbara K

· Blair presented the PIPO fund at the last Forum, and MWI has gotten money recently, so we won’t likely apply this year.

☐Possible social event in August with OAMBI: Rachel

Rachel stated we would like to cohost a park event in August. Blair moved to organize an event on the 2nd Saturday in August, and to allocate funds (probably between $100-$120) for park reservations, waters/seltzers. 9/10 folks in favor, motion passed.

Rachel will work with Nancy to put together a flier, and will communicate with Chloe to get it into this month’s announcements.

**Ad hoc Committees:**

☐2023 Retreat: Rachel S, Susan G

Susan G reported that the retreat was wonderful. The facility is great and it will be a great place for future retreats. We were able to provide all attendees with a booklet that is a step by step guide through the big book that the speaker prepared, including links to podcasts that help with the steps.

Susan G. mentioned all went smoothly and Rachel mentioned that we had 41 people- we were full and had a waitlist!

Mary M asked- is there a way that we could get the booklet? Susan G. advised that we don’t have any more printed booklets but within a few weeks there will be a digital file of the materials in the booklet with live links that will be available and will be distributed to all attendees within the next two weeks or so for personal use only. and that Mary and anyone else wanting the digital file can send an email to the [info@metrowestoa.org](mailto:info@metrowestoa.org) with their request and email.

☐Sponsorship committee: Chloe

Chloe reported that the committee has completed its original three objectives (update the sponsor bank, hold a sponsorship workship, and survey our members). We are likely to take down the membership survey (28 responses), and review responses and see if there are any other indicated actions from the survey that we can bring back to MWI at our next meeting.

☐ Passcodes: Blair:

In response to zoom intruders and deep fake effort that have been so disruptive, we had taken the passcodes off the website and meeting list a while back. The men’s meeting has requested to make the passcode for their meeting available in published materials so it is easier to find and people don’t have to call to get it. Blair suggested that the safest way to do that would not be to publish the password that is for all the other meetings and instead that we set up a new meeting ID and Passcode just for the Men’s meeting that could be posted. Nancy said best practice is not to post passcodes online. Alan F. asked for clarification. Blair suggested that the Men’s meeting was advised of this approach and once they have the new Men’s meeting link and passcode, they can publish the passcode. Barbara suggested that we authorize Blair to set this up, and then Blair and Alan will connect offline to proceed. Alan will check back in with the meeting, and the meeting can decide whether or not to move forward with this new meeting link and password and posting it publicly.

**New Business: 10:15**

☐New initiative for IG after sponsorship is done?

(We did not have time to cover this item - postponed to next week)

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

Bob asked for where to find the strategic plan. Blair will send it to him.

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

Chloe reviewed the possible announcements for June 2023:

Email info@metrowestoa.org to volunteer for CRSP chat service.

The Region 6 2023 Convention is October 13-15th and is being held at the Sonesta Hotel in White Plains, NY. Info at oaregion6.org/2023-convention-welcome-home

The Convention Raffle is being done a bit differently this year. As the largest fundraiser for the convention, instead of paper tickets, which are difficult to manage, they’ve created a safe online site to purchase your tickets - click to reach this site: [Raffle Ticket - Region 6 Convention (square.site)](https://checkout.square.site/buy/6FJGOI33YGKYSXXLAW7M5T4Z)

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Upcoming workshops:

| 07/02/2023 | Intimacy:  Opening Up in Relationships with Other Humans | It has been said from many different sources that the opposite of addiction is connection. So many of us crave emotional intimacy with others, yet have lived in the isolation of addiction for so long, we often find it difficult to build and grow healthy relationships. Join our panel of speakers as they share their experience healing and deepening relationships in recovery, and finding the courage to cultivate true intimacy with others. |
| --- | --- | --- |
| 08/06/2023 | The Promises of the Steps | If you’ve been in OA for a while, you’ve probably encountered “The Promises.” But did you know that those, guaranteed if we work step nine, are not the only program promises? This examination of promises associated with other steps will inspire you to work the program in a new or deeper way so you can experience all of the gifts of recovery. |

Picnic date and time - Rachel will email Chloe

☐ We closed with the Unity Prayer

**Adjourn: 10:38 am**