

MWI Meeting Agenda

July 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>, 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
- 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 Sunday morning JP meeting
- Bob M - Rep for Friday evening BBSS meeting
- Marge M- rep for wednesday wellesley
- Alan F. - rep for Tuesday Brookline

Serenity Prayer: 9:00 am

- **Introductions:** Everyone present introduces themselves and their role in MWI. Each attendee shares one thing they are 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):** Kathy B read the 12 Steps, Marge M read the 12 Traditions, Blair read the Concept of the Month (short version) and 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 (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. Jean and Kathy B volunteered.

Ongoing Business: 9:20 am

Treasurer's report (including Retreat): Sue M.

Income:

- June income: \$1,130.12 (paypal and checks 7th tradition)
- Retreat income: \$6,890
- Total monthly income: \$8,020.12

Expenses:

- Note an extra banking fee this month: \$16 because balance went lower than a specific limit. Our current account has a minimum daily balance of 3k. We went below that because we had to pay the retreat center before we'd gotten our retreat ticket-leap payout.
- Retreat expenses: \$8,815
- Leader expenses and supplies: \$91.94
- Retreat subtotal: \$8,906
- Total Expenses: \$8,952.26

June Balance: income-expenses = -\$932.14

Ending balance at end of June (matches bank statement): \$8,213.14

- Through July 11th: 521.00 in contributions
- Total outstanding expenses (R6 and WSO donations, Paypal fees, reimbursement for park reservation for Aug park day): \$2,088.74
- 2024 retreat reserve: \$3,000
- Prudent reserve: \$600

Working balance as of 7/11: \$3,045.67

Website & Social Media: Nancy G. P. - NGP not able to give report. Will report next month.

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

- all calls were for passcodes to meetings
- No one was at the Acton Friday noon meeting by 12:11- Blair will contact the meeting contact to find out what's going on.
 - FOR NEXT MONTHS AGENDA: Discussing a Whatsapp meeting announcement solution for getting folks to meetings. Susan G can rep this next month.

Workshops: No report this month. Reminder that Barbara is leading a workshop on the promises on Aug 6th.

Sponsor Bank: Bob M summarized the updates he's been making calls to update the list. Bob has been updating some folks- got three good responses and some no-responses. So of the 8, 4 positive responses, 1 had some issues and didn't want to be on the list at this time, and 3 didn't respond. Jean asked about if Shelley is still the right contact and Barbara will reach back out to confirm.

Speaker Bank: Susan G. has taken over, and Susan is getting the information from Beth.

'Where Do I Start?' (WDIS) pamphlet: Jean E.
No requests last month.

Region and WSO:

Fall Assembly Reg begins in August. We still need a third rep. Chloe and Michael will attend, but there's room for one more. Date of Assembly is Sept 23rd.

Support of R6 Convention raffle: Jean, Rachel and Barbara mentioned some confusion about raffle baskets. There used to be raffle baskets, but we thought that there was a different kind of raffle this year. Blair also mentioned that even as a board member they haven't heard about these baskets. So Blair will ask at the board meeting on Wednesday coming up and will report out to the larger group. Susan G. suggested that maybe we misunderstood and maybe we're doing both baskets and raffled tickets. Sue M pointed out that we did not allocate any money in our MWI budget to contribute to a raffle basket, so as soon as we find out whether raffle baskets are still happening, we'll need to figure out what to do about that. Blair will circle back with an update to clarify for us what's happening.

August picnic with OAMBI: Rachel is working with Nancy to get a flier on the MWI website. Reminded the group that it's bring your own food, by we'll supply

seltzer and water. And Rachel will make sure JB has the info for the blast. Barbara reminded the group to spread the word at meetings.

Ad hoc Committees:

Sponsorship initiative: Chloe

Chloe reported out that we had 27 responses to our MWI membership survey/Sponsorship addition. 80% of respondents were long timers (6-20 years and more in program), and ~75% were sponsors. Chloe reported out some other trends from the survey, including how the questions that were raised (how do other people sponsor, and how to deal with tough sponsorship challenges) were addressed in the sponsorship workshop.

Of note, the respondents valued Newcomer focused events, Sponsorship training, and workshops as the most important MWI function/services for the intergroup. Popular workshop topics, in descending order, were: Steps, Prayer and Meditation and Body image; Food plans and Sponsorship training; Traditions and concepts. Lastly, 4 new people got onto our MWI sponsorship list through the survey. Due to dwindling participation in the survey, Barbara confirmed we can down the survey. Chloe confirmed that since Bob also updated the sponsorship list, our current work on the committee is done.

New Business: 10:15

New initiative for IG after sponsorship: Barbara and Chloe

Barbara and Chloe proposed Three Possible new initiatives/focuses for our IG:

- **Supporting OA meetings to go back face to face**
 - Kathy noted that at the in person meeting, seeing at least 3 new people each meeting. Noted also that people are still frightened to come back in person.
 - Susan G. mentioned that whether a meeting wants to go live or not is a meetings decision.
 - Sue reminded us that we have \$100 in “new meeting support” that we could remind people we have and could be used for going hybrid
 - Blair agreed that every meeting is autonomous. We can’t direct how they go in person or online.
 - Kathy mentioned that there was a lot entailed in going hybrid.
 - Rachel mentioned that it doesn’t have to be a big deal if you want to go low tech.
- **Building up service pipeline**

- Kathy mentioned that she goes to a meeting where the service positions are only 1 month long, and everyone takes one.
- Susan G. said this is a worthy initiative.
- Sue M. and Blair P. agreed this is a good initiative.
- **Billboards and bus-back banners:**
 - Rachel reminded the group that years ago we had an ad in the tab, and newspapers.
 - Kathy E. mentioned that this may be quite expensive
 - Barbara mentioned this would likely require another PIPO grant
- **We deferred a final decision on which initiative to the next meeting.** Sue asked that reps ask at our meetings what focuses folks might want the IG to prioritize.

Discussion on changing banks: Sue M

As Sue M had mentioned earlier, BofA requires us to have a minimum of 3K daily balance. Is wondering if we should change our bank. It happened to us once that we went below, but it could happen again.

Chloe asked what are the needs for a bank for us? Do we need something to have brick and mortar or can it be an online bank?

Barbara suggested that Sue M. be empowered to look into bank options and bring them back to the group. Sue M. confirmed she will do this.

Additional supplies: Member reached out to Blair about a bunch of intergroup supplies in their house, and asked if we wanted them- screen, racks for pamphlets, etc. Wanted to give these items to folks who have the room. Do we really need this stuff anymore?

Rachel noted that a lot of that stuff is very old, and was used for PIPO tabling. E.g. for conferences for professionals who do addiction counseling.

Barbara suggested that someone who knows a lot about IG history and needs could go to Rhonda's house and look at the stuff. Blair will ask if she took pictures of the stuff, and also that there's an inventory. Susan G.

reminded us that we also used to go to nutritionists offices, and doctor's offices, wellness centers yoga studios, etc., and we could do this again.

Unless the stuff is gross and funky. Sue M. noted that she lives in Framingham, and Barbara volunteered to go see the stuff and take some of them if they are worth keeping. Blair will connect Barbara with Rhonda.

Suggestion to send newcomer pamphlet to those who reach out via info@metrowestoa.org: Barbara suggested that a lot of newcomers asked

“What do I do” rather than can I get a pamphlet. Should we automatically send a newcomer pamphlet/packet.

Jean also sends the pdf version of the pamphlet. Maybe people don't want to give their address, or their last name. Susan G. agreed that we don't want to ask people for their mailing address or last name when they haven't directly request for things to be mailed. Maybe we automatically send them the digital copy, and ask if you want a hard copy you can get that too. Jean said she does that already.

Questions/comments/meeting concerns from meeting reps

Blair mentioned that last month we had talked about the men's meeting and whether or not to create a separate zoom. Alan explained that All they wanted to do was put the passcode online. Blair reminded the group We can't put the passcode online. The only option would be to give them a new meeting ID with a new passcode that they could put online if they want to. Blair and Alan will

Blair noted that the Sat am HOW is officially hybrid and folks are welcome to come and be in person at Spaulding.

Other/Closing: 10:25a

Recording Secretary review with group the possible announcements for June 2023

- Workshops
- Park Day
- Reminder that the IG has funds for hybrid and new meetings if needed
- Announce that IG is working on our next focus/initiative: Helping people get involved in Service and/or increasing our live advertising like buses, billboards, etc.
- R6 Fall Convention registration

Close with the Unity Prayer

Adjourn: 10:30 am