**MWI Meeting Minutes**

**October 21, 2023**

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

* Barbara K. - Chair
* Kathy B - rep for Sat Westwood meeting (face to face meeting)
* Michael P WSB, Region 6 convention committee
* Blair P - Vice Chair, Region 6 Board
* Nancy GP- outgoing Region 6 rep, web, paid professional
* Susan G. - rep for Thursday noon Gov’t center
* Abby C.- IG rep for Monday 7:30A Meditation meeting
* Rachel - Rep for Saturday morning
* Marge M. rep for wellesley Weds noontime meeting
* Kaitlin Rep for Sunday 6pm Brookline meeting
* Alan F Brookline Monday Mens meeting
* Bob- rep from Friday morning

**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, Blair P read the 12 Traditions, Barbara K read the Concept of the Month (short version), Nancy GP 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 (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. **Susan G. and Kathy B. volunteered**

**Region and WSO: 9:20am**

☐ R6 Convention Report: **Susan G.** thanked Michael P and everyone who served on the Convention Committee- it was our first live Convention in a few years. Convention opened with keynotes on Friday evening with others on Saturday evening and Sunday as we closed. A selection of wonderful sessions, workshops, some writing workshops. Raffle baskets were great! It was a wonderful convention- just smiles and hugs all around. If you haven’t been, it’s not to be missed! Opportunity to make friends with folks from New York up through Eastern Canada. **Rachel** also mentioned that one of the topics was on grief and it included a worksheet on working the 12 steps through grief, and there was also a fun workshop where everyone laughed- also a plug for everyone to go and enjoy it next year. **Susan G.** mentioned there was also line and square dancing on Saturday nite with a teacher who led it and it was really fun!

☐ Michael P no longer able to serve as MWI Region 6 rep- he was elected to be web and pubs coordinator for Region 6 and so no longer can serve as a rep. Call for new volunteer for Region 6 Assembly Rep. When we get to open positions, we will discuss this.

**Ad hoc Committees:**

☐No reports this month

**New Business: 9:35am**

**☐Idea of MWI co-sponsoring R6 convention 2024: Michael P.** explained that especially during the pandemic, we (MWI) got away from how we used to do conventions which was that we used to have an intergroup host a convention. Region 6 wants to do one in this area- e.g. in Providence, Nashua, Worcester, North Shore. So Region 6 is looking for an IG or IGs to help or host. It’s likely that MBI, and North Shore will help- to be confirmed. To be on the hosting committee, it’s a lot of work. But if local IGs do it, it helps with rotation of leadership. **Barbara K** asked: if we decide we want to buy in, what would that entail- what’s the ask? It wouldn’t be an official MWI event, it would still be a Region 6 event, but we would actively engage our metrowest community to support the development of the Convention Committee and to serve on the the various Committees as chairs or co-chairs and as volunteers. There are lots of different service opportunities- program committee, hospitality committee, service coordinator, lots of jobs. We want groups of people to do each job. **Susan G.** explained it’s not a big lift, and lots of people are needed to do service. Asked- have any of the chairs who’ve been involved in the past have committed to stay on to certain roles? **Michael P** mentioned that all the people who’ve done it in the past are available for consult and mentorship, and that there’s also a Policy Guide. Also the chairs can’t be on the Region 6 board. Karen who co-chaired this year will be doing it another year though. **Chloe G.** asked if there’s something we need to vote on? We can contribute things as MWI like raffle baskets etc, but **“sponsoring” means we are taking on responsibility for staffing the committees that help to make the thing happen**. This would be in collaboration with other intergroups on the committee. There are abstinence requirements for being keynotes or workshop leaders, and ideally they wouldn’t be board members…Barbara K stated that helping our membership get involved in service is in alignment with some of our goals. **Susan G.** asked for clarification if there’s something we have to officially sign up for? **Michael P** said no, we need to think about a plan for how we would recruit people to help out. **Michael P.** encouraged us to look at the Convention Manual on the Region 6 Website. **Barbara K.** asked if it would be too late to discuss it next month after reading the manual. Barabara K asked if **Michael P** could share Karen’s information- **Nancy GP** put it in the chat- so that **Barbara K** could reach out to her about what’s next.

**☐ Nomination of 2024 Officers: Barbara**

Blair shared the available open positions.

Chair- **Barbara K**. is maybe willing to re-up for this but will not be able to be here from 10 on on Saturdays. Ideally would find someone who could take over fully but could split the meetings. Nancy GP suggested we could also do this meeting in an hour. Maybe it doesn’t need to be 90min? Blair P. added that yes, we could definitely do this in an hour, and if folks can’t be here to orally report, they just email the reports ahead, and it’s assumed that we have read the reports. We spend a lot of time on the treasurer’s report- maybe ask that people review and ask questions in advance. Nancy GP. mentioned that the same is true with internet reports. Barbara said that with the agreement to have it only be 9a-10a, she **can continue as** **Chair**.

**Blair P.** is **willing to continue as** **Vice Chair.**

**Recording Secretary-** who can do this next? Chloe needs to step down as it has been 2 years. There was a discussion of possible AI transcription services and close captioning services that may help with note-taking. Barbara K said if we don’t get nominees, can we nominate next month? Blair said no, would need special election.

**Jean** wants to **continue as corresponding secretary**.

**Website coordinator**- **Nancy** is still a paid professional and will continue as such, so there’s plenty of support for this role. Do we need this position? We are currently paying **Nancy GP** to do the role in a paid professional capacity. Nancy GP suggested that we could, if we want, initiate a bylaw change process such that we no longer have a web coordinator or such that there is a social media coordinator. Blair suggested that we get a social media coordinator that’s not a board position if we don’t want to do a bylaw change.

**Treasurer-** **Sue M**. has been 2 years, but the position can go longer if needed. Susan G texted to see if Sue would be willing to continue. Sue M confirmed she is **willing to continue as Treasurer**.

**Region 6 Delegates ( 3 positions):** **Chloe** is **willing to continue,** pending someone taking over the Recording Secretary position. **Rachel** is **willing to be a delegate** too, with the caveat that she will get written minutes. **Susan G.** asked for clarification on the requirements and **Blair** explained that the requirements are that there’s a 6 month of service at the IG level, a year of recent service in OA, and 6-mo. abstinence. There is another position open.

**Ongoing Business: 10:00am: Blair will Chair**

**☐ Treasurer’s report: August report is attached. The Sept. report will be presented at the November meeting**

**☐ Website & Social Media: Nancy G. P.** explained that something was wrong with our tags and that’s been fixed. Nancy also mentioned that we might want to do a website refresh. We had some good ideas and it is time to refresh. It might be good to take a look at how we spruce it up. **Rachel** can be on a committee- Nancy will do the heavy lifting. **Kaitlin** also would be willing to help out too. **Susan G** and **Michael** will join too. Will meet once, maybe 2x to develop some ideas to refresh that Nancy will implement.

**☐ Hotline / Voicemail: no report this month**

**☐ Workshops: no report this month**

**☐ Sponsor Bank: no report this month**

**☐Speaker List: Susan G.** Gets occasional requests, and all is well.

**☐ ‘Where Do I Start?’ (WDIS) pamphlet: Jean E.** no report this month

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

**Alan F** and **Blair P** discussed getting a new zoom meeting log in/passcode for the men’s meeting, or the meeting can pay for their own zoom account. It’s not an option to use one of the existing log ins and publish the passcode on the website. **Alan F.** explained that the meeting will sort it out.

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

**☐ Recording Secretary review with group the possible announcements for June 2023**

* Looking for volunteers for Region 6 convention
* Need a Recording Secretary 1 year of recent service in OA e.g. being a speaker getter, treasurer, 6 months at the IG rep at any point in time, ideally 6 months of abstinence. Contact Blair and Barbara
* Upcoming workshops

**☐ Close with the Unity Prayer**

**Adjourn: 10:30 am**

**Readings**

**The Twelve Steps of Overeaters Anonymous**

**1. We admitted we were powerless over food — that our lives had become unmanageable.**

**2. Came to believe that a Power greater than ourselves could restore us to sanity.**

**3. Made a decision to turn our will and our lives over to the care of God as we understood Him.**

**4. Made a searching and fearless moral inventory of ourselves.**

**5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

**6. Were entirely ready to have God remove all these defects of character.**

**7. Humbly asked Him to remove our shortcomings.**

**8. Made a list of all persons we had harmed and became willing to make amends to them all.**

**9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**

**10. Continued to take personal inventory and when we were wrong, promptly admitted it.**

**11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

**12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.**

**The Twelve Traditions of Overeaters Anonymous**

**1. Our common welfare should come first; personal recovery depends upon OA unity.**

**2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

**3. The only requirement for OA membership is a desire to stop eating compulsively.**

**4. Each group should be autonomous except in matters affecting other groups or OA as a whole.**

**5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.**

**6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**

**7. Every OA group ought to be fully self-supporting, declining outside contributions.**

**8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.**

**9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

**10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.**

**11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.**

**12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.**

**The Twelve Concepts of OA Service**

**1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.**

**2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.**

**3. The right of decision, based on trust, makes effective leadership possible.**

**4. The right of participation ensures equality of opportunity for all in the decision-making process.**

**5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.**

**6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.**

**7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.**

**8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.**

**9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.**

**10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.**

**11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.**

**12. The spiritual foundation for OA service ensures that:**

**1. No OA committee or service body shall ever become the seat of perilous wealth or power;**

**2. Sufficient operating funds, plus an ample reserve, shall be OA’s prudent financial principle;**

**3. No OA member shall ever be placed in a position of unqualified authority;**

**4. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;**

**5. No service action shall ever be personally punitive or an incitement to public controversy; and**

**6. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.**

**7.**

**MWI Strategic Plan**

**last updated 16 Jan 2021**

**1. Help members strengthen their personal recovery**

**2. Increase the number of sponsors**

**3. Increase the number of newcomers**

**4. Increase the retention of newcomers**

**5. Help those in relapse**

**6. Inspire people to give more service**

**7. Increase outreach and public information activities**

**8. Support diversity and inclusion to better serve those underrepresented in MWI / OA**

**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.**

**Attachments:**