

## MWI Meeting Minutes

November 18, 2023

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

### Present:

- **Barbara K.** - MWI Chair
- **Chloe G.** - recording secretary
- **Sue M.** - Treasurer
- **Kathy B** - rep for Sat Westwood meeting (face to face meeting)
- **Blair P** - Vice Chair, Region 6 Board, WSBC delegate
- **Nancy GP**- web, paid professional
- **Abby C.**- IG rep for Monday 7:30A Meditation meeting
- **Rachel** - Rep for Saturday morning
- **Kaitlin** - Rep for Sunday 6pm Brookline meeting
- **Jean E**- Corresponding Secretary
- **Alan F** Brookline Monday Mens meeting
- **Bob**- rep from Friday morning
- **Susan G.** - rep for Thursday noon Gov't center
- **Kathy E** - arrived at 10am

### Serenity Prayer:

- 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):  
**Abby C** read the 12 Steps, **Jean E** read the 12 Traditions, **Blair P** read the Concept of the Month (short version), **Blair P** 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.
- **Kathy B** and **Abby C** volunteered to do this service.

### Region and WSO:

□ Assembly Rep Reimbursements: **Sue** reported: For mileage reimbursement: There was a proposed change to the bylaws at MWI to reimburse at half of the IRS rate, but that bylaw amendment didn't go through, so we do need to clarify this in the future. Barbara suggested that next month, we should delegate a small task force to figure this out. Blair suggested that this was part of budgeting overall, so maybe the budget subcommittee could take this up.

Overall reminder to give Sue the receipts by Dec 1st if you want to get reimbursed.

□ Report on November R6 Forum: **Barbara** reported: Not much to report. The Region 6 forum this month was coming up with topics for the Forums for the new year. Reminder that anyone can go to the Forum- not just intergroup chairs. New chair plus trustee liaison are the facilitators of the space.

□ WSBC 2024: Blair

Blair reported that she and Michael, both chairs of committees at WSBC, will be going to WSBC. Blair needs to leave a day early from WSBC, and is asking the group for group conscience about any concerns about leaving a day early from the conference. Chloe asked about a committee co-chair that could cover for Blair while she's gone- Blair clarified that any committee business happens in advance of the WSBC. Blair would vote on anything that could be votable in advance, but there may be votes she misses. The group voted to approve this, but asked that Blair and Michael reportback on which votes happened on which days.

□ 2024 R6 Convention volunteers:

**Blair** reported that no intergroups, or groups of intergroups have stepped up to "Sponsor" the convention. Also, individuals are still very encouraged to sign up for service positions. Blair noted that serving as a volunteer for the convention and serving on committees for the convention is a lot of fun. Blair also mentioned that if we agree to "host" as an IG, we may also be able to have some control over where it happens. Rachel asked that if we are a "host" IG, would we be required to contribute monetarily. Blair stated that there was no discussion of this at the last convention committee meeting, and that instead, the IG host is responsible for finding the location, designing the thing at a high level (tracks, sessions overall, etc.)

Barbara stated that we aren't in a position to host unless we have specific people that can step up and represent MetroWest in that way. Susan G noted that the co-chair from Region 6 is returning to the committee so there's lots of institutional knowledge. Susan G also mentioned that it is a joyful experience to do service for the convention.

**Sue M.** asked if anyone would be interested in being our point person if we host this? **Blair** said we could directly ask North Shore, Ocean and Bay, Central MA, etc if they want to co-host and **Susan G** can reach out to those intergroups to gauge their interest. Rachel stated that **OAMBI** is interested, but they haven't voted on it yet. **Blair** will reach out to Michael to find out from the co-chair regarding some more details about hosting responsibilities. **Chloe** asked for clarification about the difference between the Region 6 committee and the local host committee, and Barbara clarified that

**Ad hoc Committees:**

□ MWI 2024 Budget committee to form: Sue stated that there are 4-5 people needed to meet 1-2 times- Susan G, Blair, and Rachel volunteered. Sue will send out a scheduling email to set up a time.

### **New Business:**

□ Elections for 2024 Officers: Barbara

two open positions without nominations: 1 region 6 delegate, 1 recording secretary. We will need those positions to be filled and

Because no contested positions, the group voted on the slate of positions: 12 Y, 0 N, 0 Abstentions. Service officers voted in.

□ 2024 Retreat: Susan G, Margaret Ann

We need folks to help out with planning the MWI retreat in May/June- don't have to be an intergroup rep.

**Abby C.** asked about the difference between the retreat and the convention. **Susan G.** explained that retreats are more intimate, smaller, and focused just on one track/process-e.g. one retreat leader taking a group of 30-40 folks through some topic or steps- rather than a large multi-track conference-style event.

**Bob M.** asked how to represent that to his group. **Susan G.** explained that if someone is interested, they could relay their information to Margaret Ann, who is this year's co-chair. The committee members will decide on the retreat leader.

**Abby C.** volunteered to co-chair with **Margaret Ann.**

**Sue M.** will be the treasurer for the committee.

□ Bylaws amendment: **Blair** presented-We had discussed last month to remove the position of Web coordinator because Nancy GP is already a paid professional. Blair laid out the role of the paid professional, and reassured the group this will still be true. Susan G. mentioned a concern about eliminating the position because if Nancy GP can't do it in the future, we'll be out of luck. **Susan G.** asked if we could remove the term limit out from the web coordinator instead? **Blair** said no we can't vote on that today, but we could simply keep the role in, but leave it vacant.

**Barbara** asked about graphic design services, and Nancy said it's available already.

**Kaitlin** asked if there are abstinence requirements to do the social media coordinator help, and **Nancy** said it's 90 days, so Kaitlin and Nancy can talk offline about social media volunteering.

**Nancy** pointed out that the position should always be a paid position. Nancy stated that if she leaves, you could hire someone else.

**Rachel** reminded the group that before, we had another website paid professional too.

**Blair** reminded the group that this won't mean that we can't have volunteers to help with the paid professional's work, it's just that we would be removing it as a *board* position.

**Proposal:** eliminate the position of website coordinator from the board officers vote.

8 in favor; 4 opposed, 1 abstention (Kathy E arrived late, during this discussion, bringing the total number of voting members to 13). Did not pass, as it was not  $\frac{2}{3}$  (.66 of 13 people is 8.6)

### Ongoing Business:

- Treasurer's report: Sue M.

Noted that October had a dip in donations, but that in early November we had a spike in donations again. October was also a low expense month as well.

Ending balance at the end of October, matching bank statement: \$9,260.47. Working balance as of this report submitted on 11/15/23: \$5,359.19. Reminder that we have a Prudent Reserve for both our IG (\$600), as well as a Reserve for the 2024 retreat (3K).

Sue also mentioned that our spending YTD is currently over what was budgeted for this year.

We have a positive working balance, but Barbara reminded us to tell groups to keep donating.

Kathy E asked how to suggest to her group to make 7th traditions. Barbara suggested that folks can donate directly to the MWI website, and include the group number.

Blair clarified that each group should make sure their own expenses are paid before submitting to the intergroup. But if you're paying 7th tradition to your group, you don't \*also\* need to pay into an intergroup.

- Website & Social Media: Nancy G. P.

Not much has changed since last month. Thank you for talking about the donations on the MWI website- there's a drop down menu on the website for donation selections.

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

Barbara reported that Steve said it's been pretty quiet this month. Noted that our standard passcode didn't work for the 10am Sunday Boston meeting and Nancy GP and Blair confirmed they have their own zoom, so Blair will let Steve M know that for future reference.

- Workshops: Barbara/Chloe

Emily is stepping down. Chloe has volunteered to start in March. Barbara stated that anyone can do this service! Just get in touch with Chloe and she will schedule you! Bob asked who to connect with?

- Sponsor Bank:- no report this month.

- Speaker List: Susan G. got two requests this month and sent them out.

- 'Where Do I Start?' (WDIS) pamphlet: **Jean E.** - sent one pamphlet out.

### Questions/comments/meeting concerns from meeting reps

**Abby C.** asked about script edits to formats - can we do that? **Barbara K.** said yes groups are autonomous except in matters that affect OA as a whole. **Sue M** mentioned that this is true we just can't change the 12 steps.

### Other/Closing:

- Recording Secretary review with group the possible monthly announcements

Lots of service available! Region 6 delegate, Recording Secretary, MWI retreat committee, and Region 6 convention committee/volunteers.

- Closed with the Unity Prayer

**Adjourn at 10:30am**

## 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:
  - a. No OA committee or service body shall ever become the seat of perilous wealth or power;
  - b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c. No OA member shall ever be placed in a position of unqualified authority;
  - d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
  - e. No service action shall ever be personally punitive or an incitement to public controversy; and
  - f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

**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