

MWI Meeting Minutes

February 17, 2024

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.** - MWI Chair
- **Sue M.** - Treasurer
- **Kathy B** - rep for Sat Westwood meeting (face to face meeting)
- **Blair P** - Vice Chair, Region 6 Board, WSBC delegate
- **Rachel S.** - Region 6 Delegate
- **Kaitlyn T.** - Rep for Sunday 6pm Brookline meeting
- **Alan F** Brookline Monday Mens meeting
- **Bob M.**- rep from Friday Harvard Square-ish BBSS morning
- **Nancy GP**- website paid profes
- **Marina S**- HOW Saturday meeting rep
- **Susan G.** - rep for Thursday noon Gov't center
- **Jean E**- Corresponding Secretary
- **Chloe G.** (for first 30min)- outgoing recording secretary; Workshops coordinator, Region 6 delegate
- **Mary M.** -Sunday morning meeting
- **Abby C.**- IG rep for Monday 7:30A Eliot Church Meditation meeting

Meeting Opening:

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

We voted to have a note-taker just for this meeting that would be augmented by a transcription software that Nancy will use for just this meeting. 12/14 eligible voted yes, motion passed.

- 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, Nancy read the 12 Traditions, and Jean read our Concept of the Month (short version) and MWI's Strategic Goals (updated 16 Jan 2021).
- Review of minutes (need 2 volunteers): Since there was no volunteer to take minutes, the meeting was recorded on Zoom. Nancy used the Fathom software to record the meeting in video and as a transcript, and to produce an AI-generated summary.
Procedure: Notify person acting as 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.

Starting the New Year

There was no vote for the recording secretary as no one volunteered. Reps were urged to go back to groups to seek a volunteer. Nancy GP volunteered to use the AI program Fathom to record a written transcript of the meeting, and a summary. After the meeting Sue M volunteered to type up meeting minutes from the transcript.

Review/vote on Strategic Goals: The existing goals were written several years ago, and based on a membership survey of what members wanted. It was decided at last month's meeting to discuss any need for an update to them. Blair gave a history on how they came about. There were comments about tweaking the diversity goal, and revitalizing in-person meetings. Susan G volunteered to join an ad hoc committee to consider changes. Nancy GP made a motion to send out another group survey before the next meeting so that there will be information for an ad hoc committee on the strategic goals to address. Sue seconded, and it was unanimously approved. The link for the survey will be included in the next announcements and newsletter. Nancy said she can include a QR code for people to go to the survey, also. Mary suggested including in the mailing to ask people to send their group rep to next month's meeting as a way to get a sense of what members are thinking, and to get more representation at intergroup.

Region and WSO:

R6 News: Barbara K invited Kimberly C, chair of Region 6, to visit our meeting. She will join us at the March meeting.

WSO Business conference agenda questionnaire: Blair will present a summary at next month's meeting. Barbara K brought up her opinion that the motion to redefine abstinence didn't make sense. Blair reminded us that the purpose of the agenda questionnaire was only to vote on whether a motion should be considered or not, not whether it should be passed. Mary reminded the meeting that the AA General Service Office has a copyright on the wording of the 12 Steps, so that motions to change the wording of the steps or traditions are not legal. The WSBC Chair can also call motions that are copyright violations

or the like out of order without bringing them to the floor.

2024 R6 Convention co-hosting with other Intergroups: Susan G has no updates on possibly joining other intergroups to co-host.

Ad hoc Committees:

2024 Retreat Committee (how to frame scholarships, etc.): Susan G, Nancy GP, Abby C, Sue M

Barbara related that a number of emails have been coming in with people asking when the retreat will be and when they can sign up. There was a discussion of when the “Save the Date” information/flyer/email would go out. The artwork for that has been done. The contract with the retreat center has been signed. The committee decided to set the registration fee at \$275 (what LaSalette charges) and offer a limited number of scholarships of \$100 off the full cost. Abbie will continue working on registration up until the middle of May; Sue will work in conjunction with her as the treasurer. Members are encouraged to let their groups know that volunteers are welcome, especially a co-chair whose duties are basically to “shadow” the chair and learn the ropes, and hopefully chair a future retreat.

Ongoing Business:

Treasurer’s report: Sue M.

Noted that January saw incoming donations of \$1366, and expenses of \$687.29, leaving an overage of \$678.71. Expenses included paying the annual fee for one of the three Zoom accounts, Paypal fees, website maintenance, and one WSO delegate expense. The ending balance at the end of January, matches the bank statement: \$8,823.72. Working balance as of this report submitted on 2/17/24: \$5,679.78. Reminder that we have a Prudent Reserve for both our IG (\$600), as well as a Reserve for the 2024 retreat (3K).

Website & Social Media: Nancy G. P.

Nancy sent out metrics for those interested to look at them in depth. We got a strong amount of traffic in January, including an increase in CRISP chats. The 2024 budget included no longer funding CRISP, but that will be up for reconsideration before CRISP comes up for renewal in May. Nancy stated that the use of CRISP goes up and down month to month, it costs about \$700 a year, and she is unaware of any other intergroup that uses it.

Hotline / Voicemail: for Rachel

Rachel stated that most calls to the hotline are for passwords for Zoom meetings. However she did receive one call from a social worker looking for help for a young man. Rachel was able to put them in touch with someone who could help.

Workshops: Chloe - not present to give the report.

Blair reported that she attended the workshop along with 25 or 30 others, and that it was very helpful and amazing. Anyone wishing to lead a workshop or has a topic for a workshop they would like to see is encouraged to contact intergroup.

2024 Budget: Sue M

Sue and Susan G believed the budget was approved last month but since no minutes were available, Sue went over it again, with a slight increase to reflect the Zoom accounts fees. Budget approved by a vote of 13-0.

Sponsor Bank and Where Do I Start?' (WDIS) pamphlet: Jean E

Jean sent out one pamphlet and is almost done with updating the sponsor bank list..

Speaker List: Susan G.

Susan had a bunch of requests for the month; requests vary month-to-month.

Questions/comments/meeting concerns from meeting reps

Alan from the Monday men's meeting had a question from members about making the passcode available. Sometimes the newcomer requests for the passcode don't reach the recipient until the meeting starts, and some people get discouraged, and four long time members have left the group. All other groups have to call someone to get the passcode. Blair stated that she requests to text first for the passcode. Blair, Bob and Susan share their groups' experience with getting the passcode to people who are trying to get on at the start. Nancy stated that best practices for everyone, not just 12-step groups, is to not give out passcodes.

Other/Closing:

Recording Secretary review with group the possible monthly announcements

Retreat date, how to get newcomer pamphlet, list of live meetings, etc.

Barbara made another plea for needing a Recording Secretary. Sue volunteered to type up meeting notes and announcements.

Close with the Unity Prayer

Adjourn:

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;
1. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
1. No OA member shall ever be placed in a position of unqualified authority;
1. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
1. No service action shall ever be personally punitive or an incitement to public controversy; and
1. 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