

Southwest Florida Intergroup Minutes April 6, 2024

Meeting began at 10:37 with the Serenity Prayer

Present: Jill B, Bibi S, Pat H, Alice H, Roz S, Jodi S, Elva B, Janice S, Sharon W, Gil P.

Absent: Carol F, Carol G, Karen N, Lisa K, Peggy H

Added to the agenda: discussion of abstinence requirements for board members to vote.

March minutes were approved.

Concept 4 was read.

Committee Reports:

1. Jill reported that because of Zoom bombers at the Tuesday Estero meeting, the Zoom number has been taken off our website and at WSO; new attendees will need to call the contact person to get that meeting information. Also Karen reported that she is unable to attend our Saturday meetings- she will ask again if anyone else from their group could be the rep. Roz has been forwarding the IG news to that meeting.

2. Bibi—no report

3. Pat reported she tries to complete the minutes promptly so they can be reported to meetings the following week. Also it was clarified that she needs to send approved minutes to Carol F for posting to our website.

4. Alice-- 4/6/24 Summary of Treasurer's Report:

We started March with \$5,703.22 in our LMCU checking and savings accounts.

We received three 7th Tradition donations and five donations for Unity Day, totaling income of \$335.

March expenses were rental of our storage unit for \$39.58, WSO first quarter donation of \$476.60, SOAR Region 8 first quarter donation of \$292.20, purchase of postage stamps for \$13.60, PIPO copying and envelopes for \$42.80, PIPO envelopes mailing for \$23.21. Total expenses for March were \$887.99.

At the end of March the total amount of our funds at LMCU is \$5,150.23 after adding the income and subtracting the expenses from the balance at the beginning of March.

As a reminder to everyone, the total amount of our funds is allocated to four areas: \$500 for IPO/Literature Fund, \$1,000 for Retreat Scholarship Fund, \$200 for Prudent Reserve, and \$3,000 for WSO/Region 8 Rep expenses. These four areas total \$4,700. The remaining balance in our LMCU account for payment of other expenses is \$450.23.

5. Roz—Reports as follows: Any questions should be directed to Roz's cell phone by call or text: 617-240-8876

Subject: IGOR committee meeting Saturday at Assembly

There were 4 of us. Karen was temporary chair, Tom was a green dot, which is the name for the new members attending assemblies. Also, Pat, a lovely woman who switched to our committee. We did a lot of talking about what works, retention of members, changing of positions. Tom has been in OA for 40 years. I was asked if I could mentor a green dot. Of course I said yes. We talked Friday evening. He has been to World Service Business Conference and has lived in 3 different regions. He was impressed with us and the service our small, but active committee does. He had met Rozanne in California. Enough about him. We tried to fit sayings into fliers.

An example is "Loving yourself? Love your program."

Encourage people at meetings to come, stay, and help at different activities.

It seems everywhere the meetings are stuck on zoom.

There seems to be better retention if members are already in other 12 step programs.

Remind people if they are committed to recovery, they should be committed to service. There is power in each group.

We talked about a presentation at medical conventions. It was very well received.

Remember attraction, not promotion

Seminar called Surrender with grace

Start new meeting called feeling or emotional meeting. Fear could be one week, resentment the next week.

Meet monthly for lunch if still needing hugs and the personal touch.

Struggle or small meetings: friendship, but not physical recovery.

I asked why we do not celebrate OA's birthday in January.

Do we have facebook or instagram? People rave that is why they are getting new members.

Grocery cart signs?

Hang posters?

Attend and support zoom meetings from other intergroups with info of what we are doing.

Encourage service with intergroup.

Email newsletter to anyone and everyone, welcome back stuff especially.

Ask at each meeting for email address regarding activities in future.

Service burnout is big. Speakers needed

Subject: Summary and report from spring assembly of Region 8 March 15,16,17 2024

All intergroups are requested to submit new certificates in January of each year AND during the year if any changes in IG chair, reps, or alternatives for Region 8 assembly.

A convention/assembly is being held in Florida on September 20-September 22, 2024, sponsored by Gold Coast IG and Palm Beach Intergroup.

Delegate support update: send to World Service Business Conference additional funds for delegates from Brazil and Columbia.

OA's strategic plans: Region 8 Discussion on service diversity. An intergroup in Missouri wants to join Region 8 as Region 4 is dissolving. There was concern we would have to change our bylaws and Policy and Procedure Manual; however, after much discussion a vote was taken to accept Missouri intergroup. No reason was given why Region 4 is dissolving.

Under ways and means: During convention at Tybee Island last October, all merchandise was completely sold out: Tee shirts, bottles, and journals. The main goal of this committee is to get Spanish written on journals and serenity pens.

A new newsletter is being worked on and will come out in August.

PI/PO committee is presenting a workshop on April 20 at 1pm-2:30 pm. The webinar will host up to 500 people and is based on using social media for outreach. The information for this workshop is <https://tinyurl.com/socialmediaoa>

The highlight of this assembly was voting in a new committee. IGOR, the Intergroup Outreach Committee has had a subcommittee, the international groups from South America and Central America, Puerto Rico, and surrounding islands, where languages other than English are spoken.

There was a brief explanation of different Service Bodies to new members which included National Service Board, Language Service Board, Special Focus Service Board, and of course Region and Intergroups.

There was a push for more people to read and understand the concepts of our program. First there were the 12 steps, then the 12 traditions, and the 12 concepts were last, but should be at the top during discussions of how meetings are held, how votes are taken, etc.

That ended Friday evening. I had asked a question to the chair that when an email came out to ask for service to read at the start of each session, I had sent back an email, offering my services. She didn't remember seeing it, but asked me to be early just in case someone didn't show up.

Saturday morning

I showed up early and was asked to read the steps. Some readers went before me and were asked to slow down by the interpreters. When my turn came, one of the interpreters stopped to tell the chair as I had just finished step 4, that I was at a great pace for them, and spoke clearly, so that the chair told everyone to follow Roz's pace.

Region8 (SOAR 8) is hosting 2025 spring Assembly/Convention in Baton Rouge/New Orleans area.

There was talk about a cruise retreat. No further information was given.

Discussions were also about funds for health fairs, facebook, instagram, general IG emails, meet-up to spread the word about OA.

Information was given to apply to world service for discount literature. Every intergroup could request funding for ads thru PI/PO. There are many resources available thru PI/PO Download;

Each committee had a 2 hour committee meeting, which I have written separately.

The afternoon session had a lot of business and reading of reports, taking votes on motions, nominations for positions on board,

Sunday morning

This meeting from 9-10 was just for the board and chairs of every committee.

At 10:00 to noon, my IGOR committee ran the meeting for all intergroups, so we could work on what works, what doesn't work, how do we retain members, how do we get more people involved in service, etc.

Ata/Acta/Minutes from Last Sunday's R8 IGOR meeting

Intergroup Outreach (IGOR) Sharing Meeting Part of the Region 8 Business Assembly. Held via Zoom Sunday, March 17, 2024 10-12 Eastern Time. We began with the Serenity Prayer in English, Portuguese, and Spanish. Read Voices of Recovery, the entry for April 14 (This is read each year at the Southwest Florida Intergroup Unity Day Event). There was a request that one of the members talk about meeting OA's founder, Rozanne S. He said that Rozanne hated it when people called our OA promise prayer by its slang name: "Rozanne's Prayer". He also said that Rozanne took him aside and said how hard it was for her to come back after relapse. Please consider joining the IGOR Committee! This was placed in the chat: Our monthly meeting is THIRD Thursdays 6pm Eastern Join Zoom Meeting <https://us02web.zoom.us/j/81639168833?pwd=MU16VFFKeERpY0RxTEhSKzRSMk55QT09> Meeting ID: 816 3916 8833 Passcode: intergroup The moderator then asked participants to talk about their Intergroup and share what is working (positives) and what is not working (challenges). Each speaker was timed for 5 minutes.

(1) Suncoast IG (Tampa FL) Suncoast Intergroup | of Overeaters Anonymous (oasuncoast.org) Positives: 3 times a year we hold Fellowship Workshops. The last one was Unity Day where we had three speakers

who talked about diversity and inclusion in OA and an activity about “Mind Mapping”. Challenges: Only 4 in-person meetings and it seems that only two of those are supporting the entire Intergroup. We need members to come in-person and to have membership retention, in general. Also, there seems to be a severe shortage of sponsors.

(2) Smoky Mountain Intergroup (Tennessee) Smoky Mountain Intergroup of Overeaters Anonymous (oasmokymtn.org) Positives: We have strong, personal recovery, strong sponsorship, strong meetings, and a strong Region! Our PIPO committee arranged for OA members to speak at a physicians’ health fair, which was very well received. Challenges: We seem to be stuck “on zoom”. It has been difficult for people coming into OA from other 12 Step programs. We reached out to physicians one-on-one and we got mixed results.

(3) Colombia Intergroup Comedores compulsivos anónimos Colombia – Otro sitio realizado con WordPress (comedorescompulsivoscolombia.org) comedorescompulsivoscolombia.org Positives: We have 4 in-person meetings, and 4 zoom meetings. One of our meetings is a newcomer meeting and one has an anorexic/bulimic focus. We have worked with the International Committee and participated in two workshops with interpretation. Challenges: OA does not grow in Colombia because of the language barrier. It is difficult for us to retain members. We need help with a social media presence and how to incorporate the 12 concepts into our service structure. Some of the region 8 online events do not have interpretation and this creates the language barrier problem.

(4) CCA online IG. (One of the virtual IGs in Brazil.) CCA ONLINE www.ccaonline.com.br Positives: We started our first meeting in 2003 and became an Intergroup in 2010. Today we have eight meetings a week with about 20 participants per meeting. We host events each year and share flyers for events, as well. www.ccaonline.com.br

(5) Gulf Coast IG (South Florida) Overeaters Anonymous Gold Coast Intergroup - serving South Florida and the greater Fort Lauderdale area (oabroward.org) Positives: We are working with the Palm Beach IG to host the September 2024 Region 8 Business Assembly and Recovery Convention (R8 Convention). People who don’t come to Intergroup are willing to work on the convention. It is wonderful to see people come out to do service. Our hope is these members will stay active so that we can have more workshops in the area. Zoom is here to stay but in-person meetings are so, so important. Our IG meeting is on zoom.

(6) CSRA IG. (Covers parts of Georgia and South Carolina) Central Savannah River Area, no website, call +1 706-541-0580 Positives: Our groups grew in number during the pandemic, as meetings were virtual. Challenges: Our area was hit hard by the pandemic and we are slowly recovering. We have three zoom meetings and one hybrid meeting per week. We need to come out of our shells and do outreach in our area. The rep for this Intergroup used part of his time to talk about how amazing the R8 International Committee is. This rep speaks both Spanish and Portuguese and put his email in the chat so he could communicate with people from Latin America.

(7) Palm Beach County IG (Florida) Home - OA Palm Beach Florida Positives: Our Intergroup is very strong (We are a tight knit group). Some of our former board members have passed away but new people are stepping up. We are working with Gold Coast IG to put on the September 2024 R8 Convention and this is a big undertaking. Challenges: Many of our members don’t like zoom and this is sad because they are missing out. Our big problem is public outreach. We sent out many packets to

doctors and got absolutely no response. It was very disheartening. There seems to be a split between members who like virtual meetings and members who like to attend in person. We held an in-person workshop on surrender and unfortunately the virtual members did not attend. WE TOOK A FIVE-MINUTE BREAK

(8) Brazil IG ABC (in the state of Sao Paulo, Brazil) website? Positives: We have a very committed service board. As soon as the pandemic was over, everything went back to in-person. We have three groups per week. All of our IG officer positions are filled, and we have a deputy for every service position. One of our IG positions is PIPO and another is literature because we fill orders and act as a clearing house for Portuguese literature. At our Intergroup meetings, we have time for each of the three meetings to share about their group- if they had newcomers etc. We also hold theme-based meetings. Usually about a feeling. Two months ago, the topic was "resentment". We also organized, with the national service board, a convention in 2023.

(9) BRIG (Baton Rouge, Louisiana) Overeaters Anonymous Baton Rouge Intergroup | I put my hand in yours, and together we can do what we could never do alone. (oabatonrouge.org) Positives: We have 10 hybrid meetings, and two which are on zoom only. We have a lunch Bunch that eats lunch together each week after the Monday meeting, and we hold a "meet and greet" once a month on a Saturday. This was added in the chat: "We just started an ad on a running board on a vehicle that travels around our city. It says "Is food a problem for you? Contact OA via our website or QR code". Results will be forthcoming." Challenges: Some meetings are struggling due to a low rate of recovery. Also, we don't have a PIPO chair.

(10) International Committee. Positives: We are thrilled to no longer be a subcommittee. We had a workshop on January 19 with a speaker in Portuguese, a speaker in Spanish, and a speaker in English. Janice from Houma was the English speaker and each speaker spoke about the history of OA. The International Committee has been discussing the fact that there is a hearing-impaired person and a visually-impaired person trying to participate in a Portuguese OA meeting. We are trying to decide if it is a break of anonymity for an interpreter to go to an in-person meeting. Please join us: We meet on the third Sunday of each month.

(11) Rio de Janeiro IG (Brazil) website? We became an IG 5 months ago!!!! We have our four officer positions filled: Chair, Vice Chair, Treasurer and Secretary and we all pray every day to be of service, and to be shown how to bring the message to others. We have eight meetings a week, all in-person. One is a relapse meeting and one is a men's meeting. We also believe zoom is good, we have used it to connect with people from Portugal. It is our tradition to stay with our cameras on all the time.

(12) Central Arkansas, IG Central Arkansas Intergroup of Overeaters Anonymous | Searching for recovery one day at a time! Central Arkansas Intergroup of Overeaters Anonymous | Searching for recovery one day at a time! (oa-arkansas.org) Positives: We are a small Intergroup with three zoom meetings, one hybrid meeting and one in-person meeting. Our PIPO committee has been active, we have done grocery cart ads, metal yard signs scattered around our areas, ink pens with information to sprinkle around the area. And we have also hung flyers and posters in areas where these are permitted. When a newcomer comes, we try to remember to ask how they found us and unfortunately, it is not necessarily our PIPO efforts, but we are encouraged because we are planting the seeds and spreading information about OA. We have noticed that doctors and therapists refer people to OA, which is great! We have a working partnership with the Greater-Memphis Intergroup and we go to each other's OA

meetings. We also send out an electronic newsletter after each IG meeting to share what happened at the meeting, recovery meeting information and informative/inspirational writings by member. We will begin adding Region news. Challenges: We seem to have service burnout.

(13) Brazil Cafe Abstinente virtual IG Virtual Intergroup Abstinent Coffee (cafeabstinente.com.br)

Positives: We have 14 groups and 7 of them meet at the same time every morning. One year ago, we encouraged each group to be autonomous and have a different script and topic. Brazil is a very big country and there are many small towns that are unreachable, so virtual meetings are very important. We work together with two other virtual IGs to have events, mostly on Saturdays.

(14) JUN CCAB. The National Service Board for Brazil. JUNCCAB – Junta de Serviços Gerais de Comedores Compulsivos Anônimos do Brasil Positives: We translate and sell literature. We hold two yearly events. For example, this year we had an OA day in May in Rio de Janeiro. The topic was the responsibility pledge: extend the hand and heart of OA. We also work with other groups and Intergroups and held a convention in September. We have been part of the discussion about how to support hearing-impaired, and visually-impaired people, as well as children who want access to OA. We want to stress that simultaneous interpretation is necessary and very important. Our dream is to have a Region 8 Convention in Brazil.

(15) CR IG (Costa Rica IG) Comedores Compulsivos Anonimos Costa Rica - Sobre peso - CCACostaRica.org

Positives: Our Intergroup has both in-person and zoom meetings. Dora and Susan came to Costa Rica and we had an in-person event that was very successful. It was very moving to see people in-person whom we had only seen on zoom before. I thank my fellows from Columbia, we hug each other with our hearts.

(16). Miami/Dade and the Keys Intergroup (Florida) Miami-Dade & The Keys Intergroup of Overeaters

Anonymous (oamiami.org) Positives: We have 12 meetings total: Four are in-person and eight are on zoom. One of them is Spanish speaking. Our Intergroup is very small. We have reps from the 12 meetings who only stay for a couple meetings and then don't come back. But we have never been at a loss for a quorum. We have many special events. We work together with the Gulf Coast, IG and Palm Beach IG, which are very close geographically. Once a year we drive three hours down to the Florida Keys to support their weekly meeting. We have a monthly newsletter. Joining our email list through our website is easy. Challenges: We don't seem to have a lot of money. We are working on a "donate" button on our website. We are suffering from lack of participation. We don't have committee chairs at this time. SHARING ENDED AND OUR MODERATOR THEN INTRODUCED A TOPIC There seem to be three themes that emerged. In general, our Intergroups need support with: 1. service burnout 2. membership retention 3. the return to in-person meetings We only had time for two shares on these topics. The first share talked about difficulties returning to churches, because of issues and . She suggested perhaps those on a zoom meeting meet for lunch together once a month. The second share talked about service burnout. We must keep our recovery fresh. We must take step one every day and ask ourselves: Is this service life-giving to me? Three things to help prevent service burnout: 1.Honesty 2. The guidance of a sponsor 3. Maintaining humility As we were running out of time, people started adding ideas to the chat: here is a quick synopsis: Instead of churches for meeting space, what about library meeting rooms? (editors note: some libraries won't allow you to collect a 7th tradition) Speaking of sponsees, one thing discussed locally, is when we get a sponsee through the 12 steps, and they start sponsoring others, perhaps we could cut back on how often we meet with them, so that we can take on someone new?

Folks have VERY different opinions on it. CLOSING Our moderator encouraged us to take this energy and passion back to our groups and Intergroups. We ended with the OA promise, followed by the Serenity Prayer.

Roz also mentioned the bylaws committee (Roz, Janice, Gil) would consider changes in abstinence requirements for group reps as well as officers. She mentioned a pamphlet "Handbook for Members, Groups, and Service bodies" which Alice will order and mail to IG members.

Pat and Jill will update the IG members address/phone/email list and it will be sent to IG members.

Elva said Carol G (Wednesday morning meeting rep) also has a conflict with Saturday IG meetings; Elva is willing to fill that role if no one else will do it; we are reminded that anyone can represent more than one meeting, but that individual will only have one vote at IG.

New Business

1. Chairperson Proposed Transition: A discussion on the letter Jill wrote to us this week:

It is with sadness but also hope that I am letting you know that I am transitioning from OA to FA. I have really enjoyed volunteering as Chairperson (and all the other positions I have held) and am sad to not be a part of this IG. I have loved working with and befriending everyone one of you and I will miss this. On the other hand, I have hope because I have been following an FA food plan as well as attending an in-person FA meeting since January and have had success in losing a fair amount of weight. I have been unable to lose weight for the past 10 years and have instead put back 30 of the 80 lbs that I originally lost when I started OA. I understand that it is not just about the weight, however, due to health concerns and age it is my main concern that attracted me to FA. I have been working with an FA sponsor since the beginning of March and have her approval of the following transition plan for my Intergroup Chairperson duties.

I would like to volunteer to continue with Intergroup Chairperson duties until the end of this term, November 30, 2024. At this time, I will step down and fully transition to FA. During the coming months I will perform all of the Chairperson duties outlined in our Bylaws and continue to attend the Saturday OA meeting. I will give up sponsoring in OA and any other OA tools as I am now working the FA tools

full time. I will be happy to work with one or more potential Chairperson candidates so they become familiar with Chairperson duties and are ready to run for the Chairperson position during November elections and assume Chairperson duties December 1, 2024. After this time, I am happy to consult with the new Chairperson on an as-needed basis.

I understand it may not be desirable to have a Chairperson that is not fully committed to OA. I encourage you to discuss this during the upcoming April IG meeting, either in or outside of my presence, and to subsequently hold a vote on whether to adopt my proposed transition plan.

Thank you,

Jill B.

Discussion was held and voted to have Jill continue until November or until a replacement is found, or a co-chair could work with her.

Old Business

1. PIPO letter went out to IG members to deliver to medical personnel. Thanks to Jill, Bibi, Alice and Jodi for mailing them out to us.
2. Late Spring Retreat—A tentative date in June was decided for a 1 day local in person retreat, with a planning committee of Jill, Bibi, Roz, and Elva.
3. Good and Welfare—Elva's husband (Ed B), Melissa K, Mary Jo R
4. Meeting ended at 11:43 am with the serenity prayer.

Respectfully submitted—Pat H.