

FINAL NYC Metro Intergroup Meeting Minutes | July 8, 2021

Sarah WB calls the virtual meeting to order at 6:45 pm. JP reads and reviews the 7th Tradition. Andy P reviews the 7th Concept. Reps are called on to introduce themselves.

There were:

- 28 Virtual Attendees at peak
- 27 Voting members
- 4 New members
- 5 Board members

A quorum is established.

New Business

#1 Sarah notifies Intergroup that we will vote on June minutes during New Business.

#2 Sarah makes appointments for open positions.

- Jeff for By-Laws Chair
- Elizabeth D as Recording Secretary

Open Committee Chair Positions: Retreat, Special Events, Publications

Qualifications for open positions:

Requirements: All Committee Chairs of Metro Intergroup shall meet the following qualifications at the time of their election or appointment:

- a. Six months membership in Overeaters Anonymous.
- b. Three months current involvement with Metro Intergroup.
- c. Six months of current continuous abstinence from compulsive overeating. (this requirement is not typically waived, though waiver of the other two requirements might be made).

Committee Reports

#1: Andy P. gives the Treasury Report (attached).

#2: Julie S. gives the 12th Step Within Report.

#3: Helen T. gives the Web Committee Report.

#4: Rebecca B. gives the Outreach Committee Chair Report.

#6: Jeff gives the Bylaws Committee Chair Report.

#7: JP M. gives the Welcoming Committee Chair Report.

#8: Erin gives the Archives Committee Chair Report.

Pending Business

#1: 7th Tradition is collected

#2: Andy presents 2 options for the 2021-2022 budget proposal on behalf of the Finance Committee.

- Option #1 allows \$2,000 for web expenses and website redesign.
- Option #2 allows for \$2,700 for web expenses and website redesign, reducing the outreach budget by \$500 and reducing the 12th Step Within by \$200.

Option #1 receives 4 votes, Option #2 receives 14 votes. The 2021-2022 budget proposal Option #2 passes.

#3: Rebecca B. presents a revised draft amendment that would incorporate the Welcoming Committee as a standing committee into the Bylaws. The revised draft amendment will be voted on at the August Intergroup meeting

#3: 7th Tradition is collected.

New Business

#1: Two edits are made to the June minutes. **Motion made to accept the amended June minutes. The motion is seconded. The amended June minutes are approved.**

#2: Sarah WB led open discussion on strategic goals for 2021-22 service year.

#3: Elyse agrees to share a highlighted oa.org document at the August meeting.

#4: Erin agrees to read and review 8th Tradition at the August meeting.

#5: Yvonne agrees to read and review 8th Concept at the August meeting.

#6: Elyse and JP M. agree to be our Google Voice volunteers for August.

Announcements

#1: Rebecca announces there will be a STRONG OA MEETING WORKSHOP Sunday July 11 @12pm. If you would like to be involved in planning, please contact office@oanyc.org. SPREAD THE WORD!

#2: The Sunday 7PM Old Stone House meeting is now in person and on zoom (not hybrid).

#3: **Jeff S. made a motion that the minutes should reflect all the hard work that was done during the challenging past year by Metro NY Intergroup board and committees. A vote was taken. The motion passes.**

#4: “Where do I start?” pamphlet available on Amazon for \$1.

#5: Metro IG does not have a sponsor bank but we know that Westchester United IG has a sponsor bank. Email Barb (coordinator) at servicewuig@gmail.com. Another OA resource is <https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/>,

Wrapping Up

Many thanks to Sarah WB on a great meeting. Meeting closes at 8:04 pm with the OA pledge and the serenity prayer.

Committee Reports:

Position	Person	Metro IG Email Address
Chair	Sean B.	Chair@oanyc.org
Vice Chair	Sarah W. B.	ViceChair@oanyc.org
Treasurer & Finance	Andy P.	Finance@oanyc.org Treasurer@oanyc.org
Corresponding Secretary	Rebecca B.	CorrespondingSecretary@oanyc.org
Recording Secretary	Heather M.	RecordingSecretary@oanyc.org
Archives Committee Chair	Jeff C.	Archives@oanyc.org
Bylaws Committee Chair	Rebecca B.	Bylaws@oanyc.org
Outreach Committee Chair	Jodie H.	Outreach@oanyc.org
Publications Committee Chair	Hannah P.	Publications@oanyc.org
Retreat Committee Chair	Erin B.	Retreat@oanyc.org
Special Events Committee Chair		SpecialEvents@oanyc.org
12th Step Within Committee Chair	Jeri S.	TwelfthStepWithin@oanyc.org
Web Committee Chair	Helen T.	WebCoordinator@oanyc.org
Welcoming Committee Chair	JP V.	Welcome@oanyc.org">Welcome@oanyc.org
3 Year Trustee	Andy P.	ThreeYearTrustee@oanyc.org
1-Year Trustee A:	Rebecca B	OneYearTrustee@oanyc.org
1-Year Trustee B:	Alyssa M.	OneYearTrustee@oanyc.org

TREASURER'S REPORT	From:	To:
		May 1, 2021

BEGINNING CHECKING ACCOUNT BALANCE		
TD Bank Checking Account as of:	1-May-2021	\$ 25,534.67
PayPal Account Balance as of:	1-May-2021	\$ 1,626.17
Venmo Account Balance as of:	1-May-2021	\$ 1,103.22
Total Starting Balance:		\$ 28,264.06

EXPENSES (Cleared)	BUDGET CATEGORY	AMOUNT
MailChimp Monthly Subscription List	Publications: Other	\$ 28.30
Zoom Pro Hosting	Zoom	\$ 66.55
PayPal Fees	PayPal Fees	\$ 35.64
Andy Pollack	PO Box	\$ 146.00
Tom Mayo, Webmaster	Website	\$ 100.00
JP Villa	Region 6 Assembly	\$ 87.23
Total Expenses		\$ 463.72

INCOME (EXCLUDING MEETING DONATIONS)	BUDGET CATEGORY	AMOUNT
16 Recurring Donations	Recurring Donations	\$ 378.00
Total Income		\$ 378.00

DONATIONS: Meeting Contributions	BUDGET CATEGORY	AMOUNT
Unknown	Meeting Donations	\$ 73.39
Saturday First Unitarian	Meeting Donations	\$ 48.00
Christ Church at Transfiguraion	Meeting Donations	\$ 20.00
Sutton Place Synagogue, Tuesday	Meeting Donations	\$ 25.00
248 Virtual Meeting Donations, Venmo*	Virtual Meetings	\$ 1,071.55
106 Virtual Meeting Donations, PayPal*	Virtual Meetings	\$ 500.00
Total Meeting Donations		\$ 1,737.94
Total Income (Contributions, Proceeds, Etc)		\$ 2,115.94
*Metro IG Retained Portion of the Virtual Donations (60%)		\$ 942.93

TD Checking Acct Balance per statement as of:	31-May-2021	\$ 28,947.36
PayPal Account Balance as of:	31-May-2021	\$ 724.92
Venmo Account Balance as of:	31-May-2021	\$ 244.00
Total Ending Balance:		\$ 29,916.28

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Email: Treasurer@oanyc.org

Greater NY Metro Intergroup Budget Proposal
July 2020-June 2021

Cat #	CATEGORY	Notes FY22	2021/2022 Budget FY22	2020/2021 Actual (3 qtrs)	2020/2021 Budget
INCOME					
1	Donations	This reflects a recurring donations from members of \$353/month projected for 6 months, as well as possible other donations from a step workshop series or something similar.	\$ 2,250.00	\$ 1,932.00	250.00
2	IG Meeting 7T	Assume \$30/month for 6 months	\$ 180.00	\$ 152.00	720.00
3	Registered Meeting Donations	<ul style="list-style-type: none"> ■Projecting \$1800/month for July-December while meeting rooms are closed due to COVID ■Projecting \$1000/month January thru June, based on FY20 actuals with assumed drop 	\$ 16,800.00	\$ 14,998.45	14,000.00
4	Retreat	Planning for a full Retreat in the Spring and a "Day Trip" Retreat in the summer, projecting to net \$1000/500 respectively)	\$ 22,500.00	\$ 575.00	26,000.00
5	Special Events	<ul style="list-style-type: none"> ■Projecting only 3 in person events for FY22 due to COVID. ■Projecting gross proceeds \$175/event 	\$ 525.00	\$ 443.00	525.00
TOTAL PROJECTED INCOME			\$ 42,255.00	\$ 18,100.45	41,495.00
EXPENSES					
7	Accountant & Legal		\$ 1,200.00	\$ 1,450.00	1,200.00
9	Board Discretionary Fund	Money to be used at the board's discretion.	\$ 940.00		720.00
10	Bylaws		\$ 25.00		25.00
13	Finance Committee		\$ 25.00		25.00
14	Insurance		\$ 1,100.00		1,100.00
15	Metro Intergroup Meeting Room Rent	Rent for 6 months (Jan 22-June22)	\$ 750.00		1,250.00
16	Misc./Discretionary		\$ 120.00		120.00
17	Non-Profit Coordinating Committee of NY	Membership required to get D&O insurance at lowest rate	\$ 35.00		35.00
18	Officer Training (Region 6 IGOR)	\$120/person, planning for two people to attend	\$ 240.00		-
19	Outreach		\$ 2,500.00	\$ 1,000.00	2,300.00
20	P.O. Box Rental	Up \$5 to account for recent price increase	\$ 150.00	\$ 118.00	120.00
21	PayPal Fees	PayPal 2.3% fee	\$ 700.00	\$ 470.66	700.00
22	Printing	There is very little printing that is billed to the IG directly. The majority of printing comes from the committee reports.	\$ 100.00	\$ 42.00	168.00
23	Publications: Mail Chimp	22.85/month for Mail Chimp, recently increased, expect this figure to go up again in January to about 24.00. Plus \$5/mo for bigger plan.	\$ 342.00	\$ 157.77	259.00
24	Publications: Printing	Meeting lists \$70/month & 2 hard copy Metro Memos. This assumes 6 months of meetings and 2 hard copy Metro Memos @ \$50 each.	\$ 345.00	\$ 678.50	850.00
26	Region 6 Assembly	Plan for 8 reps @ \$185/person for 2 Assemblies (Need to keep in mind how many reps we are allowed once we see how many meetings are left once R6 is scheduled)	\$ 2,960.00	\$ 117.23	1,580.00

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27	Retreat	1. Full Retreat: \$22,000	\$ 22,000.00	\$ -	24,000.00
28	Special Events	Plan for 3 in person events	\$ 500.00	\$ 97.50	500.00
30	Twelfth Step Within		\$ 1,300.00		500.00
31	Website	Webmaster fees \$100/month Website revamp: \$1,500	\$ 2,700.00	\$ 1,000.00	1,400.00
32	Website Committee		\$ 25.00		25.00
	Welcoming Committee		\$ 1,000.00		500.00
33	WSBC (World Service Business Conference)	Fund 2 delegates @\$1,450/delegate	\$ 3,198.00	\$ 745.00	3,198.00
	Zoom Pro Account	\$66.55/mo 6 months then assume \$68.45	\$ 810.00	\$ 462.73	649.90
TOTAL PROJECTED EXPENSES			\$ 42,255.00	\$ 5,876.66	41,224.90

Notice of Proposed Amendment

Dated April 8, 2021 (amended for June 10, 2021 IG Meeting)

FROM THE AD HOC WELCOMING COMMITTEE AND THE BYLAWS COMMITTEE:

Proposal: We propose that the status of the Welcoming Committee be changed from an Ad Hoc Committee to a Standing Committee of the Intergroup. This change requires amendments to our By-Laws and Policies and Procedures.

Reason: The ad hoc Welcoming Committee was established to help carry out the OA Unity with Diversity Policy Statement so that we are truly welcoming all those who share our compulsion.

Procedure: We must give written Notice to the Recording Secretary and verbal notice to the IG Members at least 28 days before any vote. The Amendment requires 2/3 of the voting members who are present at the relevant IG Meeting. (Article XI – Amendments). We propose that this Amendment be voted on at the **May 2021 IG Meeting**.

Proposed Amendments: To make the Welcoming Committee a Standing Committee, we recommend these amendments to Bylaws and the Policies of Metro Intergroup.

1. Amend: Where lists of the Standing Committees appear in the Bylaws and the Policies, amend each list by adding “the Welcoming Committee.”

[These lists are in Bylaws: “Standing Committees” Article V Section 1 ([SEE PAGE 4](#)) and in Policies and Procedures: Policy 003 “Standing Committees” (see below) and Policy 032 “Committee Budgets” ([SEE PAGE 5](#)).]

2. Amend the existing “Duties of Standing Committees” Policy No. 003 to include a statement of the duties of the Welcoming Committee.

[The following text is our existing Policy No.003. the proposed change is in **red** at the end.]

Duties of Standing Committees

POLICY

The Standing Committees of Metro Intergroup shall be the By-Laws Review Committee, the Finance Committee, the Outreach Committee, the Publications Committee, the Retreat Committee, the Special Events Committee, the Twelfth Step Within Committee, and the Website Committee and the Welcoming Committee.

PROCEDURE

The By-Laws Review Committee shall periodically assess Metro Intergroup’s current By-Laws and Policies and Procedures, and when warranted submit recommendations for updating them, providing language and format to be submitted to the general body.

Any amendments to the By-laws and Policies and Procedures shall begin to be implemented immediately upon passage, unless otherwise noted, and are to be updated by the Recording Secretary in the By-laws and Policies and Procedures by the next month’s intergroup meeting following such passage. Obsolete policies may be rescinded or removed, where warranted, in accordance with the By- Laws and Policies and Procedures of Metro Intergroup. The most current By-laws and Policies and Procedures shall be posted on the intergroup website.

The Finance Committee is charged with preparing a proposed operating budget for Metro Intergroup and conducting a quarterly review of the financial transactions of the corporation.

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The Outreach Committee shall be concerned with Public Information, and outreach to the Professional Community, Institutions and Young People.

Public Information includes informing the public about the program of Overeaters Anonymous through the use of various public media of communication, and through other means as Metro Intergroup may determine.

Professional Community outreach includes informing health and other professionals about the program of Overeaters Anonymous and participation in health fairs and medical conferences.

Young People's outreach includes assisting in the publicity and operation of special Overeaters Anonymous meetings inclusive of or specifically for young people.

Subcommittees may be formed for any of the above categories as needed. The selection of projects for the year will be decided upon by the committee, based on volunteers and budget.

The Publications Committee shall oversee the publication of any literature produced by the Intergroup. This includes, but is not limited to, the newsletter and meeting list. The paper edition of the newsletter (Metro Memo) shall be a maximum of four (4) pages. If necessary to go beyond four pages, the editor can obtain approval of the Board of Directors. The Publications Committee is also charged with producing and distributing a list of local meetings of Overeaters Anonymous. This newsletter and meeting list are to be published monthly and posted on the intergroup website. Any lists that include personal phone numbers or any financial information shall appear only in the paper edition of the Metro Memo; they shall not appear in the on-line edition. At least once a year a paper edition of the Metro Memo shall include a compilation of member groups' contributions to the Intergroup quarterly.

Additional pages to accommodate contributions for that issue do not require approval from the Board of Directors.

The Retreat Committee is charged with running weekend retreats.

The Special Events Committee is charged with coordinating events throughout the year, i.e. marathons, talent shows, workshops, etc.

The Twelfth Step Within Committee is charged with helping member groups establish programs designed to help those within the fellowship who are still suffering.

The Website Committee shall maintain and keep current an Intergroup website (www.oanyc.org) which includes postings (with updates as warranted) of the following (but shall not be limited to): a) monthly Meeting Lists and meeting changes, b) monthly Metro Memo, c) OA Information for Newcomers, d) Metro Intergroup Bylaws and Policies and Procedures, e) notices of special events, retreats, Intergroup and committee meetings, f) contact information of the officers, trustees, and committee chairs, and g) links to the OA World Service and Region 6 websites and other relevant OA approved information and contacts.

On its website, oanyc.org. Greater NY Metro Intergroup will host recordings from its member meetings. Meetings who participate in this program will provide volunteers to the Website Committee to help manage the workload. Each recording must be accompanied by a release signed by its speaker. An appropriate disclaimer shall be posted with the recordings, as determined by the Web Committee and approved by the Board of Directors. A majority of the Board of Directors may vote to remove any recording.

The Welcoming Committee is charged with supporting members to welcome all who desire to stop eating compulsively and encourages diversity of races, creeds, nationalities, religions or lack of religion, gender identities, sexual orientations, physical abilities and all other traits amongst our fellowship.

Each Committee Chairperson shall attend regular meetings of the Corporation and shall communicate in writing monthly the activities of his/her Committee to the Corporation.

ADDITIONAL MATERIAL. The following is added for the June 2021 Intergroup Meeting.

Here is the Text of the By-Law and Policy that are proposed to be amended and itemized on page 1.

1. PROPOSED BYLAW AMENDMENT for June 2021.

Article V - Committees

Section 1 Standing Committees

The following standing committees may be established as required to carry out the purposes of Metro Intergroup in the most effective and efficient manner. Standing Committees may include but not be limited to: By-Laws Review Committee, Finance Committee (the Treasurer shall serve as committee chairperson), Outreach Committee, Publications Committee, Retreat Committee, Special Events Committee, Twelfth Step Within Committee, Website Committee **and the Welcoming Committee.**

2. PROPOSED POLICY AMENDMENT June 2021

POLICY NUMBER: 032
ORIGINALLY PASSED: 8/09
REVISION DATE:
MOVED: 6/12

COMMITTEE BUDGETS

POLICY

Non-Income Returning Committees:

Bylaws Review Committee, Financial Committee, Outreach Committee, Publications Committee, 12th Step Within Committee, ~~and~~ Website Committee and Welcoming Committee. The committee costs include reproduction, postage and literature. The regular costs of producing Metro Memo, meeting lists and website monthly charges are included in the Administrative Budget.

Income Returning Committees:

Retreat Committee - Budgets should include all items required for staging Retreat. Estimated income should be presented.

Special Events Committee - Budgets should include all items required for staging planned Special Events. Estimated income should be presented.

PROCEDURE

A. For Non-Income Returning Committees:

Budgets are set as the total amount planned to be spent during a fiscal year. Costs which exceed budgets must be approved by the Intergroup prior to incurring the expense. All monies are held by the treasurer in the general fund. At the end of the fiscal year, all committee budgets are considered exhausted.

B. For Income Returning Committees.

Budgets shall be allocated for seed money necessary for staging events. All income from the event shall be credited to the committee. These committees shall have their budgets replenished up to the amount initially allocated in order to go forward with subsequent events. Should an event not provide sufficient income to replenish the budgeted amount, income from other events of that fiscal year may be used to replenish the committee's budget up to the amount initially allocated. IG monies are held by the treasurer in the general fund. At the end of the fiscal year, all committee budgets are considered exhausted.

[Reformatted and updated through June 30, 2012. Presented to IG for review July 14, 2012. Approved August 9, 2012. Amended Sept 13, 2012.]