

Minutes of the IG Mtg. 10/13/22

Meeting called to order @ 6:45PM

Tradition 10 —

Timekeeper — Scott will be the timekeeper.

Concept 10 — Rebecca shares on Concept 10.

Rebecca handles introductions: Birdie, Scott, Miriam, Millie, Irene, Sarah (IG Chair), Diane T. (Publications Chair), Shari, Jeff S., (By-Laws Chair), Jo, Diana G. (World Service Business Rep), Liz D., (1 Yr Trustee), Erin B-U, Web Chair, Jenn, Pallavi, Sean (Corresponding Sec'y), Mallory J, Caitlin K., Marlene (Recording Sec'y).

There is a quorum to conduct business. September minutes are posted in the google Drive.

Committee Reports

Millie — **12 Step Within** — 9/8 - 10/11. First mtg w. The **Hotline number is: 929 376 2662**. A conversation was begun abt how to assist the IG Retreat. If anything outside of NY is coming in and it doesn't interfere w/anything that IG is doing, they will help out. Volunteers are needed to make announcements abt the 24 Hour hotline at their meetings!!!! If anyone is interested to help, please contact Millie directly.

Diane T. — **Publications** — 4th Quarter Metro Memo is available to read. There are too many meetings where there is not an IG Rep or a contact person. *Please* contact Diane to make sure the info abt your meeting is up to date!

OAnc.org — is a form that we can update information abt meetings.

Erin B-U — Calendar updates — **WebMaster**. Would like to do a "slight" overhaul.

Diana G. — Asks should non-Metro IG events be included on our website? This questions will be tabled to a little later in the meeting.

Jeff S — **ByLaws Committee** — Nothing new to report at this time.

Special Events — Jeri S. Not here. There will be a Thanksgiving Day Marathon @ St. Catherine's. There will be a qualifier at 10A - 11A - 12N & 1P It will be an in-person meeting, NOT virtual. However, there may be an issue w/insurance.

Retreat — Andrea — Liz will be speaking for her. There are 2 possible sites. One is reachable by LIRR, one is reachable by subway. In the Winter of 2023, we will be hosting an in person retreat.

Diana asked abt Covid 19 Safety Protocols.

Stay tuned for more information abt a Treasurer and we will share about it at our next mtg.

7th Tradition — Send donations to Metro IG: The Venmo is @greaternymetroig.

September Minutes Approval — Marlene wants to accept the minutes & Millie seconds. The motion carries.

Region Six Fall Assembly — Diana gives a brief report. They had Elections; A Treasurer, a Vice-Chair and a new Coordinator were elected. The dates for Spring (second week of April, 2023). Two weeks before World Service.

IGOR TRAINING REPORT

Sarah & Rebecca who attended reported.

Rebecca — Region 6 published a guide to IG Trading. Questions like: What can our IG be doing? A feeling of transformation. How will Service help? And, who does it help? How do we carry the message? Trust our HP and trust our Fellows who take on the tasks.

What will be useful to each Committee to have our IG help them?

The following is from the document that Sarah wrote w/suggestions that could make the “MY Metro Intergroup” more useful:

1. Enhance the welcome document that is given out to the new IG Reps.
2. Explore hybrid event options &/or concurrent virtual options during the in-person events.
3. Let Committee Chairs get in touch with other Committee Chairs in other Inter Groups.
4. Expand our communication around the service structure that exists within OA, which would include promoting Region 6 and World Service events on our Greater NY Metro IG calendar.
5. A timed discussion during our IG meeting in order to allow IG Reps to discuss what is happening at their individual meetings and voice any issues or concerns (including meetings that have lost their treasury, meeting contact(s), Zoom info, etc.). This way ideas could be exchanged and shared.
6. Explore the possibility of Greater NY Metro IG providing a dedicated Zoom account that all groups would be able to use for new or existing virtual meetings.
7. Good & Welfare being included on future Greater NY IG agendas to give an opportunity for voting reps to raise any issues of concern for their individual meetings &/or our IG Committees.
8. Creating locally produced literature & reviewing the process to implement this.
9. Training & ongoing support for operating Zoom during meetings as well as making use of Zoom's &/or Linked In Learning's Educational resources.
10. Piggy- backing on Region 6's social media accounts &/or creating social media accounts for Greater NY Metro IG via our Outreach committee & with the guidance of Region 6 — Contact: Jenn about this!!!
11. Hands on learning & service available at Region 6 via the link.
12. Officers, Committee Chairs, Committee Members & IG Reps to attend individual meetings to say, “Hi!” and share what we're up to at Greater NY Metro. Invite people to join us.
13. In the Highlights Reel, create a blurb on what we do at IG.

— How do we keep the learning going? What abt Secession? Are there documents that we can share to help inspire you and inspire your committee? Can the yearly handover be improved?

— What abt the Google Ad Campaign? Someone is needed to oversee that. It would need to be someone who is interested in Social Media. Jenn???

— What is the most efficient next Step? Re: Treasurer. On our way to having a Treasurer — or, at least a Bookkeeper. We'll keep you posted.

— What could you hear at IG that you're not hearing? Is there something that IG could be doing that wd be more useful? And how can we become more effective?

Read the Table of Contents of this document (a copy of which is attached).

Open Suggestions:

Don't have this list go off into the ether. How can we take these ideas fwd? We will need to prioritize as well. We need to keep this list current. Let us enhance the document when we get a new IG Rep. Explore hybrid (remote or in-person) meetings. What do concurrent mtgs do for us?

Should Committee Chairs connect w/other Committee Chairs at other Inter Groups?

Rebecca would like to form a Group to get people w/confidence & w/guidance to compile what is happening at your meetings.

Sarah asked about the Thanksgiving Marathon. Do people want to have a Virtual Meeting as well as an in-person meeting? Scott reported that there will NOT be an insurance issue.

A call on October 27th to discuss this situation w Rebecca was discussed.

IG Officers, Committee Chairs etc. should make announcements at their meetings. Let people know what is happening at IG. People need to know what's going on and HOW they can be of Service.

If you're a Rep then you have something to share!

Sarah — Let folks know that we're here. We can do this through our calendar. What events are being promoted?

Share what's going on w/our IG and other Groups around the world. Join hands in that unity. Our primary purpose is to carry the message to the still suffering people.

Put Region 6 events in the calendar. Should we put other Regions info into our calendar as well?

Erin will come up w/a recommendation at the next meeting for what we can do w/this.

Volunteers to share & read on Tradition 11:

Shari — Concept 11

Jeff — Tradition 11

Google Voice Volunteers — Pallavi and Scott.

Sarah informed us that Registration for the 2022 Region 6 Convention is open!

The meeting adjourned at 8:32PM

Respectfully Submitted,

Marlene A
Recording Secretary



REGION 6
OVEREATERS ANONYMOUS

September
2022

Intergroup Renewal

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Locally produced literature for use at the R6 Intergroup Renewal Workshop September 15-16, 2022 / Zoom platform

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