

Central Ontario Intergroup

OA Central Ontario Intergroup (#09110), a member of OA Region 6, meets at 10 a.m. on the second Saturday of every month at the Catholic Information Centre, 830 Bathurst St. (just north of Bloor), Toronto, ON M5R 3G1

OA PHONE LINE : 1-866-221-5061
TORONTO LOCAL: 416-588-6134
Intergroup Information: info@oaontario.org
Website: www.oaontario.org

Intergroup Service Board

Chair: Eva
chair@oaontario.org

Vice-Chair: Vacant
vicechair@oaontario.org

Past Chair: Ben
pastchair@oaontario.org

Recording Secretary: Vacant
secretary@oaontario.org

Treasurer: Irene
treasurer@oaontario.org

Office Manager: Shanon
officemanager@oaontario.org

World Service Business Conference Delegate: : Eva
wsbcdelagate@oaontario.org

Region 6 Delegate: Lynda
region6rep@oaontario.org

COMMITTEE CHAIRS

Finance: Glenn
finance@oaontario.org

Contact Database: Lynda
contactdb@oaontario.org

Technology: Ben
technology@oaontario.org

Literature: Liisa
literature@oaontario.org

Public Information: Chuck
pi@oaontario.org

Outreach: Ben
outreach@oaontario.org

Telephone/Email: Linda
helpline@oaontario.org

Website:
webservice@oaontario.org

The Abbie Newsletter: Tracey
abbie@oaontario.org

Calendar & Special Events: Andrea
specialevents@oaontario.org

Convention Committee: Donna
conventionchair@oaontario.org

Retreat Chair: Margaret G.
coiretreat@oaontario.org

Meetings: Lynda
meetings@oaontario.org

Relocation: Glenn

Minutes of Saturday June 11th, 2016 - 10am to noon

1. **Welcome and Serenity Prayer.**
2. **Twelve Steps** read in unison.
3. **Twelve Traditions** and long form of **Tradition Six** are read.
4. **Preamble to Twelve concepts** and long form of **Concept Six** are read.
5. **Roll call:** First name given, group attended/represented and voting/non-voting status.
6. **Reading and approval of Minutes:** Moved by: Chuck; Seconded by: Andrea. We waive the reading of the minutes and accept them as distributed. All in favour.
7. **REPORTS**

Office Manager: (Shannon) (officemanager@oaontario.org)

Shannon has now taken on the position of Office Manager.

Treasurer's Report (Irene) treasurer@oaontario.org

Group Contribution Report

Meeting #	City	Meeting Day	Meeting Time	Amount
10223	Riverdale, Toronto	Tuesday	7:00 PM	200.00
24854	519 Church, Toronto	Monday	6:30 PM	235.00
26763	Toronto	Saturday	1:30 PM	100.00
33128	Toronto	Sunday	10:30 AM	736.33
33911	North York, Toronto	Thursday	8:00 PM	65.75
48826	Kitchener	Monday	8:00 PM	75.00

Income Statement

Opening Balance May 2016			8,233.92
Total Donations		1,412.08	
	Literature Sales	2,019.47	
	7 th Tradition		
	Retreat Income	3,900.00	
Total Income			7,331.55
Expenses	OA& AA Literature Cost of Sales	4,964.24	
	Rent	400.00	
	Bell	162.58	
	Treasurer		
	Retreat Expenses		
	Delegate Travel – World Service		
	Delegate Travel - Region 6	1,425.45	
	Public Information	472.00	
Total Expenses			7,424.27
Net Income (Loss)			(92.72)

Summary:		
Cash on hand		8,141.20
T-Bill		878.10
Prudent Reserve		-5,500.00
Cash available		3,519.30
Literature- Cost of Sales:		
Last Month literature available for sale		13,758.90
OA literature order		
AA literature order		4,964.24
Raffle prize		
Literature sales		-2,019.47
Total Literature available for sale		16,703.67

Region 6 Delegate (Lynda) region6rep@oaontario.org

The Regions 6 Convention Planning Manual has been updated.

We now have 14 Committee Chairs and Co-Chairs for the 2017 Region 6 Convention and we are in need of chairs for the following 4 committees:

- 1) CAD Fund Raising (we have a US Chair to assist)
- 2) Service Co-Ordinator (working knowledge of excel required)
- 3) Entertainment
- 4) Signs & Decorations

The Convention will be in Canadian Funds only and will be advertised in this way. We do not have a flyer or Registration form ready at this time, once we have our first committee meeting timelines will be established.

World Service Delegate (Eva) wsbcdeldelegate@oaontario.org

The Convention Theme for the convention in September is Carrying the Message. There will be a workshop on Carrying the Message.

The following are the highlights of the WSO Business meeting:

- 12 Step Workshop study guide and workshop manual was rejected
- Unity day remains in February
- Social Media discussions took place with the increase of phone meetings. Those that participate in social media need to protect their own anonymity
- Unity with diversity is to be inclusive of all differences including different food plans

At the end of the minutes is the full WSO Delegate Report.

Committee Reports

Contact Data Base Report (Lynda) contactdb@oaontario.org

There were 2 changes this month:

- 1) Closed meetings (for 3 weeks) – 1
- 2) Phone Contact change - 1

Activity was very low this month. The meeting in Owen Sound, Ontario has temporarily closed until June 14th.

There were no changes that impact the EBlast this month.

Telephone / Email (Linda) helpline@oaontario.org

There were 14 messages and 8 emails for the month of May.

Bylaws (Ben)

Nothing to report this month.

Website (Chuck) webservice@oaontario.org

Our hits for May were up slightly, by 50. Effective today, I am resigning from this position, but can give advice to very simple (and easy) service position.

Abbie (Tracey) abbie@oaontario.org

There is nothing new to report

Public Information (Chuck) pi@oaontario.org

I have prepared the report to World Service in thanks to our receipt of funding. I still have to prepare the report for Region 6 in thanks of their funding. I have brought the leftover literature purchased in the literature room.

I am resigning from this position when these report are complete.

Kate ran the St. Joseph's session for patients. It was not as attended as expected, and she will work on speaking with residents.

I am awaiting a report about our participation for Sober Pride.

Outreach (Ben) outreach@oaontario.org

Information on starting a new meeting in Kitchener has been sent out.

Finance (Glenn) finance@oaontario.org

The letter continues to be worked on asking for donations and service. Glenn asked if we could add the COI convention flyer in this mailing:

Glenn moves: We include the convention flyer with the mail out to the groups. Seconded: Chuck
Passed

Glenn moves: We sent our next quarter donation to World Service in the amount of \$450 Canadian and to Regions 6 in the amount of \$1050. Seconded: Ben Passed

Discussion about 7th tradition at the group level took place and Ben advised that the Burlington group has added a line to their 7th tradition format "if attend an on-line/telephone meeting please remember to make your 7th tradition."

Literature Committee (Liisa) literature@oaontario.org

I have updated the price list for our last inventory purchase. Some prices went down as a result from improved exchange rate and lower shipping costs (Thanks Lynda and Chuck and the UPS account has helped).

AA literature has been purchased for approximately \$1,400.

My assistant has let me know that they won't be able to assist any more so I do need another assistant. It's not a lot of work – mostly prior to and during the beginning of the meeting stocking inventory, filling orders and preparing shipping orders.

In addition, I can't be here for the July 9th intergroup meeting so Sandy and Glenn have offered to fill in for me.

Kathy from Waterloo will now assist Liisa with the literature replacing the assistant who resigned.

Calendar and Special Events (Andrea) specialevents@oaontario.org

Currently working on preparing an e-blast focusing on the many calls for service within our intergroup. Below is a list of the service to be included, please let me know if there is anything to be added and/or changed. Planned launch for email is sometime next week.

Intergroup

- Vice-chair
- Recording secretary
- Public information chair
- Website chair
- Telephone committee- reminder and call pickup

Toronto North Convention (Sept 17)

- Help finding event speakers

2016 COI Convention (Oct 29)

- general call for volunteers

2017 Region 6 Convention

volunteers and chairs required for the following committees

- Service coordinator (individual)-
- Entertainment committee
- Signs and decorations committee
- Fundraising committee

OA Retreat (Margaret G.) coiretreat@oaontario.org

Retreat Leader & Venue Sourcing (For 2018, 2019)

- No update at this time

Final Wrap Up from 2016 Retreat

- Provided to Treasurer Dovile on May 23rd:
 - All cash & cheques collected as payment for the retreat
 - All cash & cheques for book sales at the retreat as well as unsold books for return to Liisa

Submitted by: Margaret G, 2016 Central Ontario Intergroup Retreat Chair
June 10, 2016

Eva sent retreat locations in GTA to Margaret to assist her in locating a replacement location for future years.

OA Convention (Donna) conventionchair@oaontario.org

Committee is meeting June 13, and will have more to report then.

Have been able to find task organizers for most of the tasks. Will have tickets ready for July COI Intergroup and plan to have flyers for the convention and to recruit volunteers and groups to run workshops ready in a few weeks for EBlast and the website. We are in the process of finding keynote speakers. Will have more to report at the next Intergroup.

Region 6 Convention Planning - 2017 (Chuck)

We have our first committee meeting at the end of the month. We are desperate for a fundraising committee co-chair. Our deliverables for September's launch include: Registration and pricing, Merchandise launch, Raffle sales.

Other committee chairs needs are: Service Coordinator, Entertainment Chair as well as Signs and Decorations.

A Canadian Fundraising Chair is urgently required for the 2017 convention. If interested please contact Chuck for details.

Relocation (Glenn)

No report as we have not met.

OLD BUSINESS:

The insurance form is ready for signature. Glenn and Ben will discuss with Eva. Eva will deal with Paul (the church contact) about the lease and insurance.

New Business:

MEETING STATISTICS

There were 12 attendees at the Intergroup meeting for June. Below is a list of the attendees based on the area codes for the meetings in the first table.

416	905	705	519	613
7	3		2	

In the table below is a listing of the total number of meetings (61) based on area codes.

416	905	705	519	613
23	19	12	6	1

The statistical information above is provided for information.

The meeting closed at 11:15

On the following pages is a full report from the World Service Delegate.

W.S.O. Delegate's Report
54th Annual World Service Business Conference
Embassy Suites Albuquerque Hotel and Spa
Albuquerque, New Mexico

Monday May 2nd to Saturday, May 7th, 2016

Eva M., compulsive overeater anorexic bulimic and the WSO delegate for Central Ontario Intergroup. The following is my delegate's report attending this year's WSO World Service Conference.

The theme for this year's Business Conference was to the Carry the Message and this was the focus of the following workshops:

Responsibility Pledge: To Extend the Hand and Heart of OA

Responsibility: of Abstinence

Responsibility: Of working all twelve steps

Strategic Planning: Carrying the Message Back Home

Responsibility: Sponsorship

Wednesday, May 4, 2016

Forum: A carry on Message

All of the Delegates were seated into twelve tables. Each table was given a scenario/situation where they had to carry the message of twelve step recovery. My table chose the situation where the wife loses over a 100 lb. because of recovery and her spouse is having a very difficult time accepting the changes to the spouse, ie. Meeting attendance, calls from sponsee and calls to the sponsor, attending retreats, etc.

Every table did a great job, very creative and lots of laughter.

Committee Meetings:

The following committees meet during the World Service Business Conference:

- By-laws
- Conference Approved Literature
- Finance
- Professional Outreach
- Public Information
- Region Chairs
- Twelfth-Step within
- Unity with Diversity
- Web/Technology
- Youth in OA

I participated in the *Unity with Diversity* committee held Wednesday afternoon. We had a new Chair for this Committee which was Stella from Region 9. The co-chair was Miranda the delegate from Greece. The Committee divided into three sub-committees as follows:

1. Completion of the letter started last year to the Regional Chairs encouraging them to have their local intergroups host workshops focused on unity and diversity and to send to WSO podcasters that focused on this theme;
2. Creation of a pamphlet that on unity within diversity;
3. Creation of a workshop on this theme;
4. Creation of a powerpoint presentation.

Business Meetings

Thursday, May 5th to Saturday, May 7th

Business Meeting 1

The first of the business meetings began with the welcome/introduction, adoption of credentials Report, Adoption of Standing Rules, Adoption of the Agenda, Delegates' Briefing, Procedures for Motion and Floor Debate and finally reading of the Officers' reports. At WSBC 2016 there were represented numerous countries around the world representing the different regions, the United States, Canada and South America.

190 Eligible voters were present.

The Consent Agenda and Conference Agenda were adopted.

Business Meeting 2

The following matters were presented during Business Meeting 2:

Region and Committee Reports, Region/GST Nominees' Speeches and Q & A, New Business (time permitting).

The following pieces of literature were presented and voted on.

Pamphlet to Carry the Message

Twelve Traditions Pocket Guide

Twelve Step Workshop and Study Guide (motion to approve publication of this new piece of literature was defeated)

Business Meeting 3

The following matters were presented during Business Meeting 3:

Elections

Region Trustee Elections

Region 2 – Hanna S.

Region 5 – Linda J.

Region 8 – Linda H.

Region 10 - Letitia

General Service Elections

Three-year term: Steve M.

Three-year term: Gloria L.

Our beloved Bob F. has finished his term as GST.

Business Meeting 4

The remainder motions and by-law amendments were discussed and then voted upon.

Saturday, May 2, 2015

The remaining business consisted of committee and workshop reports, the green dot ceremony and introductions of next year's Chair and Committee Chairs.

The major topic of discussion during most of the conference was the significant increase in virtual meetings, ie. On-line or telephone meetings, email loops, etc. and the impact this has had on the 7th tradition donations in the fellowship worldwide.

PLEASE: if you attend virtual meetings as part of your recovery program, please think about

increasing your 7th tradition contribution at your face to face meetings or set up ARC (automatic recurring contributions) with WSO.

For more detailed information regarding the motions and by-law amendments, please go to the WSBC website at the link:

<https://oa.org/members/events/world-service-business-conference/>

All of the business items listed on the agenda were discussed and voted on.

A very successful business Conference and very peaceful for me both personally and as your delegate. This is the third year that I attended of my four-term. Every conference is a great experience and gives me different insight, education about the organization and care that people both from the WSO office and world-wide put into the fellowship of Overeaters Anonymous. It continues to inspire me to serve and grow in service.

Yours in gratitude and service,

Eva M.