

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: Vacant
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: Chuck
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 May 13th, 2016 - 10am to noon

1. **Welcome and Serenity Prayer.**
2. **Twelve Steps** read in unison.
3. **Twelve Traditions** and long form of **Tradition Five** are read.
4. **Preamble to Twelve concepts** and long form of **Concept Five** 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: (Vacant) (officemanager@oaontario.org)

This position is vacant at this time therefore there is no report.

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

Group Contribution Report

Meeting #	City	Meeting Day	Meeting Time	Amount
48826	Kitchener	Monday	8PM	75.00
33911	North York	Thursday	8PM	129.25
202	Toronto	Wednesday	12:00 Noon	130.00
37516	Toronto	Thursday	12:15PM	150.00
6176	Willowdale	Sunday	9AM	200.00
Anonymous				150.00
18734	Woodstock	Tuesday	1PM	100.00

Income Statement

Opening Balance February 2016			11,908.08
Total Donations		934.25	
	Literature Sales	530.05	
	7 th Tradition	19.25	
	Retreat Income	380.00	
Total Income		1,863.55	1,863.55
Expenses	OA& AA Literature Cost of Sales		
	Rent	400.00	
	Bell	187.10	
	Treasurer		
	Retreat Expenses	4,098.67	
	Delegate Travel – World Service	794.75	
	Delegate Travel - Region 6		
	Public Information	27.35	
Total Expenses		5,507.87	5,507.87

Net Income (Loss)			(3,644.32)
Closing Balance			8,263.76
Summary:			
Cash on hand			8,263.76
T-Bill			878.10
Prudent Reserve			-5,500.00
Cash available			3,641.86
Literature- Cost of Sales:			
Last Month literature available for sale			14,288.95
OA literature order			
AA literature order			
Raffle prize			
Literature sales			(530.05)
Total Literature available for sale			13,758.90

Region 6 Delegate (Lynda) region6rep@oaontario.org

The Assembly was very productive. I serve on the Convention Committee as the Chair and the following items were discussed:

- Fund raising for the 2017 convention – this needs to be in place with items ready for sale at the September 2016 Assembly and the chair of the committee should be on the Canadian side
- We currently have the following positions filled:
 - Chair – Chuck
 - Program Chair – Eva
 - Treasurer – Lynda
 - Hospitality – Kathy
 - Secretary – Clair
 - Roommate List – Jill
 - Website – George
 - Fund Raising – Jeanette (the US person still need CAD)
- We are looking for chairs for the following committees:
 - Fund Raising – Local chair
 - Hotel Liaison – Local
 - Entertainment – Local
 - Service Co-ordinator
 - Literature – Local
 - Public Information
 - Registration – Local

Local means that we need someone from Canada to chair the committee
- Fundraising for 2016 for Region 6 is a bag with the logo for the WSO convention for sale for \$10 US
- We discussed the currency that would be use in the 2017 Region 6 Convention in Richmond Hill and we sell literature in Canadian dollars only. There will not be US and CAD accepted just Canadian

- 2018 Region 6 convention – we will be approaching an Intergroup in New York to host this convention
- Assembly dates have been set for 207/2018/2019

The Intergroup Outreach Committee raised the concern for the decline in meetings and Intergroups. This is a major of OA as a whole. There has been a training workshop developed called Intergroup Renewal Officer Training Workshop to make all of the Intergroups in our Region viable, strong, vibrant, powerful bodies to attract more members, support current groups and improve personal recovery thus improving the overall health of OA.

A motion was brought to the floor to amend the 2016/2017 budget adding \$15,000 in order to hold 3 Intergroup Renewal Workshops. This motion passed.

Then an adjustment was made to the 2016 budget to add \$4800 for an Intergroup Renewal Workshop training session in New York. This motion passed.

The workshops will be held Friday to Sunday and accommodation will be provided by Region 6 but travel and meal costs will be at the individual or Intergroup expense.

Each session will accommodate 50 attendees and it is intended for Intergroup Officers or those who will soon be officers.

There will be 3 sessions in the US and 1 in Canada and they are to be centrally located to be accessible by car from several states. They must be well promoted and well attended.

I have completed the Convention Planning Manual and then using the Intergroup Rep email list I have sent out an email asking for help and have received 2 responses to date.

World Service Delegate (Eva) wbscdelegate@oaontario.org

I attended at the WSBC in Albuquerque. I will highlight some of the important items discussed briefly at the May meeting and then provide my full report at the June IG meeting.

Committee Reports

The Vice-Chair is no longer able to fulfil her service. This position is now vacant.

Our By-Laws will be verified and changed with regard to Central Ontario Intergroup attendance. Each service position is to provide a monthly report to the Secretary.

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

There were 7 changes this month:

- 1) Re-Add Meeting to COI meeting list – 1
- 2) Closed meetings – 2
- 3) Meeting Time change – 1
- 4) Phone Contact change - 1
- 5) Secretary change – 1
- 6) Meeting day change – 1

The meeting in Hamilton, Ontario had to temporarily close its doors as the meeting location was no longer

available. Two weeks later a new location was found and the meeting re-opened. Any changes that impact the EBlast were updated and the file sent to Web Service for upload of changes. We currently have 61 meetings registered with Central Ontario Intergroup.

Telephone / Email (Linda) helpline@oaontario.org

There were 8 messages and 4 emails for the month of April.

We could use more volunteers both as call pick-up people (six months of abstinence required) and reminder people (no abstinence requirement).

Bylaws (Ben)

Nothing to report this month.

Website (Chuck) webservice@oaontario.org

We had about 100 fewer hits for April, over March on the website. We're always looking for contributors for this service, and, effective July, will need a new chair.

Of note is that the Meeting Minutes section of the website has not been viewed (only 3 views in a month). We may need a separate communication letting folks know of this.

Abbie (Tracey) abbie@oaontario.org

Nothing to report. I am pleased with this issue. Looking for articles, please submit.

Public Information (Chuck) pi@oaontario.org

Pride:

We were approached by the Pride committee to host a 12 step meeting during pride. I handed this over to the 519 meeting reps, as their meeting is closed during Pride. Two issues are being addressed: 1. there will be food present, and some may have issues with that. 2. the meeting format may (or may not have) been approved by AA's World Service.

St. Josephs:

Kate is running a session for patients at St. Josephs, "Curb Your Cravings from the Inside Out: Overeaters Anonymous". This will be on June 2nd. She is organizing speakers for this great session.

PRI-MED:

We had a quite successful conference. We gave away 190 professional information packages, and shared our story with these folks. We gave away at least two thousand business cards and postcards. We have a few requests for 8 literature holders. I will prepare a plan of action for getting in touch with these doctors.

Of note is that we had a request for help in Vancouver, and this request was forwarded to them. Also, we spoke with Dr. Bernstein, who started to refer his patients to OA after we spoke with him at the Obesity Summit from last year.

Ever mindful of our 12th tradition, I would like to thank Lynda, Kathy, Andrea and Terry for taking one or

two days to do all-day service.

I will step down from this role, once the final report from this convention is complete.

Outreach (Ben) outreach@oaontario.org

Nothing to report.

Finance (Glenn) finance@oaontario.org

Ben reported: as discussed and advised I have arranged cancellation of the Bell Internet at a monthly savings of \$90. We can piggy back on the center's connection while we remain there. - This will not impact any other aspect of our web process.

I also sent advice of the renewal of our Antivirus/Internet Security. As noted in my email I recommend that we continue with this protection @ \$90 per year. Our pcs will continue accessing the outside world and using USB keys. Hence the risk continues.

The Insurance cost is less than \$200 annually with 2,000,000 in liability.

Glenn moves – we authorize Eva to sign the insurance for this facility not to exceed 2,000,000 in liability. Seconded Donna All in favour.

Below is a copy of the letter being sent to each OA Central Ontario groups thanking them for their donations:

Spring 2016

Dear Group Treasurer,

Please share this letter with your group.

Thank you for both your 2015 and ongoing donations. We have enclosed a 2015 receipt along with our grateful appreciation.

OA Central Ontario Intergroup is committed to supporting our groups. In addition to a wealth of helpful knowledge and experience, we offer a number of creative initiatives that include financial underwriting for groups wishing to host workshop events. Please contact us with questions.

Tradition 7 states that every OA group ought to be self-supporting. We want all our groups to remain strong. Group money priorities include: rent, insurance, literature, prudent reserve. Three months' operating expenses is suggested for the prudent reserve. Time, energy, and talent are equally important aspects of Tradition 7. Are your group members practicing Step 12 by taking on active commitments/service positions in the group? We recognize that each group is autonomous according to Tradition 4. Let us know how your group is doing!

Concept 12 cautions our groups and many service bodies, not to become the seat of

perilous wealth or power. Beyond necessary group expenses, donations to Intergroup, Region 6, and World are always both welcome and needed. Suggested splits include 60%, 30%, 10%. If easier for your group, issue one cheque to OA Central Ontario Intergroup and include your group's donation instructions. We will happily forward donations to the other service bodies.

Tradition 5 states that each group has but one purpose: to carry the message to the still suffering compulsive overeater. OA Central Ontario Intergroup has service opportunities. Our committees need additional support, input, and participation from our OA members. Service is slimming; please consider assisting us.

Thank you for your time and consideration. Please visit our website: www.oaontario.org and sign up for email contact. Also inquire about attending our Intergroup meetings remotely. We look forward to hearing from you.

Yours in Loving Service,

Literature Committee (Liisa) literature@oaontario.org

This month two orders were picked up by Lynda and Chuck in Albany at the conference. We therefore only paid 12% shipping costs + the exchange. The total of these two orders was \$1,800.

I also placed an order for literature delivered via my UPS account. This order totalled \$2,700 Canadian + \$420 in UPS shipping and brokerage charges which represents 16% – which is less than the 20% shipping charge from World Service. So in essence the UPS account is saving us money.

The total literature purchases last month were \$4,920. I am aware that this is in excess of my discretionary amount. I did check with Glenn before I placed the UPS order and decided to go ahead. We are going through Newcomer packages and OA 12& 12's very quickly these days so I have stocked up on these.

I would like to welcome Chris who has stepped up to fill literature orders.

Thank you and thanks to Chuck and Lynda for picking up the literature.

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

No report this month for special events and calendar.

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

Retreat Leader

- Very positive feedback on the retreat leader and the weekend overall. All expenses have been reimbursed to the retreat leader.

Participants

- 23 people participated plus the retreat leader for a total of 24 people

Income & Expenses

Income	Funds collected from participants at the venue	19 people X \$190	\$3,610
	Funds collected from participants in advance of the retreat (paid by cheque)	3 people X \$190	\$570
	Subsidy to one participant	1 person X \$100	\$100
		Income:	\$4280
Expenses	Flight for retreat leader (in CDN\$)		\$578.67
	Expense for retreat leader's stay at Mission	1 person X \$0	\$0
	Scarboro Mission (22 people X \$160) ** The Mission provides 2 rooms at no cost		\$3520
		Expenses	\$4098.67
		Net Profit	\$181.33

Invoice

The invoice from the Scarborough Mission sent to Treasurer on April 19th for payment. Payment has been mailed on May 10, 2016.

2017 Retreat

I have confirmed with the Scarborough Mission that our retreat will take place on Friday March 24, 2017 and conclude on Sunday March 26, 2017. Our normal weekend in April will be Easter and therefore the Mission is not available.

With the approval of Intergroup I would like to begin identifying for the retreat leader right away so that I don't run into scheduling conflicts which I had experienced this year when looking for a speaker. Please confirm that I can begin the recruiting process for a retreat leader.

Retreats in 2018 & 2019

In my discussion with the Manager of the Scarborough Mission, with the closing of the Mission in June 2017, she indicated that there will be limited availability and venue options within the GTA and surrounding area, given that organizations such as ourselves (other 12 step programs, not for profit groups etc) are seeking low cost, quality venue options.

My recommendation is that we should secure space for the upcoming years of 2018 and 2019 as if we wait too long we will be challenged to get space in a venue at a reasonable price. I would be happy to do the work of identifying a new venue and can bring back recommendation to Intergroup. Please confirm that I can begin to source venues for 2018 and 2019.

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

OA Convention (Donna) conventionchair@oaontario.org

Committee will be meeting for the first time Friday May 13, 2016. The topic for the convention is Power of Recovery – The Steps we took. There are 6 committee members. Setting the price and awarding scholarships is the decision of the committee.

We are looking into online registration. The next meeting is June 13th.

Region 6 Convention Planning - 2017 (Chuck)

We have more volunteers for our committee. Lynda is working hard on getting descriptions on there, and we will ask for an email blast to be sent.

Relocation (Glenn)

No report as we have not met.

OLD BUSINESS:

New Business:

World Service Convention – this year WSO is doing fund raising draw using gift baskets as is done at Region 6 Convention.

Moved: Lynda – We send \$100 CAD to the Fund Raising Chair to purchase a basket and prepare for WSO at the convention as a one-time donation. Seconded: Chuck

MEETING STATISTICS

There were 14 attendees at the Intergroup meeting for . Below is a list of the attendees based on the area codes for the meetings in the first table.

416	905	705	519	613
6	5	1	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 11:52.