

# SNI MEETING MINUTES FOR SATURDAY, SEPTEMBER 10, 2022

The regular meeting of the Suburban North Intergroup (SNI) was held on Saturday, September 10, 2022, in person and via zoom. Wanda C. opened the meeting at 10:13 am with the Serenity Prayer.

## **Present were:**

**Board members:** Chair: Wanda C. (also Region (R5) Representative and World Service Business Conference (WSBC) Delegate); Vice Chair: Carolyn S. (also R5 Representative); Recording Secretary: Laural R. (also Website Chair); and Acting Corresponding Secretary: Maureen R. (also keeper of SNI Meeting and Sponsorship Lists and Zoom Committee Chair)

## **Intergroup Representatives (IRs)**

- Monday 7:00 pm Morton Grove: Penny N.
- Wednesday 9:30 am St. Marcelline, Schaumburg: June L. (also Designated Downloader)
- Wednesday 7:00 pm Stillwater Barrington: Lauryl B.
- Thursday 10:00 am Northbrook: Pat H.
- Thursday 12 noon First Church Crystal Lake: Carol G.
- Friday 9:00 am Holy Trinity Elgin: Darlette P.
- Saturday 10:00 am First Church Crystal Lake: Christine G.
- Saturday 11:00 am St. Giles Northbrook: Cathy O.

## **Visitor**

Deanna B. (Region 5 Vice Chair)

Carolyn S. read the Twelve Steps, Christine G. read the Twelve Traditions, Carol G. reflected on Tradition 9-Structure, and Maureen R. read the short version of Concept 9-Ability.

Wanda C. read the SNI Standing Rules which were adopted as read.

The proposed agenda had one addition and one change. Question added on what to do with extra meeting group literature. Laural R. would speak on “12 Days of Sponsoring”, since Susan M. was not able to be present. The agenda was approved.

The August 6, 2022, Minutes were *tentatively* approved upon clarification of two lines in the Treasurer Report.

Seventh Tradition collected: \$42.00 and \$12.00 (book sale)

## **Reports/Updates/Questions/Comments/Clarifications:**

**Report from the Designated Downloader, Treasurer Reports (Monthly Report and Y-T-D Budget Report), TSW Recovery Event Report, and Writing a Recovery Story were sent out prior to the meeting. Updates and other reports are listed here.**

Designated Downloader (June L.)

**WSO News Bulletin – August**

WSBC

[https://4cbgp.r.ag.d.sendibm3.com/mk/mr/ILB0YWRjgFLpGFgG1CqjdP0UnP\\_G7EcX5Dj4QYdTr5makuzZLQhf9\\_ZPObajSE\\_9sZdTSNj6K\\_FZXxI8M8Mj7AE6soL2VxGe576LdOlfMzZzwPseWQP2tRqn857V5is3zMJv4bGE9A](https://4cbgp.r.ag.d.sendibm3.com/mk/mr/ILB0YWRjgFLpGFgG1CqjdP0UnP_G7EcX5Dj4QYdTr5makuzZLQhf9_ZPObajSE_9sZdTSNj6K_FZXxI8M8Mj7AE6soL2VxGe576LdOlfMzZzwPseWQP2tRqn857V5is3zMJv4bGE9A)

WSBC 2022 Final Conference Report: See Chair, Treasurer, Managing Director, Committee reports and Workshops & Forum notes <https://oa.org/app/uploads/2022/08/final-conference-report-wsbc-2022.pdf>

\*2023 First Conference e-Documents: Tentative Conference Agenda

<https://oa.org/app/uploads/2022/08/tentative-conference-agenda-wsbc-2023-rev-aug-2022.pdf>; BOT

Chair's Welcome Letter <https://oa.org/app/uploads/2022/08/chairs-welcome-letter-wsbc-2023.pdf>;

Getting Ready for WSBC 2023

<https://oa.org/app/uploads/2022/08/getting-ready-for-wsbc-2023.pdf>

New event calendar on oa.org; find & submit OA events

<https://oa.org/event-calendar/> <https://oa.org/event-calendar-submission-form/>

Newcomer pamphlet *Where Do I Start?* now available as free download in 20 languages

“Note: The American English version was revised in 2022, while all other language versions are translated from the original 2018 pamphlet. All language versions are considered OA-approved literature, so you can distribute the pamphlet freely in your language.”

*Lifeline* is back! Read recovery stories at <https://lifeline.oa.org/>

-Help *Lifeline* grow - Send your “recovery-focused story, digital painting, song, video or any other type of digital media”; contributor guidelines <https://oa.org/app/uploads/2022/07/contributor-guidelines-for-lifeline-stories-of-recovery-blog.pdf>; submission form <https://form.jotform.com/220035565825050>

Annual Appeal: Contributions to OA general fund total \$7,018.85.

May still contribute through 2022 <https://oa.org/contribute/> (Select “Annual Appeal”)

## **Region 5**

Reminder: Region 5 Convention Friday 9/16 6:00-7:00 pm (Open OA Meeting); Saturday 9/17 8:30 am-3:30 pm and Sunday 9/18 8:30-11:30 am

-Register <https://oaregion5.regfox.com/region-5-2022-convention>

## **Events Added**

-Sunday 9/11 12-1:30 “Strengthening Your Recovery Through Service” Meeting ID: 228-467-1262

Passcode: Recovery

-Sunday 9/18 3-5:30 pm “Am I a Real Compulsive Eater”

## **Other Additions**

-A new *Voices of Recovery* is available in a print format (SKU 986-2) or as a digital download. Go to [www.bookstore.oa.org](http://www.bookstore.oa.org)

Chair Report: (Wanda C.) – Wanda C. reported on her work with the Region 5 PIPO Committee. The committee is working on two initiatives. 1) “Elevator Pitch” – Developing a 30-60 second “pitch” that tells someone else about your OA experience. This might be formatted in two different ways—one for someone you know, the other for a stranger. 2) “Poster Party” – SNI or any meeting group would select OA posters that they like and print them off (at SNI’s expense). The group would meet, then disperse to put up the posters, meeting at the end of an agreed-upon time for reflection. -Wanda C. will present her R5 Summer Session and Young Peoples’ Reports at a later date.

Vice Chair Report: (Carolyn S.) – Carolyn S. has been “talking up” the SNI website to various meeting groups encouraging members to visit the site. As Carolyn S. stated, “It’s easy, convenient and anonymous.” Reported that she will be chairing the upcoming Elections that will be held in October.

Recording Secretary Report: (Laural R.) – The SNI website has been added to the Meeting List as directed. -There have been 1,900 hits on the website. -Only one SNI member submitted their personal recovery story. Other SNI members are encouraged to write a recovery story for the website. – Literature: Because many meetings are remaining zoom only, they have extra literature and have requested SNI’s guidance on what to do. Laural R. will contact Region 5’s Barb K. for more specific direction, especially regarding any out-of-date literature. SNI is open to having a meeting group bring their extra literature to one of our Recovery Events and sell it at a reduced rate or for a donation.

Acting Corresponding Secretary Report: (Maureen R.) -The Wednesday St. Martha School meeting is now Zoom only. This change is reflected on the current Meeting List information. – Maureen R. explained her responsibilities as “keeper” of the Sponsorship List and suggested that anyone needing a sponsor can be referred to her.

## **Region 5 2022 Convention and Business**

Hospitality Report (Darlette P.) Darlette P. reported that everyone is ready and looking forward to the Convention on September 16-18, 2022. On Thursday, 9/15 at 6 pm there will be a “Dry Run” for the Saturday and Sunday Convention days.

SNI Friday Night Meeting Report (Deanna B.) -Deanna and her committee are ready to go. Deanna explained that members involved in this meeting do NOT need to participate in the “Dry Run” of the Convention. Everyone involved in the meeting has been notified of their responsibilities.

SNI Elections (Carolyn S.) – As Vice Chair Carolyn S. is responsible for the October Elections. She serves as the chair of the Nominating Committee, which was formed. Carolyn S., Christine G., Maureen R., and June L. will serve on the committee. Carolyn S. is also responsible for conducting the elections. She will contact John C. to ask if he can serve as SNI’s Election Judge (person in charge of counting the votes). If not, Carolyn S. will contact Region 5’s Barb K. regarding setting up an on-line poll for the vote for those people on Zoom. Members present in-person will vote by secret ballot. Elections will be the first item on the SNI October Agenda.

## **Intergroup Renewal Goals**

Strengthening SNI by Visiting Meeting Groups (Maureen R.) – No formal report. There are still some meeting groups without SNI representation. SNI members were encouraged to continue to reach out to other meeting groups.

TSW and Feedback about Body Image Event (Maureen R) -TSW Report was sent in the SNI Eblast. Maureen R. reviewed the report, specifically the evaluations, which were very positive. Each person attending the SNI Meeting had the opportunity to reflect on the event from their personal perspective. Regarding improvements, evaluations indicated that people would like more time for sharing and interactions. -Another TSW Recovery Event was discussed, and a TSW committee was formed. Maureen R., Carol G., and Carolyn S. will investigate the specifics of our next event. -SNI is also able to assist individual meeting groups who want to organize a recovery event by providing “guidelines” for organizing an event and financial support. Carolyn S. mentioned that the Monday St. Simon’s Meeting

has focused on the Big Book during the pandemic and might be interested in organizing a recovery event in the future. SNI would support this recovery event.

*Temporary Sponsors: Newcomers' First Twelve Days* (Laural R.) – The purpose of the *First Twelve Days* in OA is to help newcomers learn about the Twelve Step recovery program through a twelve-session introduction to OA. Laural R. will send out the materials to all SNI members in her “What to Bring Back to Your Meeting Groups” Eblast. Susan M. will speak more on this topic at our October Meeting. Wanda C. attended a “How to be a Temporary Sponsor” workshop. There is another workshop coming up in October. A flyer will be forwarded to all members. We are encouraged to attend.

Committees/Volunteer Groups, PIPO, Bylaws -Carol G. stressed the importance of PIPO in “carrying the message to other compulsive eaters who are still suffering.” She is willing to work on this, but not alone. More specifics will be discussed at our October meeting.

## What to Bring Back to Your Meeting Groups

Encourage members to visit the SNI website [www.oachicagosni.org](http://www.oachicagosni.org) and to write a personal recovery story that might be shared on the website. (See “Writing a Recovery Story” flyer.)

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Lots of great information in the WSO News Bulletin

[https://4cbgp.r.ag.d.sendibm3.com/mk/mr/ILB0YWRjgFLpGFgG1CqjdP0UnP\\_G7Ecx5Dj4QYdTr5makuzZLQhf9\\_ZPObajSE\\_9sZdTSNj6K\\_FZXxI8M8Mj7AE6soL2VxGe576LdOlfMzZzwPseWQP2tRqn857V5is3zMJv4bGE9A](https://4cbgp.r.ag.d.sendibm3.com/mk/mr/ILB0YWRjgFLpGFgG1CqjdP0UnP_G7Ecx5Dj4QYdTr5makuzZLQhf9_ZPObajSE_9sZdTSNj6K_FZXxI8M8Mj7AE6soL2VxGe576LdOlfMzZzwPseWQP2tRqn857V5is3zMJv4bGE9A)

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Meeting Groups can find and submit events to **OA's New Event Calendar**. <https://oa.org/event-calendar/>  
<https://oa.org/event-calendar-submission-form/>

**Meeting Group Literature** – What to do, if your meeting group is now meeting on zoom and has extra books: 1) Put inventory in your meeting chat, so members know books are available for purchase (at a discounted rate) or for a donation, whatever your Group Conscience decides. 2) Bring your extra books to the next SNI Recovery Event and “sell” them at the event. Each group would need to have one of their members handle their own “sales.” ARE GROUPS INTERESTED IN DOING THIS?

Encourage sponsors in your group to **become a Temporary Sponsor**. (See the attached *Temporary Sponsors: Newcomers' First Twelve Days* and *Where Do I Start? Everything a Newcomer Needs to*

*Know.*) Susan M. will provide more information at our October meeting. There's also a workshop of this topic coming up in October. More specific information to follow.

**SNI's Next Recovery Event** – TSW (Twelve Step Within) Committee formed. Tentative Topic – **What Does Recovery Look Like?** More information to follow.

Closing: The meeting closed at 12:04 pm with the 7<sup>th</sup> Step Prayer.

**NEXT SNI MEETING**  
**Saturday, October 1, 2022**  
**10 a.m. to 12 noon**

**IN-PERSON:** Buffalo Grove Youth Center (50 ½ Raupp Rd. next to Village Hall)

**ON ZOOM:** Meeting ID: 833-9832-5805 Passcode: 013291

Respectfully submitted,  
Laural R.  
Recording Secretary