

# SNI Meeting Minutes for Saturday, November 5, 2022

The regular meeting of the Suburban North Intergroup (SNI) was held on Saturday, November 5, 2022, in-person and on-line via zoom. Wanda C. opened the meeting at 10:18 am with the Serenity Prayer.

## Present were:

**Board members:** Chair: Wanda C. (also Region 5 (R5) Representative and World Service Business Conference (WSBC) Delegate); Vice Chair: Carolyn S. (also R5 Representative); Acting Treasurer: Neal M.; 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 pm Morton Grove Community Church: Penny N.
- Wednesday 9:30 am St. Marcelline, Schaumburg: June L. (also Designated Downloader)
- Wednesday 7 pm Stillwater, Barrington: Lauryl B.
- Thursday 10 am Northbrook: Pat H.
- Thursday 12 noon First Church Crystal Lake: Carol G.
- Friday 10 am St. Benedict's Abby Benet Lake WI: Susan M.
- Saturday 10 am First Church Crystal Lake: Christine G. (also R5 Representative)
- Saturday 11 am St. Giles Episcopal Church Northbrook: Cathy O'G.

## Visitor

Deanna B. (R5 Vice Chair)

-Christine G. read the Twelve Steps; Neal M. read the Twelve Traditions, and reflected on Tradition 11 (Anonymity), and Carolyn S. read the long version of Concept 11 (Humility).

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

-The proposed agenda was adopted with no additions or changes.

-The October 1, 2022, Minutes had one correction in two places. Under Business – Nominating Committee Report and SNI Elections and What to Bring Back to Your Meeting Groups, the following will be added. "No electable candidates were available; no election was held." This will be indicated for Treasurer and Corresponding Secretary. The minutes were approved with these changes.

-Seventh Tradition = \$33.

## Reports/Questions/Clarifications

**Reports from the Treasurer, Designated Downloader, Acting Corresponding Secretary, and TSW Chair were sent out prior to the meeting. Updates and other reports are listed here.**

Designated Downloader (June L.)

-Interesting fact: 60% of the oa.org monthly searches are to “Find a Meeting”

\*Visit *Lifeline: Stories of Recovery* at <https://lifeline.oa.org/>; still in development; soon to be listed on OA’s home page

International Day Experiencing Abstinence (IDEA) Nov 18-20

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Zoom ID: 867 3868 6551

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Zoom ID: 854 9262 9516 Password: 308316

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Thanksgiving Events

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Zoom ID: 884 2062 7878 Password: Email request to [OAFOHquakertown@gmail.com](mailto:OAFOHquakertown@gmail.com)

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### **Additions to the November Downloader Report:**

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-As of January 1, 2023, the prices and shipping costs on all print and digital materials is increasing.

Chair Report: (Wanda C.) – Wanda C. reported on her "joyful and beautiful" time at the R5 Assembly, which was held in-person in Chesterton, IN. – 30 people attended (25 of the 30 could vote). – The formal report will be sent out to SNI next month. (*See full report under "Business-Region 5 Assembly."*)

Vice Chair Report and R5 Assembly Report: (Carolyn S.) – Carolyn S. attended the R5 Assembly, which she described as being a "respite" from everyday worries. Through the fellowship she stated that she "could hear God's whispers for me."-Carolyn reported that she serves on the Bylaws Committee and the Intergroup-to-Intergroup Subcommittee. -Carolyn S. noted that there are "many of other great IGs out there" and she is dedicated to increasing the contact between them. -The formal report will be submitted in December. (*See full report under "Business-Region 5 Assembly."*)

Acting Treasurer Report (Neal M.) -Neal M. clarified that the Treasurer's Report has a two-month lag time in reporting. For example, today's report is an accounting of what transactions occurred in September 2022. -SNI Insurance (\$500) is due on November 14, 2022 and has already been paid. Our insurance remains fixed, meaning it doesn't cost to add or drop meeting

group locations as needed. SNI does add an insurance rider for all events. -Donations are down, but so are SNI costs. -A discrepancy was discovered under Recovery Event, which will be corrected for the December meeting.

Recording Secretary Report (Laural R.) – No report -Website Chair Report: None

Acting Corresponding Secretary Report (Maureen R.) -There currently are twenty-six (26) Active SNI groups. Eight (8) groups are F2F; Sixteen (16) groups are Zoom and two (2) groups are Hybrid. -Reps are still needed for many groups. SNI members were encouraged to continue to reach out to those groups without reps. -Carol G. volunteered for the Friday, 9 am (Zoom) Holy Trinity in Elgin meeting. -Need someone to reach out to the Wednesday, 10 am (Zoom) St. Matthews, Evanston meeting.

## **Business – Budget and Region 5 Assembly**

### **Budget Review**

-A Budget Review is normally done in November. Neal M. suggested that the review occur after the holidays. – Neal M. and Wanda C. will meet in January 2023.- Wanda C. suggested that SNI reactivate the Finance Committee. According to the *SNI Policy and Procedure Manual*, the Finance Committee “prepares the annual budget for approval and oversees the use of funds and prudent reserve. This includes review/audit of bank account records.” – Neal M. pointed out that SNI has never reviewed its prudent reserve and that this should be reviewed. – According to the *Bylaws of the Suburban North Intergroup of Overeaters Anonymous, Article VII, Section 2 – Prudent Reserve*, “A Prudent Reserve shall be maintained as appropriate for fiscal management. There shall be no accumulation of funds beyond current need, with retention of a prudent reserve for six (6) months operating expenses. Funds in excess shall be donated to Region 5 and the World Service Office annually as budgeted (or more often as funds accumulate) and directed by the Intergroup.”

### **Region 5 Assembly – Reports from SNI Representatives**

#### **Region 5 Representative – Wanda C.**

Learned several things: 1) IGs can pay the treasurer. One IG (MAI) pays \$15/hour for 5 hours. 2) IGs love Zoom and reported that their membership has grown because of Zoom. Additionally, there is some reluctance to return to in-person meetings because of the convenience of Zoom. 3) Elected for a second term were Eileen C. (R5 Chair) and Linda P. (R5 Treasurer). Both are seeking a person to succeed them when their term is up in two years, training them during their last two-year term. 4) Region 5 is a 5013c charitable organization subject to federal regulations. 5) Purpose of the Roll Call is to determine the number of attendees who are eligible to vote, as per the dictates of the 5013c regulations. 6) No state was willing to host the R5 2023 Convention. -The convention is the way R5 generates money so R5 delegates can attend the WSBC. 7) -An ad hoc committee was formed to organize a one-day virtual 2023 convention with

MaryAnn as Chair. Deanna B. is the R5 liaison. SNI members Christine G. and Carol G. volunteered for the ad hoc committee.

#### Region 5 Representative – Carolyn S.

**Bylaws Committee Report:** Two emergency business motions were introduced to the Assembly. 1) Since no state was stepping up to host the 2023 Convention, the Assembly voted on including how to run a Zoom convention, so that anyone stepping up to run a Zoom convention had guidelines. 2) The Bylaws were changed to indicate that *Roberts Rules of Order* would be followed when they don't conflict with WSO's rules.

**Intergroup to Intergroup Subcommittee Report:** The subcommittee is working on creating a website which would serve as a resource for Region 5 IGs. A Survey Monkey was created with questions on how IGs are run. For example, what are the best practices that IGs can do to grow membership? Does an intergroup have a website? Insurance? A phone service? Accept electronic donations? Have a presence on social media platforms? Hold workshops? Engage in outreach to health care professionals? Ways to support sponsorship within the IG? These questions will be answered by all the IGs, so that the subcommittee can accumulate what information needs to be included on the new website. -Carolyn S. notes that there are "many of other great IGs out there" and she is dedicated to increasing the contact between them. - Carolyn S. will chair the SNI survey responses.

#### Region 5 Representative – Christine G.

**-Media Subcommittee Report:** -Christine G. reported that she is the Acting Secretary for this subcommittee. -The subcommittee decided to keep the name *Freedom from Bondage* for the Region 5 Newsletter. -Christine G. encouraged us to write an article for the newsletter with suggested topics being on your experiences going back to F2F meetings or your personal experiences with Zoom, telephone, and other online meetings. Articles should be sent to Pam L. at [pkaylee@me.com](mailto:pkaylee@me.com) -The Intergroups decided to share ideas and articles for their separate newsletters.

**-R5 PIPO Subcommittee Report:** - PIPO stands for Public Information/Professional Outreach. - The committee is working on two (2) projects. Both deal with "carrying the message of OA to those compulsive eaters who are still suffering." -Project One is an Elevator Speech Workshop, which would encourage members to notice the opportunities that arise to carry the message and to be prepared for these opportunities with a very short "speech" (message) about OA. - Project Two is a Poster Party Flyer Event where members would meet, then distribute posters to places in the community (food stores, libraries, park districts) promoting OA. -Both of these projects are currently in the planning stage. If interested in helping, volunteer to be on the subcommittee.

## **Intergroup Renewal Goals**

TSW – Next Recovery Event: "What Does Recovery Look Like?" (Laural R.)

-Event will be held on Saturday, February 4, 2023, from 1 to 4 p.m. at the Alcott Center of the Buffalo Grove Park District (530 Bernard Drive) in Room 10.

- The committee requested SNI approval of \$112.50 for room rental. SNI approved. Maureen R. will be securing the location today after the meeting.
- Start publicizing this event in your meetings asking members to "Save the Date."

#### Temporary Sponsorship Program (Susan M.)

- Susan M. encouraged everyone to consider becoming a temporary sponsor for those new to OA by using the step-by-step guide entitled "Temporary Sponsors: Newcomers' First Twelve Day".
- Please share this information with your meeting groups. It would be a great way for someone who might be afraid of sponsoring to get started.
- During the twelve (12) days, temporary sponsors should encourage the newcomer to be looking for a sponsor. A temporary sponsor also helps in this process, so that after the twelve (12) days, the newcomer has a way to continue their journey in OA.
- Information on this program and day-by-day guidelines were sent out in a previous SNI Eblast and will be sent out again.

## What to Bring Back to Your Meeting Groups

**SAVE THE DATE: SNI is hosting a Winter Recovery Event on Saturday, February 4 from 1 to 4 p.m.** at the Alcott Center (530 Bernard Dr., Buffalo Grove). The topic is "What Does Recovery Look Like?" Mark it on your calendar.

**Here are the Downloader Report Highlights:** The November Downloader Report is posted on the SNI website ([www.oachicagosni.org](http://www.oachicagosni.org))

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**Region 5 is forming an ad hoc committee to begin planning the R5 2023 Convention.** Anyone can be a part of this group. If interested, contact Deanna B. at [ddhope12@aol.com](mailto:ddhope12@aol.com) It will be a one-day virtual event.

**Encourage members who are sponsors or members who are thinking about or getting ready to sponsor to become a Temporary Sponsor.** Your commitment would be for the first 12 days of the newcomer's OA journey. (Attached is "Temporary Sponsors: Newcomers' First Twelve Days," which is a step-by-step guide to sponsoring a newcomer for their first twelve days. Also attached, if the "Where Do I Start" pamphlet for newcomers.)

**Encourage members to write a recovery story for the Region 5 Newsletter *Freedom from Bondage*.** Suggestions include writing a couple of paragraphs on their experiences going back to Face-to-Face meetings or writing about their personal experiences with Zoom, telephone, and online meetings. Please send your story to Pam L. at [pkaylee@me.com](mailto:pkaylee@me.com)

**SNI is still looking for recovery stories for our website.** Encourage members to submit their story to Laural R. at [lareinhart@comcast.net](mailto:lareinhart@comcast.net)

**NEXT SNI MEETING:** December 3, 2022  
10 am to 12 noon  
In-person at 50 Raupp Rd. (next to Village Hall), Buffalo Grove  
Hybrid – Meeting ID: 833-9832-5805 Passcode: 013291

Respectfully submitted,  
Laural R.  
SNI Recording Secretary

CHECK OUT OUR SNI WEBSITE  
[www.oachicagosni.org](http://www.oachicagosni.org)