

SNI Meeting Minutes for Saturday, December 3, 2022

The regular meeting of the Suburban North Intergroup (SNI) was held on Saturday, December 3, 2022, via zoom. Wanda C. opened the meeting at 10:05 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); 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)

- 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 Abbey, 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.

-Pat H. read the Twelve Steps: Susan M. read the Twelve Traditions; Carol G. reflected on Tradition 11, and Maureen R. read the short version of Concept 12.

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

-The proposed agenda was adopted with addition of a discussion of what to do with extra literature.

-The November 5, 2022, Minutes were accepted with several minor changes.

Reports/Questions/Clarifications- Reports from the Designated Downloader and TSW Chair were sent out prior to the meeting. Updates and other reports are listed here.

Designated Downloader: June L – (Original report is attached.)

-Reminder: All literature prices (print & digital) and shipping costs will increase as of January 1, 2023.

-*Twelve Concepts* now available as e-book (\$2).

-WSBC e-documents (proposed new business motions and bylaw amendments) will be posted Thursday, January 5, 2023. SNI will consider these proposals in February.

-Region 5 final Assembly Reports – Look for them on the R5 website.

-Support OA with end-of-the-year contribution.

-Twelve Steps Within Day is Monday, December 12. Events listed on Downloader Report.

Chair Report: Wanda C. – No Formal Report

-Meeting groups are encouraged to welcome young people into their meetings. See the SNI website for resources. On the SNI website Home Page click on the link "OA for Young People".

Vice Chair Report: Carolyn S.

-R5 Intergroup-to-Intergroup subcommittee is moving forward on the creation of a website which intergroups can use as a resource. The first step includes an Intergroup survey, which has been finalized and is awaiting approval from R5. Intergroups will respond to the survey, so the subcommittee understands the various needs of each intergroup.

OA SNI – What to Bring Back to Your Meeting Groups

Twelve Step Within Day (December 12) Events/Programs:

Sunday, December 11 Sponsorship 2-3:30pmCST

<https://oavirtualregion.org/2nd-sunday-of-the-month/> Zoom ID: 891 6554 0024 Password: 120912

Monday, December 12 Twelfth Step Within Day Step 12 Spiritual Principle-Service; How Do I Practice “The Twelfth Step Within”?

7am-11pmCST (Phone Marathon — Meeting every hour) Phone: 712-432-5200 Conference ID: 4285115#

Monday, December 12 Build Your OA Core 7:30pmCST Zoom Link: <https://us04web.zoom.us/j/2921820667>

Monday, December 12 Relapse and Recovery 8:30-10pmCST

<https://www.oasf.org/events/2020/12/12/a-reflection-workshop-how-do-we-really-feel-about-relapse-amp-recovery-se32z-ksjt8>

Zoom ID: 861 1855 0516 Password: 112244

Support OA with end-of-the-year contribution: go to www.oa.org/contribute

Select “Make this a recurring gift” to set up a monthly or quarterly Automatic Recurring Contribution using your credit or debit card; or download the contribution form to mail in your check or money order

Reminder: All literature prices (print & digital) and shipping costs increase on January 1, 2023. Order now to save at <https://bookstore.org.org/>

Upcoming – Annual WSBC Agenda Questionnaire. WSBC e-documents will be posted on Thursday, January 5th with all the proposed bylaws. Go to <https://oa.org/world-service-business-conference/> Meeting groups will be asked for their feedback on the proposals. Intergroup reps will report back on the results at the February 4 SNI Meeting.

Don’t know what to do with all your extra OA books? Meeting groups can sell those extra books at the SNI February 4th Recovery Event. Contact Laural R. at lareinhart@comcast.net if your meeting group is interested. (There are only 3 spots available for the February 4th Event.)

WANTED: SNI Treasurer and others to serve on the Financial Committee. If interested, please contact Wanda C. at wpcva@msn.com

Zoom Bombers are back! Attached are some **security trainings** available and information on how to handle this problem. The SNI website also has some great information under “Resources”.

Recovery Stories are needed for our SNI website, Region 5’s *Freedom from Bondage*, and OA’s *Lifeline*. Please submit your story to Laural R. at lareinhart@comcast.net This is a great way to give service and enhance your own recovery!

December SNI Downloader Report

Please share the following OA news and upcoming events with your group:

WSO News Bulletin – November

https://4cbgp.r.ag.d.sendibm3.com/mk/mr/A1VJgxHz6-G6rBKtseIDAjPk0qoHHwUJ4Ck4YzzmGhthLyUgenVyL-tkVOE03YhIHj0-Qh_eQd0Kt_BZ4366r3zzRC7h6BBhBG2ELQvePe8dkuQyPbH08WZ6kqCBitHufhrlbWTBkA

+ Reminder: All literature prices (print & digital) and shipping costs to increase January 1; order now to save <https://bookstore.oa.org/>

+ Reminder: *Twelve Concepts* now available as e-book (\$2); see bookstore.oa.org for links to Amazon Kindle, Barnes and Noble Nook, Apple Books (or print copy).

+ WSBC e-documents to be posted January 5 <https://oa.org/world-service-business-conference/>

+ December 12: Twelfth Step Within Day - “reach out to the still-suffering compulsive eater in our fellowship”

Planning Resources

- Twelfth-Step-Within Handbook
- Twelfth Step Within Day workshop
- Recovery Roadmap workshop”

Ideas to Extend Hand and Heart

- Keep It Simple: Ideas for Twelfth Step Within Day
- Preventing Relapse/Ways to Support Those in Relapse
- Reaching Out to Those within the Fellowship Who Still Suffer
- Traveling Hopefuls

Exercises and Handouts for Those Still Suffering

- Been Slipping and Sliding?: A Reading and Writing Tool
- Twelve Steps to a Slip
- Breaking Out of Relapse video
- Back issues of *Lifeline*
- A New Beginning: Stories of Recovery from Relapse

+ Reminder: Event Calendar <https://oa.org/event-calendar/>

+ Reminder: *Lifeline* blog - read recovery stories <https://lifeline.oa.org/>; contribute 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>

+ Support OA with end-of-the-year contribution: at oa.org/contribute select “Make this a recurring gift” to set up a monthly or quarterly Automatic Recurring Contribution using your credit or debit card; or download the contribution form to mail in your check or money order

Virtual Region Newsletter <https://oavirtualregion.org/news/>

Events

Saturday, December 3 Experience, Strength, And Hope Through The Holidays 9-NoonCST

<https://stlouisoa.org/wp-content/uploads/2022/10/2022-Holiday-Booster.pdf>

Zoom ID: 829 6922 6331 Password: 865711

Saturday, December 3 Day Of Reflection Noon-4pmCST

<https://oa.org/events/day-of-reflection-workshop/> Our Savior's Lutheran Church 8607 South Narragansett Avenue Burbank, IL

Saturday, December 3 Hope For The Holidays 12:30-2:30pmCST <https://oa-ottawa.ca/wp-content/uploads/2022/11/holiday-minithon-dec-3-2022-flyer-v1-1.pdf> Zoom info: Sign up on oa-ottawa.ca

Saturday, December 3 OA Promises Candlelight Event 8pmCST

<https://oavirtualregion.org/wp-content/uploads/2022/11/promises-candlelight-flyer-2022-final-pdf-Victoria-Woods.pdf>

Zoom ID: 847 7465 5025 Password: promises

Sunday, December 4 Celebrate or Commiserate? 2-3pmCST
<https://oahouston.org/wp-content/uploads/2022-Holiday-OA-Chats-FINAL-2-1.pdf> Zoom ID: 811 7402 6732
Password: 2020

Sunday, December 4 Favorite OA Tools and Abstinence Through The Holidays 3-5:30pmCST
Zoom ID: 947 2125 9974 Password: 810562

Saturday, December 10 Step 1: Powerless 10-11:30amCST
<https://i0.wp.com/www.oawmass.org/wp-content/uploads/2022/08/Allergy-Anytime.png?ssl=1>
Zoom ID: 896 7659 8254 Password: Powerless

Saturday, December 10 The Doctor's Opinion 2:30-4pmCST
<https://ad4l.info/wp-content/uploads/2022/11/AD4L-Speaker-Series-12-2022-724x1024.png> Zoom ID: 200 540 624
(no password)

Sunday, December 11 Sponsorship 2-3:30pmCST
<https://oavirtualregion.org/2nd-sunday-of-the-month/> Zoom ID: 891 6554 0024 Password: 120912

Monday, December 12 Twelfth Step Within Day Step 12 Spiritual Principle-Service; How Do I Practice "The Twelfth Step Within"
7am-11pmCST (Phone Marathon — Meeting every hour) Phone: 712-432-5200 Conference ID: 4285115#

Monday, December 12 Build Your OA Core 7:30pmCST Zoom Link: <https://us04web.zoom.us/j/2921820667>

Monday, December 12 Relapse And Recovery 8:30-10pmCST
<https://www.oasf.org/events/2020/12/12/a-reflection-workshop-how-do-we-really-feel-about-relapse-amp-recovery-se32z-ksjt8>
Zoom ID: 861 1855 0516 Password: 112244

Tuesday, December 13 Keys To Surviving The Holidays 6-8:30pmCST Zoom ID: 460 686 1021 Password: unp8QX

Sunday, December 18 Hanukkah Don't Stop Before The Miracle Happens 7am-11pmCST (Phone Marathon — Meeting every hour)
Phone: 712-432-5200 Conference ID: 4285115#

Sunday, December 18 Experience, Strength and Hope Through Service 3-5:30pmCST
Zoom ID: 947 2125 9974 Password: 810562

Saturday, December 24 Christmas Eve Tradition 12 Spiritual Principle - Spirituality; What Does My Spirituality Look Like Now?
7am-11pmCST (Phone Marathon — Meeting every hour) Phone: 712-432-5200 Conference ID: 4285115#

Sunday, December 25 Christmas The Gifts This Program Has Given Me 7am-11pmCST (Phone Marathon — Meeting every hour)
Phone: 712-432-5200 Conference ID: 4285115#

Sunday, December 25 Recovery Meeting 10:15amCST
https://www.oasgvie.org/uploads/1/2/2/5/122551464/holiday_xmas_new_year_2022.pdf Zoom ID: 825 944 5125
Password: 2020

Monday, December 26 Kwanzaa What Gifts Do I Offer And Receive By Working My Program Of Recovery? 7am-11pmCST (Phone Marathon — Meeting every hour) Phone: 712-432-5200 Conference ID: 4285115#

Saturday, December 31 5:30 am-Sunday, January 1 6:30amCST New Year's Marathon
<https://oa.org/events/marathon-meditation-meetings-workshop/> Zoom ID: 829 263 32181 Password: Surrender

Saturday, December 31 New Year's Eve Taking A Personal Inventory: What Can I Learn By Looking Back? 7am-11pmCST (Phone Marathon — Meeting every hour) Phone: 712-432-5200 Conference ID: 4285115#

Saturday, December 31 Restoration To Sanity 1:30-6:30pmCST https://ad4l.info/?page_id=4884 Zoom ID: 200 540 624 (no password)

Sunday, January 1 New Year's Day We Can Start Over Any Time 7am-11pmCST (Phone Marathon — Meeting every hour)
Phone: 712-432-5200 Conference ID: 4285115#

Sunday, January 1 Recovery Meeting 10:15amCST
https://www.oasgvie.org/uploads/1/2/2/5/122551464/holiday_xmas_new_year_2022.pdf Zoom ID: 825 944 5125
Password: 2020

Thanks & Blessings!
June L.

SNI TSW Committee Meeting Report
Saturday, November 5, 2022

The TSW Committee Meeting was held after the SNI November Monthly Meeting.

Present:

Wanda C. (SNI Chair)
Carolyn S. (SNI Vice Chair)
Laural R. (SNI Recording Secretary, TSW Event Chair)
Maureen R. (SNI Acting Corresponding Secretary, TSW Scheduler)
Carol G. (SNI Rep)
Pat H. (SNI Rep)

Day/Time/Place:

- Saturday, February 4, 2023, from 1 to 4 pm at Alcott Center, Buffalo Grove Park District (530 Bernard Rd.)
- Maureen R. has reserved Room 10 (the larger room).
- SNI approved the facility rental fee of \$112 at the November Meeting. Maureen R. will take care of dropping of the check at the conclusion of the TSW Meeting.

Committee decided that the event would be In-Person only. Maureen R. will direct Penny N. to adjust the event flyer accordingly.

Purchasing a portable microphone/speaker for SNI TSW Events.

-Carol G. researched the pricing and suggested that SNI purchase one lavalier microphone and Bluetooth speaker. She will go to Best Buy for guidance on the types of lavalier microphones and Bluetooth speakers available, along with their costs.

- An example of the microphone that were discussed (Available on Amazon)

**Headset Mic/Stand Mic/Lavalier Lapel Mic with Rechargeable Bodypack Transmitter & Receiver ¼” Output for iPhone, PA Speaker, DSLR Camera, Recording, Teaching, Church, Vlog
Cost \$44.99**

Connectivity Technology: Wireless

Connector Type-3.5 mm Jack, 6.35 mm Jack

Comes with three adapters

Multi Applications - This microphone system is ideal for living performances like preaching in church, weddings, teaching, **presentations**, school plays, training, **public speeches**, interviews, or video and audio recording.

(Think it still might need a Bluetooth speaker. We need to inquire.)

-The lavalier microphone and Bluetooth speaker would be an investment for all future SNI event.

-SNI will need to discuss and approve this expenditure at the December Meeting.

Event Music (During registration and break.)

-Carol G. created a playlist of appropriate songs.

-The committee listened to snippets of several songs and voted “yes” or “no”. In addition, other committee members suggested other song titles.

-The committee decided that we don’t need all twenty-five (25) songs, so the playlist was limited to a handful of songs. Carol G. will rework the playlist.

Decorations

- Carol G. asked for help with the decorations. Pat H. and Carolyn S. volunteered to help.
- The Decorations Subcommittee will meet to plan decorations and figure out costs.
- SNI will need to approve the expenditure of funds for these decorations.

Event Format

- Maureen R. mentioned that there was a mistake on the Tentative Format. She will correct it and send out the revised format.
- All the event folders are completed. Thank you, Maureen!

Speakers

- Speaker 1: Belinda (Anorexia)
- Speaker 2: Kim (Bulimia)
- Speaker 3: Cathy J. (Overeater at "healthy body weight")
- Speaker 4: Ed (Overeater, abstinent, still "working towards a healthy body weight")

Next TSW Committee Meeting: TBD

Respectfully submitted,
Laural R.

TSW Committee Event Chair/SNI Recording Secretary