

SNI MEETING MINUTES for Saturday, November 4, 2023

The regular meeting of the Suburban North Intergroup (SNI) was held on Zoom on Saturday, November 4, 2023. Chair Wanda C. opened the meeting at 10:01 am with Maureen R. leading the Serenity Prayer.

Present Were:

Board Members: Chair: Wanda C. (also Region 5 {R5} Representative and World Service Business Conference {WSBC} Delegate); Vice Chair: Susan M.; Treasurer: Carolyn S.; Recording Secretary: Laural R. (also Website Chair); Corresponding Secretary: Maureen R. (also keeper of SNI Meeting and Sponsorship Lists and Zoom Committee Chair)

Intergroup Representatives (IRs)

- Monday, 6 pm St. Simons Big Book Meeting: Shari D.
- Wednesday, 9:30 am St. Marcelline, Schaumburg: June L. (also Designated Downloader)
- Friday, 9:00 am Holy Trinity Lutheran Church, Elgin: Diane MC.
- Friday 7:30 pm St. Andrew Episcopal Church, Grayslake: Neal M.
- Saturday, 11:00 am St. Giles, Northbrook: Cathy O'G.

-Susan M. read the Twelve Steps; Shari D. read the Twelve Traditions; Neal M. reflected on Tradition 11 (Anonymity); and Diane MC. Read the short version of Concept 11 (Humility).

-There were no changes and/or additions to the agenda.

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

-The October 7, 2023 Minutes were approved with a few minor corrections.

Reports/Questions/Clarifications: The Designated Downloader Report, the Updated SNI Meeting List, and a draft of the October 7, 2023 Minutes were posted on the SNI website. The Vice Chair Report, Treasurer's Report, Corresponding Secretary Report, SNI Group Meetings, Contact Person, and Intergroup Representatives List, TSW Recovery Event Report and Motions to Amend the SNI Policy and Procedure Manual and the SNI Bylaws were sent out in the SNI Eblast. Updates and other reports are listed here.

Designated Downloader: June L. (Original report is posted on the SNI website.)

From WSO News Bulletin - October

<https://4cbgp.r.a.d.sendibm1.com/mk/mr/sh/1t6AVsd2XFniGKBRQMJoNIGYzeVJZ4/EmiyoPcpzU4A>

+ International Day Experiencing Abstinence (IDEA) November 17-19

-Saturday, November 18 Renewing Your Commitment To Abstinence Noon-1:30pmCST

Zoom ID: 827 3581 3760 Password: 006317 (have video on when entering)

-Saturday, November 18 Celebrate The Holidays Noon-2pmCST

Zoom ID: 865 7919 7536

-Sunday, November 19 International Day Experiencing Abstinence - How Do I Define My Purpose As A Member Of OA?

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

-Sunday, November 19 IDEA Day Workshop 1-3pmCST

Zoom ID: 731 088 9762 Passcode: BeAbstn8

-Sunday, November 19 Staying Committed To Abstinence 1-3pmCST

Zoom ID: 368 705 321 Password: 9517532460

-Sunday, November 19 Speaker Meeting (TBA) 3-5:30pmCST Zoom ID: 947 2125 9974 Password: 810562

Highlighted Thanksgiving Events:

-Thursday, November 23 Thankathon 6am-NoonCST

Zoom ID: 883 8428 0232 Password: 149115

-Thursday, November 23 Thanksgiving Marathon 7am-7pmCST

Zoom ID: 863 8620 0340 Password: 12x12x12

-Thursday, November 23 Thanksgiving Day Face Your Stuff Or Stuff Your Face - How Do I Keep My Recovery Strong? 7am-11pmCST (Phone Marathon — Meeting every hour) Phone: 712-432-5200

Conference ID: 4285115#

-Thursday, November 23 Gratitude 8:15-10:30amCST

Zoom ID: 884 2062 7878 Password: Email OAFQHquakertown@gmail.com

-Thursday, November 23 Gratitude Meeting 9-10amCST

Zoom ID: 538 040 418 Password: 002478

SPECIAL NOTE: For Apple Users – There is a new payment option (Apply Pay) for making donations at www.aa.org/contribute

Chair Report: Wanda C. (No Formal Report)

-Was not able to attend the Friday night Intergroup to Intergroup Sharing Meeting at the Region 5 Fall Assembly as stated in the Eblast Cover Letter.

Vice Chair Report: Susan M. (Full VC Report was sent out in the SNI Eblast.)

-SNI needs a member to serve as the WSBC Delegate Alternate. -A liaison is needed between SNI and the media.

Treasurer Report: Carolyn S. (Full report was sent out in the SNI Eblast.)

-Former SNI Treasurer Neal M. filed the Treasurer Report September 2023 which was sent out in the SNI Eblast. – Neal notified SNI that he has already paid the SNI Insurance which is due in November. Cost remained the same as last year \$500.

Corresponding Secretary Report: Maureen R. (Full report was sent out in the SNI Eblast.)

-**SNI Meeting List Updates:** Monday, 7 pm – Old Morton Grove Community Church meeting has moved to the Niles Senior Center, 999 Civic Center Dr., Niles (Room 120A-Card Room). Monday, 7 pm – The old Niles meeting is now the North Suburban Chicago Zoom Meeting.

-**New Reps:** Thursday, 12 noon – Crystal Lake (Lynn P. and Deanna B.-alternate). Friday, 10:00 am – St. Benedict's Abbey, Benet Lake (Joanne H.) and Friday, 7:30 pm – Grayslake (Neal M.)

-Currently have 15 meeting groups with reps.

Business

All SNI Policy & Procedures Motions and SNI Bylaws Amendments adopted by the required votes.

See attached adopted motions.

Region 5 Fall Assembly Reports

Report #1: Carolyn S.

-Nineteen (19) IG reps in attendance, two (2) guests, and all R5 board members were present.

-Elections: Vice Chair Kevin F. from Michigan City, Indiana, and Kerri from Central IL was reelected as secretary.

-Region 4 is disbanding, and Region 5 will be absorbing some of Region 4's Intergroups. The Intergroups have until August 2024 to decide which region to join. It is hoped that Region 5 picks up eight (8) new intergroups.

-Region 5 Spring Assembly will be held in Ohio, March 2024, and the Fall Convention will be held in Ohio September 6-8, 2024.

R5 Intergroup-to-Intergroup Committee Report: Carolyn S.

-Goal 1 – Increase attendance at regional events. Committee members reached out personally to other IG members to encourage attendance. Talking points were developed to assist in listing benefits of attending R5 events.

-Goal 2 – Host Intergroup Renewals – One IG is currently in the process, as well as five (5) more slated for 2024.

-Goal 3 – Welcome new IGs from Region 4 – R5 looks to add perhaps eight (8) IGs to R5 from Missouri, Iowa, Minnesota, and the remainder of Illinois. Expect participation to begin at Fall Assembly 2024.

-Decisions made: 1) Provide a welcome pack for each new IG from R4 and others and 2) Update R5 logo including the new states added.

-Develop and Communicate Digital Best Practices – A survey created so each IG can report on what service they use for 7th tradition. This survey will be shared with IGs.

R5 Bylaws Committee Report: Carolyn S.

-Decisions Made: The Bylaws Committee will be an ad hoc committee without a chair meeting on an as-needed basis to review and discuss tasks. Before the Spring 2024 Assembly, a member will need to act as the Committee Chair to present any motions to the Assembly.

-Actions Taken: Discussed changing the section of the Bylaws pertaining to Nominations of Trustees. Wrote motion to amend the Bylaws, which will be submitted at the Spring 2024 Assembly.

-Issues for Later: With the absorption of additional intergroups from Region 4, there will be a need to review the Policies and Procedures manual to evaluate how it may be affected.

Report #2: Christine CG.

-Assembly was held in Edinburgh, Indiana. Twenty-seven (27) individuals attended with representatives from Ohio, Kentucky, Indiana, Northern Illinois, and Wisconsin. Michigan and a portion of Ontario were not represented.

-Region 4 consisting of Iowa, Missouri, Southern Illinois, Kansas, Nebraska, North and South Dakota is disbanding. R5 Trustee Barb K. made a presentation to Region 4 encouraging Region 4 active groups to consider R5.

-Barb K. reported WSO has a huge budget gap due to a 40% drop in literature sales, which is WSO's primary source of funding. Members attending virtual meetings often do not take the time to donate. Suggested pausing during the meeting so members can give online.

-The upcoming Cleveland Convention "Welcome Home, Many Symptoms, One Solution" will be held September 6-8, 2024 in Independence, Ohio. Each IG is asked to decorate a bird house, which will serve as a centerpiece and be raffled off as a fundraiser.

Media Committee Report: Christine CG.

-Focused on obtaining articles for our R5 online newsletter *Freedom from Bondage*.

-Committee is evaluating all aspects of the R5 website to restore and check on links making sure the information is correct.

PIPO Committee Report: Christine CG.

-Committee distributed the *Public Information and Professional Outreach Service Manual*, which can also be obtained at www.oa.org

-The committee is seeking a chair.

November 2023 SNI Vice Chair Report

In October, we passed two motions which affected our bylaws and our policies. I have updated those documents, but will wait to redistribute them until the November motions are considered.

Please be ready to vote on the 7 motions that you have already received (2 bylaw motions and 5 policy motions). The final version of these motions was sent out by Laural R, our recording secretary on October 2, 2023. I am asking Laural to resend them with this report.

We currently have a full board (5 elected officers) but we are still looking for an alternate World Service Business Conference (WSBC) delegate. Our current bylaws require the WSBC delegates to be SNI board members. We will be voting on a motion to change some of the requirements at our November meeting. Hopefully we can elect an alternate either at the November or December meeting.

I am looking for people who are willing to be on the Bylaws Committee to help us get our bylaws and policies up to date. Among the issues that could be addressed are redundancies between our documents, creating guidelines for the website and the SNI Handbook, and determining the roles of visitors to SNI.

If you have any questions about the motions, our bylaws, or our policies, or if you would be willing to be part of the Bylaw Committee, please contact me.

Susan M 847-710-8823 susan.m.aa@gmail.com

Corresponding Secretary Report: For Saturday, November 4, 2023 SNI Meeting

Meeting List Report: There are currently twenty seven (27) active SNI groups: Seven (7) groups are F2F; eighteen (18) groups are Zoom and two (2) groups are Hybrid.

Updates:

-Monday 7:00 pm (F2F) #15457 (Morton Grove Community Church). MOVED: New address: Niles Senior Center, 999 Civic Center Dr., 120A (Card Room), Niles, Illinois 60714. Check w/Contact Person for Updates. New Contact Person: Jane C., #773-680-3183.

-Monday 7:00 pm (Zoom) #89941 (Niles). New Name: 'North Suburban Chicago Zoom'
ID#: 997 1741 7256, Passcode: 084 651. New Contact Person: Carol B. #708-733-0168.

Zoom Report: No reported problems in October accessing Zoom portion of SNI meetings using the new ID number.

SNI Intergroup Renewal Goals:

NEW SNI Intergroup Representatives (IR's).

1. Friday 10:00 am St Benedict's Abby, Benet Lake. New IR: Joy Hoy. #847-567-2704, email: jhoy2014@aol.com.
2. Friday 7:30 pm St Andrews, Grays Lake. New IR: Neal Morse. #847-804-2232, email: impowerlesstoo@gmail.com.

Out of 27 groups there are fourteen (14) groups that have IRs and thirteen (13) groups without IRs.

Five (5) groups (Open) & need SNI Volunteers for followup.

Nine (9) Zoom and four (4) F2F groups are without IR's. [NOTE: One (1) IR for Monday-Friday 'OA Check-In/Meditation' Meetings].

Below are the current groups without IR's:

- 1-5. Monday through Friday 8 am (Zoom) Crystal Lake 'OA Check-In/Meditation'. (5 groups, 1 IR) (Open)
6. Monday, 7:00 pm (F2F) (old MG Community Church). Niles Senior Services, (Open).
7. Monday 7:00 pm (Zoom) North Suburban Chicago Zoom. (Open)
8. Wednesday 10:00 am (Zoom) St Mathew's, Evanston. (Maureen R.)
9. Wednesday 1:00 pm (F2F) 1st Presb. Church, Lake Forest (Penny N.)
10. Wednesday 7:00 pm (Zoom) 'Morton Grove Illinois Miracle's.(Open)
11. Thursday, 12:00 Noon (F2F) 'Principles Before Personalities', 1st Church, Crystal Lake (Open).
12. Saturday, 10:00 am (Zoom) Crystal Lake 'Relapse Prevention' (Maureen R)
13. Saturday, 2:30 pm (F2F) NWCH, Arlington Heights (Carolyn S.)

One IR for each group allowed for voting purposes. An ongoing goal is SNI Volunteers (in parenthesis) continue to reach out to groups by calling/attending meetings to 'spread the word' that representation and participation in SNI provides opportunities to serve and grow beyond the group level

Respectfully submitted,

Maureen R.

Corresponding Secretary

Motion A

Move to amend SNI Policy and Procedure Article I, Section A, Paragraph 3 by inserting as follows:

<u>Current Wording:</u>	<u>Proposed Wording:</u>
Article I. SNI GENERAL POLICIES Section A. Date and Location of SNI Meetings Paragraph 3. Alternative meeting places will be announced as needed.	Article I. SNI GENERAL POLICIES Section A. Date and Location of SNI Meetings Paragraph 3. Alternative meeting places <u>and/or dates</u> will be announced as needed.

Submitted By:

Susan McCormick, Benet Lake Rep

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Email: susan.m.oa@gmail.com

Intent

To allow for different meeting dates, in keeping with current practices

Implementation

Update SNI Policy and Procedure Manual

Cost

Nominal: Printing for SNI Handbook

Rationale

To allow changing the date of SNI meetings due to various conflicts, such as holidays, OA events, or other considerations

History None

Motion B

Move to amend the SNI Policy and Procedure Manual Article I, Section D, Paragraphs 7 and 8 by striking and inserting as follows:

<p>Article I. SNI GENERAL POLICIES Section D. Elections</p> <p>7. A WSBC delegate/alternate shall be elected to a two (2) year term and shall serve no more than two (2) consecutive terms. A WSBC delegate/alternate filling an unexpired term or vacancy shall be eligible for two (2) consecutive elected terms after the unexpired term or vacancy is completed</p> <p>8. A Region 5 representative/alternate shall be elected to a two (2) year term and shall serve no more than two (2) consecutive terms. A Region 5 representative/alternate filling an unexpired term or vacancy shall be eligible for two (2) consecutive elected terms after the unexpired or vacancy is completed</p>	<p>Article I. SNI GENERAL POLICIES Section D. Elections</p> <p>7. A WSBC delegate/alternate shall be elected to a two (2) year term and shall serve no more than two (2) consecutive terms. A WSBC delegate/alternate filling an unexpired term or vacancy shall be eligible for two (2) consecutive elected terms after the unexpired term or vacancy is completed <u>as indicated in SNI Bylaws Article IV, Section 5, Paragraph B</u></p> <p>8. A Region 5 representative/alternate shall be elected to a two (2) year term and shall serve no more than two (2) consecutive terms. A Region 5 representative/alternate filling an unexpired term or vacancy shall be eligible for two (2) consecutive elected terms after the unexpired or vacancy is completed <u>as indicated in SNI Bylaws Article IV, Section 5, Paragraph C</u></p>
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Submitted By:

Susan McCormick, Benet Lake Rep

Phone: 847-710-8823

Email: susan.m.oe@gmail.com

Intent

To simplify our documents by keeping details in one place for easier maintenance

Implementation

Update SNI Policy and Procedure Manual

Cost

Nominal: Printing for SNI Handbook

Rationale

To avoid the need to change our Policy and Procedure Manual if there are changes to the associated bylaw

History

None

Motion C

Move to amend SNI Policy and Procedure Manual, Article I, Section E, Paragraph 4 by inserting as follows:

Article I. SNI General Policies Section E. Income/Expenses/Budget Items Paragraph 4. Send donations to Region 5 and WSO as budgeted	Article I. SNI General Policies Section E. Income/Expenses/Budget Items Paragraph 4. Send donations to Region 5 and WSO as budgeted <u>and when extra funds are available</u>
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Submitted By:

Susan McCormick, Benet Lake Rep

Phone: 847-710-8823

Email: susan.m.oe@gmail.com

Intent

To update documents to reflect current practices of avoiding accumulating excess funds beyond our prudent reserve and support OA at all levels

Implementation

Update SNI Policy and Procedure Manual

Cost

Nominal: Printing for SNI Handbook

Rationale

To facilitate prudent use of our resources

History None

Motion D

Move to amend SNI Policy and Procedure Manual, Article I, Section H, Paragraph 4 by striking and inserting as follows and renumbering the subparagraphs that follow:

Article I. SNI General Policies Section H. SNI Meeting Format Paragraph 4. Closing — Leader’s choice between Serenity Prayer, 3 rd Step Prayer, and 7 th Step Prayer	Article I. SNI General Policies Section H. SNI Meeting Format Paragraph 4. Closing — Leader’s choice between Serenity Prayer, 3rd Step Prayer, and 7th Step Prayer <u>from the OA suggested closings</u>
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Submitted By:

Susan McCormick, Benet Lake Rep

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Intent

To allow all OA suggested closings without having to list them individually

Implementation

Update SNI Policy and Procedure Manual

Cost

Nominal: Printing for SNI Handbook

Rationale

To keep it simple by following OA suggestions

History None

Motion E

Move to amend SNI Policy and Procedure Manual, Article II, Section F and Section H, Paragraph 10 by striking and inserting as follows and renumbering the subparagraphs that follow:

Article II. Responsibilities and Duties of Officers and Representatives of SNI	Article II. Responsibilities and Duties of Officers and Representatives of SNI
Section F. Responsibilities and Duties of SNI Treasurer	Section F. Responsibilities and Duties of SNI Treasurer
Section H. Responsibilities and Duties of Corresponding Secretary	Paragraph 13. <u>Schedules the meeting room for SNI meetings</u>
Paragraph 10. Schedules the meeting room for SNI meetings	Section H. Responsibilities and Duties of Corresponding Secretary

Submitted By:

Susan McCormick, Benet Lake Rep

Phone: 847-710-8823

Email: susan.m.oe@gmail.com

meeting

Intent

To align our policies with current practices

Implementation

Update SNI Policy and Procedure Manual

Cost

Nominal: Printing for SNI Handbook

Rationale

To have the policies accurately list the duties of each officer

History

None

Motion 1

Move to amend the SNI Bylaws, Article IV, Section 3, Paragraph F by inserting as follows:

<p>Article IV. SNI Elected Positions</p> <p>Section 3. Qualifications for SNI Elected Positions</p> <p>Paragraph F. The World Service Business Conference Delegate/Alternate shall be a member of the SNI Board, shall have attended at least two (2) Region 5 Assemblies, shall have served at least two (2) years of service beyond the group level, and shall have at least one (1) year of current abstinence and meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3, Paragraph c, and as required for election to SNI positions by Article IV, Section 4, of these bylaws.</p>	<p>Article IV. SNI Elected Positions</p> <p>Section 3. Qualifications for SNI Elected Positions</p> <p>Paragraph F. The World Service Business Conference Delegate/Alternate shall be a <u>current or past</u> member of the SNI Board <u>(when possible)</u>, shall have attended <u>served as a representative for</u> at least two (2) Region 5 Assemblies, shall have served at least two (2) years of service beyond the group level, and shall have at least one (1) year of current abstinence and meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3, Paragraph c, and as required for election to SNI positions by Article IV, Section 4, of these bylaws.</p>
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Submitted By:

Susan McCormick, Benet Lake Rep

Phone: 847-710-8823

Email: susan.m.oe@gmail.com

Intent

To allow for when there are not enough board members available to serve as delegates, and also clarifying the requirement regarding Region 5.

Implementation Update SNI Bylaws

Cost

Nominal: Printing for SNI Handbook

Rationale

To allow SNI to be represented at WSBC when there are not enough board members available and to ensure the person has service experience beyond the intergroup level.

History

None

Motion 2

Move to amend SNI Bylaws Article IV, Section 5, Paragraphs B and C by striking and inserting as follows:

<p>Article IV. SNI Elected Positions Section 5. Term of Office for SNI Elected Positions Paragraph B. A WSBC delegate/alternate shall be elected to a two (2) year term and shall serve no more than two (2) consecutive terms. A WSBC delegate/alternate filling an unexpired term or vacancy shall be eligible for two (2) consecutive elected terms after the unexpired term or vacancy is completed. Paragraph C. A Region 5 representative/alternate shall be elected to a two (2) year term and shall serve no more than two (2) consecutive terms. A Region 5 representative/ alternate filling an unexpired term or a vacancy shall be eligible for two (2) consecutive elected terms after the unexpired term or vacancy is completed.</p>	<p>Article IV. SNI Elected Positions Section 5. Term of Office for SNI Elected Positions Paragraph B. A WSBC delegate/alternate shall be elected to a two (2) year term and shall serve no more than two (2) consecutive terms. <u>with two exceptions: 1) A WSBC delegate/alternate filling an unexpired term or vacancy shall be eligible for two (2) consecutive elected terms after the unexpired term or vacancy is completed. 2) A WSBC delegate elected as SNI chair will continue to serve as WSBC delegate while serving as SNI chair.</u> Paragraph C. A Region 5 representative/alternate shall be elected to a two (2) year term and shall serve no more than two (2) consecutive terms. <u>with two exceptions: 1) A Region 5 representative/ alternate filling an unexpired term or a vacancy shall be eligible for two (2) consecutive elected terms after the unexpired term or vacancy is completed. 2) A WSBC delegate elected as SNI chair will continue to serve as a Region 5 representative while serving as SNI chair.</u></p>
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Submitted By:

Susan McCormick, Benet Lake Rep

Phone: 847-710-8823

Email: susan.m.oe@gmail.com

Intent

To avoid contradictions between our bylaws and policies and to ensure that the

SNI chair can fulfill the duties of the chair, even if they were already a WSBC delegate or Region 5 representative when elected to as chair

Implementation Update SNI Bylaws

Cost

Nominal: Printing for SNI Handbook

Rationale

If a newly elected chair is currently serving as delegate or representative, that should not keep them from being able to fulfill the duties of SNI chair, which includes being a delegate and a representative.

History

None