

SNI MEETING MINUTES for Saturday, May 4, 2024

The regular meeting of the Suburban North Intergroup (SNI) was held on Zoom on Saturday, May 4, 2024. Chair Wanda C. opened the meeting at 10:03 am with a minute of silent reflection followed by 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. (also WSBC Delegate and R5 Representative); Recording Secretary: Laural R. (also Website Chair); Corresponding Secretary: Maureen R. (also keeper of SNI Meeting and Sponsorships Lists and Zoom Committee Chair)

Intergroup Representatives (IRs)

- Monday, 6:00 pm St. Simons, Arlington Heights: Shari D.
- Wednesday, 9:30 am St. Marcelline, Schaumburg: June L.
- Wednesday, 7:00 pm Stillwater, Barrington: Lauryl B.
- Wednesday, 7:00 pm Miracles Group, Morton Grove: Eleanor W.
- Thursday, 12:00 pm First Church, Crystal Lake: Diane MC.
- Friday, 7:30 pm St. Andrews, Grayslake: Neal M.
- Saturday, 10:00 am First Church, Crystal Lake: Judy M.

-New Reps were welcomed. Eleanor W. (Wednesday, 7:00 pm Miracles Group, Morton Grove) and Judy M. (Saturday, 10:00 am First Church, Crystal Lake)

-Neal M. read the Twelve Steps; Susan M. read the Twelve Traditions; Neal M. reflected on Tradition Five (Purpose); and Maureen R. read the long version of Concept 5 (Consideration).

-There was one addition to the agenda, which was immediately addressed. Diane MC. (Alternate R5 Representative) stepped down from her position. She will continue to serve as the Alternate SNI Rep for the Thursday, 12:00 pm First Church, Crystal Lake Meeting. Wanda C. recognized her for service.

-Wanda C. read the Standing Rules, which were approved.

-The April 6, 2024 minutes were approved with two (2) changes of wording and one (1) clarification.

Reports/Questions/Clarifications: The Designated Downloader Report, SNI Meeting List, and April 6, 2024 Minutes are posted on the SNI Website. The following reports were sent out prior to the meeting: Vice Chair Report, Corresponding Secretary Report, Treasurer Report, Intergroup reps/Contacts, TSW Recovery Event Report, and the R5 Spring Assembly Report.

Designated Downloader Report: June L. (Full Report is posted on the SNI website.)

WSO News Bulletin - April

<https://4cbgp.r.a.d.sendibm1.com/mk/mr/sh/1t6AVsd2XFnIGKBRQMJoNIGYzeVJZ4/kRAqQARVSh-f>

+ Reminder: OA Survey - Recovery: What Works For You?

+ 2024 Annual Appeal

*Read letter at 3 consecutive meetings <https://media.oa.org/app/uploads/2024/04/10135858/annual-appeal-letter-2024.pdf>

*Donate directly (individually or as a group) online <https://oa.org/contribute/>, by check with mail-in form

<https://media.oa.org/app/uploads/2021/09/11120406/mail-in-contribution-form.pdf> or establish automatic recurring contribution (ARC) with new contribution portal oacontribute.blackbaudportal.com

+ Reminder: World Service Business Conference (WSBC) May 7-11 Albuquerque, NM - OA's worldwide group conscience (**If you have any comments on the motions on the agenda, please contact Susan M, Region 5 Delegate, or Wanda C and Carolyn S, SNI Delegates.**)

*e-Documents: Agenda Questionnaire Final Results, Trustee Nominee Applications, and *OA Handbook for Members, Groups, and Service Bodies* draft manuscript <https://oa.org/world-service-business-conference/>

Region 5

+ Region 5 Convention: "Welcome Home" September 6-8 (**Think about attending.**)

*Holiday Inn – Cleveland South Independence, OH

*Registration (Updated): <https://drive.google.com/file/d/17IA1FK7uqeADJFTyIlaFyLTh5hUAKVxW/view>

Featured Events

+Saturday, May 11 **Newcomer Workshop**: Tools 10am-NoonCDT

Zoom ID: 850 9549 6827 Passcode: 1212

+Sunday, May 12 **Mother's Day** Compulsive Eating Is Not Who We Are

7am-11pmCDT (Phone Marathon — Meeting every hour)

Phone: 712-432-5200 Conference ID: 4285115#

+Saturday May 18 **51st Anniversary** 9-11am CDT

Zoom ID: 845 2586 5710 Password: OASAT10AM

+Saturday, May 18 **Abstinence** Sing-Along Workshop 12:30-2:30pmCDT

Zoom ID: 837 1100 7258 Password: 051824

+Monday, May 29 **Memorial Day** Finding A (God) I Can Believe In

7am-11pmCDT (Phone Marathon — Meeting every hour)

Phone: 712-432-5200 Conference ID: 4285115#

+Monday, May 29 **Holidaze Zoomathon** 8am-1pm CDT

Zoom ID: 959 959 1828 Password: 718863

+Friday, May 31-Sunday, June 2 Men's Retreat

See flyer for online registration/Zoom attendance info

<https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:e9e790fe-12c6-4860-a1e7-e453a7a1bc41>

ADDITIONS TO THE DOWNLOADER REPORT

WSO News

[Second Call for Mental Health and OA Recovery Stories](#) (Deadline for Stories is June 30.)

*Share your experience, strength and hope for a new publication about mental health and recovery

<https://oa.org/news/second-call-for-mental-health-and-oa-recovery-stories/?news-category=0&page=0>

[Adding OA To Trusted Eating Disorder Websites Outside the US](#)

*See OA Region Chairs & Board of Trustees detailed letter regarding opportunity to help carry the message to those (outside the US) searching for recovery from anorexia and bulimia

<https://media.oa.org/app/uploads/2024/04/29171820/adding-oa-to-trusted-eating-disorder-websites-outside-the-us.pdf>

EVENT

Sunday, May 19 Region 6 Intergroup Forum: Abstinence Supports Service!

3-4 pm CDT

Zoom ID: 828 1250 0552 Passcode: 811927

Chair Report: Wanda C.

-Continuing to serve on R5's Everything Intergroup Committee. Enjoys the people involved in this group and is making new connections. -Looking forward to attending WSBC for the fourth year and seeing everyone in-person. Can be overwhelming but work done is so important to the World Service Organization (WSO).

Vice Chair Report: Susan M. (Full Report sent in SNI Eblast and attached at end of minutes.)

-Has been learning more about OA's Public Information, Profession Outreach (PIPO) work, especial OA's Public Service Announcements (PSAs) and other ways to inform the public about OA.-Would encourage SNI to do more PIPO work, especially when we sponsor a recovery event.-Continues to reach out to meeting groups encouraging groups without a SNI Representative to designate someone in their group as the SNI Liaison. They would be responsible for disseminating SNI information to their meeting group.

Treasurer Report: Carolyn S. (Full Report sent in SNI Eblast and posted on the SNI Website.)

Recording Secretary Report: Laural R.

-Received from SNI Vice Chair *Security Tips for OA Websites*. Sent to SNI Webmaster who received the information. SNI is following the recommendations.

Corresponding Secretary Report: Maureen R. (Full Report sent in SNI Eblast and attached at end of minutes.)

Business

Budget

-SNI donations are down but so are expenses. -Treasurer Carolyn S. and past-Treasurer Neal M. are planning on meeting to discuss all budget categories.

-SNI has approved that the SNI Chair be added to the SNI account as a signer, which entitles the Chair to receive a SNI Debit Card.

Handbook Orientation and Review: Susan M.

-Susan M. gave an overview of the SNI Handbook and how it was organized. -Section A. SNI Specific Information, which includes SNI Standing Rules, Suggested openings and closings, Current Meeting List and Contact Information. Susan suggested that Standing Rule #8 might need revision. -Section B. Glossary, Susan went over several of the terms that might need revising, including BOT, *Butterflyer*, *Courier*, *Freedom from Bondage*, *Lifeline*, *Regions*, and *Winging It*. These sections will be discussed at the July Meeting. -SNI members were also directed to look at the following sections of the Handbook for the July meeting. Section C. Motions/Parliamentary Procedure, which includes Notes about SNI Motions, Guide to Writing SNI Motions, and Parliamentary Procedure. Section D. Inventory and Tips, which includes Intergroup Inventory, How to be an Effective Trusted Servant, Conflict Resolution Worksheet, and The Principles of the OA Program. -Section E. SNI Bylaws – Article III-Members and Article VI-Committees. Section F. SNI Policy and Procedure Manual – Article II. Responsibilities and Duties of Officers and Representatives of SNI

-Because of our new Intergroup Reps and some members who need a handbook, it was decided that any further discussion of the SNI Handbook would be tabled until the July meeting.

Intergroup Renewal Goals

TSW Recovery Event Report: Maureen R. (Full Report in SNI Eblast and attached at end of minutes.)

-SNI members shared their thoughts regarding the event. -Maureen R. reported that speakers seemed unclear on the focus and needed more specific guidelines. -There was some confusion on the part of the

speakers as to how they were being timed. -Twenty-eight people attended, which is close to our average of thirty participants. -Members discussed different ways of increasing attendance. These included 1) Publicizing the event in newspapers; 2) PSAs on the radio; 3) Using our own excitement to promote the event; and 4) attending other meeting groups, especially those who are struggling, to identify potential speakers, which would, in turn, encourage members from that meeting to attend the event.

Chair Wanda C. closed the meeting at 12:08 pm with the Seventh Step Prayer.

Respectfully submitted,
Laural R.
SNI Recording Secretary

Next SNI Meeting: Saturday, June 1 (Zoom only)
10 am to 12 noon
Note: SNI July Meeting will also be Zoom only.

Corresponding Secretary Report: For 5/4/24 SNI meeting.

MEETING LIST Report: There are currently 26 active SNI groups: 8 groups are F2F; 16 groups are Zoom and 2 groups are Hybrid. As of 5/4/24 the NEW combined Meeting List, Intergroup Reps (IR's), Contact Persons (CP's) and new Liaison (L) list is current.

Meeting List Update: Group #3. Mon. 10:00 am (Z) Cong. Beth Shalom, Northbrook. New Contact Person (CP): Jill M. #224-234-6476.

ZOOM Report: Nothing to report this month.

SNI IR/L Changes:

-Group #3. Mon. 10 am (Z), Cong Beth Shalom, NB. New CP: Jill M. #224-234-6476 & New Liaison:

Belinda G. #783-485-7899, email: cloudb@gmail.com;

-Group #6. Mon. 7 pm (Z), 'North Sub. Chicago Zoom'. New Liaison: Laura Ward, #847-840-2416, email: lauramward@me.com;

-Group #11. Weds. 1 pm (F), 1st Presb., Lake Forest CP & New Liaison: Sarah D., #947-732-5727, email: sarahdietzel@gmail.com.

-Group #13. Weds. 7 pm (Z), 'Morton Grove Miracles Group'. New IR: Eleanor Welch, #773-255-2881, email: eleonor823@gmail.com.

-Group #20. Fri. 10 am (Z), St. Benedict's Abby. New Liaison: Diane Rudnick, #847-609-2052, email: verdorogoto@sbcglobal.net.

-Group #26. Sat. 2:30 pm (F), NWCH, Arlington Heights. CP & New Liaison: Roger Cannon, #815-742-4504, email: rjr3688@yahoo.com.

Out of 26 groups there are 11 with IRs and 11 groups (one IR for M-F Daily Check-In Meetings) without IRs. To enhance SNI's ongoing goal of reaching out, the Liaison (L) list was created and integrated into to the existing Intergroup Representative's (IR's), Contact Persons (CP) and Meeting List to expand communication, representation and participation.

1.-5. M-F. 8 am (Z) OA Daily Checkin, One (1) IR. Groups #2., #7., #9., #14., and # 18.

2. Group #3. Mon. 10 am (Z) Cong Beth Shalom, Northbrook. CP: Jill M. #224-234-6476. New Liaison: Belinda G. #773-485-7899, email: cloudb@gmail.com.

3. Group #5. Mon. 7 pm (F) Niles Senior Center. CP: Jane C. #773-680-3283.

4. Group #6. Mon. 7 pm (Z) 'North Suburban Chicago Zoom'. New Liaison: Laura Ward #847-840-2416, email: lauramward@me.com.

5. Group #11. Weds. 1 pm (F) 1st Presb. Church, Lake Forest. CP & New Liaison: Sarah D. #847-732-5727, email: sarahdietzel@gmail.com.

6. Group #17. Thurs. 7 pm (Z) St Giles, Northbrook.

7. Group #19. Fri. 9 am (Z) Holy Trinity, Elgin.

8. Group #20. Fri. 10 am (Z) St. Benedict's Abby, Benet Lake. New Liaison: Diana R. #847-609-2052, email: verdorogoto@sbcglobal.net.

9. Group #24. Sat. 10 am (Z) Crystal Lake Relapse Prevention.

10. Group #25. Sat. 11 am (F) St. Giles, Northbrook.

11. Group #26. Sat. 2:30 pm (F) NWCH, Arlington Heights. CP and New Liaison: Roger C. #815-742-4504, email: rjr3688@yahoo.com.

One IR for each group allowed for voting purposes. An ongoing goal is SNI Volunteers 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

May 2024 SNI Vice Chair Report

- 1) I am looking forward to serving as a Region 5 delegate to WSBC next week.
- 2) I am still serving on Region 5's Everything Intergroup Subcommittee (with Wanda).
- 3) I have been learning more about OA's Public Service Announcements (PSAs) and other ways to inform the public about OA. If any of you listen to local radio stations or watch local TV stations, please let me know what those stations are. We may want to make PSAs available to them. Before we do that, though, we should make sure we are ready for an influx of newcomers.
- 4) Please spread the word about Region 5's Convention in Ohio, September 6-8, 2024 and see if you can get there yourself! Early bird pricing available only until June 7. This is a wonderful way to boost one's recovery!
- 5) I attended the April Region 6 Intergroup Forum on "Tips for getting more people involved in service". I was having trouble keeping up with my notetaking. Here is some of what I caught:
 - a. One intergroup did a survey regarding service work.
 - i. Some reasons people don't do service are
 1. Distance
 2. Time
 3. Lack of knowledge of traditions/concepts
 4. Fear of engagement
 5. Tasks perceived as too big
 6. Lack of competence
 - ii. This intergroup hosts all member workshops on traditions and concepts monthly.
 - b. Another intergroup asked those doing service 2 questions:
 - i. How did you get started doing service?
 - ii. What keeps you in service?
 - c. Some suggestions:
 - i. Individually ask people to do specific service; perhaps start with small commitments.
 - ii. Members who watch others that give service may want what they have.
 - iii. Take an inventory:
 1. Am I participating (doing service) in OA?
 2. Am I sponsoring?
 3. Have I told my sponsees that service is part of doing the program?
 4. Have I done service beyond sponsoring?
 5. Do I ask sponsees to do service?
 - d. Tips:
 - i. Don't be shy about sharing how giving service strengthens your program.
 - ii. Ask sponsees to attend intergroup meetings.
 - iii. Ask sponsees to be a group's alternate representative.
 - iv. Observe others and tell them what gifts you see in them.
 - v. Keep updated detailed job descriptions of service positions.
 - e. Some intergroups have open house fun fairs which include:
 - i. A brief business meeting.
 - ii. Committee information meeting.
 - iii. Games, door prizes, other fun.
- 6) Service is not an option. It is the 12th Step!

TSW RECOVERY EVENT REPORT: 05/4/24 'ABSTINENCE EVOLVING THROUGH THE 12-STEP'S'.

For 05/4/24 SNI Meeting.

Twenty eight (28) people attended the Spring Recovery Event. One hundred-sixty-six dollars (\$166.00) was collected in donations and literature sales at Registration.

Twenty one (21) Evaluations were returned with results as follows:

1. **How did you find out about today's Event?** Fifteen (15) found out via their Intergroup Representatives and meeting announcements, four (4) each through SNI meetings and the flyer, and one (1) vote each through Zoom/Internet Search, a sponsor and 'being asked to speak'.
2. **Favorite part of the Event?** Eleven (11) felt the Speakers were 'awesome...no group work', 'each had 'wonderful points to make', glad there were four people speaking but wanted more time for each Speaker. Three (3) votes each for liking the individual shares/stories, the handouts 'were a superior resource' with 'expert' materials. And, people enjoyed 'the audience participation and Q&A'. Two (2) votes for 'everything' and 'connecting with fellows like myself'. One (1) vote each stating the 'flow was fantastic', the 'authenticity was inspiring' and appreciation for 'image management'.
3. **What were your positive/negative thoughts on today's VENUE/FORMAT?** There were eight (8) votes for the VENUE being in a great convenient location 'loved the venue, excellent, a nice setup' even though 'a little warm'. Also, a person 'wanted to eliminate the flowers/vases on tables as they were distracting and hard to see people in other parts of the room'. Suggestion made to 'consider tables in the round (rather than classroom) for more interaction' and 'have the chairs set up to face the speakers'. Positive thoughts about the FORMAT had fifteen (15) votes for 'everything went well...wouldn't change a thing'. 'A great group of supportive people... a very good vibe'. The format 'worked and moved along', a 'wonderful set of presentations', a 'good balance of speakers and sharing'. Someone liked the 'crowd participation at the end...the workshop aspect', another 'enjoyed the blend of stories then step focus...the handouts were good'. Another said 'I can never learn and discuss enough about the 12-Steps'. Four (4) Suggestion's (negative feedback) were to 'allow more time for the speakers with 'deep sharing'. Another 'wished it had been more methodical on how to actually do the steps to reach abstinence'.
4. **How would you make Events better?** Four (4) votes felt 'being more involved in planning and volunteering as an Intergroup Representative, or a reader', etc. could make the Events better. Three (3) voted for 'more/fuller literature (Abstinence, Recovery from Relapse, Body Image & New Beginnings) for sale'. And, 'to know ahead of time the journal was for sale'. A couple (2) votes each said 'hard to imagine anything better', and 'nothing'. Someone wanted more time by having less speakers. Another suggested 'hosting 3 Events/year with one speaker taking four Steps per Event'. Two (2) people 'wished the Events were recorded and archived'. Two (2) people 'weren't sure/didn't know' as was their 1st workshop. One (1) vote each for 'breakout sessions' and a comment 'It's ok if we run over a little bit'.
5. **Topics for Future Events :** Six (6) votes for 'Step Studies...'a deep dive into Step 11', 'tough Steps 4 & 5, 8 & 9...maybe work in groups'. 'Body Image', 'Self-image/love...we are enough'. Four (4) votes for: 'How Prayers/Promises work in my life', 'God, Faith & Forgiveness', 'Acceptance is the Answer' and 'Surrender'. One (1) vote each in no particular order: 'Relapse Detection and Recovery', 'Food Plans', 'Time Management e.g. how to fill time with other things than food', 'Focus on Fellowship'. One commented they want 'more unique speakers telling their honest stories'.
6. **Additional Comments:** Seven (7) Thanked...'SNI/TSW for your service, for the opportunity to speak, for being very helpful, for attending'. Four (4) commented: they 'loved it, very well done, great emcee who was very natural and a great Event overall'!

Respectfully submitted, Maureen R., TSW Committee Chair

Suburban North Intergroup Treasurer Report
May 4, 2024

Tasks accomplished :

1. SNI 2023 non for profit taxes have been filed.
2. In the month of March SNI had one expense of paying Ring Central (\$433.63)
3. I made one trip to the P.O. Box; five envelopes were collected. These group donations will be reflected in next month's excel spreadsheet report.
4. I did receive an expense report from Maureen for the SNI recovery event held on April 6, 2024. Total expense equaled \$491.32
5. Region 5 Spring Assembly expenses were reimbursed to Christine G. and Wanda C. for registration, hotel, and travel.

Future Business :

1. Pay storage facility for the next year, due end of this month (\$852.00). This fee for the year begins June 2024 through June 2025.
2. Reimburse Maureen for SNI recovery event expenses, as well as Pat H.
3. WSRC 2024 expenses will be coming up. SNI Delegates are Wanda C. and myself.