

Call to order: The regular meeting of the Suburban North Intergroup (SNI) was held hybrid at the Buffalo Grove Youth Center and via Zoom on April 5, 2025. Susan M. opened the meeting at 10 am with a moment of silence followed by the Serenity Prayer.

Present were:

Board members:

- Vice Chair: Susan M. (also acting Chair, acting Recording Secretary, Region 5 Representative, and WSBC Delegate)
- Treasurer: Carolyn S. (also Region 5 Representative and WSBC Delegate)
- Corresponding Secretary: Maureen R. (also Keeper of the SNI Sponsorship List and the Zoom Committee Chair)

Representatives:

- Monday 6 pm Zoom: Shari D.
- Tuesday 7 pm Zoom: Paul A. (also TSW Chair and PIPO Chair)
- Wednesday 9:30 am Schaumburg: June L. (also Designated Downloader and Alternate WSBC Delegate)
- Friday 7:30 pm Grayslake: Neal M.
- Saturday 8 am Zoom: Cathleen F.

Visitors:

- Jean H. (representing Region 5 2025 Convention Committee)

Opening Ceremonies:

- Paul A. read the 12 Steps, Shari D. read the 12 Traditions, Neal M. reflected on Tradition 4 (Autonomy), and Maureen R. read the long version of the 4th Concept of OA Service (Equality).
- The Agenda was adopted as written
- June L. read the Standing Rules, which were adopted as written.
- The March 1, 2025 SNI Meeting Minutes were adopted as written.

Reports:

- Designated Downloader: June L.
 - June's report was posted on our website (**OACHicagoSNI.org**, Click on Downloader tab).
 - Highlights (see report for details):
 - **Where Do I Start?** Is now available in mobile friendly format in 48 languages at oa.org/start.
 - Public Information and Professional Outreach (**PIPO**) Document links.
 - Reminder: There are now **4 ways to contribute** to World Service.
 - The new **OA Handbook for Members, Groups, and Service Bodies** is available in hard copy from bookstore.oa.org or as an e-book from Amazon, Apple Books, and Barnes and Noble.
 - **World Service Business Conference** (theme: To Carry the Message is Our Primary Purpose):

- **Visitors** are welcome to attend workshops with advanced registration.
- Tell you representative **your opinion** on the following which may be found on oa.org/world-service-business-conference/:
 - **Motions** (All proposed motions are on the agenda.)
 - **Trustee applicants**
 - **Manuscript drafts** (DO NOT DISTRIBUTE)
 - **World Service Convention** registration and hotel reservations are now open.
 - Check out the **events**, particularly for April 10, 26, and 27.
- June shared about **2 events not on the report**:
 - Sunday, April 13, Noon-1:30 pm CDT: Finding Abstinence and Serenity. Sign up at oa-ottawa.ca to receive Zoom information.
 - Sunday, April 27, 4-5:30 pm CDT: Spring into Recovery Workshop, Zoom ID: 840 1147 7734, Password: 990330.
- Vice Chair: Susan M.
 - Susan's report was sent in the premeeting e-blast and will be part of these minutes.
 - Wanted: Volunteers to be on the **nominating committee**.
 - We are looking for **candidates** for the following positions:
 - Recording Secretary to complete a term that expires October 2025
 - SNI Chair to complete a term which expires October 2026
 - Vice Chair for a 2-year term starting in October 2025
 - Recording Secretary for a 2-year term starting in October 2025
 - Corresponding Secretary for a 2-year term starting in October 2025
 - WSBC Delegate for a 2-year term starting in October 2025
 - WSBC Alternate Delegate for a 2-year term starting in October 2025
 - Two Region 5 Representatives, for a 2-year term starting in October 2025
 - Region 5 Alternate Representative for a 2-year term starting in October 2025
 - See Bylaws pages E-5 – E-8 and Policies pages F-5 – F-9 for information about elected positions.
- Treasurer: Carolyn S.
 - Carolyn's treasurer report was posted on our website (OACHicagoSNI.org, click on Resources, then on SNI Treasurer's Reports)
 - It was decided to separate some of the regular standing expenses (such as website and Zoom account expenses) from the general SNI expenses on the budget YTD report.
 - Carolyn is looking at using Stripe for online donations.
 - It was decided that we would no longer post the monthly financial report; only the Year-to-Date Budget reports will be on OACHicagoSNI.org.
- Corresponding Secretary: Maureen R.
 - Maureen's report was sent in the (second) pre-meeting e-blast.
 - Notice the **new Zoom information** for the Morton Grove Miracles Group (Wednesday 7 pm) on the new meeting list (OACHicagoSNI.org, Meetings).
 - The following **meetings would like support**:
 - Tuesday 7 pm face to face Park Ridge Beginners Group

- Wednesday 7 pm face to face, Lake Barrington
 - Wednesday 7 pm Zoom
 - Friday 9 am Zoom
 - Friday 10 am Zoom
- Region 5 Representatives: Susan M., Carolyn S., and Diane M.
 - Their reports were sent out in the pre-meeting e-blast and will be part of these minutes.
- Raffle Basket(s) for the Region 5 Convention: Cathleen F.

Business:

- **2025 Region 5 Convention:** Visitor Jean H.
 - **A la carte pricing**
 - **Service opportunities** are still available.
 - Greeters (for one hour time slots)
 - Wear black shirt (will be given a badge, etc.)
 - Recruit a buddy
 - Workshop panelists
 - The **pre-convention workshop**: Living Abstinently in '25
 - **Scholarships are available.**
 - Individuals and groups may also sponsor raffle baskets.
- Send Susan your thoughts about:
 - Why unaffiliated meetings might want to affiliate with an intergroup
 - **How SNI can better serve our meetings**
- All the proposed **WSBC motions** made it on the WSBC Agenda. Be ready to share your opinions on them at the May 3rd SNI meeting.
- Susan would like **each rep to decide which committee** they would most like to serve on. The choices are Bylaws, Public Information/Professional Outreach (PIPO), Twelfth Step Within (TSW), and Finance. (See pages F-3—F-4 in the SNI Policy and Procedures.)
- Paul A. gave a status report on PIPO committee work.
- Maureen R. gave a status report on TSW committee work.
- In May, we will consider whether or not to purchase **OA Handbooks** for each SNI representative or each meeting, or neither.
- Please consider and let us know **what can SNI do better:**
 - To support our meetings
 - To improve our business meetings
 - To attract volunteers

Wrap up:

- The **next SNI meeting** is scheduled for **May 3, 2025, 10 am CT until noon, via Zoom only.**
- The meeting was closed at noon with the Third Step Prayer and the OA Promise.

Susan M

Acting Recording Secretary

SNI Vice Chair Report for April 5, 2025

- I submitted the results of our **WSBC Agenda Questionnaire** March 2nd.
- The **results of the Agenda Questionnaire**: All submitted motions made it onto the agenda. We will start discussing those motions Saturday and probably continue in May.
- I did not get our materials moved to a new **storage unit** as I had hoped to. Fortunately, we are currently paying half what we were for our current unit.
- Carolyn S., Neal M., and I had planned to go to the bank after the April SNI meeting to change who was on the SNI account. Unfortunately, I am not available, as I think it important to participate live in the **Meet the Maker session** for the WSBC motions at that time.
- I and my recovery have been **energized** by participating in the Region 5 Spring Assembly. Service can do that! I highly recommend serving in any capacity you can at the time.
- I noticed that the Closings page in the **SNI Handbook** has a missing word (should) in the Seventh Step Prayer. I have corrected that page. Let me know if you would like this or other updated documents and/or the entire handbook.
- I registered for the **Region 5 Convention** and reserved a room. I am looking for a roommate.

Region 5 Spring 2025 Assembly Report *Prepared by Susan M and Diane M*

The Spring 2025 Region 5 Assembly met in Chesterton, Indiana, March 7-9, 2025

SNI sent three representatives to the assembly: Susan M., Carolyn S., and Diane M.

Friday:

Susan attended the open Region 5 Board meeting and was assigned a part in a funny and informative skit that was used to open the evening session.

Susan and Carolyn each mentored a new (Green Dot) Region 5 Representative, and, being a Green Dot herself, Diane had a mentor.

At the opening session, which was hybrid. We brainstormed:

- Possibilities for a theme to inform our work for the next year
- Various possibilities for manner and frequency of Region 5 Assemblies

For the Intergroup Sharing time, topics discussed included:

- Questions:
 - about hybrid meetings
 - about newcomers' meetings
- Suggestions:
 - ask meetings to host events
 - ask theaters to run OA PSAs

At the Illinois State meeting, we discussed having another event next year. Our Unity Celebration was a great success. We considered a repeat featuring speakers with different diversity stories. We decided that next spring we would have an event focused on being abstinent during trying times (living life on life's terms abstinently), using a similar format with slightly altered writing prompts.

Saturday:

At both Saturday business sessions, we had 20 voting representatives, 4 voting officers, our Parliamentarian, our Trustee Liaison, and 4 visitors, including our hotel liaison. We had 5 new representatives (Green Dots).

The Executive Committee members each highlighted 3 items in their reports (or add-ons) and fielded questions. Here are some highlights that aren't addressed elsewhere in this report:

- Region 5 Chair, Pam P., is a member of the World Service website committee, which is working on redesigning "Find a Meeting" on oa.org.
- There are some new features in the works for Region5OA.org.
- The Region 5 mailing address has been changed to:
 - Post Office Box 22175. Louisville, KY 40252
- Make sure your group number is indicated on each donation.

- The 2024 group donations to Region 5 from each group is posted in the Region 5 Treasure's reports in Packet B of the Spring 2025 Assembly on Region5OA.org. Contact one of your representatives if you would like help finding your meeting's contributions.
- All board members are available to help with any Traditions or Concepts of OA Service Workshops
- Be aware that OA does not endorse having minors at OA meetings. Meetings are autonomous, but should consider liabilities before deciding to welcome minors to their meetings.
- Check out the new 12 Concepts of OA Service Workshop pdf: <https://media.oa.org/app/uploads/2024/01/09143707/twelve-concepts-of-oa-service-workshop.pdf>
- There is an updated Newcomers Information Meeting pdf: <https://oa.org/guidelines-meetings/newcomers-informational-meeting/>

We adopted several motions:

- To remove tape recorder language from the Standing Rule that prohibits personal recordings of the business meetings
- To establish an annual theme to guide the work of all the committees
 - The theme for this year is building bridges, connecting, and spreading hope.
- Updated the policy on choosing intergroups to host assemblies to accommodate our newly expanded geographical territory.
- We decided there will be no Summer Conference Call going forward, and starting in 2026, the Fall Assembly will meet virtually. That the 2025 Fall Assembly will be the weekend of October 31 through November 2.
- We approved the revised 2025 budget (as Emergency New Business on Sunday).

The 7th Tradition that was collected on Saturday totaled \$571.

Our Parliamentarian presented a Parliamentarian Moment on how Robert's Rules simplify business meetings and tips on how to get things done. The handout can be found by going to Region5OA.org, choosing Assemblies in the dropdown menu labeled Region 5, choosing the Region 5 2025 Spring Assembly, choosing Packet B, and choosing document B08.

There are four Business Committees: The Bylaws Committee which Susan is on, the Finance Committee which Carolyn is on, the Convention Committee which Diane is on, and the Media committee.

Convention Committee highlights:

1. There are pamphlets available. Chair and co-chair (Judy and Laurie) can send you as many as you want.
2. MAI are seeking keynote speakers and panelists
3. Write and share about how Conventions have supported your program. Submit to YourStory@OAMilwaukee.org
4. Rent a table for \$25 to raise funds for SNI in the Convention Marketplace.
5. The pricing for the Convention is 100% a la carte...meals are optional. If you can only come Fri. or Sat. there are prices for those days. Walk-ins are welcome.

6. There will be three tracks of sessions plus 5 Keynote Speakers—a total of 18 recorded sessions.
7. There is a pre-convention workshop Friday 10-2: Living Abstinently in “25: Eating and Emotions (separate registration).

We brainstormed as the Outreach Committee of the Whole, and came up with three subcommittees:

- the Intergroup-to-Intergroup subcommittee which Susan is on. We are working on posting best practices to the Region 5 website and information on service sponsors (what they are and how to get one). We also plan to connect with all Region 5 unaffiliated meeting.
- the PIPO subcommittee which Carolyn is on.
- the Twelfth Step Within subcommittee which Diane is on.

We went to the Saturday evening OA meeting and were inspired by the stories told by the speaker and other participants.

Sunday:

Two representatives had to leave, so we had 22 qualified voters for Sunday’s business session.

We heard reports from each Business Committee and Outreach Subcommittee, and the Nominating Committee. Nominees are needed for Secretary and Vice Chair.

Heard at assembly:

- If you stop giving service, it makes you hungry.
- Get our personalities out of the way, so our principles can shine!
- Acceptance unlocks opportunities.
- Are you in the program, or just dating?

Actions to be taken by groups and intergroups:

- Because of **liabilities**, OA does not endorse having minors at OA meetings. Consider legal ramifications before welcoming minors to your meeting.
- Update **where to send 7th tradition** contributions for Region 5:
 - Region 5, Post Office Box 22175, Louisville, KY 40252
- Make sure to **include your group number** with any donation, so that your group gets credit for that donation.
- Be aware of the **new suggested 7th tradition split** for group donations (50% to Intergroup, 10% to Region, and 40% to World Service).
- Make sure you **group/intergroup information** is up to date on oa.org Find-a-Meeting. Let us know if you need help making updates.
- **Submit event flyers** and find others on oa.org/event-calendar/ and <https://www.region5oa.org/forms/submit-event-for-calendar/>
- When **registering for the 2025 Region 5 Convention**, be sure to **fill in the survey** about what workshops you are most likely to attend to help them determine which ones will get the bigger rooms.

- A way to **focus presenters of reports** that have previously been sent out is to ask for the Top Three Things they would like people to remember.
- The **2026 Region 5 Convention** will be in Indianapolis in the fall of 2026.
- We are looking for **bids for the 2027 Region 5 Convention**.
- Save the Date: Turning Point Intergroup is hosting a **retreat** at the Loyola Retreat and Ecological Center in Woodstock, IL, January 30-February 1, 2026.

Thank you for this opportunity to serve.

Susan M and Diane M

Region 5 Spring Assembly Report March 7 - 9, 2025

It was another moving experience this year to be able to participate in service at the Region level. I was met by familiar faces and smiles whom I haven't seen since the last Assembly. When I began my service work at this level, I can remember a new Trustee was beginning, as well as a new Chair. This year both those service positions will soon have new folks in those positions. Time sure moves fast ! I'm excited to see where the new Chair takes our Region 5 over the next few years!

While at Assembly I served on two committee's; **(1) Finance Committee**, and **(2) PIPO**. We do have a new **Region Treasurer**, she is moving into her role and making small changes to the format of the report. New proposed budget is placed into sections to make it easier to look at and evaluate how the Region is doing related to key functions. The top key functions are as follows: 1) Assemblies, 2) Convention, 3) WSO, 4) Operating expenses.

- A new budget was proposed which would reflect an anticipated increase of contributions since the Region acquired Region 4 intergroups.
- Still unclear what income from Conventions will be post pandemic. The collected 7th tradition from the first post pandemic convention was higher than expected. The upcoming convention in Milwaukee will give us a clearer sense of our Convention income going forward.
- The group decided to keep line items in the budget even if they are not being funded in that year. Preferred to have "zero" in the budget, and keep the category so as not to forget that category.

Decisions made:

- Endorsed changed budget in new format to organize by major region functions.
 1. Assembly income reduced to be closer to 2024 actuals.
 2. Increase meeting contributions because Region 4 joined and anticipated convention income.
 3. Hotel and insurance expenses have increased.
 4. Make clear the intergroup funding assistance for attending Assemblies and WSO.
 5. Removed specific lines for WSO donations (at their request) and reduced the planned contributions to WSO pending donation of funds above prudent reserve.
 6. Reduced overall budget expenses from \$112,582 to \$91,040.

The **PIPO subcommittee** I served on will be busy creating a list of resources for OA members to easily access for printing and sharing with professional physicians. We will meet monthly to work on our goal as follows - To have many resources in one "tab", and more easily

accessible for members to access with perhaps a QR code or one specific tab on Region 5 website. The PIPO group intends to select resources and pamphlets available on OA.org which specifically targets information for professional physicians and mental health providers. The intention here is to help physicians increase awareness of Overeaters Anonymous as a viable solution to share with patients/ clients. This is Step 12 in action !

Carolyn S.~

Suburban North Intergroup
Region 5 Representative