

**Call To order:** The regular meeting of the Suburban North Intergroup (SNI) was held virtually via Zoom on June 7, 2025. Susan M. opened the meeting at 10 am CT 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.
- Wednesday 9:30 am Schaumburg: June L. (also Designated Downloader and Alternate WSBC Delegate)
- Wednesday 7 pm Zoom: Eleanor W.
- Friday 7:30 pm Grayslake: Neal M.
- Saturday 8 am Zoom: Cathleen F.
- Saturday 11 am Northbrook: Sue S.

We had no visitors.

**Opening Ceremonies:**

- Shari D. read the 12 Steps, Cathleen F. read the 12 Traditions, Neal M. reflected on the 6<sup>th</sup> Tradition (Solidarity), and Maureen R. read the long version of the 6<sup>th</sup> Concept of OA Service (Responsibility).
- The Agenda was adopted as amended.
- Shari D. read the Standing Rules, which were adopted as written.
- The May 3, 2025 SNI 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):
    - WSBC deadline dates are available at <https://oa.org/documents/deadline-dates/>
    - New Logo usage rules (see report for link)
    - Find a Meeting update flyer (was e-blasted June 6)
    - Intriguing events: (See report for more information)
      - Sunday, June 8, Region 6 Forum: Sponsorship Training
      - Sunday, June 21, Male Perspectives in Recovery (all welcome)
      - Saturday, June 28, Enough!
      - Saturday, June 28, Body Image Workshop

- Sunday, June 29, Healing Workshop—Grieving in Recovery
- Vice Chair: Susan M.
  - Susan's report was sent in the pre-meeting e-blast and will be part of these minutes.
- Treasurer: Carolyn S.
  - The monthly financial report for April was sent in the pre-meeting e-blast.
  - The April YTD Budget report was posted on our website (OACHicagoSNI.org, click on Resources, then on SNI Treasurer's Reports.
  - The former treasurer (Neal M.) has been removed from the SNI bank account and Susan M. has been added.
- Corresponding Secretary: Maureen R.
  - There were no changes to the meeting list or representation, so there is no new report.
- WSBC Delegates: Susan M. and Carolyn S.
  - Susan's report was sent in the pre-meeting e-blast and will be part of these minutes.
  - Carolyn's report will be sent out with the post-meeting e-blast and also added to the draft of today's minutes.
- Media Coordinator: Shari D.
  - Shari would like to do an audit of our website: OACHicagoSNI.org. Members are asked to volunteer to go through the website looking for potential updates. Please send your comments to her at [TheGratefulGoof@gmail.com](mailto:TheGratefulGoof@gmail.com).
  - New meetings should contact Maureen R. ([moeresh@sbcglobal.net](mailto:moeresh@sbcglobal.net)) with meeting information.
  - This year our website has already had almost 1300 views, the Meeting List has had 515 views, and visitors have included people from India, China, and Australia.
- TSW Committee: Maureen R. (for Paul A.)
  - Our August 2, 2025 will be the first SNI event hosted by one of our groups.
  - The draft of the event flyer was shared and several suggestions were made that will be sent to Sue B. from the hosting group.
  - Maureen will research what we need to do to have a hybrid SNI meeting at the venue before the event.

**Business:**

- Since the *OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities* pamphlet is now a larger, more expensive spiral bound book, we have been exploring whether SNI should continue providing copies to members. We plan to vote on a motion next month.

**Wrap up:**

- The next SNI meeting is scheduled to be held via Zoom only on **July 12, 2025, 10 am – noon CT. Notice that this is not the 1<sup>st</sup> Saturday! It was moved to miss the 4<sup>th</sup> of July weekend.**

- The meeting was closed at 12:07 pm with the Third Step Prayer and the OA Responsibility Pledge.

Susan M., Acting Recording Secretary

**SNI Vice Chair report for June 2025**

- On May 3<sup>rd</sup>, I attended part of a workshop on Zoom security that was presented by the Foot Steps Virtual Intergroup. I learned new techniques for dealing with intruders, some of which I had heard of, but hadn't understood how they worked.
- I enjoyed spending May 4-10 participating in the World Service Business Conference and associated workshops, etc.
  - It was a great opportunity to grow in recovery and the joy of this program!
  - I had the opportunity to mentor a WSBC Green Dot (first timer).
- I also enjoyed the Region 5 Convention in Brookfield, WI, May 23-25. It isn't too soon to start planning and saving to go to a convention. The 2025 World Service Convention is August 21-23, 2025, in Orlando, FL. The next Region 5 Convention will be in Indianapolis, IN, September 6-8, 2026. I expect the Milwaukee Area Intergroup Convention is usually in March, so watch for that next year.
- Some thoughts and quotes gathered at the Region 5 Convention:
  - OA's rate of recovery is 100% for those who follow suggestions.
  - Respect others enough to not be their HP.
  - You can choose discipline or regret.
  - In a quiet moment before a meeting, I ask HP, "Let me hear what you want me to hear & say what you want me to say."
  - Negative self-talk will take me to the food.
  - I was asked, "How long do you think you've been using food as a drug?"
  - If you are in a meeting, you have a chance to recover. (Go to as many meetings as possible.)
  - Do service to find out that OA is bigger than your meeting.
  - It's dangerous to consider leaving OA.
  - Everyone has a higher power—whatever they turn to in a time a need.
  - Service is where I found my recovery.
  - Do not refer to those who disrupt Zoom meetings as Zoom bombers, but rather as intruders. (We have OA fellows for whom explosive bombing is a fact of life.)
  - Zoom intruders are looking for the lowest hanging fruit, so they generally pick on the first meetings that come up in a search.
  - Food is not the 8<sup>th</sup> wonder of the world nor the solution to my problems.
  - When I commit my food, I don't have to think about it.
  - The party is not on the plate, it's with the people.
  - Gratitude is an action.
  - Program takes a lot of work—so does this disease!
  - May I hurt no one and be a blessing to some.
  - Recovery is an inside job. The outside will change if I change the inside.
  - Prayer work. It may not change the circumstances, but it changes me.

Susan M., Vice Chair

**2025 WSBC report to SNI by Susan M.**

Thank you, SNI, for the opportunity to do service at WSBC this year. This was my fourth WSBC, and the first time I participated virtually. It was a different experience while still offering opportunities to stretch and grow in service and recovery and to connect with Fellows from around the world. While it isn't for everyone, I am grateful that I caught the vision early in my intergroup experience.

Rather than write a narrative, I have chosen to separate my report into various sections with bullet points to make it easier for you to find what is of interest to you.

**Theme: To Carry the Message is Our Primary Purpose****Interesting stats:**

- 199 registered voters, 52 Green Dots (first time delegates)
- 100 registered visitors (who could go to the workshops/forum)
- Delegates were from 27 countries: Argentina, Australia, Belgium, Brazil, Canada, Costa Rica, Denmark, England, Finland, France, Germany, Greece, Iran, Israel, Italy, Mexico, Netherlands, New Zealand, Poland, Russia, Scotland, Spain, Sweden, United Arab Emirates, United States, and Wales.
- 17 languages were represented: Danish, Dutch, English, Farsi, Finnish, French, German, Greek, Gujarati, Hebrew, Italian, Polish, Portuguese, Russian, Spanish, Swedish, and Welsh.
- Each business meeting was opened with the Serenity Prayer said in two languages (the second being English): Gujarati, Dutch, Arabic, Welsh, and Finnish. In the recovery meetings, the prayers and other readings were shared in even more languages.
- Conference 7<sup>th</sup> Tradition total was \$4277.

**Workshops and other gatherings:**

- All About Conference
  - Information on parliamentary procedure, changes for a virtual conference, and tips for success and serenity
- Available Resources to Carry the Message Including the Use of Social Media
  - What resources are available and where
  - Ideas that work
  - More information is at the end of this report
- Living the Principles to Carry the Message
  - A great inventory tool is the principles: Have I practiced these today?
- (Forum) Where Everyone Knows OUR Name
  - Participants created "elevator speeches".
  - Participants acted out various scenarios.
- WSBC Virtual "Breakfast in Albuquerque" (Tuesday through Saturday)
  - Hosted by OA Footsteps Intergroup

- Great opportunity for fellowship and to ask questions
  - I participated Thursday, Friday, and Saturday.
- OA (recovery) meetings (great topics, great sharing):
  - Tuesday: the spiritual principle of Unity
  - Wednesday: Trusting God's will vs. managing others' reactions (For Today, 5/7)
  - Thursday: Speaker
  - Friday: Gratitude for being in a worldwide fellowship
  - Saturday: Welcome to OA, Welcome home!
- Open Board Meetings (April 29 & 30 and May 10)
  - I attended the May 10 meeting
  - New officers:
    - Chair: Bob L (Region 7)
    - First Vice Chair: Meg M (Region 5)
    - Second Vice Chair: Cyndy L (Region 5)
    - Treasurer: Beverly M (Region 1)
  - Voted to also be on the Executive Committee:
    - Blair R (Region 6)
    - Preston F (Region 5)
- Find a Meeting reimaged update
  - This project will take a lot of money and time to complete. Please give generously with money earmarked for Find a Meeting.
  - A relational database is replacing the original flat data base.
  - Finding and updating meeting information will be much easier, with attributes able to be searched for and updated separately.
  - Much of what is in notes now will be in searchable fields.
  - Each meeting will be asked to provide contact information for 2 people.
  - There will be a process to keep meeting information current. If the information hasn't been updated within a year or similar amount of time, a request will go out to the contact people. If there is no response in 6 months or a similar amount of time, then a request will go to the region. If the information still does not get updated or verified, the meeting will be deleted from the database.
  - When changes are made, the service body and region will be notified.
  - Service bodies and regions will be able to link directly to Find a Meeting, so all the meeting listings will agree.
  - There will be a way to report if you went to a meeting, but didn't find it.
  - For virtual meetings, searches will no longer be restricted to day and time.
- Virtual Dance Party hosted by OA Foot Steps Virtual Intergroup

### **Committees:**

- There are 6 Conference Committees that are made up of delegates and a Trustee Co-Chair:
  - Bylaws
  - Conference Approved Literature
  - Public Information/Professional Outreach

- Twelfth Step Within
- Unity with Diversity
- Young Adults
- The only conference committee/subcommittee that was scheduled to meet during WSBC week this year was the Reference Subcommittee, on which I served. We are tasked with problem solving when motions are confusion, contentious, redundant, have received more than 2 amendments, or are otherwise problematic. This year we worked on three motions and considered 2 emergency new business motions.
- Reference is a subcommittee of the Bylaws Committee. Therefore, I am also on Bylaws.
- Bylaws has three other subcommittees:
  - Everyone Has a Voice subcommittee will be working on making the Agenda Questionnaire process more effective so members understand the process and give their voice by completing the questionnaire.
  - Introductory Manual to the Bylaws Committee subcommittee will be developing a how to guide for new members of the Conference Bylaws Committee.
  - Trustee Application Process subcommittee will be looking for ways to improve the trustee application process.
- I expect to serve on the Bylaws Committee and the Everyone Has a Voice subcommittee until the next WSBC.

#### **Reports (Some highlights):**

- The Treasurer Guidelines have been updated on oa.org and are available in the Document Library.
- The 2024 Contributions report is posted on oa.org. (Chose Menu, News & Events, World Service Business Conference, and look at the list of Frequently Used Documents.)
- There is a new weight-based shipping calculator used for orders from the OA Bookstore.
- Websites oa.org and lifeline.oa.org have built-in translation in forty-eight languages.
  - Twenty-three languages currently cover more than 99% of all non-English meetings.
- Support OA's digital communications
  - Post your OA events on the Event Calendar on oa.org.
  - Encourage your service body's social media administrator to follow OA's social media channels and like, comment, and share OA's social media content.
    - Facebook.com/overeatersanonymousofficial
    - Instagram.com/overeatersanonymous\_official
- An emphasis on self-care and balance, especially for those serving at an assembly or a convention, leads to more peaceful service for all involved.
- Region 9 serves more than 100 countries with more than 40 languages.
- OA's current strategic goals are to grow membership and grow the number of members who have strong recovery.
- Most of the oa.org Document Library documents are now mobile-friendly and translatable.

- There is a *Traditions Workshop and Study Guide* that is expected to be submitted to WSBC 2026.
- There is a great list of “talking points” on <https://oa.org/documents/one-on-one-professional-outreach-demonstration-video-and-talking-points/>.
- The Virtual Region is breaking the intergroup renewal process into a series of 5 workshops.

#### **Literature that was newly granted the Conference Seal of Approval:**

- *Just for Today* wallet card
- *Sponsorship in OA: Guiding Others into Recovery* pamphlet
- *To the Man Who Wants to Stop Eating Compulsively, Welcome* pamphlet

#### **Motions:**

- Adopted on the Consent Agenda:
  - 1 (Update the number and geographic areas of OA’s regions)
  - 7 (Add Volunteers to the people allowed to speak to the conference)
  - 8 (Include day and time in the instructions for giving notice of the next WSBC)
- Adopted as written:
  - A (Change the name of the Young People’s Conference Committee to Young Adults)
  - 9 (Option of the BOT affirm application for current trustee)
  - 10 (Allow unaffiliated meeting to choose whether to affiliate with their geographic region or the Virtual Region.)
- Adopted as amended (the change is highlighted):
  - C (In keeping with Tradition Ten, Overeaters Anonymous has no opinion on **surgical or other** medically recommended methods of weight management. In the spirit of Tradition Three, Overeaters Anonymous welcomes anyone **with a desire to stop eating compulsively.**)
  - B (Add to the end of the 3<sup>rd</sup> paragraph of the Unity with Diversity statement: **For example**, this means we do not try to convince any member or visitor to adopt a belief in God.)
  - 3 (amended to change the number of Trustees to **16** instead of 17)
- Defeated
  - 2 (add requirement to trustee application to state 2 strategies ...)
  - 4 (removing that 55% of all groups need to respond to possible changes to the Steps and Traditions in order for those changes to take effect)
  - 5 (removing gender reference from the 12 Steps and 12 Traditions)
  - 6 (have all WSBCs virtual)
- Emergency New Business (ENB):
  - At least two motions were submitted as ENB, but they were ruled not ENB.

#### **Board of Trustees**

- Trustees elected for the next 3 years:
  - Blair P (Appointed in 2024, Region 6)



- Bob L (Appointed in 2021, just finished first 3-year term, Region 7, is the new Chair of the BOT)
- Juliette R (Region 5, is now the Region 5 Trustee Liaison)
- Preston F (Appointed in 2024, Region 5, is on the Executive Board)
- During this Conference, the number of Trustees on the Board was changed to 16. We now have 15. The Board decided to send out a call for applications so they can fill the vacancy by appointment.

#### **Heard/learned in a meeting or workshop:**

- Calls to fellow OAs are called In-reach calls (as opposed to outreach).
- Recovery is when you stop wishing for a different past.
- Deficits are frequently good characteristics taken too far.
- Despair and resignation are the swamp of inertia.
- White lies are still lies.
- Service is about boundaries and sharing experience, strength, and hope, not about saving others.
- My default position for change is to go to the food.
- Now I don't have a whole past to deal with, just today and some triggers.
- I used food to keep myself safe from others—to not allow you to see me.
- I am safe now, and I wasn't before
- I am recovered from the symptoms, not the disease.
- We carry a message of hope, unlike other weight management programs.
- If you want to know if you have a thinking problem, try meditating.
- The beautiful concept of trusted servant. Not perfect, but humble, open, clear enough to live in 10, 11, & 12.
- OA can be the real family of the heart.
- It's not (just) about losing weight—the real fat is in the mind.
- Progress is not linear, it is more like a spiral (in layers).
- Do service because it is fun.
- Service is a great opportunity to practice (and grow in) recovery.
- Identify and motivate the right person for the job.
- What is one brave thing I can do this year to promote OA?
- No purpose = lack of usefulness
- The 7<sup>th</sup> tradition isn't just about money—it's about service, too.
- Recovery is developing a balanced perspective on food and life.
- Recovery is living life without food obsession.
- What STST applies to this problem/situation? (Step, Tradition, Slogan, Tool)
- I want to trust God's will rather than manage others' reactions.
- You recover to pass it on.
- The beautiful language of OA recovery is universal.
- I used to try to be a miracle worker (to be good enough). The miracle is that I don't have to anymore!

- Watching the AI closed captions added extra humor to business sessions, for example:
  - When someone was trying to locate an interpreter, the caption said “Is she still a cook?”
  - “new to OA” became “Noodle away”
  - “same books” became “sandbox”
- Some suggestions for Public Information, Professional Outreach (PIPO) and Twelfth Step Within (TSW):
  - Have a marketing service help get PSA’s broadcasted.
  - Put posters on public buses.
  - Use streaming services on connected TV, and OTT (Over The Top) advertising
  - Check city and state websites for recovery resources (then provide them with OA resources).
  - Arrange to have posters at service stations during travel/holiday seasons.
  - Leave OA business cards in various places.
  - Use posters with QR codes to take people to websites/literature.
  - Ask meetings to pick a month to put on a workshop.
  - Call five and keep them alive.
  - Don’t know what to say when making an outreach call to a fellow OA? Try this: “Hi, this is \_\_\_\_\_ from the \_\_\_\_\_ meeting. I have been thinking of you, and I wanted to say hello.”
  - Be welcoming without being overwhelming—use gentleness, kindness, and curiosity.

Susan M., WSBC Delegate

**World Service Business Conference 2025****Delegate Report Submitted By:****Carolyn S.**

This was my second opportunity to be of service as Suburban North Intergroup's elected delegate at World Service Business Conference. Last year I traveled to Albuquerque, New Mexico with members from Suburban North Intergroup and several members within Region 5 whom I met while attending Region 5 Assemblies over the past few years. This year the business conference was held online via Zoom. This was a unique opportunity for me to serve. I feel very lucky, and thankful to have participated in service at this level. This was an exciting week for me filled with miracles!

First, because it was part of my position as your delegate I attended ***meet the maker*** meetings before the conference. At these meetings delegates listened to reasoning behind motions directly from the individual who wrote the motion. While attending these meetings I realized the importance of allowing individuals to express themselves. I practiced listening with compassion and curiosity because each member has a voice, and collectively we will all decide the direction, and changes made to this program of recovery that continues to amaze me: Overeaters Anonymous 12 Step Program.

The conference was scheduled Sunday May 4, through Saturday May 10, 2025. ***Sunday***, May 4, I attended an "All About Conference Virtual Workshop". This was necessary so that members understood etiquette while online at the conference. Since I attended last year's World Service Business Conference 2024, I did have a working knowledge of general procedures. I felt attending this "All About Conference Virtual Workshop" was helpful as I received a review of procedures, and what the conference would entail each day.

***Monday***, I attended a Virtual Workshop dedicated to encouraging each participant to dig deep and think about how each might explain OA to someone we meet in an elevator. The point is, I would only have the time in the elevator ride to explain what OA is to me, "My Elevator Speech". ***I attend a 12 Step group called Overeaters Anonymous, similar to AA. This program and my involvement in it enlighten me to live life in the present. I have learned to experience my feelings instead of running from them via food, or overeating to dissociate from life, or eat to stuff my feelings. I learn to eat balanced meals, and to stay present for all parts of my life; family, work, friends, and fun!!***

***Tuesday through Saturday***, OA Recovery Virtual Meeting took place at 9:00am before the business meetings. These meetings helped me ground to the experience of being at this virtual conference as the attendees were all WSBC delegates or participants. My being seemed to seek this out each day. Each day I felt a stronger connection to the event, and the bigger picture, "To carry the message is our primary purpose"! Forgot to mention earlier, this was the theme of the conference. For me personally, I am on a journey of discovery. On any given day the discovery may manifest itself differently, yet the purpose remains the same. My purpose continues to center around change, growth, and healing through the 12 Steps of Overeaters

Anonymous. While attending the OA Recovery Virtual Meetings my purpose vibrated through me stronger than ever. This might have been because every individual in the OA Recovery Virtual Meetings was on the same journey, and we were each about to embark on the important decision making process together during the Business Meeting soon to begin (just after the OA Recovery Virtual Meeting).

***Tuesday through Saturday***, business meetings took place to discuss, be a part of a caucus, debate, then vote on motions. It was exciting to be a part of the caucus (in a separate virtual room) and listen to different reasons members felt a certain way about a motion. While listening, as well as when voting, I remembered ***“primary purpose is for the good of OA”***.

The motions that were most meaningful to me are the following: **Adopted**:

**(1) Motion A**, Changing the name of ***Young People’s Conference Committee*** to ***Young Adult’s Conference Committee***.

**(2) Bylaw Amendment 10**, Allow unaffiliated meeting to choose whether to affiliate with their geographic region or the Virtual Region.

**(3) Motion C**, In keeping with Tradition Ten, Overeater’s Anonymous has no opinion on surgical or other medically recommended methods of weight management. In the spirit of Tradition Three, Overeater’s Anonymous welcomes anyone with a desire to stop eating compulsively.

**(4) Motion B**, Adding a sentence to the Unity with Diversity statement. “For example, this means we do not try to convince any member or visitor to adopt a belief in God”.

The following were **defeated** and were among the most meaningful to me:

**(1) Bylaw Amendment 4**, Removing the “at least 55% of the registered groups have responded” to possible changes to the Steps and Traditions in order for those changes to take effect.

**(2) Bylaw Amendment 5**, removing gender reference form the 12 Steps and 12 Traditions.

**(3) Bylaw Amendment 6**, have all WSBC virtual.

A vital part of the WSBC is the reference committee. When a motion was not passed as written, changes to the verbiage are suggested, and if still not passed a certain amount of times, this motion is sent to reference committee. I did not have the opportunity to sit in a reference committee meeting, but it seems that this committee works diligently to rephrase proposed wording to preserve the maker of the motions intent. I was amazed at how the power of words could illicit different reactions within myself.

The biggest take away for me is witnessing this process; speaking one’s truth, seeing and hearing the division of perspectives, listening to the collective consciousness, and finally

receiving the reference committee's proposed new wording. I'm not sure why, but I felt the presence of a higher power each time the reference committee presented new wording for the motions/bylaw amendments which would then be voted on. I strongly suggest this experience and service work for you all, if you are up for an experience beyond your wildest dreams!