

Call to order: The regular meeting of the Suburban North Intergroup (SNI) was via Zoom only on November 8, 2025. Susan M. opened the meeting at 10:00 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.

Representatives:

- Monday-Friday 8 am Check-in: Pat H.
- Monday 6 pm Zoom: Shari D.
- Tuesday 7 pm Zoom: Paul A. (also TSW Chair and PIPO Chair)
- Tuesday 7-8:30 pm Beginners: Pieter D.
- Wednesday 9:30 am Schaumburg: June L. (also Designated Downloader and Alternate WSBC Delegate)
- Wednesday 7 pm Zoom: Eleanor W.
- Saturday 10 am Crystal Lake: Nancy B.

Visitors:

- Maureen R. (also our Zoom Administrator and Host)

Opening Ceremonies:

- Pat H. read the 12 Steps, Carolyn S read the 12 Traditions, Nancy B. reflected on the 11th Tradition (Anonymity), and Maureen R. read the long version of the 11th Concept of OA Service (Humility).
- The Agenda was adopted as amended.
- Shari D. read the Standing Rules, which were adopted as written.
- The October 4, 2025 SNI Minutes were adopted as amended.

Reports:

- **Designated Downloader:** June L.
 - June's report was **posted on our website** (OACHicagoSNI.org, click on Downloader tab).
 - **Highlights and new information** were sent out in the document "News and reminders from SNI".
- **Vice Chair:** Susan M
 - Susan's Vice Chair and Region 5 Fall Assembly reports were sent in the pre-meeting e-blast and will be part of these minutes.
 - The **new format** for News and reminders from SNI, with flyers embedded within the document, was affirmed as helpful, rather than having multiple documents.
 - Susan shared that she noticed two tabs had been taken off the OA poster she had posted at a coffee shop a week or so before.

- One Intergroup changes the **PIPO posters** to say “Do you know anyone who has a problem with food” instead of “Do you have a problem with food” for booths at trade shows, farmer’s markets, etc., so people can approach without having to admit they are interested for themselves.
- Susan explained why she was confused about the wording of the OA Responsibility Pledge last month, as the wording in the pledge is “**hand and heart**” while the wording in the Unity with Diversity statement read at meetings is “heart and hand”.
- Susan asked for volunteers to be the **SNI Zoom Administrator and/or Host**.
- Corresponding Secretary update:
 - See the attached report for changes.
 - The most **up-to-date meeting list** is dated 11/7/25 and is on our website (OACHicagoSNI.org, Meetings)
 - We currently have **24 meetings**, 15 of which meet by Zoom, 7 meet in-person, and 2 are hybrid.
 - Of our 24 meetings, **12 have reps**, 11 have liaisons, and 1 has neither. (See the report for an explanation of the change.)
 - A pdf of a spreadsheet with contact information for group reps, liaisons, and contacts will be sent to SNI board members and representatives.
 - **Please make sure your group’s information is correct** on that spreadsheet, our new meeting list, and Find-a-Meeting on oa.org.
 - Meeting that would like **extra support**:
 - Monday 10 am Zoom meeting
 - Friday 10 am Zoom meeting
- I plan to start sending out the **SNI pre-meeting eblast** on the Sunday or Monday before the meeting instead of on Wednesday to give you more time to process the information before the SNI meeting.
- **Treasurer: Carolyn S.**
 - The **September budget report** was posted to our website (OACHicagoSNI.org, Resources, SNI Year-to-date Budget Reports).
 - Carolyn will be updating the Year-to-Date Budget for more clarity.
 - We will be **voting on the 2026 SNI Budget** at the December 6th meeting.
 - The September **monthly financial report** was emailed to the SNI Board and Representatives.
 - The change in storage cost is because the introductory rate has expired.
 - Please **put your meeting number in the memo of your group donation** to SNI.
 - Carolyn is in the process of getting SNI a **QR code** from our bank for online donations. We will be able to use the code on our website, at in-person events, and at virtual meetings and events.
- **TSW Committee: Paul A.**

- There are 7 members of the TSW committee working on our virtual winter event which will be co-hosted by the Big Book Visionaries meeting.
- **PIPO Committee:** Paul A.

Business:

- Next month we will vote on the budget, including the following:
 - Is it time to let go of our Ring Central phone number?
 - Should we upgrade our Zoom account to accommodate more participants?
- We would like to add the Zoom Administrator position to our policies and need to figure out where that would be placed.
- We decided to not change the WSBC Delegate qualifications, even though SNI's are higher than Region 5's and WSBC's.
- Service vacancies?
 - Board: Chair, Corresponding Secretary, Recording Secretary
 - 2 Region reps, WSBC Delegate & alt.
 - Zoom Administrator and Host
 - Susan sent a document about qualifications, requirements, and duties of all elected SNI positions with the October pre-meeting eblast. She will send it again to our board and reps. Consider what service positions you might qualify for and be interested in for elections in December, for next year, or for some time in the future.

Wrap up:

- **The next SNI meeting** is scheduled to be Hybrid on **December 6, 2025**, 10 am – noon CT, with the in-person part at the Buffalo Grove Youth Center. We have the center until 1—bring your lunch and eat with us.
- The meeting was closed at 11:59 am with the Seventh Step Prayer and the OA Responsibility Pledge.

Susan M., Acting Recording Secretary

SNI Vice Chair report for November, 2025

- The Wednesday 1 pm in-person Lake Forest **meeting has closed**. The updated meeting list has been posted to our website (OACHicagoSNI.org, Meetings) and removed from Find-a-Meeting on oa.org.
- Please **check the Find-a-Meeting** listing for your meetings to make sure the information is up to date, including contact information.
- I served as your **Region 5** representative at the assembly last weekend. What a blessing! Thank you for sending me. My report is included in the Pre-Meeting eblast
- We have until December 1st to submit **OA Concepts of Service anecdotes**. I suggest you read through the concepts this month and consider if you have an insight or experience to share! I will again include the flyer in the post-meeting eblast.

- I **updated our SNI Bylaws** by inserting “Liaison” after “Region 5 Trustee” in Article VI, Dissolution, Section 1, Deregistration, since World Service no longer has Region Trustees, only Region Trustee Liaisons. This is an editorial change as allowed by Article IX, Amendments to these Bylaws, Section 2, Editorial Changes.
- Intergroups are supposed to **submit their Bylaws** to their Region Trustee Liaison every time they are updated. We haven’t done that in years, as far as I know. I was hoping to make other changes before submitting them, but as I read our Bylaws, I am unsure how to proceed. Therefore, I will submit them as they are and ask our Region 5 Trustee Liaison the questions I have. We can consider whatever changes she suggests.
- I noticed that our bylaws require our **World Service Business Conference Delegates** to have served a representative for at least 2 Region 5 Assemblies, but Region 5 and World Service do not have that requirement. I added a discussion of this to the agenda.
- Since we are starting to host virtual workshops, it has been suggested that we upgrade our Zoom account to **accommodate more participants** (from 100 to 300). This would cost an extra \$5 per month. This is also on the agenda for discussion.
- The following event flyers will be included in the post SNI eblast:
 - Milwaukee Area Intergroup (MAI) is hosting a **hybrid I.D.E.A. (International Day of Experiencing Abstinence) Event**, November 22, 2025 (the Saturday before Thanksgiving), 8:30-10 am CST. I will include a flyer in the after SNI eblast.
 - MAI is also hosting a hybrid **Thanksgiving Gratitude Workshop**, November 27, 8:30-10 am Central Time. I will include a flyer in the after SNI eblast.
 - Region 5 is hosting a Twelfth Step Within Day (12/12) virtual interactive workshop 6-8 pm CST, **“Relapse Is Not Contagious, But Recovery Is!!!”**. This flyer will also be sent out.
 - Turning Point Intergroup is hosting a retreat in Woodstock, IL, January 30-February 1, 2026: **Living Abstinently Happy, Joyous, and Free**: Hear how others have handled life’s difficulties while abstinent.
- Remember there is a virtual event **Staying Connected Through The Holidays** this Saturday (November 8) 1-3 pm CST. It is listed on the Downloaders Report.
- I’m hoping we have time Saturday to do some **committee work**. I have some bylaw and policy issues I would like your input on, and Paul may have some PIPO or TSW opportunities we can work on.
- Was it **helpful or not** to have flyers in the body of the News and Reminders from SNI document? Please let me know.

Thank you for your service.

Susan M :-) Vice Chair

Region 5 2025 Fall Assembly Report by Susan M.

October 31 – November 2, 2025, I had the privilege of representing Suburban North Intergroup at the Region 5 Assembly in Chesterton, Indiana.

Friday:

At the **open board meeting**, I got insights into what to expect during the weekend and heard discussion about scheduling next year's assemblies.

The theme for Region 5 and World Service for this year is **The Power of We**.

The **open OA meeting** was hosted by the Saint Louis Bi-State Intergroup.

Check-in was hosted by Louisville Metro and Central Ohio Service Intergroups.

Dealing with a disruptive member was the topic of the workshop.

- We “problem-solved” an ongoing challenging issue that has plagued one of our intergroups for months, and came up with mostly the same suggestions our Board of Trustees and the intergroup have been applying.
- We were given a copy of the “Conflict Resolution Worksheet” and the “Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous”.

At the **Intergroup Sharing** session, we discussed several topics:

- **Challenges** finding people willing and able to do service and fill positions, as well as some **strategies**:
 - It helps when sponsors encourage sponsees to do service.
 - It was encouraging to consider that there is an ebb and flow.
 - Some positions can be reimagined. In place of a recording secretary, one intergroup that meets virtually uses AI to take notes, which the board then edits.
 - Some requirements/guidelines can be changed.
 - It was suggested that new intergroup reps have an abstinent intergroup sponsor (in addition to their OA sponsor).
 - If no one is qualified to fill a position, someone can be “acting” in that position—a strategy SNI has already used.
 - Positions can be reimagined to fit the skill sets of those willing to volunteer.
- Some intergroups have **requirements for intergroup reps** to vote, such as 30 days to a year of abstinence.
- Different intergroups have **different service positions and committees**
 - Some committees shared about were Membership, Communications, Special Events, Ways and Means
- For **PIPO situations** (like at fairs, farmers markets, trade shows), change the posters from “Do you have a problem with food?” to “Do you know someone who has a problem with food?”—This makes it easier for people to approach for more information without admitting that they are interested for themselves.
- Consider defining and promoting **what the value is**—of service, of affiliation, of going to business and recovery events, etc.

- One intergroup allows officers to also be a group representative.

Our region chair put all our names in a container. Starting Friday night and continuing throughout the weekend, a name would be drawn, and that person had **5 minutes to share** so we got to know each other better. Over the course of the weekend, we were treated to 14 shares, which were powerful!

At the **Illinois state meeting**, we had a representative from every intergroup in our state. (There are 6 active intergroups that serve groups in Illinois.)

- We are planning to host another in-person **All Illinois event** next year.
- Volunteers are welcome to help! (Let me know if you are interested.)

Saturday:

Credentials: Present were 19 voting representatives, 4 voting officers, 1 parliamentarian, 1 Trustee Liaison, and no visitors.

We adopted 2 motions on the **consent agenda**. These motions address the changes in the duties of our chair and secretary now that we do not have a summer conference call.

The **abstinence count-down** revealed that many of us have decades of abstinence, some over 40 years.

We had 2 **green dots**—that is, first time Region 5 Representatives.

The **nominating committee** is ideally made up of one representative from each state. I am the representative from Illinois who will be serving on this committee.

Even though I am not one of the two official members of the **Minutes Review Committee**, I am an unofficial member.

Some highlights from the **Executive Committee Reports**:

- Chair:
 - Please make sure your group's information is up to date on oa.org Find-a-Meeting.
- Vice Chair:
 - Planning meetings for next year's Region 5 Convention (Indianapolis, IN, September 4-6) will be virtual. All are invited to attend.
 - Next year the Region 5 elections will be for Chair and Treasurer.
- Secretary:
 - Our outgoing Secretary will finish the work for this assembly, including posting Packet C, and pass information and materials on to our new Secretary.
- Trustee Liaison:

- In light of this year's theme "The Power of WE", consider changing how you speak about OA to shift ownership: instead of "The ..." (meeting, WSO, Board of Trustees, intergroup, region, etc.), use "Our".
- Treasurer:
 - According to the Treasurer's report, SNI has contributed \$79.90 to the region so far this year.
 - You can check the report to see how much your group has contributed.
 - Region 5 uses RegFox for online contributions.

The Assembly **Seventh Tradition** totaled at least \$295.

Business **Committees** met before lunch, and Subcommittees of the Outreach Committee of the Whole met after lunch.

Our **Parliamentarian** presented information on common motions including Point of Order and Point of Privilege, and what words to use to make a motion or an amendment, to second a motion, to table a motion, and to call the question.

We received cards advertising our **2026 Region 5 Convention** (in Indianapolis, September 4-6). I hope to give you some for your meetings.

The Saint Louis Bi-State Intergroup is **considering presenting a bid** for the 2027 Region 5 Convention.

Saint Louis Bi-State Intergroup hosted the Saturday **OA meeting**. When you go to a region assembly, World Service Business Conference, or and OA convention, go to some of the OA meetings. They are among the most powerful meetings I've ever been to.

Sunday:

Credentials: Present were 17 voting representatives, 4 voting officers, 1 parliamentarian, 1 Trustee Liaison, and no visitors.

Some highlights from the **Committee Reports**:

- Bylaws
 - **Intergroups are to submit their bylaws** to the World Service Office whenever they are updated. More information will be provided soon.
- Convention
 - Volunteers are welcome to join the **planning sessions** for the 2026 Convention. Email Barb K at barb1362@me.com for information.
- Finance
 - Please make sure you are sending your seventh tradition for Region 5 to the **Louisville, KY address**. We no longer have the PO Box in Ohio.
- Media

- The Region 5 website homepage now features **“What’s New”**. Check it out at region5oa.org.

Some highlights from the **Subcommittee Reports**:

- Intergroup to Intergroup
 - Plan to work on the **“Best Practices”** for intergroups resource on region5oa.org in the Intergroups menu. If you have suggestions of topics or best practices, please let me know.
- Public Information/Professional Outreach (PIPO)
 - On the Region 5 website (region5oa.org), in the Intergroup menu is a link to **PIPO Resources**.
- Twelfth Step Within (TSW)
 - **“Relapse Is Not Contagious, But Recovery Is”** Virtual Workshop, December 12, 2025 (TSW Day), 6-8 pm Central Time.

Budget:

- The budget has been rearranged to make **funds available** to help intergroups with projects they otherwise could not afford.
- The **2026 Budget was adopted** as amended.

Elections:

- Kevin F. was **elected** to a second term as our Region 5 Vice Chair.
- Kerry M. was **elected** as our Region 5 Secretary.

Six of the remaining 10 motions were addressed and adopted:

- To hold our Spring Assembly virtually and our Fall Assembly in-person.
- To have WSO dissolve 2 inactive intergroups, and after that, properly disperse their funds. (This was 4 separate motions.)
- To add information about funding assistance for our Region 5 representatives to our Policies and Procedure Manual.

The other four motions will be considered at our next assembly.

Thank you for allowing me to serve you and Region 5 at this assembly.

Susan M.

11/8/25 SNI Corresponding Secretary Report

The latest spreadsheet of meeting information, including contact information for group representatives, liaisons, and contact persons will be emailed to the SNI Board and Representatives.

Please make sure your groups information is correct on our latest meeting list (on OACHicagoSNI.org, Meetings), on the spreadsheet, and also on oa.org, Find-a-Meeting.

Changes:

- The Wednesday 1 pm in-person Lake Forest meeting has closed and been removed from our meeting list and the oa.org Find-a-Meeting.
- The Monday 10 am Zoom meeting has a new contact person, and could use some support.
- The Friday 10 am Benet Lake meeting has a new liaison and could use some support.
- Since an SNI representative can only vote once, the number of SNI representatives should equal the number of represented groups, I am considering the representative for the Daily Check-in/Meditation meetings the rep for one of the 5 meetings and the liaison for the other 4. With that change, we now have 12 groups with representatives, 11 groups with liaisons, and 1 group with neither.
- We currently have 24 groups: 15 Zoom, 7 in-person, and 2 hybrid.

Susan M.