

NH INTERGROUP MINUTES – November 6, 2016

ATTENDEES: (alphabetical order by first name – Board members are listed with their first and last names)

Beth M. – Derry Saturday am rep
Bill G. – Multimedia chair
Cheryl W. – Derry Tuesday pm rep
Claire Metzger – R6 rep, PI/PO, Bow Thurs rep
Claire P. – Salem Friday rep
Debi Granfield – Parliamentarian
Dee S. – Hillsboro Mon rep
Dorothy Martin – WSBC del, R6 rep, Event flyer chair,
Hopkinton Tue pm rep
Effie S. – Ways & Means chair, Nashua Thurs 6:30am rep
Eileen R.T. – PI/PO chair, Derry Thurs am rep
Elaine Tostevin – NHI Chair, R6 rep

Ginny B. – Bedford Wednesday pm rep
Ginny S. – Guest, Nashua Tue pm
Jeanne Donnelly – Vice Chair, Nominations chair,
Bedford Mon & Thurs am rep
Nancy Sullivan – Treasurer, Budget chair
Pat Gocklin – R6 rep, Manchester Tue rep
Pat S. – Workshops chair, Back to Basics chair
Peggie M. – Derry Tues pm sub rep
Peter Lewis – Secretary, Nashua Thurs pm rep
Sue W. – Retreat Chair, Lebanon Tue pm rep
Tracy M. – Guest, Peterborough Tue pm

Opening:

Elaine called the meeting to order at 2:04 PM, inviting attendees to join her reciting the Serenity Prayer. All present identified themselves and their NHI roles.

Claire P. read the 12 Steps, Claire M. read the 12 Traditions, and Pat G. read sections A&B of Concept 12. Among attendees, 17 eligible voters were counted and the attendance sheet was circulated. Elaine read the disciplines for the meeting.

October Minutes:

Copies of the October meeting minutes had been distributed by email and were also available at the literature table.

Motion: Pat G. **moved** to accept the October minutes as submitted. Eileen **seconded** the motion. No questions or issues were raised. The **motion passed** by a majority show of hands.

October Treasurer's Report:

Copies of the October Treasurer's report had been circulated by email and were also available at the literature table.

Nancy briefly summarized the report, noting a correction of a minor bank error, explaining a couple of incidental entries and showing that income exceeded expenses, causing the general fund to grow by \$178. She noted that the Fund balance agreed with the checkbook, but that the adjusted bank statement was short by \$0.78, a fact she would work to resolve. **Motion:** Peter **moved** to accept the October Treasurer's report as submitted. Effie **seconded** the motion. No questions or issues were raised. The motion passed by a majority show of hands.

7th Tradition:

7th tradition contributions were collected.

Unfiled Positions:

Elaine reminded everyone that there are two openings for NHI delegates to the World Service Business Conference (WSBC) and two openings for alternate representatives to Region 6 assemblies. She explained that, through their votes, the WSBC delegates and Region 6 representatives, carry the group conscience of NHI and its affiliated meetings to higher level service bodies, where decisions are made affecting OA as a whole. She urged everyone who is qualified and willing to serve in one of the positions mentioned to contact her for more information and to arrange for formal nomination and election to that position.

Committee Business:

Event Flyers: Dorothy reported that the checklist for preparing and approving NHI event flyers is undergoing update and that results should be available for presentation at the December business meeting.

PI/PO: Eileen announced that in line with a committee goal to keep local meetings advised, through their reps, of new and updated public information materials made available by OA WSO, she was distributing copies of the following 2016 documents to reps today: "Is Food a Problem for You?" pamphlet and poster with tear-offs, Tradition 7 pamphlet, the 12 Traditions guide, and the Information packet introducing OA to Healthcare Professionals. In addition, Elaine mentioned that Claire M. had received materials and ideas for reaching out to Healthcare Professionals at the recent R6 assembly, and that Claire and Elaine were working on a concept, using all of these materials, to effectively inform the healthcare professional community about what OA can offer to individuals who have problems with food.

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Workshops: Referring listeners to the committee report for details, Pat S. summarized results from the 10/29 abstinence-over-the-holidays workshop. She said, based on feedback from the survey, that the format of half-day with sequential-sessions and small groups sharing in a common room was rated as effective and beneficial for all.

NHI Business:

Bylaw Amendments: Elaine called attention to the five proposed bylaw amendments contained in the PDF distributed in the meeting package. She explained that bylaw amendments need to be circulated to the membership at least 21 days prior to the vote on their adoption, so today's agenda calls for presentation and discussion of the amendments in anticipation of a vote at the December meeting. **Item 1)** Elaine walked through the first amendment on the list, which mirrors OA WSO changes to the definition of an OA group. This amendment has priority, since NHI's eligibility to be represented at WSBC depends on NHI bylaws being in harmony with the WSO bylaws. **Item 2)** The second bylaw amendment on Elaine's list pertained to election of NHI board members. Her proposal was to modify the voting process for uncontested positions to replace ballot votes by show-of-hands or voice vote, unless someone present requested a ballot vote. Ensuing discussion converged on an agreement to remove any reference to ballot voting for the election of board members in the bylaws, since Robert's Rules allow any eligible voter to request a ballot for any vote, subject to majority agreement by show-of-hands. **Closure)** Due to time constraints, Elaine postponed discussion of the bylaw amendments 3 through 5 to a later time. She said she would update the wording of item 2, as agreed in discussion, and would distribute the updated document so that all items (items 1 and 2, in particular), could be reviewed by the membership in time for a vote at the December business meeting.

2017 Budgets: Elaine explained that the NHI fiscal year runs from January 1 through December 31 and that NHI needs to adopt budgets for 2017 at the December 2016 meeting. She indicated that there are three areas of operation that get separate budgets: the Retreat, the Delegates Fund, and the General NHI Operating Funds. She said that the goal for this meeting would be for the Budget Chair to present proposed budgets for discussion among the membership in order that budgets can be adopted at the December business meeting. Nancy then took the floor to present the budgets and entertain discussion and questions. **Retreat Budget** – Nancy explained that the retreat budget is largely independent of NHI, since the retreat is self funded. Hence, her budget proposal showed historical data but did not provide numerical targets for 2017. Dorothy asked about the line item titled “Retreat Chair Budget Transfer,” which, Nancy explained, consists of \$100 provided by NHI to the retreat committee as a partial scholarship for the retreat chair to attend the retreat. Discussion ensued as to whether or not this line item is consistent with NHI policy to avoid compensating volunteers for simply doing their jobs. This seemed to be seen by individuals as a gray area, in that actual attendance at the retreat might not be mandatory for the retreat chair, but that it would seem to be beneficial to the retreat for the chair to attend. No further issues were raised with regard to the retreat budget. **Delegates Budget** – Nancy presented the budget for the Delegates Fund. She noted that the \$300 income anticipated for Ways & Means in 2017 is reduced from the 2016 level of \$862 which was largely realized due to the rare event of a WSO convention in Boston. Nancy explained that the other income sources consist of directed contributions from meetings, estimated at \$0, and 36% of meeting donations to the general fund, estimated at \$2376. She showed \$2000 anticipated expenses for 2 delegates' travel, room and board to the WSBC, and \$1000 estimated for travel and meals for 4 representatives to the two Region 6 assemblies. The total of the estimated delegate fund expenses was \$3,100 which exceeds estimated income by about \$274. There were no questions or comments in response to Nancy's invitation. **NHI Operating Budget** – Nancy presented revenue and expense pages for the NHI operating budget. Expense and revenue entries for the standing committees, and expenses for officers were based on requests submitted by the respective committee chairs and officers. Estimated income from member group donations were based on historical trends. The estimated total income balanced the estimated expense total at \$6,985.50. Nancy highlighted three expense lines that would ideally be larger to support increased activity, provided that the funds can be found: Public Information, Sponsorship Workshop, and Twelfth Step Within have been identified by the budget committee as areas where NHI should try to increase its level of service to its membership. She invited discussion as to how funds might be redistributed to support increases in these areas. Elaine suggested that portions of surplus general funds could be used for initial funding of increased activities for workshops and PI/PO. The separate issue was raised as to whether more microphones should be added to the PA system, to which the consensus seemed to be “no”. Beth suggested that 7th tradition contributions at the business meetings be directed to help defray the increased rental cost for the meeting room in 2017. No further specific adjustments were made to the proposed budget.

Recap of Intergroup Renewal Workshop: Elaine reminded the meeting that Pat G., Peter, Nancy and Elaine had attended an Intergroup Renewal Workshop hosted by the Region 6 for intergroup officers in October. She reported that the

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workshop had consisted of 11 hours of content designed to show officers how their intergroups can act to become more effective in the service of the OA membership in their localities. She noted that the 4 NHI attendees had met before today's meeting to discuss how to present the ideas and information received, and she called on Nancy to give the overview, and herself and the others to add details that seemed most salient. Nancy stated that there were 17 intergroups, represented by 42 individuals there. She said this workshop was being offered in various locations in Region 6 over a period of about a year. She noted that the workshop was led by a single presenter with many years' experience chairing intergroups in the Northeast. Here are some of the key points made by the presenter, as recalled by Nancy and the others:

- He (the presenter) characterized the health of OA as fragile, with numbers declining in recent years in many regions. While online meetings have increased, face to face meetings have decreased at a faster rate. He contrasted declining OA numbers with the increase of obesity as a socially recognized problem in the general population.
- Personal recovery is what justifies OA. OA is failing to deliver recovery sufficient to attract a stable or growing membership.
- The OA method for supporting and spreading personal recovery is service in the form of sponsorship of individuals through the 12 steps in the context of a fellowship guided and maintained by the 12 traditions.
- Three roles of intergroups, in order of priority, are:
 - Create training and educational activities and opportunities to help members recover and then strengthen their recovery. Supplement sponsorship. Help close the “sponsor gap”.
 - Routine administrative tasks: Business meetings, standing committees, representation to WSO, R6, web site, answering service, meeting lists, etc.
 - Proactively train and assist local groups on group structure and process.
- Intergroup reps should not “do all the work”, but should focus the work of others. Intergroups need to include local memberships in their service pools, and need to recruit vigorously for help getting specific tasks done. Use ad-hoc committees to do projects.
- Workshops are ideally “how to” seminars on topics like (for example):
 - Sponsorship
 - Working the 12 steps
 - Building a food plan from scratch
 - Recovery from relapse
- Intergroups need to be Learning Organizations
 - Do 4th step inventory to assess what is working and what needs to change
 - Encourage member participation by soliciting feedback through membership surveys and responding with follow up.
 - Share progress, and ask for help as ideas turn into plans for action. Group IG representatives should return from business meetings with a short list of key items to report to their local groups.
 - Visit local groups. Give presentations. Recruit individuals' service for specific tasks.
 - Learn from other intergroups, regions and WSO: Study their web sites; read their literature. Don't reinvent the wheel. Most local problems have already been solved in various ways. Study how others have “done it”. Ask for help!
 - Practice: review, reassess, renew periodically (use the steps!)

CLOSING:

Motion: Pat G. *moved* to close the meeting. Jeanne *seconded* the motion. The motion *passed* by majority show of hands. Elaine closed the meeting by leading a recitation of the serenity prayer. 3:36 PM.

NEXT MEETING: Sunday, December 4, 2016

Respectfully submitted by Peter Lewis, Secretary.