

Central Ontario Intergroup

<p>OA Central Ontario Intergroup (#09110), a member of OA Region 6, meets at 10 a.m. on the second Saturday of every month at the Catholic Information Centre, 830 Bathurst St. (just north of Bloor), Toronto, ON M5R 3G1</p> <p>OA PHONE LINE : 1-866-221-5061 TORONTO LOCAL: 416-588-6134 Intergroup Information: info@oaontario.org Website: www.oaontario.org</p> <p>Intergroup Service Board Chair: Eva chair@oaontario.org</p> <p>Vice-Chair: Paige vicechair@oaontario.org</p> <p>Past Chair: Ben pastchair@oaontario.org</p> <p>Recording Secretary: Vacant secretary@oaontario.org</p> <p>Treasurer: Irene treasurer@oaontario.org</p> <p>Office Manager: Vacant officemanager@oaontario.org</p> <p>World Service Business Conference Delegate: : Eva wsbcddelegate@oaontario.org</p> <p>Region 6 Delegate: Lynda region6rep@oaontario.org</p>	<p>COMMITTEE CHAIRS Finance: Glenn finance@oaontario.org</p> <p>Contact Database: Lynda contactdb@oaontario.org</p> <p>Technology: Ben technology@oaontario.org</p> <p>Literature: Liisa literature@oaontario.org</p> <p>Public Information: Chuck pi@oaontario.org</p> <p>Outreach: Ben outreach@oaontario.org</p> <p>Telephone/Email: Linda helpline@oaontario.org</p> <p>Website: Kate/Chuck webservice@oaontario.org</p> <p>The Abbie Newsletter: Tracey abbie@oaontario.org</p> <p>Calendar & Special Events: Andrea specialevents@oaontario.org</p> <p>Convention Committee: Donna conventionchair@oaontario.org</p> <p>Retreat Chair: Margaret G. coiretreat@oaontario.org</p> <p>Meetings: Lynda meetings@oaontario.org</p> <p>Relocation: Glenn</p>
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Minutes of Saturday March 12th, 2016 - 10am to noon

1. **Welcome and Serenity Prayer.**
2. **Twelve Steps** read in unison.
3. **Twelve Traditions** and long form of **Tradition Three** are read.
4. **Preamble to Twelve concepts** and long form of **Concept Three** are read.
5. **Roll call:** First name given, group attended/represented and voting/non-voting status.
6. **Reading and approval of Minutes:** Moved by Chuck; Seconded by Lynda We waive the reading of the minutes and accept them as distributed. All in favour.
7. **REPORTS**

Office Manager: (Vacant) (officemanager@oaontario.org)

This position is vacant at this time therefore there is no report.

Treasurer's Report (Irene) (treasurer@oaontario.org)

Group Contribution Report

Meeting #	City	Meeting Day	Meeting Time	Amount
556	Orillia	Thursday	6:30 PM	200.00
10223	Toronto	Tuesday	7:00 PM	150.00
24854	Toronto	Monday	6:00 PM	140.00
26763	Toronto	Saturday	1:30 PM	300.00
33911	North York	Thursday	8:00 PM	33.50
34726	Belleville	Tuesday	6:30 PM	150.00
35811	Toronto	Friday	6:45 PM	200.00
46318	Thornhill	Sunday	7:30 PM	480.00
50088	Brantford	Saturday	10:00 AM	500.00
51786	Scarborough	Monday	7:30 PM	100.00
52381	Kitchener	Monday	6:30 PM	200.00
51490	St. Catherines	Tuesday	7:00 PM	100.00

Income Statement

Opening Balance January 2016			10,870.75
Total Donations		2,553.50	
	Literature Sales	1,314.44	
	7 th Tradition	49.55	
Total Income		3,917.49	
Expenses	OA& AA Literature Cost of Sales	1,454.75	
	Rent	400.00	
	Bell	215.64	
	Treasurer	5.00	
	Public Information	1,185.36	
	Bank Fees	3.00	
Total Expenses		3,263.75	
Net Income			653.74
Closing Balance			11524.49
Summary:			
Cash on hand		11,524.49	
T-Bill		876.87	
Prudent Reserve		(5,500.0)	
Cash available		6,904.36	
Literature- Cost of Sales:			
Last Month literature available for sale		15,038.03	
OA literature order		1,454.75	
AA literature order			
Raffle prize			
Literature sales		(1,314.44)	
Total Literature available for sale		15,178.34	

Region 6 Delegate (Lynda) region6rep@oaontario.org

I am working on updating the Regions 6 Convention Planning Manual.

I received the Region 6 Assembly package the following items are on the agenda for COI information:

- 1) To remove the OA Young Persons Committee from the list of Region 6 Committees
- 2) To clarify each of the R6 Board's and Intergroups Outreach Committee's responsibilities regarding the consideration and awarding of R6 Assembly and WSBC scholarships.

- 3) To move that the text of item No. 029 in the policies and Procedures be struck in its entirety
- 4) Motion to Region 6 to make available via the R6 website and via popular feeds the most recent years audio files

This information will be discussed and voted on at Region 6 Assembly.

World Service Delegate (Eva) wsbcdeldelegate@oaontario.org

The Motion Summary questionnaire was discussed at the February, 2016 intergroup meeting. I scanned and emailed it to WSO prior to the March 3, 2016 deadline.

Registration for the World Service convention to be held September 1st -4th, 2016 in Boston is now open. The first hotel blocks reserved have been sold out, so if interested in attending, please make arrangements soon.

Committee Reports

Contact Data Base Report (Lynda) contactdb@oaontario.org

There was 1 change this month:

- 1) Remove Meeting from COI meeting list for 1 month – 1

The meeting in Dundas, Ontario has temporarily closed its doors while they look for a new location. They requested the meeting be removed from the COI meeting list until the end of March while a new location was found. Based on this request I only removed from the COI meeting. We have 61 meetings attached to Central Ontario Intergroup.

Activity was very low this month.

Telephone / Email (Linda) helpline@oaontario.org

There were 20 phone messages picked up and 7 emails in February.

Bylaws (Ben)

Nothing to report this month.

Website (Kate/Chuck) webservice@oaontario.org

We had 1,040 unique visitors for February, compared to 1,021 for January. A minor slippage for a shorter month.

We have a good team and are working well, however, so I can concentrate on the convention, I am handing in my two months' notice as I must leave this role. Please share with your groups!

Outreach (Ben) outreach@oaontario.org

Nothing to report.

Abbie (Tracey) abbie@oaontario.org

Keep announcing deadline for submissions and asking for requests for articles, stories, announcements.

Public Information (Chuck) pi@oaontario.org

The medical conference, in terms of volunteers, is getting full. We have one slot open for Friday morning. Please let me know if you're interested. Our request for \$500 for PI was received by Region 6 and I will discuss at the assembly in April.

The Progress Place Health Fair is on April 20th, from 2-4 pm. This is a downtown location (Church St.). Please let me know if you can attend.

Last month, we spoke about changing "open" vs "closed" meetings. I spoke with Cyndi, the trustee responsible for bylaws, and she said it was a good idea, and will speak about it in committee at WSO. We should be able to, if we have support, add it to the list for consideration next year.

Finally, I was able to add us to the next version of the Canadian Mental Health Association list of organizations.

In order to concentrate on the organization of the 2017 convention, I am handing in my two months' notice as I must leave this role. Please share with your groups!

Finance (Glenn) finance@oaontario.org

I am a compulsive eater, a member of the Experience, Strength and Hope group, having the honour, privilege and responsibility to serve as the Finance Chair for this Intergroup. My name is Glenn.

The Experience, Strength and Hope group meets 7:30 on Monday nights at St. Timothy's church in North Toronto. On rotation, we read from, and then share on, parts of: the Big Book of Alcoholics Anonymous, The 12 Steps and 12 Traditions of AA, The 12 Steps and 12 Traditions of Overeaters Anonymous. Please drop by, we'd love to see you and appreciate the support.

I have distributed copies of the 2016 proposed budget for your review. Irene, our Intergroup treasurer, has done an outstanding job of reporting both our current position and 2015 financial summary. She has made this proposed budget an easy task for me because of her efforts for us.

My proposed budget really has very little semblance to a professional budget. For both the sake of simplicity, and to help our groups know exactly what the costs are to help us in carrying the message; I have disregarded our Literature department figures. There are two good reasons: The current Literature Chair, a trusted servant, like all of us, is a former Finance Chair of this Intergroup and secondly, both our current treasurer, and myself, are monitoring both the Literature figures and cash flow consequences. Literature is a self-supporting committee of OA Central Ontario Intergroup.

The 2015 actual bottom line was within \$300 of its budget. Cash flow issues forced us to delay the last quarter of contributions in 2014. So, in 2015, there were 5 quarters of donations made to both World and Region 6. The 2015 loss is slightly misleading because of this.

After presenting this proposed budget, I made a motion that it be approved. The motion was duly seconded. There were a couple of clarification questions. After brief explanation and discussion the motion passed.

Under new business, I made a motion asking that the first quarter splits of: \$450 to World and \$1,050 to Region 6 be made. The motion was duly seconded. Questions were asked about our cash flow ability to fund both these donations and cover our anticipated expenses around world delegate travel and the April retreat. Our Intergroup treasurer confirmed that we have sufficient cash flow. The motion passed.

Yours in Loving Service,

Glenn G.

Finance Chair, OA Central Ontario Intergroup

Moved by Glenn; Seconded by Marie. That the budget be approved as presented for 2016.

10 In favour; 1 Abstain

Central Ontario Intergroup - Proposed Budget for 2016						
Presented & approved			March 12, 2016 Intergroup Meeting			
			Budget	Budget	Actual	Actual
<u>INCOME</u>			<u>2016</u>	<u>2015</u>	<u>2015</u>	<u>2014</u>
Group Donations & 7th Tradition			\$21,000	\$22,200	\$18,111	\$20,344
Convention (NET)			800	200	1,421	272
Intergroup 7th trad			350		367	
RETREAT (NET)			300	300	445	368
<u>TOTAL INCOME</u>			<u>\$22,450</u>	<u>\$22,700</u>	<u>\$20,344</u>	<u>\$20,984</u>
<u>EXPENSES</u>						
Bank Fees			150	300	129	254
Bell Canada Phone/Yellow Pages			1,550	1,480	2,296	1,459
Bell Internet			750	550		528
Delegate Travel - World Service			1,900	1,900	1,422	1,438
Delegate Travel - Region 6			2,600	2,350	2,527	1,474
Donation - World Service			1,800	1,978	2,673	3,193
Donation - Region 6			4,200	5,321	5,458	1,188
New group support/ Outreach			1,000	1,000	484	323
Workshops & underwriting events			350	500		37
Public Information			1,500	1,900	1,280	- 77
Rent			4,800	4,800	4,800	4,800
EXPENSES subtotal			\$20,600	\$22,079	\$21,069	\$14,694
<u>Supplies and Photocopies</u>						
Abbie			300	50	243	
Finance			50	50		
Literature			100	100		57
Office Manager			50	75		
Secretary			50	25	19	6
Technology/Website			300	100	284	342
Treasurer			100	100		
Insurance &/or Literature protect			500	500		
<u>Supplies & Photocopies subtotal</u>			<u>1,450</u>	<u>1,000</u>	<u>546</u>	<u>328</u>
<u>TOTAL EXPENSES, supplies/photo</u>			<u>\$22,050</u>	<u>\$23,079</u>	<u>\$21,615</u>	<u>\$15,020</u>
<u>NET INCOME/(LOSS)</u>			<u>\$ 400</u>	<u>\$ 421</u>	<u>-\$ 1,271</u>	<u>\$ 5,964</u>

Literature Committee (Liisa) literature@oaontario.org

I ordered coins through UPS Standard shipping this month and I calculated that we saved approximately \$67 CDN compared to the shipping cost/duty etc. if we had shipped directly from World Service.

I have reviewed the Literature Inventory figures on QuickBooks and in the Treasurers Report for 2015 and January 2016 and have found that the figures appear to be fairly close – but this is preliminary as I need to review with Doville. The Inventory in QB at January 31, 2016 was \$14,979.

I may need to order some books within the next few months and want to verify when the next convention or conference is in the US as it is cheaper to have literature shipped in the US and brought back by our kind attendees.

Calendar and Special Events (Andrea) specialevents@oaontario.org

On Wednesday, we sent out a reminder email regarding the upcoming spring retreat. As of Thursday night, the email had a 40% open rate.

OA Retreat (Margaret G.) coiretreat@oaontario.org

Retreat Leaders

- Had discussions with 8 potential retreat leaders; for various reasons these individuals are unable to lead the retreat
- Recommend securing speaker from the US. Seasoned speaker with extensive experience including extensive involvement in Region 6.

Participants

- 17 people registered as of March 10, 2016
- Responded to 125 emails regarding the retreat

Promotion

- Teaser and reminder sent out March 9th in Intergroup email blast

Motion

- I would like to propose a motion given the travel costs that will be incurred by our retreat leader.
- Motion: To compensate the retreat leader for economy class round trip flight expense from Boston to Toronto and ground transportation to and from the airport in the city of departure, to a maximum of \$600CDN. Seconded: Chuck

In favour – 10

Abstain - 1

Submitted by: Margaret G, 2016 Central Ontario Intergroup Retreat Chair March 10, 2016

OA Convention (Donna) conventionchair@oaontario.org

I hope to start committee meetings in a month or 2. I heard back from the chair of Region 6 and she is not able to be a key note speaker after all as she is from NYC and our budget would not be able to cover her travel and accommodation cost. We have been in touch though with Karen the Region 6 trustee and she may be able to recommend a keynote speaker.

Donna is looking for volunteers to assist in getting this convention up and running.

Region 6 Convention Planning - 2017 (Chuck)

We will have the roles ready for the next intergroup meeting. We are looking for committee chairs for the following committees:

Relocation Committee (Glenn)

Glenn reported that he will, next week, be introducing our Intergroup Chair to the new contact person, now looking after our current location.

With regard to our current location: All door locks have been changed. The new access policy involves both a security system, and onsite guard, when anyone is in the building.

There had been some communication/schedule challenges with the security guard over the last two months. He arrived later than we had both requested, and expected, for last month's Intergroup meeting. The delay was particularly concerning as temperatures were extremely cold, and many of our waiting members were affected. Glenn was glad to see the security guard arrive, at the agreed 9am time, for the today's (March) meeting setup.

As previous contact person for this location, Glenn made his amends for both last month's inconvenience, and also for his ensuing dominance behaviour at the February meeting; explaining an over compensating reaction, related to heightened anxiety, and stress, relating to: the Intergroup meeting access timing issues, a recent car accident, and death of a family pet. He confirmed that, since then, he had worked the steps including shares, and feedback, with both sponsor, and other members having at least a year of abstinence, actively working the steps. Steps six and seven provided him the usual relief. Quoting from Tradition two in the AA 12 and 12, Glenn indicated that he wished to be an elder statesman and not a bleeding deacon. It is his hope that with this new found awareness, he will, with God's help, be able to resist acting, with dominating behaviour, in the future. He invited anyone affected, to approach him after the meeting, and/or to contact him directly, if they required anything further from him. He also committed to making direct amends to those affected, but not in attendance at today's meeting.

The current contact person has indicated that he would like our Intergroup to sign a contract. Glenn will be passing along the contact responsibility to Eva, our Intergroup Chair, for future communication. Glenn's understanding is that we are still welcome at this location for at least another year.

It is his intention to convene a relocation committee meeting in the next couple of months.

OLD BUSINESS:

Thank you notes, to groups, for their 2015 donations:

Glenn and Irene are compiling a summary list of 2015 group donations.

It is Glenn's intention to send out a letter to the groups: thanking them for their 2015 donations, inviting financial questions, encouraging group self-support, offering Intergroup resource support and requesting additional donations where feasible. He sees this also as an opportunity to work with other Intergroup Chairs to heighten awareness around both ongoing, and anticipated, Intergroup initiatives and events. The possibility of adding flyers to the envelope was discussed briefly. Glenn intends to bring a copy of proposed correspondence for Intergroup approval at the April meeting.

New Business:

Manresa OA Retreat attendance has dropped significantly. The following motion was made: I am asking that the Manresa OA Retreat be promoted even though it is not sponsored by any OA group or COI. I am asking permission to advertise in the fall.

Moved by Lynda; Seconded by Kathy Lynda is asking

Discussion ensued and it was determined that this is an outside issue and is against OA's Tradition 6 – OA group ought never to endorse, finance or lend the OA name to any related facility or outside enterprise.

In Favour 1; Against 7; Abstain 1

Moved by Glenn; Seconded Donna. We make our quarterly donations to World Service in the amount of \$450 Canadian and Region 6 in the amount of \$1050 Canadian.

After Irene reviewed the finances she advised we can send payments.

All in favour.

MEETING STATISTICS

There were 13 attendees at the Intergroup meeting for February. Below is a list of the attendees based on the area codes for the meetings in the first table.

416	905	705	519	613
8	2	0	2	0

In the table below is a listing of the total number of meetings (61) based on area codes.

416	905	705	519	613
23	19	12	6	1

The statistical information above is provided for information.

The meeting adjourned at 11:38 with the Serenity Prayer.