

# Triangle Intergroup Minutes



September 21, 2019

**In Attendance:** Mike (Chair, Hi-Tech), Neill (SOAR), Cory (WSO), Karen (Treasurer), Kathy Z (Rep. Chapel Hill Tu 6pm), Anne (Newsletter Editor, Rep. Chapel Hill Th 7pm), Valerie (by phone, Rep Mon Durham 7pm), Suz (by phone, Rep. Hillsborough Wed. 6pm), Judy (Rep Raleigh Th 7:30pm), Debbie (Th 7pm Apex), Amy for Nancy (audio library, Rep. Raleigh Sat. 9am), Allie (PI/PO)

**MINUTES FROM AUGUST:** Approved as submitted

**TREASURER'S REPORT:** Accepted as submitted.

The balance of the retreat account (\$2,311.75) was transferred to the main IG checking account in August. Karen looked up meetings in our IG on OA.org and found some discrepancies in meeting numbers (Fuquay, Swansboro, Greenville Monday) between our records and OA.org. The three Greenville meetings function together for the newsletter distribution.

## STANDING COMMITTEE REPORTS

**WSO (Cory):** Cory will not be seeking re-nomination for this position. Requires 2 years abstinence, 2-year commitment, cannot be rep for a meeting or to SOAR, but can be a committee chair. WSBC is the week of April 20, 2020; proposals for the agenda (new business, changes to bylaws) must be submitted by December 10, 2019 to <https://oa.org/members/events/world-service-business-conference/>. Delegate registration already available on the website.

**SOAR (Neill, Clare):** Both are booked for SOAR conference in October. Neill rotating out following two 2-year terms. Next SOAR is in Baton Rouge in March 2020.

**High Tech (vacant):** Susan has stepped down.

**Group Outreach (vacant):** No interest.

**Newsletter (Anne L):** The newsletter, as now published, is 508 compliant to allow for electronic reading for a blind member. We need groups to write for March 2020 and after. Mon Durham 7pm will do November 2020. Newsletter Distribution – Allie reminded reps to please check list for correct name and address.

**PI/PO (Allie):** Ordered materials to do a mail out to docs and health centers. The pamphlets *To Doctors* and *To Clergy* have been merged into *Helping Professionals*.

## AD HOC COMMITTEE REPORTS

**12th Step Within (Neill):** Neill will continue as 12th Step Within chair. He has been to more meetings spreading the word about SOAR8 resources. Has not yet gotten to some at the coast or the two Vision meetings. We'll have a Serenity Day (Hope for the Holidays) on Sat Nov 16 [see announcements. Mary Anne and Valerie are helping organize; Mary Anne is working up a flyer. Setup and cleanup help are needed. No beverages will be provided. Program to include a forum to discuss what's worked for us over holidays, and speakers.

**Retreat (vacant):** No report.

**2020 NC State Convention (Sid):** May 1-3, 2020, in Winston-Salem. Progressing, they will need money soon.

**Audio Library (Nancy):** Motion to approve the library shedding 10 lbs of unnecessary suitcase in favor of a lightweight totebag passed. We gave the suitcase and empty jewel case to Kathy Z; the CD binder contains sleeves. Anne will keep the library for now.

## OLD BUSINESS:

**Virtual attendance at IG:** Suz and Valerie attended virtually to test out the system. It was a great success!

**Bylaws change/updates:** Neill proposed changes related to the closing of the retreat account: strike the phrase "except Retreat account" from Treasurer duties, which are otherwise general; strike language about the retreat/BB&T account in the budget section ("Retreat Comm has a checking account...." Etc.) and add "The retreat obtains its funding from the retreat account administered by the Treasurer." Motion to accept changes passed.

We still need to update the bylaws and P&Ps to reflect actions taken since 2014/15. Suz located the 2014 P&Ps on the web site and reviewed. She's willing to work with others to update. She was not able to find the bylaws; they are located at the bottom of the Intergroup tab menu as "2015 bylaws." Mary Anne was working on collating actions from minutes; Anne will help. Mike (digital copies) and Karen can help; Neill to hand off what he's done. Anne will start an email thread with Mary Anne, Mike, Suz, Karen, and Neill to form a Bylaws Review Committee; Suz will chair.

## NEW BUSINESS:

**Discussion of a potential new tool:** Mike has observed that people too often associate recovery with boring, responsibility, while fun is associated with relapse. He proposes to add a new tool called Fun to counteract this. Need appropriate wording to submit to WSBC agenda items, although this is less in hopes of actually getting it to pass and more to get the question out there and start discussion. Mike will come up with something to vote on next month. A lively discussion ensued. Some had negative reactions to the word "fun" or felt that making it a tool was too bureaucratic or made it. Fun is different for everyone: people talked about exploring what they enjoy, a period of discovery, sparking joy, lighthearted, less serious, play, self-care, fellowship, self-indulgence that is not food. What do we do JUST for pleasure that is not food, not self-destructive? How can we take ourselves less seriously? Lighten up? How can you go to a party and enjoy yourself as someone with a food issue? We decided to devote the February newsletter to this topic – IG will write, but we will also put an announcement in the newsletter to solicit contributions.

**Next Intergroup meeting:** Saturday, October 19, 2019