

# **Minutes for Heart of Canada Intergroup Meeting September 12, 2019**

Victoria Hospital Cafeteria  
8:30 p.m.

1. **Serenity Prayer and Responsibility Pledge**
2. **Introductions, quorum determination, agreement on agenda**
  - Lawrie explained changes in agenda and format for the Intergroup meetings.
  - Quorum was met.
  - Agenda was accepted.
3. **Reading of Twelve Steps, Twelve Traditions, Twelve Concepts**
  - Steps – Sherri
  - Traditions – Eva
  - Concepts - Linda
4. **Minutes of last meeting — acceptance or amendments or additions**
  - Amendment to previous minutes that the dates for 2019-2020 Intergroup meetings are no longer valid as we will no longer be meeting at Lion's place. Date of next meeting is Monday December 2, 2019.
5. **Reports**
  - Finance Report – Discussion to take place at December meeting regarding the re-distribution of money, and potential for additional funds to be sent to Region IV and WSO.
  - All other reports accepted and filed.
6. **Old business or business arising from the minutes**
  - No old business raised during the meeting.
7. **New business**
  - Virtual Meetings – Two Winnipeg meetings reported supporting members who need to call in. Discussion about [OAVirtualRegion.org](http://OAVirtualRegion.org) Dawn has agreed to investigate options and make a presentation in December. Intergroup will discuss and then provide ideas for individual groups who may wish to

participate, as well as at an Intergroup level.

## **8. Recovery Discussion**

- Results of Member Survey and discussion as to how to proceed further.
  - Ron gave a recap of the last year worth of work, and explained how Intergroup set aside additional time to complete and Intergroup inventory, met to set up the vision and mission statements, and set up an Ad Hoc committee to make, distribute and review the member survey
    - The survey was a vital step as this was the first engagement of the members outside of Intergroup.
    - Two members reported on some of the statistics. 46 members and past members participated. To see full results, please see Survey Results in reports attached.
    - Discussion about how we are going to respond to the results and a few ideas were shared on workshops engaging the groups, as well as how the 12<sup>th</sup> Step Within Committee can support. The following steps were agreed upon:
      - 12th Step committee to review and discuss workshop/programming topics based on results.
      - Intergroup reps to take the results to their groups and set aside time to review and discuss. Reps to report back at the December meeting. The purpose of the discussion is to get idea for programming and some people who would be willing to volunteer to assist on a short-term basis.
      - Each group to write a short biography for their group to post on the website. Groups were asked to please include what a typical meeting looks like, describe the room, what is the parking like, etcetera.

## **9. How are the Groups Doing.**

- It was noted that some meetings had a high number of attendees but not a lot of sponsors available. Other meetings had a high number of sponsors, but not many people to sponsor which lead to a discussion about setting up a sponsor bank, as well as encouraging people to attend other meetings. Intergroup reps to report to their meetings.

Meeting closed at 9:50pm

## **Reports**

### **PI Committee**

The health fair at Kildonan place for the Transcona council for seniors has secured a couple more tables and I will need two people for Thursday October 10th. Sorry for this being last minute I

will have the times shortly, but it will be during the day.

**Fundraising (Lori V):**

My report on Fundraising is I have been able to get some used books for the book sale in November. If anyone has any used AA or OA books that they want to donate, please contact me by text or phone at 2042538532 or email me at [queenloriv5@outlook.com](mailto:queenloriv5@outlook.com).

I am also supposed to go in for surgery, but it keeps getting bumped. It is now scheduled for November 7. I might not be able to make the workshop the following week. I am hoping that someone can help and take over the book sale for that day. I might have some helpers already but if you are interested in helping out for that day, please let me know. I will let everyone know if there are any changes.

**Twelfth Step Within (Eva S):**

Our book study will be held November 15 and 16 with Lawrie speaking. The posters have are hopefully available at each OA meeting; registration forms to be available soon.

**World Service Representative**

Attending Fall Assembly October 4 & 5

**Telephone Answering (Lynn H):**

We have an average of 3 to 5 calls a month. I will bring a 2020 sign-up sheet for the next meeting. Thank you to our membership for supporting the TAS phone calls.

## Treasurers Report

Region 4 and the WSO were the seventh tradition donations. \$15.00 to TD Bank was the charge for the money orders for Region and WSO.

Hands of Hope sent me the WSO appeal money. What I did was put it in the account, used my credit card to pay for it and then took the amount out by cheque. It was 19.35.

Rebecca paid for rent for the Traditions Workshop coming up which was 100.00.

Literature has had payments coming in and no purchases. That is why the balance is more than usual.

Other than that, everything has been quiet this summer.

See you on Thursday.

Lori

	Previous Bal	Changes	Current Bal	
Convention	\$1,719.69	(\$219.69)	<b>\$1,500.00</b>	
Fundraising	\$977.50	(\$467.50)	<b>\$510.00</b>	
WSR	\$378.83	\$636.73	<b>\$1,015.56</b>	
Literature	\$350.00	\$1,203.90	<b>\$1,553.90</b>	
SeventhTradition	\$1,405.00	(\$1,305.00)	<b>\$100.00</b>	
PublicInformation	\$1,398.30	\$101.70	<b>\$1,500.00</b>	
Media	\$1,000.00	(\$500.00)	<b>\$500.00</b>	
RegionSeventh	\$22.45	(\$22.45)	<b>\$0.00</b>	
WorldSeventh	\$12.04	(\$12.04)	<b>\$0.00</b>	
General	\$2,264.57	\$578.26	<b>\$2,842.83</b>	
Balance:	\$9,528.38	(\$6.09)	<b>\$9,522.29</b>	
<u>Payments:</u>				
Region 4	\$297.41			
WSO	\$836.92			
TD Bank	\$15.00			
Lori Verreault	\$19.35			
Rebecca Thompson	\$100.00			

## Intergroup Member Survey Results Summary Report – Sept. 2019

1. How did you hear about OA? **Top answers were another OA member, internet/social media, and “other” (including health show and Wellness Institute). “Don’t remember” was fourth.**

2. What brought you to OA? **Almost 100% of respondents said out-of-control eating and overweight/to lose weight.**

3. How long have you been attending OA meetings?

**12%** less than a year

**39%** 1-5 years

**17%** 6-10 years

**32%** more than 10 years

4. How often do you attend OA meetings?

**27%** more than once a week

**51%** once a week

**20%** less than once a week

**1 respondent said they are no longer attending meetings**

5. and 6. **69% of members work with a sponsor. For those who do not work with a sponsor, top reasons were “haven’t looked for a sponsor” and “Other”; the “Other” reasons were:**

- **keep to myself**
- **bad experience with OA**
- **I have recovered and help sponsor others**
- **not going to meetings**
- **family issues**
- **and several responses regarding connection with sponsor**

7. Length of abstinence

**47%** less than 3 months

**26%** 3-12 months

**13%** 1-5 years

**8%** 6-10 years

**5%** more than 11 years

Questions 2 and 7 taken together tell us that although only 12% of us are newcomers, 73% of us have less than a year of abstinence from compulsive overeating.

8. What keeps you coming back?

**Top 3 answers were:**

- **fellowship: love/support/acceptance**
- **found a new way of living (sanity, peace)**
- **12 Steps as a way of life**

9. and 10. Have you ever left OA?

**44% said they have left OA in the past and top reasons why were:**

- **not ready/willing**
- **family issues**
- **lack of recovery in meetings**
- **wanted to do it on my own**

11. If you have ever left OA, what brought you back?

**Top responses included:**

- **needed the fellowship**
- **relapse**

12. and 13. **Relapse 90% said they have relapsed and 61% of these said they struggle with maintaining abstinence**

14. Are you currently in recovery?

**68% replied yes**

15. What do you think is the most important thing you personally need to do to strengthen your recovery, whether you are abstinent or in relapse?

**Top responses included: accept I truly have a disease; increase my spirituality; work the Steps**

16. Meeting Attendance

- **29 people said that their home meeting gets 5-10 attending,**
- **19 people said their home meeting gets 10-15 attending;**
- **7 people wrote that their meeting gets a larger range, about 3-12**

17. What do you see as strengths in your home meeting?

**Top 5 responses were: anonymity practiced; the atmosphere is accepting, friendly, supportive; committed members; opportunity to share; and people in recovery**

18. What do you see as weaknesses in your home meeting?

**Top 3 responses: controlling personalities; lack of contact among members between meetings; low attendance**

19. and 20. Newcomers

**90% of members said that newcomers attend meetings but 46% said that only 25% return; 31% believe that almost none return**

21. If newcomers don't usually return, what do you think is the reason?

**Top answers were:**

- **lack of follow-up after the meeting**

- newcomers not ready or willing

22. and 23. Knowledge of Intergroup **88% of respondents had heard of Intergroup; 79% of these heard at meetings; 21% from another OA**

24. Intergroup services

**Top 5 services indicated as having the highest importance included:**

- meeting publicity
- organizing workshops and conferences
- organizing Step studies
- offering public information
- providing training workshops

25. Possible Training Workshop Topics

**Training Workshop Topics listed as high importance included:**

- abstinence;
- attracting/retaining newcomers and other members;
- sponsoring and being sponsored;
- Big Book Study;
- 4<sup>th</sup> Step workshops;
- relapse prevention and recovery;
- working the Steps (most requested was working Steps 10-12)

26. Intergroup Newsletter Topics

**Top 5 Newsletter Topics listed as high importance included: Anonymity, Characteristics of a great sponsor, First things first – getting your recovery program started, Nurturing Newcomers, What each of us can do to keep OA strong**

27. What can Intergroup do to help your meeting?

**Top 5 answers:**

- Help increase meeting attendance
- Help train sponsors
- Maintain a sponsor bank
- Help struggling meetings
- Provide speakers

28. Are you willing to support your Intergroup by offering service?

**59% said they were willing to offer service! 7% said perhaps at another time.**

29. Other comments, ideas, or suggestions:

- OA is great; it is my life
- A video for newcomers explaining all areas of OA, Intergroup, funds, etc.

- A newsletter at this time is not necessary as we have *Lifeline*, but will become more important as *Lifeline* ends.
- I would love to work in Public Information in Intergroup but can't now; I will be there when I am free!
- Speaker on defining and maintaining abstinence
- Intergroup needs strong leadership and needs to take more issues to a vote instead of letting some people make the final decisions
- Time and location of Intergroup are inconvenient for me
- OA motivation dropped after hearing a podcast in which the speaker shouted how worthless and helpless we are. This felt like shaming and turned me completely off OA.

#### Other write-in answers regarding weaknesses of meetings/OA:

- Focus on the negative, not enough focus on the positive
- Format needs to be changed
- Lack of willingness to give service at the group level and beyond
- Stale without newcomers; or there is enthusiastic recovery without physical recovery/healthy body weight
- Lack of explaining how everything works
- No time limit for sharing, some ramble for 20 minutes/little time for others
- No one really cares, so don't continue pretending that you do
- I don't appreciate you sharing my email with everyone
- Lack of compassion from most people; don't need an uncaring community

#### Possible take-aways ...

- ❖ Half of our members are attending meetings once a week
- ❖ 69% of members are working with a sponsor
- ❖ 73% of us have less than 1 year of abstinence
- ❖ 90% of members have relapsed; about 60% of these are continuously struggling to maintain abstinence
- ❖ There were 262 responses for what was GOOD in meetings, and only 78 responses as to the weaknesses!
- ❖ Lack of contact between meetings was the biggest concern
- ❖ 88% of members have heard about Intergroup – 79% at meetings
- ❖ Almost 60% of members are willing to help out in Intergroup!