

Brandywine Intergroup Monthly Meeting Notes 4/13/2024

Attendees: 15

Board Members – Mike T, Ann, Carol, and Marilyn (Ex Ex Officio and WSB Conference Delegate)

IG Reps: 8

Kathy K (Fri North Coventry), Patty W (Mon Overbrook), Mary Frances (Wed Wayne),
Laura S (Oaks), Liz (Sat Dtown), Pam (Tues Royersford), Nancy M (Mon WC Grove), Danielle (Sat Conshy)
Noreen – Blast

Visitors: June D, Betty H, and Theresa

1. Serenity Prayer - Welcome - Introductions – Quorum (8 intergroup reps and 3 board members needed) **Quorum confirmed**
2. Readings - Tradition of the Month (Carol G) - Concept of the Month (Mary Frances) – For Today (June)
3. Minutes from last month's meeting – No changes, confirmed with Laura W to post minutes from March.
4. **Officer Reports**
 - i. Acting Chair - Mike T
 - a. If you are a committee chair, please attend intergroup meetings or delegate the intergroup report to someone on your committee.
 - b. Order of agenda items have changed for this month to allow for time to prioritize discussion for unfinished business.
 - ii. Vice Chair – Carol
 - a. Term on Board is ending in June, and she will be rolling off. Carol will be out of town for the May meeting. Details on the role can be found here: [Brandywine Intergroup Bylaws – Brandywine Intergroup Overeaters Anonymous](#)
 - iii. Treasurer – Ann
 - a. Rachel served on OA Birthday Party committee. Brandywine IG was given \$2,500 because of her service. **THANK YOU** Rachel!
 - b. Marilyn said that money will cover the cost to send her to WS Business Conference.
 - iv. Recording Secretary – Carol
 - a. Carol covered for Rachel who was attending Region 7 Assembly.
 - b. Rachel absent from IG April meeting and attending Region 7 Assembly
 - c. Term on Board is ending in June, and she will be rolling off. Details on the role can be found here: [Brandywine Intergroup Bylaws – Brandywine Intergroup Overeaters Anonymous](#)
 - v. Corresponding Secretary - Mike T – no report this month
5. **7th Tradition Collection** — donations can be made in person at the IG meeting or directly to Brandywine Intergroup (PO Box 605 Bryn Mawr, PA 19010-0605). NOTE: There was a typo on previous meeting agenda's/notes. **The zip is 19010.**
6. **Unfinished Business**
 - i. **Board elections are scheduled for the June 8th IG meeting.**
 - ii. In preparation for elections, Ann shared a presentation ([attached to email](#)).
 - a. Marilyn checked with Bob, our Region 7 Trustee, and he confirmed we can change our Bylaws at anytime, and there is no set mandate for the number of Board members we must have.
 - b. IG wants to keep the abstinence requirement for Board positions.
 - c. IG wants to consider changing the meeting frequency to every other month.
 - d. IG wants to consider offering workshops/programs in the months there is no meeting.
 - e. A group of folks reviewed the R7 IG Renewal Handbook and believe the IG should focus on Tradition 5 – To Carry the Message.
 - f. The presentation included a draft timeline; however, Ann cautioned it may need to be adjusted.

- g. Mary Frances asked if committee chairs are voting members. Yes they are.
- h. Mary Frances called out that IG may need to reserve a different space at Christ Memorial Church if the group decides to meet every other month.
- i. Mike T suggested using the open month for a speaker meeting and consider a shortened IG meeting agenda.
- j. Marilyn likes the flexibility and is less concerned about the format for the alternate months.
- k. Only Committee Chairs can vote. While individual members of the committee cannot vote in order to provide equal representation across the committees, given we allow the IG rep to designate a person to represent their meeting if they cannot attend IG, we want to consider the same for Committees.
- l. Marilyn called out that IG has a policy manual, which is more flexible and easier to change than Bylaws – but Bylaws take precedence.
- m. June stated she would like to run for IG Chair. She has 60 days of abstinence and was part of IG years ago.
- n. Marilyn suggested IG consider an “acting” chair position that would work in partnership with the Vice Chair.
- o. Feedback on the presentation was that the rejuvenation of the IG is great.
- p. Bylaws and Policy need to be submitted at the same time; however, we don’t need to submit to WSO unless and until asked.
- q. **Next Steps:** Ann to chair a committee that will put together a formal presentation for the May 11 IG meeting. Contact Ann if you want to be on the committee.
Priorities that need to be addressed in the presentation include:
 - Abstinence requirements
 - Length of service with IG
 - Number of Board Members and Reps needed for a quorum (currently 3 and 8)

7. **Committee Reports (2-3 min. each)**

- A. Zoom - Carol G, Patty W – no update or issues this month
- B. Website - Mary Frances, Laura W, Carol G - Please contact them with updates or changes.
- C. Twelfth Step Within - **Committee Chair vacant**
 - i. Sponsorship Day is in August. Looking for folks to step up and plan the event.
- D. Outreach – **Committee Chair is vacant** and committee members are: Mary Frances, Pam, Liz and Andy
 - i. Mary Frances distributed copies of the following flyers (can be found on the website – home page – quick link “carry the message”):
 - a. For Health Care Professionals with QR code that drives to our website
 - b. What to Remember When You See Your Doctor or Health Care Professional
 - c. Does Food Control Your Life (STOP SIGN FLYER) Ask permission before hanging
 - d. (Also available on the website: Help Wanted – She gave this flyer out at her home meeting and asked for time at a business meeting to go over it, and it was well-received. She is encouraging all IG Reps to do the same.)
 - ii. Liz is attending a health Fair from 1-5 at Coatesville High School.
 - iii. Pam is attending a Health Fair at the Brandywine YMCA on April 20.
 - iv. Eating disorders are prevalent in the college population, and the committee is looking to get connected to colleges and universities, so if you have connections or ideas, please reach out to a committee member.
- E. Blast – Noreen
 - i. Intergroup is providing content for the May issue of The Blast. Content is due to Kathy by 4/30/24.
 - ii. Conshy is providing content for June and Sunday Malvern for July.
 - iii. Blast open rate 46%.
 - iv. We are looking for a meeting to volunteer to submit content for the December 2024 issue.
 - v. Send submissions to Kathy K. at nanak976@yahoo.com.

8. Group Issues and Feedback (5 minutes)

- i. Ann and Mike will continue in their roles on the Board, and Carol and Rachel are rolling off.
- ii. Our sponsor list is open to everyone who goes to our website, which is how someone from out of state could get sponsor contact information.
- iii. If you haven't already, subscribe to The Blast and visit our website to stay up to date on news and events.

9. New Business

- i. Mike T made a motion to use IG funds to buy copies of the Traditions, Concepts, and Voices of Recovery for use at monthly IG meetings. Motion was made, seconded, and voted on. Motion passed.
- ii. More discussion is needed as to whether the materials are kept at the church or Board members bring them to the monthly meetings.
- iii. It was identified that we have a copy of Voices of Recovery and 12 Traditions so only need to purchase the Concepts.
 - a. Next year the WS Bus Conference will be virtual. Marilyn called out that it is not too soon to consider this service opportunity. According to our bylaws, in order to represent IG at the WS Business Conference, one must have attended the R7 assembly twice.
 - b. If visitors who attend IG want to receive the meeting notes, they need to sign the meeting We Care sheet and provide their email address.
 - c. IG is always the co-sponsor of events because IG carries the insurance. The Vice Chair's role is to solicit meetings to put on events like Sponsorship Day and Unity Day.

10. Upcoming Events and Announcements

- i. **The next meeting of the Brandywine Intergroup** meeting will be held on **Saturday, May 11** from 10 a.m. to 11:30 a.m. EST. It will be a hybrid meeting. The in-person location is Christ Memorial Lutheran Church at 89 Line Road, Malvern, PA 19355. The Zoom link is: <https://us02web.zoom.us/j/86258728739> (meeting ID: 862 5872 8739).
- ii. For current information on OA events hosted by other intergroups, check our website at **brandywineintergroup.org**. You can also check oaregion7.org for events that are posted throughout our region.
- iii. Speaker's Bureau: Contact Carolyn to add or delete your name from the list or to find a speaker for your meeting carolynmcgill@comcast.net).

11. Closing Prayer