

## **EAI Board Secretary Minutes 2013**

Minutes of the Eastern Area Intergroup Board Meeting  
Food Addicts in Recovery Anonymous

# **May 5, 2013**

The meeting opened with the Serenity Prayer at 8:36am in room 1D-102.

Attendance: George, Peter, Courtney, Elizabeth, Colleen, Christine, Deb H., Jen L., Dave M., Kate, Paul. Michelle, North Carolina Chapter Chair, Patty and Steve joined the meeting by tele-conference call.

EAI Contact Conference Call: Courtney thanked Christine W., Dave M. and Jen L. for their participation on the 4/28/13 at 10am EST (605-475-5950; Access 824255#) re Public Outreach. People on this call were new to PI service, and it proved a valuable call. One participant indicated having difficulty connecting with the PI information on the internet, and another caller offered to help her with this offline.

The 10am time worked for the growing fellowship in the UK and S. Africa. Courtney asked if the call time should be changed from 4pm to 2pm (8pm for Europe) to see if more people could participate. The 2pm call time would avoid conflicting with East Coast church time.

Early afternoon works better for many people. The question was raised as to whether to change all these calls to 2pm. Further discussion about this possibility in the future.

Circulation of EAI Report and Executive Summary: Courtney thanked the Committee Chairs for sending their reports to her in a timely manner.

She asked how the Executive Summary was received at the monthly business meetings. People suggested specifically defining what is to be read by either bolding the wording, using asterisk or some other means to separate the Executive Summary from the committee reports.

Deb H. mentioned that Thank-A-Thons will be coming up in a few months. Courtney assured her that these dates/announcements will be a part of the Executive Summary.

Courtney will enter a survey on-line for people to respond to the new Executive Summary format of the EAI report.

Nominations for Secretary and Treasurer: Nominations will be made at today's Intergroup Meeting, with the voting to take place in June. Sarah from Arlington will nominate Elizabeth for Secretary; Karen will nominate Colleen for Treasurer.

WSI Motion Using Group Conscience Conference, as well as the Executive Board: At present, only the Executive Committee of Chapters and Intergroups may bring a motion to WSI. The Executive Committee has veto power, and if it deems a motion unworthy, may veto presenting it at the FA Business Meeting.

Two years ago some FA members suggested using group conscience to determine whether or not a motion was to be presented. Some FA members worked with the WSI Executive Committee to develop a motion which states that in addition to the Executive Committee, the group conscience of EAI could bring forward a motion to be presented to the FA Business Meeting.

At present, motions may be presented to WSI by the Executive Board, or a WSI Committee. Also an Intergroup or Chapter Committee may craft a motion.

If this recommended motion passes, FA Chapters and Intergroups would be able to create motions. In order for the motion to be presented, it would require a 2/3 majority vote of FA members with 2 years of abstinence. Each group would be limited to two motions per year.

If we are in favor of this and WAI is not, we will have to decide if we want to go forward. They will be more impacted by this decision than we will.

This will be discussed with the EAI body during the July 2013 meeting (per our commitment).

Office Services and Support Committee: Colleen gave an overview of the Committee's Goals and Objectives. They archive all monthly EAI Reports, EAI Board and Intergroup Minutes, EAI Committee reports, and the Annual Report of EAI Intergroup.

New Website: Dave has developed a new work area. He is hoping to link it to the EAI website. This new "workspace" location will be used to develop new documents and archive old documents.

New Meeting Orientation Conference Call: Deb H. said this call will take place on July 28<sup>th</sup> at 2pm EST, and will be hosted by George. Call-in number: 605-562-3000; Access Code: 799822#.

Many Board members agreed to have their telephone numbers listed in the packet.

Chapter and Region Support Committee (CSC): will be on November 2-3, 2013 at the Dedham Holiday Inn per Paul.

The meeting closed with the Serenity Prayer at 9:40am.

Respectfully submitted,

Elizabeth D.

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Food Addicts in Recovery Anonymous

**April 7, 2013**

The meeting opened with the Serenity Prayer at 8:34 am in room 1D-102.

Attendance: George, Peter, Courtney, Elizabeth, Colleen, Christine, Deb H., Jen L., Dave M., Kim, Kate, Paul. Michelle, North Carolina Chapter Chair, Cheryl, MI Chair, Patty and Steve joined the meeting by tele-conference call.

EAI Contact Conference Call: Courtney said the next call is scheduled on 4/28/13 at 10am EST (605-475-5950; Access 824255#. Christine W., Jen L., and Dave M. will participate on this call re Public Outreach. Courtney will coordinate 15 minutes prep time with the PI group in advance of this call.

New Meeting Orientation Conference Call: This call will take place on April 21<sup>st</sup> at 7pm EST as previously stated. In addition, George will host an International call on April 28<sup>th</sup> at 2pm EST for those FA members in Europe who wish to participate. Call-in number will be the same for both calls: 605-562-3000; Access Code: 799822#.

Deb H., Chair of the 12<sup>th</sup> Step Committee, will send an email to Gail in England with this information. She will ask Gail to coordinate with members in England and Germany who wish to participate.

Circulation of EAI Report and New Time Line: Courtney thanked Committee Chairs for their great response last month in submitting their Committee Reports by the Friday following Intergroup.

One FA member reports still not receiving the EAI Report.

There was a general discussion about ways to further shorten the EAI Report. Some suggestions were:

Include only action items (dates, times, numbers of conference calls; new meetings, etc.)

Rather than a Chair's report, include an Executive Summary (Courtney would write this)

List Outreaches for the month.

George is requesting an Ad Hoc committee to work with Courtney and himself to determine a more streamlined EAI Report. Contact Courtney if you are interested.

Nominations for Secretary and Treasurer in May: Elizabeth has agreed to run again for Secretary, (Sarah B. will nominate); Colleen has agreed to run for Treasurer, (Vera V. will nominate). Nominations will be announced at today's Intergroup meeting to allow the fellowship to consider running for a position, or nominate another FA member.

Michigan Chapter Closing: George announced that the Michigan Chapter will be closing as of June 1<sup>st</sup>. Their last meeting will be on May 10<sup>th</sup>. Cheryl reported they are in the process of obtaining the bank account information, and getting the dissolution process going. Paul, David, Patty and Cheryl will work together to manage this transition.

There was a brief mention about hosting Intergroup in outlying areas, NY, Michigan, etc.

WSI Motion Using Group Conscience as well as the Executive Board: When this idea was presented two years ago, it was a hot button issue. It was decided to postpone further discussion until 2013.

The WSI Bylaw reads that only the 4 person Executive Committee, (Chair, Vice-Chair, Treasurer, and Secretary), may OK whether or not motion(s) can go before the FA Business Meeting in June. Now, although the body may initiate a motion, the Executive Committee can veto it. The purpose of this Bylaw is to eliminate frivolous motions.

An alternate idea: The Executive Committee would still present the motion. However, the body may initiate a motion and decide via group conscience and an Intergroup conference

Jen, Bylaw Chair, will vet this process. The present ruling will stay in place, and will be brought up at the 2014 Business Meeting.

The question was posed whether we should push to have the WSI Bylaws changed to allow a motion to go forward if the Body wants it presented, and the Executive Board vetoes it.

At the present time, motions can come from the Executive Committee, WSI, an EAI Committee (other than the Board) and from the Body.

One Board member voiced that the Executive Board should get in line with the Body's wishes. Another Board member would like to see the entire Board, not just the Executive Board, vote on whether or not a motion should be presented to WSI.

George will send additional information to each Board Member.

The meeting closed with the Serenity Prayer at 9:44 am.

Respectfully submitted,

Elizabeth D.

**03-10-2013**

Minutes of the Eastern Area Intergroup Board Meeting  
Food Addicts in Recovery Anonymous  
March 10, 2013

The meeting opened with the Serenity Prayer at 8:30am in room 1D-102.

Attendance: George, Peter, Courtney, Elizabeth, Colleen, Deb H., Jen L., Dave M., Kim, Kate, Paul, Patty. Michelle, North Carolina Chapter Chair and Jen N. joined the meeting by tele-conference call, (605) 475-4000 1059315#.

EAI Contact Conference Call: Courtney said the next call is scheduled on 4/28/13 at 10am EST (605-475-5950; Access 824255#. Christine W., Jen L., and Dave M. will participate on this call re Public Outreach.

Circulation of EAI Report: Colleen reported that the World Service Office is now sending out the monthly EAI report, and asks for 5 days advance notice. Therefore, each committee should send its finalized report to Courtney by the Friday following

Intergroup. Courtney will take it from there. All Board Members reported receiving last month's report.

Bylaw Change: Credible Body Weight for EAI Board Positions: George discussed how this motion will be presented to the body at today's Intergroup. Jen N. may be unable to attend to present the motion due to car problems on her way in this morning. Therefore, Peter will present the motion, and Courtney will read the rationale letter as the first "for" the motion. This will be followed by an "against," and two more "fors" and "againsts" preceding the vote.

In order to change a bylaw, there needs to be a 2/3 majority vote for a motion to pass. The body will participate in a verbal head count, with all members having 90 days of abstinence eligible to vote. Peter will be in charge of determining the 2/3 requirement, and monitoring the voting numbers.

George asked that each of us listen with an open mind, and vote with authentic group conscience. He reminded us that we are a spiritual, rather than a political organization.

Granting a Vote to Ex Officio Members: This morning the Executive Board approved granting a vote to Ex Officio Board Members, (present Chapter Chairs), during monthly Board meetings. However, they must be present via conference call on that particular day in order to vote.

Chapter and Region Support Committee: Paul handed out sheets detailing the goals of this committee. The Annual Objectives of the Committee read as follows:

1. Host a successful Chapter, Region, Meeting Support Weekend in November, 2012.
  - a. Provide a stronger focus on Region and Local Service activities, while still supporting fully-realized Chapters
  - b. Provide an orientation for new attendees
  - c. Increase attendance
  - d. Provide time for unstructured fellowship/achieve a balance of work and rejuvenation
  - e. Streamline online registration and payment
2. Host one or two ReachOuts in growing regions – Atlanta? Rochester?
3. Continue to strengthen the regional liaison program whereby committee members reach out to designated areas, increasing communication with members there.

4. Clarify the Intergroup's role in Chapter, Region and Local Service Organizations support in relation to WSI.
5. Produce guidelines for a successful Chapter, Region, Meeting Support Weekend.

Paul announced the dates for the 2013 Chapter and Region Support weekend: Saturday and Sunday November 2<sup>nd</sup> and 3<sup>rd</sup>. This will again be held at the Dedham Holiday Inn. There is a \$300 overall increase in rates this year. The Holiday Inn will offer breakfast on Sunday morning, as well as a plated lunch on Sunday which participants can choose to elect.

George reported that the Michigan Chapter, chaired by Cheryl, will take a vote in May to decide whether or not to close. They have several Chair positions for which no members have come forward to fill.

Deb H. gave each Board member a finalized copy of the Orientation Guide for New Meetings.

The meeting closed with the Serenity Prayer at 9:40am.

Respectfully submitted,

Elizabeth D.



**02-03-2013**

EAI Conference Call with North Carolina Chapter  
February 3, 2012

Conference call participants: Courtney G., Dave M., Deb H., Elizabeth D., George M., Holly N., Jennifer L., Jody L., Joe P., Kate P., Kindra, Lisa S., Margaret M., Michelle A., Patty R., Paul B., Peter H.

The conference call opened at 1:30pm with the Serenity Prayer. Participants called 605-475-5950; pin 824255#. There were 17 people on the conference call.

George welcomed the North Carolina Chapter (NCC) to EAI. He stated that EAI is committed to responding to the needs of the North Carolina Chapter, and stressed that communication is the basis of all successful partnerships.

He suggested that all participants introduce themselves, state their service position, and give a brief overview of what they are working on at this time, beginning with introductions by the NCC.

**North Carolina Chapter:**

**Michelle A., Chair:** facilitates the work of the Chapter.

**Holly N., Vice Chair:** is working on getting the Southeast Area Intergroup (SAI) either merged with EAI, or dissolved. She has been in contact with the NC Secretary of State, who sent her the forms to enable them to either merge with EAI or dissolve the SAI. She was told it is their decision which of these paths to take.

Peter H., EAI Treasurer, suggested dissolving the SAI; he and Holly will discuss this issue further.

**Lisa S., Secretary:** is tracking Media Watch, and said she is one of many who do this service.

**Joe P., Treasurer:** is interested in whether there is a need to change the former SAI bank account.

Peter stated 'yes,' the NCC donations will now be included in the EAI tax return.

**Margaret M., Bylaw Chair:** has sent an introductory email to Jen N., and is awaiting a reply.

George said that the NCC is now a part of EAI, and they need to adopt EAI's bylaws.

**Jody L., Office Chair:** was the former PI Chair. Rather than send daily/multiple emails, she sends a weekly newsletter to all Board members every Sunday to update them on the week's happenings. She is sending a letter to EAI contacts with information for registering for the June Business Convention.

**Kindra, PI Chair:** 25 people have signed up for the first committee meeting via conference call. The purpose of the call is to regroup and determine what the next steps should be. People are excited and willing to participate.

**Elizabeth G., connection Committee:** not in attendance.

**12<sup>th</sup> Step Committee Chair:** there is no 12<sup>th</sup> Step Committee Chair at this time.

**Eastern Area Intergroup:**

**Paul B., Chapter Region and Support Committee:** this committee is currently working on the next Annual Chapter Region and Support Meeting, participating in Reach-Outs if invited to do so, and the Liaison Program. They are inviting anyone interested to participate in their monthly meetings via conference call at 424-203-8075, pin 871790#.

**Kim B., Convention Resources Committee:** not in attendance. However, George said that if any delegates to the FA Business Convention require financial aid, they should fill

out the Financial Aid forms available on-line and send these along to Kim and her committee for consideration.

**Kate P., connection Committee:** this committee is encouraging participation via conference call at the monthly Intergroup meeting. The call-in number is 605-475-4000 pin 273053#. FA members are encouraged to submit stories, photographs and other art work. This committee also facilitates writing sessions.

**Colleen B., Office Services and Support Committee:** not in attendance. George indicated that Colleen and her committee have been working on FA's new website and finalizing the Secretary's Kit.

**Christine W., Public Outreach:** not in attendance. George mentioned that Christine coordinates and works with both the PI and Teens and Twenties Committees.

**Dave M., PI Committee:** this committee has been working extensively on the **Public Information Booklet** (formerly known as the Waiting Room Booklet).

Dave will send some booklets and trifolds to Kindra. She and her committee should review these and let Dave know what information they would like included in their customized trifolds. He said that meeting information can be copied from the web site, and also that information can be obtained from the database for media contacts in their area for radio, TV and community newspapers.

Dave also said there is a new letter to the healthcare professionals designed to go out with the information booklets.

The EAI newsletter is now available on the website; the page itself is the EAI newsletter.

**Patty R., Region Outreach:** George described this role as the conscience of the EAI Board in how we relate to others outside of Massachusetts, or how Chapters relate to EAI. Patty, former Vice-Chair and then Chair of the Maine Chapter, serves as that conscience. Patty requested that the NCC send a list of committee names, email addresses and telephone numbers to assist with communication.

**Jen L., Teens and Twenties Committee:** we have been calling colleges, high schools and teachers who teach addiction classes and asking if they would like an outreach in the classroom. We have undertaken a new initiative of calling IT and tech managers of health-related web sites, and asking if they would list the FA link in the community section of their website.

**Deb H., 12<sup>th</sup> Step Committee:** has recently completed the Orientation Guide for New Meetings. Once this guide has been finalized, we will initiate a quarterly conference call. A notice will be sent to all new meetings, as well as to all EAI representatives. The committee also organizes commitments for meetings requesting them, organizes Thank-A-Thons, and makes 12th Step Calls.

**Courtney G., Vice Chair:** writes the EAI Report each month, and facilitates the EAI Contact conference call every other month, with the time alternating between 10am and 4pm. One committee chair participates in each call, gives an overview of their committee, and answers questions. Kim B., Chair of the Convention Resources Committee, will be on the February 24 conference call at 4pm.

**Peter H., Treasurer:** is also on the Office Committee. His priority at this time is to identify a successor to the Treasurer position, as his term expires in June, 2013. Peter is currently compiling a Treasurer's Kit giving a detailed description of what this position entails.

**Elizabeth D., Secretary:** takes detailed notes at the EAI Executive Board, Board and Intergroup meetings each month.

Michelle, NCC: at the present time, there is no Intergroup Liaison and no 12<sup>th</sup> Step Committee Chair.

George indicated that it is important to have the following 4 positions filled: PI, Office, Bylaw and Intergroup Liaison. Some people may assume two positions if there aren't enough qualified people. However, it is important that people not get burned out. Patty shared the experience of the Maine Chapter and other chapters in which the Intergroup Liaison position and the Bylaws Chair were often shared positions, and that the Maine Chapter did not establish a 12<sup>th</sup> Step Committee until 10 years after it had formed.

The meeting concluded at 2:40pm with the Serenity Prayer.

Respectfully submitted,

Elizabeth D.

**01-13-2013**

Minutes of the Eastern Area Intergroup Board Meeting  
Food Addicts in Recovery Anonymous  
January 13, 2013

The meeting opened with the Serenity Prayer at 8:35am in room 1D-102, which will be our regular meeting room in order to tele-conference Chapter Chairs calling into the Board Meeting.

Attendance: George, Peter, Courtney, Elizabeth, Colleen, Deb H., Jen L., Dave M., Kim, Kate, Paul, Patty, Steve, Maine Chapter Chair. Cheryl, Michigan Chapter Chair; and Michelle, North Carolina Chapter Chair joined the meeting by tele-conference call, (605) 475-4000 1059315#.

Jen N. joined meeting at 9:30am.

EAI Contact Conference Call: Courtney said the next call is scheduled on 2/24/13 at 4pm EST (605-475-5950; Access 824255#. Kim, Chair of Convention Resources, will be on this call.

Circulation of EAI Report: George asked, and all Board Members reported receiving last month's report.

April 14<sup>th</sup> or April 7<sup>th</sup>?: George asked Board members if there was any objection to changing the date of the April Intergroup meeting to April 7<sup>th</sup>, rather than April 14<sup>th</sup> as currently scheduled, due to the April school vacation. Since there were no objections, he will ask Jen N. to present a motion to the body to change the date, and have this voted on by the body at today's Intergroup meeting.

Bylaw Change: Credible Body Weight for EAI Board Positions: The bylaw change is printed in full on the back of the agenda for today's FA-EAI meeting. The bylaw states the various requirements, duties and responsibilities for officers. This proposed change would make the EAI bylaws consistent with the WSI bylaws. Comments from Board members include the following:

Heard this proposed change read a two business meetings with no concerns raised by FA members.

Some feedback questioning how this would be enforced. (Response from George, Chair, is that we will not enforce this, but use it as a self-examination tool for honest self appraisal.)

Some ethnic members say that the general standard of weight is too thin. Ethnic disparities regarding weight exist, and should be considered.

An FA Board member recalls an OA Board member weighing over 300 pounds, and making the decision to step down from the OA Board.

This motion has generated a lot of interest in Maine. The Maine Chapter Board looked at multiple perspectives: underweight, overweight. Not an issues or right or wrong, but once a bylaw is in place, it sets up a situation that may drive a wedge into unity of our fellowship. The EAI bylaw already states we maintain physical recovery.

Courtney, Vice-Chair, raised the point that the body may want to discuss their thoughts on this motion during Intergroup, and perhaps not vote on this today.

George, Chair, said that this is part of our history and philosophy. The FA Business Conference of 160 people voted in support of this requirement 4 years ago. This is not something new we need to be consistent with WSI bylaws. EAI cannot have conflicting bylaws. Bill W. set up the group conscience voting we use in FA. Our Board has chosen to be in conformity with the WSI bylaws. If the FA body rejects this motion, then WSI must decide if they have an action to take with EAI.

If we vote against this motion, then EAI must come up with a motion. We will have an open discussion about the motion, and vote on it next month. There is no need to rush the voting. It is important that people feel they have been heard.

North Carolina Chapter/EAI Merger Welcome Telephone Call: This call will take place on Sunday, February 3<sup>rd</sup> from 1:30-2:30pm. Call in number: 1-605-475-5950. The purpose of this call is to provide an introduction, update and answer any questions that Chair, Michelle may have. All Board members are strongly encouraged to participate in this call.

New Meeting Orientation Conference Call Booklet: Deb of the 12<sup>th</sup> Step Committee has come up with a revised booklet. One Board Member has suggested that the New Meeting Orientation Conference Call be more generic and expansive to include WSI and Chapters, and not so EAI focused. This will eliminate WSI and the Chapters from having to do their own orientation conference calls. Deb will send out a draft to all Board Members. Any suggestions for changes should be returned to her by next Sunday with those changes/additions highlighted or in a different color lettering.

The first New Meeting Orientation Conference Call may take place in March.

Meeting Secretary Kit: Colleen said that her committee will be finalizing a few changes at today's committee meeting.

The meeting closed with the Serenity Prayer at 9:43am.

Respectfully submitted,

Elizabeth D.