

Channel Islands Intergroup Minutes - August 1, 2019

Call to Order: Meeting began at 7:35 P.M.

Opening: *Serenity Prayer*

Greetings: Natalie G—chair, Amy W—Workshops & Retreats, Elaine S—Rec Sec and Outreach, Peri L—InterVoice, Laura—V Chair, Gracie—Web, Mtg Rep for Camarillo & a Ventura mtg, Leonora—Bus Sec, Rodger S—Thurs Goleta Rep, Stephanie J—CIIG Treasurer & Outreach

7th Tradition: Basket was passed to support CIIG and WSO.

OA Service Reading: Read the *Twelve Traditions*. Decided to skip Concepts due to time constraints.

Announcements: Decided to extend the meeting by 15 minutes.

- New Business:**
- Change format of meetings and bring outreach and workshops back into regular meeting.
 - Decided to lengthen meeting to 1 hour and 15 minutes.
 - Changed meeting start time to 6:30 pm.
 - Change format of meetings with 20-30 minutes to Workshops; 20-30 minutes to Outreach; and 15 minutes is given to Reports.
 - Have R2 come and do a Service, Traditions and Concepts workshop for us.

Reports:

IG Reps No reports

Rec Sec: Elaine S.—Distributed minutes from June meeting which were approved. (There was no July meeting because of the holiday.)

Treasurer: Stephanie J.

Union Bank Checking Acct.

7 th Tradition from IGR meeting: 6/6	\$11.00
7 th Tradition: Monday Night (dissolved)	\$19.00
7 th Tradition: #36031	\$146.49
7 th Tradition: #32642 & #15648	\$90.00
7 th Tradition: #47208	\$60.00
7 th Tradition: #36038	<u>\$192.89</u>
Assets:	\$519.38

Liabilities:

CIIG of OA check #139: WSO donation	<\$500.00>
CIIG of OA check #140: R2 donation	<\$500.00>

Total Assets/Liabilities for June/July <**\$480.62**>

UBOC Checking Balance as of 7/29/2019 \$3,052.04

UBOC Prudent Reserve as of 07/29/2019 \$1,006.46

Chase Checking: (Retreats and Workshops) \$2,761.73

[Rent is due for 2nd half of 2019]

Business Secretary: Lenora—Reported that Stephanie picked up mail and distributed it. There were several 7th tradition donations.

InterVoice: Peri—Getting copy

Web: Posting all announcements

Retreats & Workshops: Amy—Committee had begun planning workshop on sponsoring for some time in the fall. Decided to have 5 minute intro followed by four speakers with long term abstinence, men and women, each sharing how they sponsor for 10 minutes each. There would be time for questions and discussion and a 15 minute break. We would try to get the Women's Center of Carp for the 10 AM to 1 PM event. Date? Important that we get out at meetings that compulsive eating is a disease and that we have an allergy of the body and obsession of the mind. That we cannot have even a single bite of our binge foods or carry out the behaviors that lead to binges.

Outreach: Elaine—Rodger and Stephanie working on radio spot. Continue to follow up on people we met from various mental health organizations at Cottage Mental Health Fair, people are putting up posters, trying to get literature distributed at other mental health clinics and at doctors in fields related to diseases that stem from compulsive eating—will bring list of SB doctors to next meeting and try to get volunteers to reach out to them. Would like to create lists for Ventura, Ojai, Oxnard and Camarillo. Would like to try to get clinics to allow us to address their monthly meetings. Want to try to get articles in local press. Attempting to get article into SB Independent.

Region 2 Rep: [service opportunity]

WSO Rep: Natalie G.—no report

Next Meeting: September 5, 2019

Closing Prayer: 7th step prayer

Close of Meeting: Meeting ended at 8:35 PM

Respectfully submitted
Elaine S, Rec Sec