



Open with Serenity Prayer

- **Read Step 12**

- Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

- **Read Tradition 12**

- Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

- **Read Concept 12**

The spiritual foundation for OA service ensures that:

- No OA committee or service body shall ever become the seat of perilous wealth or power;
- Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- No OA member shall ever be placed in a position of unqualified authority;
- All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- No service action shall ever be personally punitive or an incitement to public controversy; and
- No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.



Gulf Coast Florida Intergroup of Overeaters Anonymous

Gulf Coast Florida Intergroup
Agenda

January 6 , 2025 @ 7:00 pm

Introductions

- First Name, ID yourself as a meeting Rep (which meeting) or visitor.
- Rename yourself if you are a meeting representative by placing an "(A) " before your name. Secretary to capture names of group representatives.

people in attendance; 11 group representatives; 6

Chair Jeannie B

Chairperson 12 step within Cindy B

Karen R - Treasurer GCFI

Kat- GCFI Secretary

Judy C Tuesday 10 am Rep

Ann H Fri 130 pm Spring Hill Rep

Julie G. OA member/ guest

Sam A- 1030 am virtual BB mtg Rep

Carol Q- Friday 10 am Rep

Michelle M - Sat 10 am PH Mtg Rep

Briana H- Sun 6 pm St Lukes Rep

- Review of the meeting protocol (timer for meeting) and main motion process (3 pros and 3 cons per motion; 1 minute per person)

November Minutes – Approved

November Treasurer's Report – Approved

- Ask for a volunteer to be timer

Chairperson Comments

- Vice Chair Applicant/Nomination- there will need to be a bylaws change, to allow applicant to be nominated, and broaden



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- Poll for new name 56-58 people responded and gave their choice. People were invested, 73 percent voted on GCFI. Bringing “of” into Gulf Coast of Florida Intergroup.
- Prudent reserve, ensuring that it does not dip down below allotted amount.
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Vice Chair Comments

Treasurer Comments
no comment

Secretary Comments
no comments

Committee and Representative Reports

- 12th Step Within Committee - Cindy B.
 - Meeting scheduled: January 10th 2:00-3:00 pm via Zoom to plan next workshop.
 - In person workshop be on Feb 21st, 2026. Supposed to be Jan. event, however committee didn't have enough time with holidays, and inability to have planning meeting prior to Jan 10 date.
 - 7 people currently on the committee



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- PIPO (Public Information and Professional Outreach) Committee - Shirley Q. (Pasco)
 - No updates for Pasco/Hernando, on pause currently
 - In need for chair for Pinellas County- please see if there might be members interested in this important position!

- Retreat Committee (Cindy B.)
 - Hold/deposit of \$1500.00 was paid.
 - First retreat meeting will be beginning of February, it will kick-off the planning. When planning begins- first item will be creating flier.
 - Oct. 9th, 10th, 11th 2026 are Retreat Dates at Dayspring retreat center.
 - Please see if your sponsees or friends would do service and participate in planning!

Old Business

- Need documentation/bylaws committee - needed to update the three counties vs one county, review and see they are current and what changes need to be made. In order for there to be a name change OA require bylaws update. Carol Q volunteered to review bylaws and policies/procedures. Addition: Both Carol Q and Michele volunteered and reviewed bylaws, policies and procedures
 - **Motion:** executive committee change the bylaws, only update to new intergroup name (GCFI). Motion passed
- Open service positions (PIPO for Pinellas County, Vice-Chair)
- Make OA PTI general membership known that intergroup is raising funds to be financially solvent. Insurance payment is coming up (\$1,500). Raising \$1500 to be solvent as intergroup, raised by end of



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March 2026. Member made point of that OA not solicit funds, member reported Region 8 and World Service put out letters for more donations/contributions. Can draft letter similar to world service's letter. Including explanation of insurance, region 8 rep, and scholarships. Letter could clarifying percentage of donations to IG/World/Region.

- Creation of an Intergroup membership list- to help with support and outreach between meetings. Comment on updated intergroup rep list- Carol Q had difficulty getting response and only got a third of a response of the reps on list.

New Business

- Adding "of" to Intergroup name- to Gulf Coast of Florida Intergroup
 - Discussion that vote was already made, that "of" is redundant
 - Motion:** to keep Gulf Coast Florida Intergroup. motion passed
- Update Bylaws for the Intergroup name change, "DBA" is going through. Checks should be to PTI, until change is made official with the state.
- SOAR8 Assembly March 2026- for Shirley Q. as rep-North Carolina (cost=\$700-800) covers hotel and airfare. (Discussed)
- Importance of looking at budget, what intergroup can actually afford vs. what intergroup would like to do.
- 2026 Budget- review in next intergroup meeting (ex PIPO budget, not to take out of prudent reserve, which is an emergency reserve).
- Discussion of having Vice Chair outside of three counties, and adjusting it to include someone who technically lives outside three counties. Current applicant has official residence in FL, but lives in TN. Opinions: we are now in digital world and things have changed. Bylaws recently changed, due to virtual members being unable to do service needed locally. (Add to next mtg)



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Take back to your group:

- There are openings for service! Vice-chair and PIPO for Pinellas County.
- Important Reminder: Anyone can attend intergroup, even if you don't have a designated position. It's a great way to strengthen your recovery, learn and practice the 12th step!
- 2026 budget will be discussed at next intergroup meeting, including discussion on insurance, and sending rep to Region 8
- Intergroup is working on financial solvency, a letter is going to be sent providing information on financial needs and how members can support.
- Save the Dates!- The 12th step Within Committee Event, will be in-person Feb 21st, 2026. Location TBD
- The GCFI Retreat will be October at Dayspring Retreat Center in Parrish, FL

Next Monthly PTI Meeting: January 27th, Tuesday at 7:00pm, Meeting ID 840 2699 8998, Passcode: service

Motion to Adjourn: Passed

Close with Serenity Prayer