Gulf Coast Florida Intergroup
of Overeaters Anonymous

Gulf Coast Florida Intergroup
Agenda
August 25, 2026 @ 7:00 pm

Open with Serenity Prayer

- **Read STEP 8**

  Made a list of all persons we had harmed, and became willing to make amends to them all.

- **Read TRADTION 8**

  Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

- **Read CONCEPT 8**
  The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

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; group representatives

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

  July Minutes –
  August Treasurer's Report –

- Ask for a volunteer to be timer

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Chairperson Comments

-

Vice Chair Comments

-

Treasurer Comments

-

Secretary Comments

-

Committee and Representative Reports

- Retreat Committee
    - Next committee meeting
- 12th Step Within Committee -
    -
- PIPO (Public Information and Professional Outreach) Committee – Open position

Old Business:

New Business:

- Voting on Briana's application for Region 8 rep.

Take back to your group:

Next Monthly GCFI Meeting

- Tuesday, September 22th, at 7:00pm, Meeting ID 840 2699 8998, Passcode: service

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Motion to Adjourn:

Close with Serenity Prayer

Key Takeaways

- July meeting minutes and August Treasurer's Report were both reviewed and passed unanimously.
- A holiday workshop (Zoom-based) is being planned by the board for the weekend before or after Thanksgiving.
- Zelle has been introduced as a preferred payment method to reduce transaction fees; PayPal remains available.
- Briana was unanimously voted in as the second Region 8 representative.
- The retreat at Dayspring currently has 18 registrants; the deadline to register is September 25th.
- PIPO materials stored by Shirley may be transferred to Elizabeth's group at St. Cecilia's for storage and use.
- Judy volunteered to make outreach calls to local meetings to assess their needs.
- The intergroup is actively seeking a Treasurer and volunteers for 12-Step Within and PIPO committees.
- Next intergroup meeting: Tuesday, September 22nd at 7 p.m.

Discussed Topics

1. Opening and Introductions

The meeting was opened by Sam (Chair), who welcomed attendees and noted that Michelle W. (Vice Chair) was unable to attend. Participants introduced themselves and their represented meetings.

- **Attendees**
  - Sam: Chair of the intergroup.
  - Judy: represents the Rebos Tuesday morning meeting.
  - Michele M.: represents Palm Harbor's First Fellowship Saturday 10 a.m. meeting.
  - Carol: represents the Friday downtown meeting; interim retreat chair.
  - JC: Intergroup rep from Thursday night 5:30 St. Cecilia's meeting.
  - Elizabeth: Represents Sunday Zoom meeting at 6 p.m. (Big Book Study).
  - Gloria: represents the 5:30pm St. Cecilia’s Thursday night meeting.
  - Briana: Secretary for the intergroup.

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2. July Meeting Minutes Review and Approval

Briana had prepared AI-generated minutes for July, which were distributed approximately one week prior to the meeting.

- **Details**
  - Michele M: Noted the AI minutes were more readable but lighter in detail than previous months; flagged that the announcement of Michelle W. as Vice Chair was not captured, and the "take back to groups" section may not have been fully encapsulated.
  - Sam: Acknowledged the feedback and committed to reviewing how the AI tool captures key agenda items going forward.
- **Conclusion**
  - Motion to pass July minutes made by Michele M., seconded by Judy and Carol.

- Minutes passed unanimously.

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3. August Treasurer's Report Review and Approval

The August Treasurer's Report was reviewed.

- **Details**
  - Sam: Clarified that retreat income is tracked as a separate line item to be reserved for future retreats.
- **Conclusion**
  - Motion to accept the Treasurer's Report made by Carol, seconded by Elizabeth.
  - Report passed unanimously.

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4. Chairperson Comments: Holiday Workshop and Zelle Payment

Sam shared two key updates: an upcoming holiday workshop and the introduction of Zelle as a payment option.

- **Details**
  - Sam: The board (Sam, Briana, Michelle W.) is planning a Zoom-based holiday workshop, approximately 1.5 hours, tentatively scheduled for the weekend before or after Thanksgiving. A flyer will be created and distributed via the OA website and Region 8.
  - Sam: Zelle has been added as a payment option to avoid the fees associated with PayPal and other platforms. The **retreat** alone incurred over $200 in payment processing fees. PayPal remains available; Zelle is simply encouraged when possible.
  - Briana: Confirmed the workshop date was either the weekend before or after Thanksgiving; will check notes.
  - Judy: Asked whether the workshop would be in person or on Zoom — confirmed as Zoom.
- **Conclusion**
  - Holiday workshop details (date, time, flyer, Zoom link) to be finalized and announced at the next meeting.
  - Zelle is now listed on the website as a preferred donation method; PayPal remains active.

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5. Secretary's Report and AI Minutes Tool

Carol asked Briana about her experience using the AI tool for meeting minutes.

- **Details**
  - Briana: The AI tool is helpful and captures detail well, but the output is very lengthy and requires condensing before distribution. Overall, it is making the job easier.
  - Sam: Committed to ensuring the "take back to groups" section is properly captured in future AI-generated minutes.
- **Conclusion**
  - AI minutes tool will continue to be used; improvements to be made regarding key agenda sections.

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6. Retreat Committee Report

Carol provided an update on the upcoming spiritual retreat at Dayspring.

- **Details**
  - Carol: 18 people are currently registered. Registration deadline is September 25th. The retreat house originally required 30 attendees but has shown flexibility; the group negotiated down to a minimum of 25 without penalty.

- Carol: Eight people are on the planning committee. Volunteers are needed for service at the retreat. Materials such as notebooks, pens, and possibly tote bags are still being sourced.
- Sam: Confirmed single-occupancy rooms are still available and will send another blast email to the OA website and Region 8 to promote the retreat.
- JC: Offered to send the retreat information to intergroup contacts across Florida.
- Sam: Requested that Carol's contact information replace Cindy's on the retreat flyer, as Cindy is currently on sick leave.
- JC: Offered to update the PDF flyer with Carol's contact details.

- **Conclusion**
  - Carol to share her contact information with JC for the updated flyer.
  - Sam to send a promotional blast email about the retreat, including availability of single rooms, by end of the month.
  - JC to distribute the updated flyer to Florida intergroup contacts.

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7. Bylaws Committee Update

Carol briefly addressed the bylaws review timeline.

- **Details**
  - Carol: Bylaws are due for review in August per policy, but this will not be completed on schedule. Major issues have already been addressed. Fine-tuning will occur in a couple of months. Carol's schedule does not allow for October review either.
  - Carol: Invited anyone interested in helping with bylaws to consider volunteering around October.
- **Conclusion**
  - Bylaws review deferred; minor updates to follow in coming months.
  - Volunteers for the bylaws committee are welcome.

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8. 12-Step Within and PIPO Committees — Volunteer Need and PIPO Materials

Discussion arose around the lack of active 12-Step Within and PIPO committee leadership, and the disposition of PIPO materials currently stored by Shirley.

- **Details**
  - Sam: Cindy, the 12-Step Within chair, is on sick leave. Both 12-Step Within and PIPO committees are currently without active leadership.
  - Shirley: Has a suitcase of PIPO materials (literature, projector, canopy tent, handbooks) stored for approximately three years and needs to free up the space. She emailed about this in February. Prefers the materials stay within the intergroup rather than go to another group.
  - JC: Offered to bring the materials to the Little Rock assembly if needed, though noted the next in-person assembly after that would be about a year away.
  - Elizabeth: Suggested her group at St. Cecilia's could store the suitcase of materials, noting the church is accommodating and already has storage space.
  - Sam: Encouraged Shirley and Elizabeth to exchange contact information and coordinate directly.
  - Elizabeth: Noted that PIPO materials distributed to members for sharing with healthcare providers and family had been useful in the past.
  - Sam: Called for volunteers to spearhead PIPO and 12-Step Within.
- **Conclusion**
  - Shirley and Elizabeth to connect after the meeting to arrange transfer of PIPO materials to St. Cecilia's for storage.

- Volunteers still needed for PIPO chair and 12-Step Within chair roles.
- Seed money is available for anyone willing to start new meetings.

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9. Region 8 Representative — Briana's Application and Vote

Sam introduced Briana's application for the second Region 8 representative position.

- **Details**
  - Sam: The intergroup is entitled to two Region 8 reps based on having 11–20 meetings (one rep per 10 meetings, two reps for 11–20). Sam is attending Little Rock in person; Briana would attend virtually for the business meeting vote.
  - Briana: Expressed her motivation to represent the intergroup, participate in the business side of OA, and ensure the intergroup's votes are fully represented at Region 8.
  - Shirley: Asked for clarification on the budget allocation and whether Briana would attend virtually — confirmed the $100 budgeted for Region 8 reps would cover Briana's virtual registration and part of Sam's in-person registration.
  - Shirley: Raised a question about the bylaws interpretation of rep allocation (one per 10 meetings); Sam clarified the tiered structure.
- **Conclusion**
  - Briana unanimously voted in as the second Region 8 representative.
  - Briana will attend the Little Rock assembly virtually; Sam will attend in person.
  - Spring assembly will be fully virtual; fall Knoxville assembly may allow both to attend in person, budget permitting.

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10. Meeting Support — New Agenda Item Proposal

Michele M. proposed adding a standing agenda item to track meetings that need support.

- **Details**
  - Michele M.: Suggested a "meeting support" section on the agenda to identify struggling meetings and direct intergroup energy appropriately. Noted the Monday 11 a.m. Palm Harbor Step/Big Book meeting needs support.
  - Judy: Proposed a proactive outreach process where intergroup members call meeting contacts periodically to check in.
  - Sam: Confirmed she had done this previously (November–December of last year), contacting all ~16 meetings to assess their status.
  - Elizabeth: Suggested that struggling meetings should proactively reach out to the intergroup rather than waiting to be called, as timing of outreach may not align with periods of need.
  - Judy: Volunteered to make outreach calls to meetings on behalf of the intergroup.
  - Sam: Confirmed approximately 16 meetings total, with roughly 10 face-to-face and 6 virtual.
- **Conclusion**
  - Judy will make outreach calls to meeting contacts and report findings at the next meeting.
  - Monday 11 a.m. Palm Harbor Step/Big Book meeting noted as currently needing support.

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11. Treasurer Vacancy

Sam reminded the group of the ongoing need for a Treasurer.

- **Details**
  - Sam: The role is manageable, largely virtual, and involves quarterly payments (e.g., to MJ via Zelle). Briana and Sam are currently on the account. The Treasurer must be abstinent.
  - Sam: Encouraged members to spread the word within their groups.

- **Conclusion**
  - Treasurer position remains open; members asked to recruit from their home groups.

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12. Closing and Next Meeting

The meeting was closed with a prayer for those suffering from compulsive eating.

- **Details**
  - Sam: Confirmed next meeting is Tuesday, September 22nd at 7 p.m. (same Zoom ID and passcode).
  - Motion to adjourn made and seconded; passed unanimously.
  - The Serenity Prayer was recited to close the meeting.
- **Conclusion**
  - Meeting adjourned.

Challenges

- **Treasurer vacancy**: The intergroup is operating without a dedicated Treasurer. Sam and Briana are managing finances in the interim.
- **12-Step Within and PIPO leadership gap**: Cindy is on sick leave, leaving both committees without active chairs. No volunteers have formally stepped up yet.
- **Meeting attendance and growth**: Several meetings are struggling with low attendance. COVID significantly reduced the number of active in person meetings.
- **PIPO materials storage**: Shirley has been holding PIPO materials for three years and needs them relocated. A potential solution (storage at St. Cecilia's) is being explored but not yet confirmed.
- **Bylaws review delay**: The August bylaws review will not occur on schedule due to committee capacity constraints.
- **Retreat registration**: Only 18 of a target 25 registrants have signed up with the September 25th deadline approaching.
- **AI minutes completeness**: The AI tool does not consistently capture all key discussion points, particularly the "take back to groups" section and notable announcements.

Action Items

- **Sam**
  - Send a promotional blast email about the retreat (including single room availability) to the OA website and Region 8 by end of the month.
  - Update the OA website to list Carol as the retreat contact person in place of Cindy.
  - Add Briana's Region 8 rep status to relevant records and notify MJ.
  - Publish holiday workshop details (date, flyer, Zoom link) once finalized; post to OA website and Region 8.
  - Follow up to ensure the "take back to groups" section is properly captured in future AI-generated minutes.
- **Briana**
  - Look back at notes to confirm the holiday workshop date (weekend before or after Thanksgiving).
  - Prepare for Region 8 Little Rock assembly attendance (virtual).
- **Carol**
  - Share her contact information (phone and email) with JC for the updated retreat flyer.
  - Continue coordinating retreat logistics; encourage procrastinating registrants to sign up before September 25th.

  - Source notebooks, pens, and tote bags for retreat materials.
  - Resume bylaws fine-tuning after the retreat; invite volunteers to assist around October.
- **JC**
  - Update the retreat flyer PDF with Carol's contact information in place of Cindy's.
  - Distribute the updated flyer to intergroup contacts across Florida.
- **Judy**
  - Make outreach calls to all local meeting contacts on behalf of the intergroup to assess how meetings are doing and what support they need.
  - Report findings at the September 22nd meeting so struggling meetings can be listed on the agenda.
- **Shirley and Elizabeth**
  - Connect after the meeting (Shirley's number shared in chat) to coordinate transfer of PIPO materials (suitcase of literature, projector, etc.) to St. Cecilia's for storage.
- **Take back to your groups**
  - Spread the word within home groups about the open Treasurer position.
  - Encourage members to consider volunteering for PIPO and 12-Step Within committees.
  - Promote the retreat and encourage registration before September 25th.
  - Remind groups that the next intergroup meeting is Tuesday, September 22nd at 7 p.m.