



Gulf Coast Florida Intergroup of Overeaters Anonymous

Gulf Coast Florida Intergroup
Agenda
January 27 , 2026 @ 7:00 pm

Open with Serenity Prayer

- **Read Step 1**
 - We admitted we were powerless over food—that our lives had become unmanageable.
- **Read Tradition 1**
 - Our common welfare should come first; personal recovery depends upon OA unity.
- **Read Concept 1**
 - The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

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.

Jeannie B- Chair

Kat T- Secretary

Karen R- Treasurer

Briana H- Sun 6 pm Rep

Carol Q- 10 am Friday Rep

Michele M- 10 am Sat Rep



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Cindy B- Chair for 12th step within and filling in for Tuesday 10 am
Rep

Sam- 10:30 am virtual Sat Rep

Sheilah B 1:30 pm Fri Rep

Ann H Rep

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

Minutes – Carol Q and Michele M both reviewed bylaws/policies and procedures

Treasurer's Report – passed

- Ask for a volunteer to be timer

Chairperson Comments

- Open positions- Vice-chair and PIPO Pinellas Chair

Vice Chair Comments

-None

Treasurer Comments

- three expenses have been cut
 - The signup genius that was used for Holiday zoomathon (not needed)
 - Quickbooks for accounting
 - QR code subscription
- cost of insurance cannot be met at this time
 - (Due April 1st, \$1600)
 - How do we get more contributions from groups



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- Unable to send rep to WSBC in New Mexico, face to face Region 8 business conference for Spring (Shirley will be going virtually)
- Have not paid world service or region contributions
- It was noted that if intergroup have more than ten groups, another rep can be utilized for voting in Region 8 conference. Board will look into it.

Secretary Comments

-none

Committee and Representative Reports

- 12th Step Within Committee - Cindy B.
 - Inventory of Intergroup-goal for committee was to have several workshops. Group has maintained commitment for two virtual workshops
 - In person workshop Feb 21st. Info has been dispersed to intergroup
 - Topic: Getting reconnected and staying connected.
 - One email had incorrect info, please contact Cindy b for correct flyer.
 - 4th workshop later on in the spring that is face to face.
 - Retreat was mentioned in inventory, that is scheduled for October 9th, 10th and 11th 2026.
 - Looking for active committee members, 4 or 5 are on the committee currently.
 - Commitment on policy and procedures, being worked on currently by Carol and Michele.
 - Name-change has taken place and its in process being finalized
 - Group contribution guidelines, it is unaddressed.



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- Shirley made flyer/QR code for 7th tradition at virtual meetings- you don't need a PayPal account to utilize the QR code
- There needs to be fundraising email, education to members is needed on insurance and why it is payed for. It is considered general liability insurance.
- Get group contribution guidelines sent to whole of intergroup
- Strengthen sponsor-sponsee connection, a workshop was held on this topic.
- Support floundering groups- no action taken at this time.
- PIPO (Public Information and Professional Outreach) Committee - Shirley Q. (Pasco)
 - In need for chair for Pinellas County- please see if there might be members interested in this important position!
- Retreat Committee (Cindy B.)
 - Had first retreat meeting held virtually, meetings will continued to be held virtually
 - Decided theme "Walking towards the light" activities will be designed around that.
 - As of right now, no there is no day tripper option.It will be reconsidered later if people are not signing up for the entire weekend.
 - No spouses allowed to attend, if they are both not in OA.
 - No deposit, members will pay upfront. Retreat committee will pay GCFI when money is received.



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- Retreat will be advertised to Region 8 and World Service.

Old Business

- 2026 Budget- review in February GCFI meeting (budget meeting is needed first).

New Business

- Give update on Intergroup Inventory (Cindy B.)
- Update on Intergroup list, who has group reps/who doesn't, importance of contributing financially to Intergroup. (Sam)
 - Started with Carol, now Sam is working on it. There are 16 active groups 10 in person, 6 virtual, 16 total. 9 groups have reps, 7 have no reps. Sam contacted group contacts to find out who reps were. 2 main contacts (Men's meeting, for two meetings one person is listed) they did not respond.
- Two reps are allowed for region 8 business and recovery convention,
 - Motion made to have both Shirley and Sam be voting reps at Region
 - Discussion: it strengthens connections, and what is going on in OA overall. Showing up is important.
 - Vote taken: passed to designate Sam as additional representative
 - Voting to change bylaws , name change, and removing paragraph to remove paragraph requiring residency - To be voted on in February
- Information reviewing bylaws
 - Discussion: currently, there are 10 in-person groups, and 6 virtual. If residency requirement is kept, you are not providing representation for 6 virtual groups.
 - Discussion: Having a Ways and Means chair, and IGOR chair would be useful.
- Request on thought and consideration to 12 step within committee, if there can be support from board, committee chairs, intergroup members.
- Requesting change to format to adding in principles to step/traditions/concepts



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Take back to your group:

- **Upcoming workshops**
 - **12 step within Workshop** “Getting Reconnected and Staying Connected.”
Date: Feb 21st. 2026, 2-4 pm **Location:** Northwest Presbyterian Church
6330 54th Ave N. St Petersburg 33709
- **OA insurance payment** is coming due. It is used for general liability for meetings that require it. It is also coverage for local OA events, workshops and retreats.
- **Fundraising emails:** Be on lookout for email with requests for contributions to intergroup, specifically for general liability insurance. 2026 Budget will be reviewed in February intergroup meeting
- **OA GCFI Retreat is upcoming** titled, “Walking towards the light” at Dayspring Retreat Center. October 9th, 10th, 11th 2026.
- **Need for two positions to be filled:** Vice-chair and PIPO Pinellas
- **Retreat committee** is calling for members to help with retreat planning, committee meetings are virtual

Next Monthly PTI Meeting: February 24th, 2026 Tuesday at 7:00pm, Meeting ID
840 2699 8998, Passcode: service

Motion to Adjourn:

Close with Serenity Prayer