Gulf Coast Florida Intergroup
of Overeaters Anonymous

Gulf Coast Florida Intergroup
Agenda
September 22, 2026 @ 7:00 pm

Open with Serenity Prayer

- **Read Step 9**

  Made direct amends to such people wherever possible, except when to do so would injure them or others.

- **Read Tradition 9**

  OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- **Read Concept 9**
  Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

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)

  August Minutes –
  September Treasurer's Report –

- Ask for a volunteer to be timer

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Chairperson Comments

- Holiday workshop- "Getting Through the Holidays Abstinently" Saturday 11/21/26 1pm-2:30pm (Intergroup board will share 5-10 mins each followed by open share)

Vice Chair Comments

-

Treasurer Comments

- N/A

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:

- Check on progress of Judy calling groups to see how they are doing. Do we want to add a struggling meeting section to the agenda or any ideas to help struggling groups?

New Business:

- Our Zoom membership is going to renew in October and the cost is $169.90 plus taxes and fees. Our Allotted amount on the budget is $160. We need to approve the amended amount for our budget.

Take back to your group:

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Next Monthly GCFI Meeting

- Tuesday, October 27th, at 7:00pm, Meeting ID 840 2699 8998, Passcode: service

Motion to Adjourn:

Close with Serenity Prayer

Key Takeaways

- August meeting minutes were reviewed, corrected, and unanimously approved.
- September Treasurer's Report was presented: total balance is approximately $14,792, with $3,000 in prudent reserve and $7,900 earmarked for the retreat, leaving roughly $3,800 in discretionary funds against a $6,000 annual budget target.
- A PayPal dispute involving a $260 retreat payment has created confusing transaction entries and multiple $15 dispute fees; resolution is pending.
- The retreat has approximately 25 registered attendees, is financially covered, and registration remains open until Friday.
- A holiday workshop is scheduled for November 21st, 1:00–2:30 PM Eastern, via Zoom, featuring board member speakers and open sharing.
- Several Zoom meetings in the area are struggling with attendance; a plan to add a "struggling meetings" section to the agenda was agreed upon.
- The Zoom membership fee increased to approximately $169.90 plus taxes; a motion to cover the overage from the PIPO budget category was unanimously approved.
- The intergroup continues to seek a Treasurer and a PIPO Chair.

Discussed Topics

1. Pre-Meeting Logistics and Introductions

- **Details**
  - Sam: Chair of Intergroup
  - Briana: Secretary of the intergroup.
  - Zoe: Representative for the 10:30 Big Book Meeting volunteered as spiritual timekeeper.
  - Elizabeth: Representative for the Sunday Zoom 6:30 PM Big Book Study meeting.
  - Michele M.: Representative for the FIRST Fellowship Palm Harbor meeting, Saturdays at 10:00 AM.
  - Michelle L.: Representative for St. Cecilia's Thursday night meeting.
  - Michelle W.: Vice Chair of the intergroup.
  - Ann H.: Representative for New Beginnings meetings in Spring Hill, Florida (St. Andrews, Fridays at 1:30 PM).
  - Carol: represents the Friday downtown meeting; interim retreat chair.

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2. August Meeting Minutes Review and Approval

Briana presented a correction to the August minutes and the group voted on approval.

- **Details**
  - Briana: Noted that a bullet point under item four incorrectly referenced a "workshop" incurring a $200 payment processing fee; it should have read "retreat." The correction was made prior to the meeting.
  - Michele M.: Praised the meeting notes and suggested that the "challenges" section at the end of the minutes is more inclusive and should be shared broadly with member groups.
  - Michele M.: Made the motion to approve the minutes.
  - Michelle W.: Seconded the motion.

- **Conclusion**
  - The August minutes were unanimously approved with the noted correction.

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3. September Treasurer's Report

Sam and Briana presented the financial status of the intergroup for September.

- **Details**
  - Sam: Opening balance was $12,736 (including $3,000 prudent reserve).
  - Sam: Income included $1,969.55 from the retreat, $33.03 in personal 7th Tradition donations, $119.32 in group 7th Tradition donations, and $0.01 in interest. Total income: $2,121.91.
  - Sam: Expenses included $50 for Briana's Region 8 virtual registration and a $15 PayPal dispute fee. Total expenses: $65.
  - Sam: Ending balance: approximately $14,792.91 across three accounts (checking, savings, PayPal).
  - Sam: Of the total balance, $3,000 is prudent reserve and $7,900 is earmarked for the retreat, leaving approximately $3,800 in available discretionary funds.
  - Sam: The annual budget target is $6,000; approximately $2,100 more is needed over the remaining three months to meet that goal.
  - Sam: Explained a PayPal dispute: a retreat attendee disputed a $260 double-room charge with their bank, generating multiple confusing PayPal entries and at least three $15 dispute fees (totaling $45). The situation remains unresolved, and all related fees are being charged to the retreat account, not the intergroup.
  - Michele M.: Noted this is the end of the third quarter and encouraged taking the financial update back to member groups to raise awareness and support.
  - Elizabeth: Made the motion to approve the Treasurer's Report.
  - Michelle L.: Seconded the motion.

- **Conclusion**
  - The September Treasurer's Report was unanimously approved.
  - All retreat-related PayPal dispute fees are to be drawn from the retreat account, not intergroup funds.
  - The intergroup is solvent and can cover all known bills (insurance, Zoom, website), but needs to increase income to meet the $6,000 budget goal.

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4. Chairperson Comments — Holiday Workshop

Sam announced an upcoming holiday workshop organized by the board.

- **Details**
  - Sam: The workshop will be held on November 21st, 1:00–2:30 PM Eastern, via Zoom.
  - Sam: Board members Sam, Briana, and Michelle W. will each speak for 5–8 minutes on maintaining abstinence during the holidays, followed by open sharing.
  - Sam: The event is open to anyone; a digital 7th Tradition basket will be passed to support the intergroup.
  - Sam: The flyer was created by Michelle W. and has been distributed via the Region 8 website.
- **Conclusion**
  - The workshop is confirmed for November 21st and is open to all, regardless of ability to donate.

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5. Treasurer Vacancy

Sam reiterated the ongoing need for a volunteer Treasurer.

- **Details**
  - Sam: The position requires at least 6 months of abstinence and is described as manageable with team support.
- **Conclusion**
  - The Treasurer position remains open; members are encouraged to volunteer.

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6. Retreat Report

Carol provided a brief update on the upcoming retreat.

- **Details**
  - Carol: Approximately 25 people are registered; the schedule is set and preparations are in good shape.
  - Carol: Registration remains open until Friday for any additional interested members.
  - Sam: Confirmed the retreat account holds $7,900, sufficient to cover all anticipated costs including the golf cart charge ($300) and PayPal dispute fees ($45).
- **Conclusion**
  - The retreat is financially covered and logistically on track.
  - Remaining PayPal dispute fees will be resolved and charged to the retreat account.

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7. PIPO (Public Information / Professional Outreach) Update

Elizabeth provided an update on the status of PIPO materials and storage.

- **Details**
  - Elizabeth: Pamphlets have been organized by Gloria and stored in a large bag at the Sunday meeting location with the secretary's permission.
  - Elizabeth: The PIPO tent is too large for the current storage space and needs a volunteer with garage or larger storage space to house it.
  - Elizabeth: Suggested distributing pamphlets to members who could share them with primary care doctors, gyms, and health clubs.
  - Sam: Acknowledged Gloria's significant organizational work and noted that PIPO materials (tents, etc.) may be needed if the intergroup ever hosts an assembly.
  - Sam: Mentioned that financial documents related to PIPO will be retrieved from JC at the Region 8 convention in Little Rock.

Conclusion
- PIPO materials are organized and stored; a volunteer is needed to store the tent.
- The PIPO Chair position remains open.

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8. Old Business — Struggling Meetings

The group discussed how to identify and support underperforming meetings in the area.

- **Details**
  - Sam: Judy reported via email that face-to-face meetings appear well-attended, while Zoom meetings are struggling.
  - Michele M.: Reported that the Monday 11:00 AM meeting at Palm Harbor Church averages 4–7 attendees; emphasized the importance of being specific in minutes about which meetings need support.
  - Elizabeth: Reported that the Sunday 6:00 PM Zoom Big Book meeting has only about 4 consistent local attendees; most participants join from outside the area (e.g., Richmond, Virginia; Canada).
  - Sam: Proposed adding a "struggling meetings" section to the intergroup agenda, listing all meetings and flagging those needing support, to be updated monthly.
  - Michelle W.: Suggested broadening the section to cover general "local service needs" rather than limiting it to struggling meetings.
  - Sam: Agreed to start with "struggling meetings" and expand if needed.
  - Carol: Requested that any relevant support strategies discussed at the Region 8 convention be brought back to the group.
  - Michele M.: Offered to coordinate with Judy to compile a meeting list.
  - Zoe: Asked whether group contributions to the intergroup could indicate meeting health; Sam clarified that contribution patterns vary and are not a reliable attendance indicator.
- **Conclusion**
  - A "struggling meetings" section will be added to the intergroup agenda.
  - Michele M. and Judy will collaborate to compile a current list of all area meetings and their status.
  - Sam will attend struggling Zoom meetings virtually to provide support.
  - Michele M. will make an announcement about struggling meetings at the November 21st holiday workshop.

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9. Zoom Membership Fee Increase

Briana raised the issue of the Zoom subscription cost exceeding the budgeted amount.

- **Details**
  - Briana: The Zoom membership fee has increased from the budgeted $160 to approximately $169.90, plus applicable taxes and fees.
  - Sam: Proposed using funds from the PIPO budget category (currently unused due to no active PIPO Chair) to cover the difference.
  - Elizabeth: Made the motion.
  - Michele M.: Seconded the motion.
- **Conclusion**
  - The motion was unanimously approved; the Zoom fee will be paid from the PIPO budget category when due in October.

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10. Budget Committee and Future Budget Planning

Sam briefly outlined plans for the upcoming annual budget process.

- **Details**
  - Sam: The budget committee will likely include the Treasurer, Chair, and additional volunteers; Shirley previously served on this committee.
  - Sam: The next budget will be more detailed and aligned with actual spending categories.
  - Sam: Invited any interested members to join the budget committee.
- **Conclusion**
  - Budget planning will begin in December; volunteers are welcome to join the committee.

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11. Next Intergroup Meeting

- **Details**
  - Sam: The next intergroup meeting is scheduled for Tuesday, October 27th at 7:00 PM via Zoom.
  - Sam: All members are welcome to attend, even without a rep designation; non-reps may speak but not vote.
- **Conclusion**
  - Next meeting confirmed for October 27th at 7:00 PM.

Challenges

- **PayPal Dispute**: A retreat attendee's disputed $260 charge has created a complex series of PayPal transactions that Sam and Briana have been unable to fully decipher. Three $15 dispute fees have been charged. The attendee has been asked to contact PayPal to resolve the issue, but resolution is still pending.
- **Treasurer Vacancy**: The intergroup has no Treasurer; Sam and Briana are managing treasury duties in addition to their own roles, creating an unsustainable workload.
- **PIPO Chair Vacancy**: No one has stepped up to fill the PIPO Chair role, leaving outreach efforts stalled and materials in temporary storage.
- **PIPO Tent Storage**: The PIPO tent is too large for current storage and needs a volunteer with adequate space (e.g., a garage).
- **Struggling Zoom Meetings**: Multiple Zoom meetings in the area have very low and inconsistent attendance, with some relying almost entirely on out-of-area participants.
- **Budget Shortfall**: The intergroup has raised approximately $3,800 of its $6,000 annual budget goal with three months remaining, requiring increased fundraising efforts.

Action Items

- **Sam**
  - Provide Judy’s contact information to Michele M. to facilitate collaboration on the meeting list.
  - Attend struggling Zoom meetings virtually to help build attendance.
  - Retrieve PIPO financial documents from JC at the Region 8 convention in Little Rock.
  - Speak with Carol after the meeting regarding the PayPal dispute and retreat finances.
  - Continue following up with the retreat attendee to resolve the PayPal dispute.
  - Identify and confirm budget committee members for December budget planning.
- **Briana**
  - Monitor PayPal for resolution of the $260 dispute and associated fees.
  - Add a "struggling meetings" section to the intergroup agenda template.
  - Pay the Zoom membership fee from the PIPO budget category when it renews in October.

- **Michele M.**
  - Contact Judy to compile a comprehensive list of all area meetings and their attendance status.
  - Make an announcement about struggling meetings and the need for community support at the November 21st holiday workshop.
  - Share the financial update and budget status with member groups to encourage increased 7th Tradition contributions.
- **Judy (absent)**
  - Continue outreach to area meetings to assess which ones are struggling.
  - Report findings back to the intergroup at the next meeting (October 27th).
- **Elizabeth**
  - Announce within the Sunday meeting group the need for a volunteer to store the PIPO tent.
- **Carol**
  - Ensure the retreat attendee contacts PayPal to resolve the $260 dispute.
  - Confirm final retreat costs (estimated at $5,000–$7,500) and communicate to Sam.
- **All Voting Representatives**
  - Take the September Treasurer's Report and financial update back to their respective groups.
  - Encourage members with 6 months of abstinence to consider volunteering as Treasurer or PIPO Chair.
  - Encourage members to attend struggling Zoom meetings to help build attendance.