

## **Minutes of National Service Assembly of Overeaters Anonymous Great Britain 2016 on Saturday 15<sup>th</sup> October, at the Golden Jubilee Conference Hotel, Clydebank, Glasgow.**

### **Abbreviations used:**

NSA – National Service Assembly of Overeaters Anonymous Great Britain;

OAGB – Overeaters Anonymous Great Britain;

NSB – National Service Board of OAGB;

WSBC – Overeaters Anonymous World Service Business Conference;

WSO – World Service Office of Overeaters Anonymous;

IG – Intergroup

**Note:** In these minutes, members are mostly listed by the Intergroup to which their group belongs rather than the group itself, so are not necessarily speaking on behalf of the Intergroup.

### **1. Welcome**

The 31<sup>st</sup> National Service Assembly of OAGB opened at 10am with Emma C., temporary Chair of NSB, in the chair. Emma welcomed all.

After a moment's silence, we all said the serenity prayer.

Chris (Heart of England IG) raised a 'Point of Privilege' that mobile phones and electronic devices only be used to read NSA Pack 1 and 2 and not for personal reasons. This was adopted by vote by the assembly.

### **2. Readings**

Preamble – Naomi (Sunday night phone meeting)

12 Steps – Veronica (Alba IG)

12 Traditions – Nita (South & East England IG)

12 Concepts – Lisa (North of England IG)

### **3. Quorum**

OAGB has 201 registered groups, 11 intergroups, and 4 National Service Board members, so a total of 216 potential votes. A quarter of these is a quorum, which is 54.

Registered today were delegates from 61 groups, 9 intergroups and 4 Board members, a total of 74 so the meeting was quorate. 3 additional voting members arrived at 12:50pm making a total in the afternoon of 77.

Apologies: Rachel (South & East England IG)

Attending for the first time ('Green Dots'): 29

Number of non-voting attenders: 13

### **4. Housekeeping**

Sandra (Caledonian IG) introduced herself and the other NSA Committee Members. Sandra went through housekeeping and welcomed 'Green Dots' (first timers at NSA).

#### **5. Introductions of NSB Officers, Minutes Secretary and Centre Mic**

Emma introduced herself as Chair (since June 2016) and the following:

OAGB Board Members

- Alan, Literature Liaison Officer
- Elena, Treasurer
- Hilary, Secretary

And Sam (North West England IG) as Minute Secretary and Caroline (South & East England IG) as Centre Mic.

#### **6. Celebration of Abstinence**

Emma (Chair) requested that people stand up, as she called out years, of their abstinence so that NSA could give applause and celebrate every period of abstinence within the room.

#### **7. Review of Special Rules of Order and Parliamentary Procedure**

Caroline (South & East England IG) as Central Mic introduced and explained the Special Rules of Order and Parliamentary Procedure. These were adopted by a unanimous vote.

#### **8. Adoption of Agenda**

Agenda was voted on and adopted by the assembly. NSA also voted to include the Heart of England's bid to host NA 2018.

#### **9. Approval of Minutes from 2015 Assembly**

Emma gave thanks to Sheila for taking minutes last year and to Sheila, Rachel, Elena, Linda, Caroline and Julia the Minutes Approval Committee. No changes or amendments were submitted. NSA voted and accepted the minutes from 2015 Assembly.

#### **10. Appointment of Minutes Review Committee for 2016**

Appointed to the Minute Review Committee for 2016 were: Sam (Minutes Secretary), Hilary (Board Member), Alan (Board Member), Elaine (South Coast IG) and Olivia (Caledonian IG).

#### **11. Appointment of Timekeepers**

Tracy (Caledonian IG) and Sam (Caledonian IG) appointed as timekeepers. Emma gave thanks.

#### **12. Matters Arising from 2015 AGM not covered in Agenda**

Emma let the NSA know that any emergency resolutions needed to be submitted by lunch time.

### **13. Board Reports (Pack 2 P3-14) – Questions on Reports**

**Chair: Emma** – No questions.

Emma gave a huge thank you to subcommittees that are essential for the running of OAGB.

**Treasurer: Elena**

Juliet (South & East England IG) asked Elena if anyone was turned down that had applied for an assisted place. Elena confirmed that no one was turned down due to lack of funds. At the time of preparing her report about 20 had applied and 13 delegates were funded to attend NSA.

Sheila (South & East England IG) referring to paying our trusted servant, Deborah, £200 less asked if we paid her less or if Deborah worked less. Elena replied that Deborah had in-fact been given a pay rise but she'd worked less hours.

Juliet (South & East England) asked what the asterisks are on the treasurer report. Elena confirmed that as we had surplus additional contributions were made to Region 9 and WSO and apologised if that wasn't clear.

The treasurer report was accepted by NSA as presented by Elena.

**Literature: Alan**

Richard (Caledonian IG) asked why the prices of some literature on the OAGB website are higher priced than AA. Alan replied that we have to pay for our worker and for storage in the UK to ensure people receive OA literature without waiting for it to arrive from the US. We don't get a discount for bulk ordering from AA and we pay the same price per book as anyone else ordering.

Teresa (Heart of England IG) asked if we have a UK distribution for Region 9 Literature. Alan referred back to the UK storage costs and also explained that Region 9 literature is usually produced electronically and available on the Region 9 website to download for free and print.

Deborah (North of England IG) said that some people buy literature second-hand either online or at charity shops and asked how we can promote buying literature from OAGB instead. Alan confirmed that we can't compete on second-hand prices and that OAGB are looking into reducing the price of literature printed in the UK. He explained that we need to grow first to do this due to paying for the new storage.

Carol (Alba IG) asked if it's possibly for people to donate second-hand books to OAGB to then be sold on. Alan said that it's a great suggestion but that he's not sure we currently have available storage. He suggested that intergroups could do this.

Emma suggested that ideas be brought up at Committee Sessions later in the day.

**Communications: no Communications officer and no report.**

Deborah (North West IG) said that due to the security certificate of the OAGB and WSO websites that she can't access them on her mobile phone. Lisa (North of England) suggested she alter the preferences on her mobile phone to allow less secure sites.

#### **PI Volunteer Jacqueline's Report: Emma**

Marion (Salisbury) referred to us renewing and updating B.Eat Helpfinder listing and asked what B.Eat is. Sam (North West England IG) answered that B.Eat are an eating disorder charity and we pay to be in their Helpfinder list of support services on their website.

**Region 9: Emma** - Rachel attended last year. No questions.

**World Service: Elena** - Richard (Caledonian IG) said that WSBC is usually hosted in the US and asked if there are any proposals to hold it outside of the US. Holly (South West IG) explained that a motion was brought before WSBC and that it was deliberated, debated and voted on and that the majority vote was to not hold outside of the US. Stella (Region 9 Trustee) added that the cost would be incredibly high to hold it anywhere other than Albuquerque due to moving staff/travel.

Klaudija (South & East England IG) asked Elena what things she took away from attending WSBC. Elena replied that she gained experience of seeing, feeling and living the OA dream and that it was an amazing experience.

#### **14. Point of Order**

Sue J (Heart of England IG) asked if we should rule out the Heart of England's bid to host NSA 2018. Sue read from the OAGB Bylaws and confirmed that IG Chairs needed to be informed of the intention of a 2018 bid in advance of June's meeting.

Point of order was adopted and Emma ruled this off of the agenda and apologised to Heart of England for the cost of putting the bid together. Chris (Heart of England) said it would not be possible to hold this bid until next year for consideration, and it would need to be withdrawn.

#### **15. Ballot for NSB Officer Elections**

After each candidate explained why they would like to be considered for the NSB and questions were asked a vote was made by paper ballot. 77 votes were cast and registered. The results were:

Caroline M (South & East England IG) received 75 votes and was voted in as an NSB Officer.

Lisa D (North of England IG) received 75 votes and was voted in as an NSB Officer.

Chris L (Heart of England IG) received 72 votes and was voted in as an NSB Officer.

Sandra M (Caledonian IG) received 77 votes and was voted in as an NSB Officer.

A motion to destroy the ballot papers was passed.

#### **16. 2017 Assembly Bid**

Emma proposed to change the order of the agenda and have the 2017 Assembly bid before lunch as we were ahead of time. Voted and adopted.

North West Intergroup delivered the bid to host NSA 2017. Assembly voted unanimous yes for North West Intergroup to host NSA 2017 at Cranage Hall, Holmes Chapel, Cheshire, on Friday 20th-Sunday 22nd October.

### **17. Lunch**

Before we had a break for lunch the Assembly joined hands and said the OA promise. After lunch the Assembly said the serenity prayer together before continuing with NSA.

### **18. Re-Assemble**

No emergency new business motions submitted.

### **19. Special Rules of Order Review**

Caroline, Central Mic, recapped on special rules of order and voting.

### **20. Feedback from Board Administrator Review Sub-Committee**

Alan reminded the NSA that we previously agreed and voted on employing part-time members of staff to assist the Board. Originally it was agreed the employee would work 12 hours per week however the OAGB feel that they currently don't require as many as 12 hours per week.

Alan confirmed the following actions have been completed:

- Advertisement written
- Job description written (read out by Caroline, Central Mic)
- Contract ready once hours of work have been agreed

Pay will be £9.50 per hour, previously agreed, based on similar roles and other OAGB paid employee wages. The advert will be placed within the OA fellowship first and then made public/external if we don't appoint. The contract will be for 2 years initially. In response to questions, Emma clarified that yes the worker would require a line manager: for discussion at the NSB meeting next day. Then Caroline said that once the advertisement goes out there would be a 6-8 week period to the closing date.

Emma thanked the sub-committee.

### **21. Bylaw Amendment Proposal by South & East England Intergroup**

Juliet (South & East England IG) was the proposer. Juliet explained the intent is to bring more people to NSA and encourage service beyond group level. Juliet said that South & East England IG are the largest intergroup in Region 9 and the idea is to fund people to come to NSA who are in a healthy meeting that already have a Group Service Rep. The Bylaw amendment would also allow other intergroups to send an extra delegate for every 15 groups they represent.

Emma read out the motion in pack 1 pages 27-29.

There were 3 pro speakers – Juliet (South & East England IG) who was also the proposer, Olivia (Caledonia IG) and Sheila (South & East England IG).

And 3 con speakers – Naomi (Sunday night phone meeting), Debbie (North West IG) and Noreen (Caledonian IG).

For a Bylaw amendment to pass it needs a two thirds majority vote. 75 votes were cast and counted. 34 voted yes. 38 voted no. 3 papers were spoilt. The motion was not passed. A motion to destroy the ballot papers was passed.

## **22. Committee Sessions**

Sandra (Caledonian IG and NSB) introduced Committee Sessions. Delegates chose which committee to be part of and then reported back:

### **Step by Step**

Committee Chair – Emily (North West IG)

- Step by Step publication to be reinstated
- Guidance will be sought from previous Step by Step Committee
- Next publication themes: ‘Together we can do what we can never do alone’ and Step 12
- Source contributions including articles, poems, artwork by 1<sup>st</sup> December 2016
- Design newsletter and send to OAGB for approval by 1<sup>st</sup> February 2017
- Next edition to be released on 1<sup>st</sup> March 2017.

### **Public Information**

Joint Committee Chairs – Leanne (South Wales IG) and Linda (South & East England IG). Focus on:

- Doctors surgeries
- Other 12 Step programs
- Universities

### **Electronic Communications**

Committee Chair – Gillian (North of England IG)

- Look into security issues/security certificate of OAGB website (point raised earlier in the day by Deborah on being unable to access OAGB via mobile phone)
- Look into updating the platform for email responding to be compatible with mobile phones/tablets.
- New website uploader appointed
- New email responder appointed
- Continue work (done by Karen) to eliminate duplicate/surplus email addresses from the loop email since OAGB incurs a charge if the list exceeds 2,000 addressees.

Gillian called for more people to volunteer to help respond to queries from the OAGB general email address. If you are interested in being part of this vital service please email [general@oagb.org.uk](mailto:general@oagb.org.uk)

## **Professional Outreach**

Committee Chair – Caroline (North West England IG)

- Pool together existing contents to create a tab on the OAGB website for Professional Outreach
- Encourage professional outreach at all levels of OA (from individuals/groups to Board level)
- Liaise with PI & Electronic Communications Chairs
- Invite contributions from health professionals within OA to share their stories
- Chair to follow up progress monthly
- Member will share the requirements for Prof Outreach guidance that the SE IG use.

## **Literature**

Committee Chair – Alan (OAGB Board)

- Promote the importance of literature
- Find out what the fellowship of OA would like (via survey)
- Look into creating newsletters
- Collate stories of literature being useful to members and provide to Step by Step Committee

## **12th Step Within**

Committee Chair – Sam (Caledonian)

Vice Committee Chair – Jonas (Caledonian)

- 13 people on the committee
- Discussion via email after NSA on how to utilise experience within the fellowship for 12th Step Within
- Pool resources together and detail what resources already exist within OA
- Request information to be displayed on the OAGB website

## **23. Any Other Business**

No other business.

## **24. 7<sup>th</sup> Tradition**

£264.75 was collected for OAGB from 7<sup>th</sup> tradition contributions.

## **25. Thanks**

Emma thanked everyone for giving service and making NSA possible including Caroline as Central Mic, Sam as minute taker, Tracy & Sam as timekeepers, Chic, Donna & Yvonne as ballot tellers and the Caledonian Intergroup.

NSA said goodbye to Elena and thanked her for serving for four years on the NSB.

NSA thanked Emma for stepping in as Chair.

## 26. Close

NSA closed with the OA Promise.

### **Subsequent note re Committee Sessions:**

At the NSB meeting the day after National Assembly, the liaison Board member for each Committee was established as:

Electronic Communications – Caroline: [communications@oagb.org.uk](mailto:communications@oagb.org.uk)

Step by Step – Caroline: [communications@oagb.org.uk](mailto:communications@oagb.org.uk)

Public Information – Chris: [public.information@oagb.org.uk](mailto:public.information@oagb.org.uk)

Professional Outreach – Chris: [publicinformation@oagb.org.uk](mailto:publicinformation@oagb.org.uk)

Literature – Alan: [literature@oagb.org.uk](mailto:literature@oagb.org.uk)

Twelfth Step Within – Sandra: [chair@oagb.org.uk](mailto:chair@oagb.org.uk)

For any contact with these groups by members from outside of the group, it is suggested that the initial contact be made via the Board member who will pass it on

Minutes taken by Sam, North West IG and checked by Minutes Review Committee: Sam (Minutes Secretary), Hilary (Board Member), Alan (Board Member), Elaine (South Coast IG) and Olivia (Caledonian IG).

Hilary  
NSB Secretary  
23.11.16