



Branching Out

The Upper Peninsula of Michigan OA Intergroup Quarterly Newsletter

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August 2014

ACCEPTANCE -The theme of the 2014 U.P. Intergroup Spring Retreat.

A small group attended the full weekend, with many participants coming from the Chicago area. Our speaker was an OA member with 4 years of experience, strength and hope. Her openness about the disease of compulsive eating, her willingness to share her personal story, and her significant weight loss were truly inspiring to all participants. In her final pitch, she challenged us to share our stories as meeting speakers.

The retreat took place at the U.P. Bible Camp in Little Lake, Michigan. The facilities were comfortable and quite lovely. There was room to spread out and visit with other members, play games, work puzzles, color mandalas and even bust a move as one member led us through some Tai Chi poses. Though it was a bit chilly outside, no one complained about the temperature inside as the facility was warm and comfortably furnished.

A silent auction, raffle baskets and retreat welcome packets (which included a coffee mug, pen, bookmark and notebook) added an element of fun to the retreat. Winners of the large raffle baskets were treated to a theme: one basket held kitchen items such as a digital scale and measuring utensils. Another was filled with OA literature and journaling supplies. Still another held exercise related things.

When asked to describe the retreat in one word, one participant said the retreat was "loving." She also stated that the retreat supported her recovery. "The big plus for me is that I know I cannot do this alone. [The retreat] is an opportunity to get mega-hugs and share recovery."

The Upper Peninsula Intergroup covers roughly 16,000 miles and serves folks from Houghton to Hessel, a distance of 278 miles. With groups as many as five hours driving distance apart, the retreat provides a unique opportunity to meet and greet other yoopers, some of whom do not have face to face meetings. *Please consider attending the 2015 Spring Retreat in Little Lake on May 15-17 as a service to your fellows as well as a gift of self-care for yourself!*

By Tonya

Intergroup Officers May 2014-2015

Anne, Hessel
906-484-1339
Chair

Janice, Baraga
906-395-0695
Vice-Chair

Debbie, Marquette
906-249-9333
Treasurer

Kathy, Munising
906-202-0617
Secretary



906-361-4947

**Having a problem
with food, weight
or purging?**

**Call our 24/7
hotline and one of
our volunteers will
return your call.**

Attention Group Secretaries

Please make copies of
this newsletter to share
with your group
members

Upper Peninsula OA Intergroup Meeting Minutes for Saturday, May 17, 2014



Call to Order: Janice/IG Vice Chairperson filling in for Delain/IG Chairperson opened with the Serenity Prayer.

Introductions:

Janice/IG Vice Chairperson, Debbie/IG Treasurer, Sandra/IG Secretary, Carol/Houghton Meeting, Tonya/Ishpeming Meeting, Ann/Cedarville Meeting, Kathy/Munising (Gwinn Meeting), Laura / Marquette Saturday Meeting, Jackie/Marquette Thursday Meeting, Mike/Baraga Meeting

Open IG Board positions:

IG Chairperson and Secretary Board positions are up for 2 year election. Delain was unable to attend this year's retreat, but wanted to relay that serving as IG Chairperson over the past two years has been a good experience. It was noted IG Board positions rotate on a 2 year basis, with the Chairperson and Secretary positions up for election this year. The IG Chairperson's responsibilities entail chairing the quarterly IG phone meetings & annual IG meeting held at the retreat each May, as well as putting together an agenda for each of the IG meetings. Laura mentioned that the IG Chairperson is asked to periodically contribute articles for the newsletter. The IG Secretary needs to have email access and computer experience. The IG Secretary is responsible for recording the quarterly & annual IG meeting minutes, and forwarding a copy for inclusion in the newsletter that is usually sent out on a quarterly basis. If there is no newsletter, then a copy of the IG meeting minutes are sent via email or postal service to the secretary of each OA group registered with the UP OA IG.

Janice mentioned that she has learned a lot as IG Vice-Chairperson about service, to help us grow and become stronger. She feels very fortunate for the opportunity to be IG Vice-Chair and encouraged members present to consider committing to one of the IG open positions. Ann/OA Cedarville meeting mentioned that she would like to offer her service as IG Chairperson. Kathy/Gwinn Meeting offered to serve as IG Secretary. Both were accepted as nominees, and with no other offers were unanimously approved by members present to serve in the respective positions as volunteered. IG Board members present offered to assist Ann and Kathy as they transition to their new positions.

IG Annual Treasurer Report:

Debbie reported that the 2013 opening checking account balance was \$1,325.53 and ending balance was \$1,511.72. There was \$987.86 in revenues (\$675.14-group donations, \$312.66-from netted from retreat & \$0.06-interest) and \$801.67 in expenditures (\$9.95 office supplies, \$364.04-newsletter & \$427.68-Region V Assembly travel/lodging for 2 UP IG Reps) during 2013. Debbie mentioned that Mike/Baraga former IG Treasurer was very helpful when she took over a year ago. Debbie did not send 7th tradition donations to OA WSO or Region 5 in 2013. Those were paid out in early 2014 instead. The IG Annual Treasurer Report was accepted as presented and all present agreed to keep fiscal year the same as is, i.e. January 1-December 31. Members thanked Debbie for her service as IG Treasurer.

2015 Retreat Discussion:

The majority of time is spent finding and visiting a venue, perhaps if there was a central location that is good for the majority, reasonably priced and booked ahead of time, it might make it easier with planning, food, etc. The retreat committee would then only need to get a speaker, agenda and materials together. Laura is willing to do the flyer for next year's retreat.

It was suggested that if we keep the location here at the UP Bible Camp, it would take a lot of work off the retreat committee for next year. The staff this year has been very accommodating. It was also noted to keep in mind that the room accommodations are dorm/bunk bed style. There are three separate large rooms (each with a divider), two bathrooms and four showers. The facility is handicap accessible. Presentation and sleeping area are in separate buildings.

Retreat Committee for next year: Debbie, Laura & Carol volunteered to co-chair together, using the same location. They will check with the UP Bible Camp to determine if the facility is available for next year.

It was questioned why more local members did not attend this year's retreat, that perhaps we can encourage more to attend next year.

It was also suggested that there be an agenda available ahead of time next year, as well as the menu. The retreat committee will ask the UP Bible Camp staff if it's possible to get the menu in advance next year.

OA Poster Campaign:

Laura mentioned that the last few years the OA WSO has provided flyers to which Laura adds our phone number. This year WSO is charging for flyers. Laura has been copying and sending flyers out with the newsletter. Mike offered to put the flyers on the UP OA website instead for groups to download and copy as they wish. Laura wanted to acknowledge Mike's work on the website. All present thanked Mike for his service in managing the website and Laura for her service in putting out the newsletter.

IG Trac-phone:

Laura has been maintaining the phone this year, which the IG okayed earlier this year for another year. No calls have been received since renewal as of yet. Sandra volunteered to take the phone for the next 6 months.

Display Board:

Carol/Houghton asked how groups go about obtaining the display board for events. It was noted that the Outreach committee created the display board for the purpose of individual groups to use. Currently there is no Outreach Committee. It was noted that we all share responsibility for OA as a whole. If there's enough notice, events can be put in the newsletter ahead of time, asking for volunteers.

The next quarterly IG meeting to be scheduled. Congratulations: Extended to Ann/Cedarville as new Chairperson & Kathy/Munising as Secretary along with the Retreat Committee for 2015.

With no further business to discuss the meeting was adjourned and closed with the Serenity Prayer.

Respectfully Submitted by Sandra K, UP OA Intergroup Secretary

New Chair, New Secretary New Retreat Committee

Congratulations and Thank You to the following members for filling the Intergroup Positions at the Annual IG Meeting in May

- Anne from Hessel is our new Intergroup Chair for 2014 to 2016
- Kathy from Munising is the Secretary for the next two years
- Carol, Debbie and Laura volunteered for the 2015 Tenth Annual OA Intergroup Retreat Committee

Donations sent to the Intergroup from Individual meetings are annually distributed in the 60/30/10 method—60% stays in the Intergroup (see financial report attached), 30% to World Service (www.aa.org), and 10% to our Region 5 (www.region5aa.org).

Please mail contributions to our treasurer:

Debbie K . 313 Fernwood Dr., Marquette 49855



Meetings & Special Events

2014

October 4, Saturday, 8am — UP OA Intergroup Meeting—dial in 712-432-5200 access code 4285115

October 31, Nov 1-2 — Region 5 OA Convention
(See flyer enclosed)

November 7-9 — OA MN State Convention
“How Free Do You Want to Be?” (See flyer enclosed)

November 16—International Day Experiencing Abstinence (IDEA) Join hands with your fellow OA members to celebrate the unity with diversity that thrives in OA. At 11:30 am PST, members around the world will pause for a moment of gratitude for that which binds us as one but enables us as many. The strength of OA is our Fellowship.

December 12 — Twelfth-Step-Within Day
Celebrated on December 12 (12/12) each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

OA Upper Peninsula of Michigan Meetings as of September 2014

Location	Type	Time	Where	Contact
Cedarville	Steps/ Traditions	Wednesday 1:30 PM	Les Cheneaux Community Library 75 E Hodeck St.	Anne 906-484-1339
Houghton	"Lifeline"	Thursday 12 Noon	Portage United Church College Avenue	Carol 906-523-4370
Gwinn	H.O.W.	Monday 6:30 PM	United Methodist Church 231 W. Jasper @ M35	Sandra 906-361-6484
Ishpeming	Literature	Thursday 6:00 PM	Bethany Lutheran Church 715 Mather Stl	Tonya 906-486-4861
L'Anse		Tuesday 10:30 AM	United Methodist Church 304 N. Main St.	Rose 906-355-2618
L'Anse		Friday 10:30 AM	United Methodist Church 304 N Main St.	Rose 906-355-2618
Marquette	H.O.W.	Thursday 6:00 PM	First Methodist Church 111 E. Ridge St.	Debbie 906-249-9333
Marquette	Steps/ Traditions	Saturday 11:00 AM	Messiah Lutheran Church 305 W. Magnetic Rm 202	Laura 906-226-2762