



Branching Out

The Upper Peninsula of Michigan OA Intergroup Quarterly Newsletter

Volume 5, Issue 1

www.upperpeninsulaoa.com

February 2014

In Memoriam

Rozanne S.

Founder. Overeaters Anonymous

1929—2014



Intergroup Officers May 2013-2014

Delain, Newberry
906-322-4495
Chair

Janice, Baraga
906-395-0695
Vice-Chair

Debbie, Marquette
906-249-9333
Treasurer

Sandra, Gwinn
906-361-6484
Secretary



World Service Office News

www.oa.org
505-891-2664



906-361-4947

**Hotline to the U.P.
Overeaters
Anonymous**



**The disease is
progressive
So is recovery**



**Help is only a
phone call away**

2013 Fellowship Census Shows USA Decrease, Modest Increase Overall

- The OA population in the USA is about 34,700 with an average of 9 members per meeting.
- The OA **population** outside the USA is about 12,600 with an average of 8 members per meeting
- The OA population in telephone and online (virtual) meetings is about 12,900 members with an average of 39 members per meeting
- The total OA population worldwide is about 60,200.

Response rates were impressive, with 52 percent of USA groups, 36 percent of groups outside the USA and 30 percent of virtual groups responding.

Group Treasurer page added to OA Website. OA now offers a comprehensive resource for both new and long-time group and service body treasurers. Visit the Group Treasurer Materials page at www.oa.org/group-treasurer-materials/. You'll find a description of typical treasurer duties plus links to several OA documents designed specifically for treasurers.

New Combination Literature

Voices of Recovery Daily Reader now has a workbook

For Today Inspirational Daily Readings also has a workbook

Upper Peninsula OA Intergroup Meeting Minutes for Saturday, January 4, 2014

CALL TO ORDER: Opened with the Serenity Prayer

Introductions: Delain/IG Chairperson, Joan/L'Anse, Laura/Mqt, Debbie/IG Treasurer, and Sandra/IG Secretary

OLD BUSINESS

Meeting Minutes from October 5 2013 were accepted as submitted.

B. Standing Committee Reports

1. **Treasurer's Report:** Debbie reported that as of 1/1/2014, the IG checking account balance is \$1,511.72. Since Debbie took over as IG Treasurer 5/1/2013, \$615.14 has been received from various OA groups and \$548.63 has been paid out in expenses for check reorder, Region 5 Assembly attendance by Delain & Janice (IG members) and Newsletter cost. Treasurer's report was accepted as submitted.

2. **Newsletter Update:** Laura reported she will get the next Newsletter out once she has both the flyer for the May retreat and Minutes from the January IG Meeting. Laura welcomes any suggestions and feedback from OA members. A reminder that the Upper Peninsula OA meeting list is included in the Newsletter, so if there are any changes, please see that an IG Rep is contacted to keep the posted meeting list up to date.

3. **Outreach Committee Update:** Sandra reported for Martha to inquire whether the IG wishes to renew the IG track phone for 2014, and if so, a member is needed to take the phone to answer incoming calls. Laura reported that the cost for a year was approximately \$100. It was unanimously approved by members present to renew the phone for 2014. Laura volunteered to take the phone for 6 months, with Sandra as a backup. Laura will keep a log of incoming calls from this point forward so that IG has an accurate count of utilization. Laura received a notice from NMU that they would welcome OA attendance at their wellness fair in February. This is a good place to reach younger people. If any members are interested in participating, contact Laura or other IG Member for more information. Bell Memorial may also hold a wellness fair in the spring. Interested members should contact Bell Memorial to inquire. Reminder: The IG OA poster board and handouts for events are available to members and are currently housed at a member's house in Gwinn. Contact any IG member to inquire if interested in utilizing these materials.

Opportunity for Service

The Outreach Committee has a great display board and materials—everything needed for OA to be present at events.

Sixth Annual Bell Women's Health Expo, Bell Hospital - Ishpeming

Saturday, April 12, 2014, 8am-11:30am

Please contact Martha K. 360-8718 by March 1 if you would like to be of service for this event

4. **2014 Retreat Committee Report:** Debbie reported that things are falling into place with the spring retreat May 16-18. Committee members are working on the flyer which should be out within a week or so. Cost will be \$135.00 to \$140.00 for the weekend. The retreat location UP Bible Camp in Little Lake requires a 50% deposit of \$700.00-\$800.00 that needs to be submitted with the application. IG members present unanimously approved paying the required deposit.

5. Practice These Principles in all our affairs event: Delain reported the next opportunity to host this event would be in the Spring but with our Retreat in May, IG members present agreed to shelve for now.

6. Unity Day In January: Delain reported that she and Janice were not able to get anything together for this year.

7. By-Laws Committee: Delain reported that the committee has not been able to get together due to individual schedule issues. Will put on hold to discuss going forward at the annual meeting during the weekend of the spring retreat.

8. Charlevoix Meeting: Delain reported that she sent a few newsletters to the contact she was given but has received no response. So it appears that the Charlevoix meeting is not interested in joining the Upper Peninsula OA IG at this time.

NEW BUSINESS

New Meeting: Laura reported that there is a new OA Steps and Traditions meeting on Mondays at 6:15 pm at the Bethany Lutheran Church on Mather Avenue in Ishpeming. The meeting is registered with the UP OA IG and meeting information is posted on the UP OA website. Tonya the Ishpeming OA meeting's contact can be reached at 486-4861.

The next IG quarterly meeting will be Saturday, April 5, 2014 at 8:00 a.m.

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



A.C.T.I.O.N.

Any Change To Improve Our Nature

Looking for Candidates For the following InterGroup Positions

Positions are for 2 years. Elections take place at the annual intergroup retreat. Chair and Secretary positions replaced on even years. Vice-Chair and Treasurer replaced on odd years. Responsibilities listed below.

Chair:

- Presides at all regular and special meetings of the Intergroup and Intergroup Board.
- Responsible for establishing the agenda for all Intergroup meetings.
- May cast the deciding vote to make or break a tie and may participate in a ballot vote.
- May attend all standing committee meetings.

Secretary:

- Takes minutes at quarterly Intergroup Board meetings
- Maintain a file of all minutes of past meetings.
- Serve as liaison to the Website Coordinator and Newsletter Editor.

Newsletter Editor:

- Publish quarterly newsletters online and mail to intergroup representatives

Meetings & Special Events

2013

Marathon Holiday Phone Meetings

6:45am—12:00 am 712-432-5200 pin 4285115

February 22, - Unity Day 2:30a.m. EST

Join hands with your fellow OA members to celebrate the unity with diversity that thrives in OA. 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

March 21-23, Friday to Sunday—Milwaukee Area Intergroup Convention

April 5, Saturday, 8:00 am—UP OA Intergroup Meeting—dial in 712-432-3900 access code 132873

May 16 –18, Friday to Sunday—UP OA Intergroup Spring Retreat—See attached Flyer

OA Upper Peninsula of Michigan Meetings as of January 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	Steps	Monday 6:15 PM	Bethany Lutheran Church 715 Mather St.	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
Newberry will start-up March 1		Tuesday 5:30 PM	Zellars Village Inn 7552 M-123	Delain 906-322-4495