SRG MEETING AGENDA 15 January 2026

Zoom Info:
Meeting ID: 894 0626 5351, Passcode: 036487

- Welcome from Jan W.
- Serenity Prayer, OA 12 Steps _____and 12 Traditions _____
- Roll Call- Meeting Check-in:
- Motion to accept meeting minutes from Sept, 20, 2025 intergroup meeting.
- Treasurer's Report- Jon or Pat any corrections?
- Motion to approve?
- Announcements from local meetings:
- Thank you to Nancy for keeping the meeting list updated and Lynne for updating the email list.

NEW BUSINESS:

- Newsletter volunteer- (Thank you Lynne for your past service) We need someone to take over that responsibility for the Intergroup
- Workshop info-
- Twin Falls workshop? Date? Who will plan it?
- Day in OA workshop ideas?
- Convention in Bellingham, WA on Oct 17-19. Do we have a report from Bethany who attended?
- Nancy- Any other conventions/retreats in our area?
- Look to the Website link for our intergroup-for suggested outside meetings
- Website contact- Genna (208-440-8927)
- Newsletter contact- We need a volunteer to take over that position. Lynne has served well for quite a while doing that service and would like to pass on the opportunity to someone else.
- Meeting #30415 from Snake River appears to be out of date on oa.org, and could use an update. Details below with instructions on how to proceed. If the meeting is defunct, let oa.org know. (I do not know who's meeting that is.)
  Thanks for your service!
  Tim C. R1 MAL
- Link to receive World Service emails which give info on any upcoming retreats, etc.
  https://oa.org/event-calendar/ info@oa.org
- Press Release link included on next page.
- NEXT MEETING DATE- 3rd Thursday in February 18th.
- CLOSING- Serenity Prayer

SRIG Business Meeting Minutes

Sept 9, 2025

Jan W presiding

9 in attendance

Meeting opened with Serenity Prayer, OA 12 Steps, and 12 Traditions

Roll Call : Jan – Intergroup Chair/Lynne – Tues mtg. Twin Falls/Rhonda- Vice-Chair/Pat-Hailey Wed. Mtg./Tim- Region 1 Rep./Sheri – Secretary/Connie-Kimberly Sat am/Nancy-Mon. night/Elizabeth – Mtn Home Tues Mtg.

Pat – Steps/Connie – Traditions

Jan gave report from last meeting. Nancy motioned to accept meeting notes/Pat seconded.

Pat shared the treasurers report : $1146.14 Available funds

Lynne moved we approve the Treasurer's Report. Elizabeth seconded. Motion passed.

Nancy and Lynne Thank You for updating the meeting and email list.

Boise Thurs. 7 p.m. meeting is gone/Contact Genna or Dave about zoom acct.

Upcoming Events:

Oct. 3-5 Region 1 Assembly. 3 days of ZOOM. Bethany delegated to go. $115/hotel night. Financial Scholarship (apply online – 1st year waived) Contact Tim if interested. Look under events – workshops on OA Website.

Tim would like to know if anyone going to convention or assembly: Secondmal@oaregion1.org

5-6pm meet and greet/ 7 p.m. speaker.

Oct. 17-19 Region 1 Convention. Flight to Recovery. Best Western Saturday meetings. Bellingham, WA (Marguerite interested in going if anyone is going) Bethany is going virtually.

New Business

Lynne - Can we move the Intergroup meeting to a different day? Or a different time?

Nancy motioned to change the Intergroup meeting to the 3rd Th. of the month since the Boise 7pm Thurs. meeting has been canceled. Pat seconded this. All were in favor of this change. Nancy will send out text to let people know.

Text messaging has been an effective tool.

Discussion regarding an Intergroup workshop/conference

Conferences with larger sizes available to look into rather than hosting our own

Lynne/Pat may possibly do a workshop in June

Mountain Home possibly in the fall of 2026

PLEASE checkout website : snakeriveroa.com (Genna would love feedback)

Please share anything you'd like to add into the website with Genna

Lynne would love newsletter info.

World Service email – Lynne or Elizabeth

Next Meeting Date: Thursday, January 15, 2026.

Suggestions for next meeting –

Ideas for future workshop ideas

Meeting closed with the Serenity Prayer

Hello Service Body Representative.

Recently Overeaters Anonymous was acknowledged by Everydayhealth.com, a health advice website, as a top organization for dealing with obesity. This is both good news and an opportunity to put the name Overeaters Anonymous before the public. World Service is sending out press releases to national news media with this announcement. Attached in a press release template with all the relevant information. The Public Awareness Committee is asking that your service body complete the press release and send it out as soon as possible to your local media, all media if possible. If you are uncertain as to how to do this, you might consult the Public Information/Professional Outreach Manual (Bookstore at oa.org) or any reliable search engine. You will need to fill in local website and contact information for your service body and a person to contact about the release.

This is a free way to help carry the message of recovery from compulsive eating and to increase awareness in your area of your service body. Please take advantage of this opportunity. Thank you.

Gary Davis, on behalf of the Public Awareness/Professional Tradeshow Committee

FOR IMMEDIATE RELEASE

Is food a problem for you? Overeaters Anonymous can help.

Overeaters Anonymous has been listed as one of the eight best organizations for obesity support by Everydayhealth.com, a medically reviewed health information website. OA's ranking in the top eight was after consideration of 100 such organizations. The website has also awarded OA its digital badge of recognition as a trusted health resource.

Available in more than 75 countries, Overeaters Anonymous is a Twelve Step fellowship, much like Alcoholics Anonymous, for individuals recovering from unhealthy relationships with food, eating behaviors, and difficulties with body image.

OA is not a diet club; there are no dues, fees, or weigh-ins. The only requirement for membership is a desire to stop eating compulsively.

Founded in 1960 with three members, OA now has approximately 6,000 meetings world-wide. Meetings are available in person, online, by telephone, and non-real time through apps. Overeaters Anonymous is not affiliated with any public or private organization, political movement, ideology, or religious doctrine. To find out more visit oa.org.

There are meetings available in the ***(location)*** area.

For more information about local meetings, call ***(phone)***, visit oa.org, or go to ***(name and website of local service body.)***

FROM: OVERESTERS ANONYMOUS

CONTACT: [Member's Name]
[Service Body]
[Phone, Email Address]

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Note from Region 1:

Greetings! I am Laurie H and the Montana Big Sky Intergroup representative. I am in charge of the boutique for our Region 1 Convention on Oct 2-4, 2026. I am looking for crafty people who would like to make things to sell at our boutique. Also gently used items would be great, like jewelry or home decorations. We are also asking for each intergroup to make a basket which can be auctioned off. Please pass this on to your Intergroups.

I am excited to see what everyone comes up with.

I appreciate all of your help!

Laurie H. Big Sky Intergroup.

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Date	Description	Type	Amount	Method
1/9/26	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
12/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
11/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
10/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
9/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
8/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
7/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
6/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
5/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
4/9/25	Weebly Professional Site - 1 month	Payment	$16.00	VISA 9140
3/9/25	Weebly Professional Site - 1 month	Payment	$4.26	VISA 9140
3/6/25	snakeriveroa.com - 1 year	Payment	$19.95	VISA 9140
3/6/25	Weebly Personal Site - 1 month	Payment	$13.00	VISA 9140