

Minutes of Ontario Intergroup of SLAA

Thursday, November 28, 2013. 7:00-8:30 PM

Room 2008, Cardinal Carter Wing, St. Michael's Hospital

Present: Jody N. (Chair); Dionne F. (Vice-chair); Wayne M. (Treasurer); Jim D. (Secretary and Hamilton IR); Tim W. (Literature Coordinator); Fred K. (Fall Conference Chair and Tues 7:00 PM IR); John F. (Phone and PI, Pickering IR); Charles V. (Website); Justin O. (Prison Outreach); Alan B. (Niagara IR); Tom B. (Sun 10:00 AM); Susan O. (Sat. 5:30 IR); Michael C. (Fri 6:00 PM IR)

Absent with regrets: Jim B. (FWS Delegate and Rockwood IR)

1. Meeting begins with a Moment of Silence followed by the Serenity Prayer

- Done.

2. Reading of Trusted Servant's Prayer

- Done.

3. Reading of The Twelve Traditions

- Done.

4. Introductions

- Done.

5. Reading of previous meetings Draft Minutes by Secretary – Jim D.

- Minutes were read by Jim D. and accepted unanimously, group conscience.

6. Secretary announcements – Jim D.

a) Gathering up the IG records for January to April. Now have the handwritten (scanned and emailed) minutes from January 2013. Have all the Literature Reports and Financial Reports. He will be seeking help from IG members in finding the remaining missing information.

b) Jim D. has updated info with FWS; first attempt, some points need refining (now done).

c) Personal info from IG members has been requested **twice** for confidential files (full name, email address, and phone number as required by our Ontario Intergroup By-Laws). Please send the info to Jim D.

7. Reading of Reports:

a) **Thanks To:** Jody gave thanks to Wayne M. (leaving as Treasurer), Tim W. (leaving as Literature Rep & becoming Treasurer), Jim B. (leaving as FWS Delegate), Fred K. (leaving as Fall Conference Committee Chair), Natalie C. (left earlier as Chair, Spring Retreat Committee) and Ron R. (left earlier as Vice Chair and Conference Committee member).

b) **Treasurers Report – Wayne M. (outgoing); Tim W. (incoming)** Wayne M. gave the report. Details for the Treasurers Report are attached.

Summary: Returned check, \$100, with \$5 service charge – the service charge will be returned to IG. Account in brief (see attached for details):

Opening Balance:	\$348.30
Net Donations/Income:	\$237.00
Expenses/Transfers:	\$303.45
Closing Balance:	\$281.85
Retreat and Conference Fund:	\$899.80
Paid to FWS:	\$ 0

Delegate Fund:	\$1209.12
Total Balance:	\$2390.77

Tim had a question about a check; this was a cheque for Charles – as in an earlier report.

Jim B. (via Jim D.) passed on \$144 cheque for TEF (Travel Equalization Fund) from FWS ABC as a donation to IG.

Wayne is passing the Treasurer information over to Tim W. who is taking over this position.

The Treasurer's Report was accepted by group conscience.

- c) **Literature Report** – Tim W (outgoing); Susan O. (incoming) Tim W. gave the report. Sales were higher than last month (see attached report).

~\$125 sales at the Fall Conference.

2 medallions shipped were not received by Homewood group and had to be sent again (loss of \$14).

We have ~40 one step chips that were purchased instead of one day chips; someone can return them when they are going to the FWS ABC where they will be exchanged for one day chips.

There may be an adjustment, as the medallion count on stock does not agree with the number of medallions.

We made around \$73 on latest purchase of inventory from FWS.

Summary, in brief (see attached for details):

Revenues	\$489.63
Expenses	\$627.30
Net this month (loss):	\$(137.67)
Net Assets:	\$ 9048.19
Prudent Reserve:	\$ 8500
Current Period Surplus over Prud. Reserve:	\$ 548.19

Susan has the inventory and next the bank account will be changed over to Susan in December.

Susan will continue to use the slaa.ont.lit@gmail.com as the email account as Literature Rep.

Report accepted by group conscience.

- d) **FWS Delegate** – Jim B. (outgoing); incoming position vacant

Jim B was to summarize the minutes of motions passed at the last FWS ABC/M. He was having trouble doing this so Jim D. edited the Summary (attached) which was accepted (group conscience) without being read at the meeting.

- e) **Phone Line and Public Information** – John F.

See attached.

One person at the Fall Conference asked about starting a “John School”. Probably they should pursue this through another avenue or to join SLAA for help.

Approved group conscience.

- f) **Fall Conference 2013** – Fred K.

See several attachments. Recommendations (see attached) were made for future Conferences such as: Free conference, and not to use the downstairs (CW rooms) which were noisy. Committee (add Organizational) Meetings.

Alan B. suggested that Feedback forms be distributed at the end of each workshop with time allowed for that to take place (this has been added to Recommendations).

To Fred and committee – job well done!.
Report was approved by group conscience.

g) Spring Retreat 2014 – Dionne F.

April 4-6 2014, reserved, same location. Costs are not known but likely about the same.

h) Prison In-Reach/Outreach – Justin O.

Nothing new to report. Justin requested that we take him off of ‘regular reports’, as seldom something to report – he will send Secretary if information if he has it. **Jim D.** action on this.
Approved by group conscience.

i) Correspondence Received and Sent (checking mailbox) – position vacant

Jody suggested that we combine this position with the Literature Rep or Treasurer, as they have to check the mailbox anyway. Lit person can do this. Susan agreed to do this, as she is checking mail anyway. Tim volunteered to be secondary to Susan on checking mail.

j) Website – Charles V.

Charles reported that he forwarded all requests to John G., and he deleted the Fall Conference information. His full report is attached. Report accepted by group conscience.

8. Old Business

a) Alan suggested forming a committee to look specifically at the question: “What is the Single Purpose of SLAA” – discuss further - should we form a committee?
Tabled to next year. All agreed this is a good idea.

b) Elections: Intergroup needs an FWS Delegate & Correspondence Rep.

FWS Delegate: Motions were invited for a new FWS Delegate and Jim D. nominated Alan B.; 2nd by Justin O.

Qualifications: Alan is involved in Brampton group for ~1.5 years (nearly 2 years in fellowship) and was IR for Brampton. He is now Niagara IR.

Questions: Charles, asked about being involved actively with FWS, and he said he would be. A question was raised about the Bylaw requirements for this position and Jim D. read our Bylaw requirement: “It is suggested that the delegate have one year of recent service to S.L.A.A. beyond the group level and must attend regular Intergroup meetings during their term.” and we agreed this was certainly true for Alan.

There were no other nominations. Approved unanimously that Alan B. is now our FWS Rep (2-year position).

Correspondence Rep: see discussion above (section 7. i)); Susan is the covering this position.

9. New Business

a) Fred nominated Jody as the Fall Conference 2014 Chair, 2nd by Susan. Fred thinks Jody would be good as she has served on the committee. Jody is willing to do this while also being IG Chair. This nomination was approved unanimously.

b) Related to items d) and e) below, Jody asked that we go over the list of groups in Ontario, who are the IR’s, find out level of activity in these groups. An initial discussion of the groups was made to determine the status of the groups (groups, please update us if information is not accurate). **Wayne** and **Justin** to follow up on groups mentioned at the meeting.

Susan suggested that we could arrange to SKYPE with out of town members at IG meetings.

Rest of New Business Items (below) Tabled.

- c) Intergroup income this year is lower than last year. Is this a problem or not? Some data on this are as follows:

Donated/Net Income to IG last year:	\$5507
Donated by IG to FWS last year:	\$2671
Donated/Net Income to IG this year (to Oct):	\$3090
Donated to FWS this year (to Oct):	\$1411
- d) Intergroup attendance (from intergroup reps) is not as strong as it could be – is there anything we can do to encourage better involvement?
- e) Website “Donations to Intergroup” – do we need to re-visit any of this content? Last month the amounts for 2010 were removed (as they were out-of-date); should post amounts again (or just percentages of money) with 2012 values?

Next Meeting will be held on Thursday January 30, 2014 7:00 PM

Meeting ends at 8:45 PM with a moment of silence, followed by the Serenity Prayer

Jim D. (Secretary, in service)

See attachments below.

**November 2013 Treasurer's Report
SLAA Intergroup Ontario**

GENERAL FUND

	Opening Balance	\$348.30
<hr/>		
<u>Income - Donations/Contributions</u>		
Pickering Sunday 10:00 AM	Cheque	100.00
Pickering Sunday 10:00 AM	Returned Cheque	-105.00
FWS Delegate - Surplus funds		242.00
	<hr/>	
	Total Income	\$237.00
<hr/>		
<u>Expenses</u>		
Transferred to Delegate Fund		242.00
Transferred to FWS Fund		
Bank Service Charge		4.95
Fido Cell Phone - Electronic Debit		30.51
September Rent St Michaels Cheque #133		25.99
	<hr/>	
	Total Expenses	303.45
Prudent Reserve = \$500.00	Closing Balance	\$281.85



RETREAT COMMITTEE & CONFERENCE COMMITTEE FUND

Previous Balance	TOTAL	899.80
Prudent Reserve = \$900.00 + \$682.31 for 2013	BALANCE	<hr/> \$899.80



FELLOWSHIP WIDE SERVICES FUND

Previous Balance		\$0.00
Transferred from General Fund		
PAID TO FWS - End of each Quarter		
	BALANCE	<hr/> \$0.00



DELEGATE'S FUND

Previous Balance		\$967.12
Transferred from General Fund - Delegate surplus		242.00
Advanced to Delegate		
Received from delegate. (TEF 144 USD owing)		
Prudent Reserve = \$2,000.00	BALANCE	<hr/> \$1,209.12



Overall Balance \$2,390.77

SLAA Ontario Intergroup Literature ReportPeriod *October 27 to November 24, 2013*

A. Income and expenses

Revenue		
Sales	447.25	
Shipping	42.38	
Total revenue	<u>489.63</u>	489.63
Expenses		
Cost of goods sold	438.75	
Bank fees	4.95	
Shipping	42.72	
Shipping loss adjustment	14.00	
Inventory markdown	20.00	
Inventory count adjustment	89.50	
Miscellaneous	17.38	
Total expenses	<u>627.30</u>	(627.30)
Net loss		<u>(137.67)</u>

B. Balance sheet and reserve

	Current Period	Previous Period
Bank	5,218.16	4,726.89
Accounts receivable	390.63	411.22
	<u>5,608.79</u>	<u>5,138.11</u>
Inventory	3,499.50	4,047.75
	<u>9,108.29</u>	<u>9,185.86</u>
Accounts payable		
Individual	60.10	-
Net assets	<u>9,048.19</u>	<u>9,185.86</u>
Transfer from(to) Intergroup		
Adjusted net assets	<u>9,185.86</u>	<u>9,185.86</u>
Adjusted net change in assets	<u>(137.67)</u>	
Net assets current period	9,048.19	
Prudent reserve	<u>8,500.00</u>	
Surplus	<u>548.19</u>	

FWS Delegate Report

Summary of Business Meeting Items Decisions for 2013 ABM

(NOTE: These items have been abbreviated so that only Passed motions are shown and each motion is shortened to just give the gist of the motion. Original items are in the October 2013 minutes and on the FWS website. Jim D.)

# of the Motion/IFD	Motion or IFD	Pass/Fail
13n03/13-03	Motion: The Board of Trustee has moved FWS from Massachusetts to Texas.	Passed
13n04/13-04	Motion: The By-Laws of this "Fellowship" are for a Texas non-profit Corporation; the same as previously in Massachusetts, except for some minor changes (see Attachment 2).	Passed
13n05/13-05	Motion: To change the By-Laws, to incorporate the "12 Concepts for World Service" into Article 1 – Purpose, Section 4. Section 4 - Twelve Concepts for World Service The following are the <i>Twelve Concepts for World Service</i> for use at the Fellowship-Wide service level: (See the Twelve Concepts in original document in October 2013 minutes.)	Passed
13n06/13-06	Motion: <ol style="list-style-type: none"> 1. Not important to us. 2. Add that regular Board meetings are also held by "telephone conference." 3. Remove notice to Board Members by telegram, and include email. 	Passed

SLAA INTERGROUP REPORT TELEPHONE COMMITTEE & PUBLIC INFORMATION NOVEMBER 2013

FROM
JOHN F./PIONEER GROUP

Telephone Report

NOVEMBER... Only 12 phone calls came in this month.

All calls were looked after in a prompt fashion by the telephone volunteers.

Public Information Report

There was a request from York Region Addiction Services for information around SLAA groups and meetings. I gave them the Hot Line phone number and suggested any inquiries could call this number for information and help.

John F.
Chairperson for Intergroup, Toronto

2013 SLAA Conference Committee IG Report

28-November-2013

Email: slaconferenceontario@gmail.com

Committee Members: Fred K. Committee Chair, email monitor,
Nicole C. Committee Co-chair, Treasurer,
Jody N. Conference schedule designer
Felipe M. Flyer and literature designer

Conference Date November 2, 2013 1 day event

Registration Fee: Free

Location St Andrews Anglican Church
117 Bloor St. East, Toronto, ON

Theme "How It Works"

ATTENDANCE:	102 PERSONS
IG CONTRIBUTION	\$683.00
7 TH TRADITION	\$703.00
EXPENSES:	\$817.50 FINANCIAL REPORT ATTACHED
Surplus Cash held over:	\$568.50

Male 78 + Female 24 = Total 102 attendees

COMMITTEE RECOMMENDATIONS:

- ✓ FREE CONFERENCE FOR 2014
- ✓ BE SURE OF "SOUND-PROOFED" ROOMS. AS IN CW ROOMS
- ✓ TO REDUCE COSTS, FLYERS NEEDN'T BE IN COLOUR
- ✓ TO REDUCE COSTS, COMMITTEE ORGANIZATIONAL MEETINGS COULD BE HELD IN FREE ROOMS
- ✓ THE COMMITTEE SHOULD HAVE REPRESENTATION FROM OTHER GTA GROUPS, I.E.; OUT-OF-TOWN
- ✓ INDICATE THE START OF WORKSHOPS WITH A BELL RINGER
- ✓ DISTRIBUTE FEEDBACK FORMS AT THE END OF EACH WORKSHOP WITH TIME ALOTTED FOR COMPLETION
(RECOMMENDATION ADDED AT IG MEETING)

2013 SLAA FALL CONFERENCE Financial Report

Conference Date, 02-November, 2013

Report Date, 26-November, 2013

<u>Particulars</u>	<u>Debit</u>	<u>Credit</u>	<u>Balance</u>
7th Tradition		\$703.00	
IG Contribution(2012 Surplus)		\$683.00	
Venue Rent St Andrews United Church	\$620.00		
Snack Expenses (receipt attached)	\$177.50		
Gratuity to Gerry-Church custodial	\$ 20.00		
	\$817.50	\$1,386.00	<u>\$568.50</u>

Attendance: 102 persons
Average 7th tradition per attendee: \$ 6.89

WRITTEN COMMENTS BY ATTENDEES REPORT

Male 78 + Female 24 = Total 102

- ✓ Excellent Conference – Keep up the good work
- ✓ Speaker was not on this sheet. Should be, great job, Justin O.
My first Conference, Very Helpful
- ✓ Could hear voices between CW1 and CW2
- ✓ I like the idea of making it free and no timelines for reservations. Hopefully this will help more people to come.
Great job for the organizing team and thanks.
I like the idea of not including lunch; I guess that makes it easy not to have to pre-book.
The one thing I can propose is to have a recommended place to meet for lunch.
Food court, restaurant etc. where each person pays for their own food.
This is a way to build fellowship
- ✓ Overall good location, great topics, looking forward to the next one in Spring Time.
Would have liked to see more interactive activities. Good Location!
- ✓ Well done! Great Conference!
- ✓ Lots of food for thought & time for questions and sharing

100 Feedback forms printed and 42 returned. See rating description scale below.

FEEDBACK

Workshop Content

Willingness	4.9
Steps 1,2&3	4.6
Romantic Obsession	4.6
Anorexia	4.4
Signposts for Healthy Sexuality	4.4
Sponsorship	4.4
Bottom Lines	4.3
Steps10-12	4.3
SLAA and the Sex trade	4.2
Shame	4
Steps 4-7	4
Rebuilding Relationships	3.9
Spirituality	3.5
Cybersex	3.4

Cumulative Average for workshops content **3.94**

Workshop Presenters

Willingness (Jeff R.)	4.6
Anorexia (Justin O.)	4.5
More about S&L Addiction (Ken S.)	4.5
Signposts for Healthy Sexuality (Elizabeth G. and Mike)	4.5
Romantic Obsession (Dionne F.)	4.4
Sponsorship (David O.)	4.4
Steps 10-12 (Nicole C.)	4.3
SLAA and The Sex Trade (John F.)	4.3
Rebuilding Relationships (Ian)	4.2
Cybersex (Alex C.)	3.9
Shame (Ron H.)	3.9
Steps 4-7(Nicole C.)	3.75
Bottom Lines (Jim H.)	3.7
Steps 1, 2 & 3 (Jody N.)	3.7
Spirituality (Michael C.)	3.5

Cumulative Average for workshop Presenters **3.88**

All ratings on the feedback form were measured on a 5 point Likert scale with 1 being the lowest rating (poor) and 5 being the highest rating (excellent).

Attendance for Workshops

Signposts for Healthy Sexuality	32
Spirituality	31
Shame and Addiction	28
More About Sex & Love Addiction	27
Rebuilding Relationships	27
Romantic Obsession	25
Willingness	25
Bottom lines	19
Anorexia	18
Cybersex	17
SLAA & the Sex Trade	15
Sponsorship	13
Steps 1-3	12
Steps 4-7	5
Steps 8-9	5
Steps 10-12	5

Average Rating for the Venue **3.9**

The length of the workshops were deemed "just right as per the feedback forms **3.9**

All ratings on the feedback form were measured on a 5 point Likert scale with 1 being the lowest rating (poor) and 5 being the highest rating (excellent).

Regretfully, the main speaker was not included on the feedback forms though the verbal feedback was excellent

Responses on Feedback Forms 2013 SLAA Fall Conference

100 forms printed, 42 forms returned

Ratings for Workshops

1. Cybersex and pornography
2. Sponsorship
3. Steps 1,2 &3
4. Signposts for Healthy Sexuality
5. Spirituality
6. Steps 4,5,6&7
7. More about Sex and Love Addiction
8. Anorexia in Sex and Love
9. Shame and Addiction
10. Setting Bottom Lines
11. Steps 8&9
12. Honesty, OpenMindness & Willingness
13. Sex and Love Addiction and the Sex Trade
14. Rebuilding Relationships
15. Romantic Obsession
16. Steps 10, 11 & 12

<p>Cybersex and Pornograph Alex C. 17 attendees</p>	<ul style="list-style-type: none"> ○ Alex was great. Great job exploring the topic ○ Excellent job Alex
<p>Sponsorship David O. 13 Attendees</p>	<ul style="list-style-type: none"> ○ Sharing was helpful ○ Very helpful ○ Excellent discussion and presentation
<p>Steps 1, 2 & 3 Jody N. 12 attendees</p>	<ul style="list-style-type: none"> ○ Great to hear from a woman(It's time for me) ○ Excellent and fresh approach
<p>Signposts for Healthy Sexuality Elizabeth G. 32 attendees</p>	<ul style="list-style-type: none"> ○ Nice format ○ Awesome ○ Great format-related themes & group participation ○ Elizabeth and Mike did a nice job – great group participation ○ Outstanding, excellent “gutsy” topic, Well Done ○ Would have liked more guidelines about Healthy Sexuality than non and discussion
<p>Spirituality Michael C. 31 attendees</p>	<ul style="list-style-type: none"> ○ Well run and organized ○ Excellent facilitation of group participation ○ I liked the sharing and group participation
<p>Steps 4, 5, 6 & 7 Nicole C. 5 attendees</p>	<ul style="list-style-type: none"> ○ A lot of open sharing from Nicole. Great! ○ Good presentation, slow down talking speed ○ Q&A discussion good

More about Sex and Love Addiction	<ul style="list-style-type: none">○ Ken did an awesome job working the AA Big Book material○ Great. Always need extra photocopies, could be left at registration for non-attendees○ Ken did an awesome job. Discussion, great○ Great prep work & understanding of topic. Presenter kept on track and flowing
Ken S. 27 attendees	
Anorexia in Sex and Love Addiction	<ul style="list-style-type: none">○ To much pamphlet, not enough solution options○ Seems to more others thoughts, but need more concrete direction however I did not hear the intro○ Justin spoke from the heart-helped others feel safe○ Would like more time for sharing
Justin O. 18 attendees	
Shame and Addiction	<ul style="list-style-type: none">○ Very good topic. Ron understands it well. Too much time allowing people to give their ideas-often the opposite of what Ron practices○ Well done. Give more time to personal background○ The Best! Did I need this the most? Explains why my progress is so slow in AA and SLAA○ Knowledgeable presenter. Complex topic that was broken down well○ Very Helpful○ Great education
Ron H. 27 attendees	
Setting Bottom Lines	<ul style="list-style-type: none">○ Well prepared○ Hand-outs were helpful
Jim H. 19 attendees	
Steps 8 and 9	<ul style="list-style-type: none">○ <i>No Comments</i>
Felipe M. 5 attendees	
Honesty, Open Mindness And Willingness	<ul style="list-style-type: none">○ Great Session○ Very well organized & presented. Great Variety○ Perfect combo of discussion and reflection○ Great format-worksheets. Questions and Sharing○ Again! Great interaction○ (Sic) Sessions excellent○ Fabulous work Jeff! Great participation
Jeff R. 25 attendees	
Sex and Love Addiction and The Sex Trade	<ul style="list-style-type: none">○ John is Great○ Speaker just spoke for 70 minutes-too much like a speaker meeting, also the topic was misleading, it was to be on sex trade, but speaker narrowly spoke about his experience with John School. Not what I expected and needed. And I am grateful the speaker volunteered his service.○ Could be more interaction with the audience
John F. 15 attendees	

Rebuilding Relationships Ian 27 attendees	<ul style="list-style-type: none">○ Really Good○ A very broad topic. to use time wisely, the focus was on sex addiction, but certainly “relationships” and healing could be included in other themes . Great!
Romantic Obsessions Dionne F. 25 attendees	<ul style="list-style-type: none">○ Dionne really understands the topic and was able to help others identify in their experience.○ Knowledgeable and awesome presenter-not enough solution○ Great!○ Really first-rate job of facilitation by Dionne!○ An eye opening experience for me.○ Fantastic, Inspiring and organized○ Learned a lot○ Very authentic presenter-very comfortable leading the session○ Content presentation well done, but presenter unsure and challenged by keeping the discussion going. She shared well○ Discussion went well○ Dionne fantastic presenter!○ Fabulous!
Steps 10, 11 and 12 Nicole C. 5 attendees	<ul style="list-style-type: none">○ Needs to pause more - allow sharing on each step○ Excellent

Webmaster Report – Charles V.

November 28, 2013

The following changes were made to the Website this month:

1. Forwarded all enquiries to Information rep.
2. Deleted fall conference page from site.
3. Made one change to meeting list.
4. Received 2 requests for meeting list and will process update first week of December when change must be made.
5. Still to do is delete redundant email addresses as discussed last month.

Charles V.

End of Attachments for November 2013 Intergroup Meeting Minutes.