

Minutes: Ontario Intergroup of SLAA
Thursday, April 28, 2016. 7:00-8:30 PM
Room 1004, Cardinal Carter Wing, St. Michael's Hospital

Present: Marc S. (Chair, Friday 6:00pm IR); Marc M. (Interim Secretary, Sunday 10:00 am IR); Daniel W. (Treasurer, Thurs 12:15pm IR); Tim W. (Literature Rep.); Alan B. (FWS Delegate, interim Niagara IR); Irene B. (Spring Retreat Chair, Sunday 8:30am & Monday 7:00pm IG); John G. (Tues 12:15pm, IR); Ron R. (Wednesday 12:15pm IR); John G. (Fri 12:15pm, IR), Linda S. (Brampton Saturday IR); Pat

1. **Meeting begins** with a Moment of Silence followed by the Serenity Prayer.
2. **Introductions.**
3. **Attendance.**
4. **Reading of Trusted Servant's Prayer.**
5. **Reading of the Twelve Traditions.**
6. **Minutes** - Accept / Amend previous meetings Draft Minutes (circulated via email prior to the meeting). Accepted, group conscience.
7. **Secretary's Announcements** – Marc M. - None
Accepted - Group Conscience
8. **Reading of Reports:**
 - a) **Treasurer** – Daniel W.
Treasurer's report motion to accept by Irene B., seconded by Daniel W.
Motion carried.
 - b) **Literature** – Tim W. - See report attached
 - Tim W. reported that we lost a little money on a shipment to Holland Landing
 - Print shop card and some stationary were sold to Tim and he owes the Fellowship about \$90. Otherwise a very quiet month.Accepted - Group Conscience
 - c) **Website** – Brian C. – Not present.

- a. Brian's reports for March and April are forthcoming.

d) FWS Delegate – Alan B. - Report is attached.

- a. Discussed the revised 40 Questions Self-Diagnosis draft. Groups are being asked for feedback on the new version. Alan has prepared an MS Word for groups to use as a resource – Groups can compare the old vs. the revised version of the 40 questions (See Attached)
- b. Announcements:
 - the *Anorexia Recovery Tools* booklet is now available
 - It is the 40th Anniversary of SLAA; the celebration will take place in Boston
 - May is *Individual Contribution Month* – This is an appeal to the membership to make individual contributions directly to FWS – See the make a donation
- c. Alan B. is stepping down as FWS delegate. IG Group is seeking a new FWS delegate.

Accepted, group conscience

e) Phone Line and Public Information – John F. - Report is attached.

Accepted, group conscience

f) Spring Retreat – Irene B. (See Attached Report)

- Irene B. and fellow organizers have offered to organize the retreat next year, which is scheduled on April 21, 22 and 23, 2017.

Accepted, group conscience

9. Old Business:

a. Nominations and Elections

- i. The following positions remain open:
 - Vice-Chair (one year term, up for re-election in 2016),
 - Fall Conference Chair (one year term, up for re-election in 2016)
 - Outreach Chair (one year term, up for re-election in 2016),
 - FWS Delegate (one year term, up for re-election in 2016)

10. New Business:

a. **Promoting and Supporting Sponsorship –**

Pat R. came to the IG meeting to ask for more help in promoting sponsorship and training sponsors. Here are some of the ideas that were discussed

- That non-conference approved materials pertaining to sponsorship be listed and or included on our web site
- that that IG get involved in creating sponsorship support outcomes such as regular sponsor meetings and
- as per our last meeting in following the traditions, we will not post on our web site we will, however, post a link to the FWS sponsorship page in announcements
- all IG reps will ask if anyone is interested in leading a sponsorship workshop or book study and are asked to e-mail their interest to IG chair
- Marc M. indicated that he would look into the posting online of an electronic version of *Sex and Love Step Recovery* 3rd Edition, Transeed, 2008. The book is no longer being published and is therefore available for general distribution.
- Anyone interested in working on setting up dedicated meetings or training and development for sponsors should contact Marc S. at slaa.intergroup.chair@gmail.com

;

b. **Other New Business:** No other new business.

Next Meeting will be held on Thursday May 26, 2016 at 7:00 PM.

Meeting ends at 8:03 pm with a moment of silence, followed by the Serenity Prayer.

Marc M., Interim IG Secretary, in service.

Attachments Below, for April 28, 2016 Intergroup Meeting

i. Treasurer's Report:

Balance Sheet Mar 29 -April 25 2016		
ASSETS		
		previous balance
Current Assets		
Cash	6122.45	
Other		
Total	\$6,122.45	\$6,122.45
Income		
Peterborough New Life group	100	
Thursday evening Anorexia Group	300.00	
Monday Noon Group	100.00	
Oakville Group	355.50	
Sunday Bellwood group	500.00	
Total	\$1,355.50	\$ 100.00
Total Assets	\$7,477.95	
Expenses		
Current Liabilities		
fido	30.51	
bank fee jan 29	\$4.95	
spring retreat	410.77	
Total	\$446.23	\$ 687.02
Assets minus Current Liabilities	\$7,031.72	
FWS Fund 40%	\$538.48	-\$ 3.72
Reserves		
Fall Conference 2016	500.00	500

Spring Retreat 2017	500.00	500
Out Reach Program start up	\$300.00	300
FWS deligate fund 2016 (build to \$1800)	\$1,800.00	1800.00
AA Ont Rec Conf 2017	600.00	
Total	\$3,700.00	\$ 3,096.28
Assest minus Reserves	\$3,331.72	\$ 3,026.17
Total Liabilities and Networth	\$7,031.72	\$ 6,122.45

ii. SLAA TELEPHONE REPORT FOR April 2016 – John F.

TOTAL TELEPHONE CALLS FOR – April 2016: 9 calls

All were looked after in a timely manner by SLAA volunteers

PUBLIC INFORMATION REQUESTS FOR – April 2016 - 0 requests

John F., Pioneer Group, Pickering

iii. Webmaster Report for March and April 2016

- Webmaster’s reports for March and April 2016 are forthcoming.

Information Emails	
Website Hits	
Canadian Hits	
Meeting List Downloads	

iv. FWS Report – Alan B.

April 2016 Delegate Report -- Alan B. - SLAA FWS Delegate

a. Suggested Guidelines Regarding Safety In The Program

(from May 2015 Intergroup Minutes)

“In S.L.A.A. we take the stand that it is not acceptable, or in line with our common welfare, that members use the program as an arena to commit criminal offenses such as sexual offenses, stalking or harassment against other members, during or between meetings. A requirement for membership is a willingness to recover, and a person who currently commits such offenses against any other member in S.L.A.A is not welcome to participate in our meetings. You who have previously assaulted someone in the program are welcome back after the assaults have stopped and when you are a reasonably safe participant in meetings. You then have a responsibility to adapt to the person you have violated and give him or her priority to meetings that are vital to that person’s recovery, if necessary by leaving those meetings permanently. In case the assaulted person reports the offenses to the police, you are recommended to play fair in a court process and if possible preserve the anonymity of the person you have assaulted.”

Suggested text to include in a meeting format, if a group so decides:

This meeting and program is a space for recovery. Criminal assaults such as stalking, harassment or worse of other members of S.L.A.A. are not acceptable. If anybody present is currently subjecting another member of SLAA to this kind of behavior, you are requested to leave the meeting. To protect the safety of our members and common welfare of the meeting you are recommended to seek help elsewhere until you are a safe participant.

Suggested text for signs that groups can use for display, if they so decide:

This meeting and program is a space for recovery. Stalking and harassment of other members of the program is not tolerated.

b. 40 Questions Pamphlet - Draft

Motions and Items for Discussion

2016 S.L.A.A. Annual Business Meeting,

August 02 – 05, 2016

First Version – January 18, 2016

Yes No 01) Have you ever had sex with someone you just met on-line, at a park, bookstore, bar or public restroom?

Yes No 02) Do you have multiple or secret profiles on dating sites or on social networks?

Yes No 03) Have you ever said to yourself “If I have sex with this person, then he/she will love me”?

Yes No 04) Do you find yourself seeking out and engaging in sexual or romantic situations that could jeopardize your health, family, job or reputation?

Yes No 05) Do you lose track of time looking or searching for pornography on the computer?

- Yes No 06) Do you deliberately put yourself in situations where close physical contact with other people is possible?
- Yes No 07) Do you "sext", or send sexually based digital communication to others?
- Yes No 08) Do you get a "high" from sex, fantasy and/or romantic situations?
- Yes No 09) Have you ever gone out of your way to stare, stalk or follow someone?
- Yes No 10) Do you have sex videos streamed to your smart phone or computer?
- Yes No 11) Do you feel you need to hide your sexual or romantic activities from others – spouse, friends, family, co-workers, counselors, etc.?
- Yes No 12) Do you have secret files on your computer, smart phone or on social media for your private behavior that you fear someone will discover?
- Yes No 13) Have you lost count of the number of sexual partners you've had? Have you, or do you keep a list of sexual "conquests"?
- Yes No 14) Are you isolating yourself from friends and family because of your current relationship?
- Yes No 15) Do you find yourself in a sexual or romantic relationship that you cannot leave or stop?
- Yes No 16) Are you looking for a new partner before you leave the old partner?
- Yes No 17) Do you feel lonely, purposeless or like something's missing in your life without a romantic or sexual partner?
- Yes No 18) Do you feel as though the right partner can "fix" you?
- Yes No 19) Do you often create romantic and/or sexual fantasies about people you don't know or just met?
- Yes No 20) Have you ever been arrested or stopped by the police for inappropriate sexual behavior?
- Yes No 21) Do you engage in the practices of looking at people secretly, or exposing your body in public?
- Yes No 22) Do you often have sex simply because the other person wants to have sex?
- Yes No 23) Have you ever felt that you had to have sex or need to have sex in order to keep the relationship going?
- Yes No 24) Have you ever wished you could be less emotionally dependent on a partner?
- Yes No 25) Have you ever filmed or photographed a person in a sexual situation or used a camera to record a person without them knowing?
- Yes No 26) Have you had uncomfortable feelings related to sexual experiences that led you to refrain from sexual activities?
- Yes No 27) Are you afraid that deep down you are un-loveable?
- Yes No 28) Have intimate experiences been so uncomfortable for you, that you refrained from relationships for a significant period of time?
- Yes No 29) Are you more concerned with your sexual performance than you are with other aspects of the relationship?
- Yes No 30) Do you use apps that identify sexually available people in your area?
- Yes No 31) Are you ashamed of your sexual thoughts, fantasies or actions?
- Yes No 32) Have you found it difficult to stay faithful in a committed relationship?
- Yes No 33) Do you feel that being in a relationship is all that really matters?
- Yes No 34) Do you use sex to escape stress, anxiety or life's other problems?

- Yes No 35) Do you feel uncomfortable about your masturbation because of the frequency with which you masturbate, the fantasies you engage in, the props you use, and/or the places in which you do it?
- Yes No 36) Have you ever manipulated, encouraged or forced an individual to engage in sex against their will?
- Yes No 37) Are you unable to focus on other areas of your life because of your sexual or romantic thoughts?
- Yes No 38) Have you ever thought of having many sexual experiences in one day as a goal?
- Yes No 39) Are you emotionally destroyed by breakups or when someone doesn't want to see or interact with you anymore?
- Yes No 40) Have you ever said to yourself, "I have to stop this?"

See also the "Am I Anorexic" 50 Diagnostic Questions from the Anorexia pamphlet for more information on Anorexia.

v. Literature Report – Tim W.

SLAA Ontario Literature

Period Mar 28 to Apr 27 2016

Revenue

Sales	Product	186.48	
	S&H	<u>16.20</u>	202.68

Expenses

Cost of sales	(186.48)	
S&H expense	(22.26)	
Markdown on pchse		
Office exp rec	48.00	
Bank charges	<u>(4.95)</u>	<u>(165.69)</u>
Net profit for period		<u><u>36.99</u></u>
S&H charged		16.20
S&H incurred less box pchsed in error		<u>(17.75)</u>
		<u><u>(1.55)</u></u>

Assets	Bank	3,566.58
---------------	------	----------

SLAA Ontario Intergroup; 28 April 2016 Meeting

Accounts receivable	groups	100.20
	coordinator	89.99
Inventory		<u>4,954.25</u>
		8,711.02
Liabilities		<u> </u>
Net assets		8,711.02
Prudent reserve		<u>(8,500.00)</u>
Excess over prudent reserve		<u><u>211.02</u></u>

vi. Spring Retreat Chair Report – Irene B.

2016 SLAA Spring Retreat Intergroup Report – April 28, 2016

“Happy, Joyous and Free” - April 8, 9, 10, 2016

Committee Members: Irene B., Retreat Chair, Kate T., Retreat Treasurer, Justin H., Retreat Registrar

I am delighted to report that the 2016 SLAA Spring Retreat was a success and far exceeded our expectations. A special thank you to both Justin and Kate for their tireless service in making this retreat a spiritually grounding experience. Thank you to all workshop facilitators and our guest speaker for their outstanding service!

- A total of 29 participants registered, with one last minute withdrawal, for a total of 28 participants.
- Three 3 full scholarships were offered to participants who came forward with financial need.
- Eleven workshops were held:
 - Healthy Relationships, Marc
 - Step 12 – A design for Living, Fred
 - Healing our Shame through the 12 Steps, Salina
 - Searching for Joy and Meaning, David
 - Bottom Lines, Kate
 - Caring for the Inner Child, Adelina
 - Laughing Yoga, Jules
 - Accessory Behaviours, Justin
 - Sponsorship, Ron
 - Obsession and Using the no-contact method to heal, Dionne
- Our guest speaker, Andy, was eloquent in delivering his experience strength and hope. The group was moved by his courage and willingness to work the steps. In partnership with HP, he was able to transform his life from “irritable, restless and discontent” to “happy, joyous and free”. He is currently working with others.
- Ron and Nicholas prepared the Labyrinth both Friday and Saturday evenings. Most people were moved to tears and found this a safe place to pray and meditate.
- Meetings were well attended. The opening meeting offered orientation information; the Saturday meeting provided participants an opportunity to check in, and the final ‘closing the circle’ meeting provided an opportunity for reflection and transition. Thank you Jeff R. for chairing this meeting.
- Serving food on Friday night encouraged people to gather and engage in fellowship.
- All 28 participants arrived Friday night and stayed until Sunday, completely immersed in the retreat experience.

SLAA Ontario Intergroup; 28 April 2016 Meeting

- Participants took ownership of 'their' retreat and readily stepped in to do service wherever needed.
- Some had issues with movies: a) as a way of isolating and b) triggering content. Suggestions were noted and will be carried forward to next year. Justin held a debriefing session to ensure everyone felt safe afterwards.

Committee members will meet one final time in the near future to review evaluations and to discuss what worked and what can be improved.

We were informed that Scarboro Missions has been sold, and that the venue will be available to us one final time before the building is demolished. I have reserved the weekend of **April 21/22/23, 2017**, for next year's retreat.

Final Budget:

2016 SLAA Retreat Budget

Revenue:

Intergroup sponsorship	\$500.00
Facility Fee for one workshop facilitator who stayed for lunch	\$15.00
Participant fees (\$170 x 26)	<u>\$4,420.00</u>
Total Revenue	<u><u>\$4,935.00</u></u>

Expenses:

Donated IG Room	\$160.00
DVD purchase	\$30.09
Supplies (crafts, folders, post it notes, pens)	\$132.71
Food	\$170.47
Registration Fee Reimbursement	\$170.00
Bank Fees	\$7.50
Scarboro Mission Fees (accommodation and facility fee)	<u>\$4,175.00</u>
Total Expenses	<u><u>\$4,845.77</u></u>

Balance: \$89.23

I would be honoured to continue as Retreat Chair for another year.

Both committee members, Kate and Justin, have agreed to move forward with me to continue doing this rewarding service.

Thank you for providing me with this opportunity.

Irene B.