

Minutes: Ontario Intergroup of SLAA
Thursday, February 26, 2015. 7:00-8:30 PM
Room 1004, Cardinal Carter Wing, St. Michael's Hospital

Present: Jody N. (Chair); Dionne F. (Vice-chair, Chair Spring Retreat); Jim D. (Secretary, Hamilton Fri IR); Daniel W. (Treasurer, Thurs 12:15 PM IR); Susan O. (Literature Rep., Sat. 5:30 IR); Alan B. (FWS Delegate, Brampton IR, *interim* Niagara IR); Brian C. (Website, Holland Landing Thu 7:30 IR); Tanya G. (Outreach Coordinator, Lady of Lourdes, Mon 7:00 PM, IR); Fred K. (Tues 7:00 PM, IR); Bill G. (Oakville, IR); Marc S. (Fri 6:00 PM, IR); Ron R. (Wed 12:15PM, IR); John G. (Guest); Theepan (Guest).

Absent with regrets: John F. (Phone and PI, Pickering IR).

1. Meeting begins with a Moment of Silence followed by the Serenity Prayer.
 - Done.
2. Introductions / Attendance.
 - Done.
3. Reading of Trusted Servant's Prayer.
 - Done.
4. Reading of The Twelve Traditions.
 - Done.
5. Accept / Amend previous meetings Draft Minutes (circulated via email prior to the meeting).
 - Minutes read ahead of meeting and approved by group conscience.
6. Secretary's Announcements – Jim D.
 - Continuing to update and archive minutes.
 - Discussing with Jody how we should go about finding future Officers for IG positions and plans for IG.
 - Accepted group conscience.
7. Reading of Reports:
 - a) Treasurer – Daniel W.
 - Not much activity.
 - A few questions on distribution of some of the excess funds: some will go to Outreach Committee (currently \$300 instead of \$200 in Treasurer's report), covering costs of some literature, and building up the FWS Delegate fund to the prudent reserve (~\$550) of

\$1800. After keeping a prudent reserve of ~\$500 the remainder will be donated to FWS, as per our usual procedures.

- Tanya asked about the amount allocated to Outreach Committee as \$200 which should have been \$300 (at least as an initial amount) which was agreed. Daniel was not sure of the amount.
- Accepted group conscience.

b) Literature – Susan O.

- Her report was prepared but she did not have time to copy and distribute the report; so she gave the report orally (to sent electronically later and included in these minutes).
- Accepted group conscience.

c) ORC booth – Susan O.

- Four people have volunteered – so far.
- Room is booked.
- Room is a two double-bed room.
- Cost of room is ~\$396.
- Accepted group conscience.

d) Website – Brian C.

- See attached report.
- Brian suggested, in part with Jim D., to archive the older minutes and put only the most recent minutes on the current page (agreed group conscience).
- Brian asked whether we should also have an archive of the ‘Announcements’ one-pager. It was decided we do not need to do this as all the information is in the archived minutes (agreed group conscience).
- Jim requested the Announcements link state “January” (or whatever month) announcements as right now there is no way to tell when the announcements are updated.
- Brian wondered if John F. is getting the ‘Public Information’ requests he has been forwarding to him. Brian will follow up on this with John.
- Accepted group conscience.

e) FWS Delegate – Alan B.

- See attached report (now attached).
 - Alan has registered for the conference and will be checking into flights and costs.
 - Addressed the idea of having Toronto host the ABC/M. Not really enough time to make a proposal for upcoming 2016/2017 conferences – so tabled for now.
 - Fred asked about attendance; Alan stated there were about 50 delegates (from around the world) plus about 10 more observers. It was pointed out that this is a Business meeting not a general SLAA meeting (like the AA ORC). So a larger attendance would be unmanageable as a business meeting.
 - Accepted group conscience.
- f) Spring Retreat – Dionne F.
- See attached report.
 - Looking at the amounts to charge for daily vs full weekend rates. They are proposing to drop the daily rate and replacing this with a Saturday and Sunday (without Saturday breakfast). See report.
 - Jim asked if it was OK to include the flyer (to be finalized this weekend) in the one-pager Announcements, Minutes and on the Website.
 - All agreed, group conscience.
- g) Phone Line and Public Information – John F.
- Report from John given (in his absence).
 - Accepted group conscience.
- h) Correspondence received and sent (checking mailbox) – Susan O.
- Collected by Daniel and given to Susan.
 - All mail was for Susan so did not need further distribution.
 - Accepted Group Conscience.
- i) Interim Outreach Coordinator – Tanya G.
- See report attached.
 - Handed out Flyers for Volunteer recruitment – these were also circulated earlier to all IG members.
 - Looking for more volunteers and people to speak at Outreach locations (such as Psych wards, recovery centres).

- Working with Brian, Tanya has created 400 pamphlets for distribution.
- What is the minimum requirement for people to act as speakers for the Outreach? To be clarified but should be a regular member of SLAA at the group level. Time of sobriety is not a requirement.
- Should we purchase the “40 Questions Pamphlet”; after much discussion it was decided to Table this question.
- Suggested that dropping off ~6 at various sites and let them know that they can request or make more copies.
- Accepted group conscience.

8. Old Business:

- Susan O. is organizing the booth at the upcoming ORC – Susan to provide some updates for Intergroup (volunteers needed, confirmed cost etc).
 - From last year’s recommendations, the main one that will implement is adding tea and coffee.
 - The other recommendations were not feasible (too expense or of little benefit).
 - As reported above, cost of room is ~\$396.

9. New Business:

- 2015 Fall Conference Chair – Andrew L. is willing to stand for this position. Jody N (outgoing Fall Conference chair is nominating him for this position).
- Agreed to consider Andrew and need to have him attend so we can decide whether to elect him as Chair.
- Rest is Tabled until next meeting.
- Report accepted, group conscience.

Next Meeting will be held on Thursday, March 26, 2015 7:00 PM

Meeting ended at 8:35 PM with a moment of silence, followed by the Serenity Prayer.

Treasurer's Report:

Balance Sheet Jan 26 - Feb 23 2015		
ASSETS		
Current Assets		previous balance
Cash	6826.45	
Other		
Total	\$6,826.45	\$6,826.45
Income		
Total	\$0.00	\$ 1,267.82
Total Assets	\$6,826.45	
Expenses		
Current Liabilities		
fido jan 26	30.51	
bank fee jan 30	4.95	
Other		
Total	\$35.46	\$ 1,279.30
Assets minus Current Liabilities	\$6,790.99	
FWS Fund	\$140.00	\$ 140.00
Reserves		
Fall Conference 2015	500.00	500
Spring Retreat 2015	500.00	500
Out Reach Program start up	\$200.00	
FWS deligate fund (build to \$1800)	\$1,245.80	1245.80
AA Ont Rec Conf 2015	350.00	350
Total	\$2,935.80	\$ 2,735.80
Assest minus Reserves	\$3,855.19	\$ 4,090.65
Total Liabilities and Networth	\$6,790.99	\$ 6,826.45

Literature Report

January 28, 2015-February 25, 2015

Account Recieveable			Account Recieveable	\$4,522.73	Treshold	\$8,500.00
			Account Payable	\$86.10	Lit/Sale/Bank	\$9,355.35
Bank Amount (01/28)	\$4,010.35					
Payment	\$469.88		Total:	\$4,436.63	net/loss:	\$855.35
Fed-ex Copy Card	\$42.50					
Total:	\$4,522.73		Bank Amount (02/25)	\$3,055.04		
			Fed-ex Copy Card	\$42.50		
Accounts Payable			Total:	\$3,097.54		
Literature	\$1,071.97		Inventory/Bank Amount/Literature Sales Total			
Shipping	\$86.10					
Bank Fees	\$4.95		Inventory	\$3,865.25		
Customs	\$134.89		Bank Amount (01/28)	\$4,010.35		
Total:	\$1,297.91		Literature Sales (01/27-02/	\$1,479.75		
			Total:	\$9,355.35		

***Please note, I have not deducted the cost of the damaged material. The loss of money for damaged material will be included in next month's report.

FWS Delegate Report: – February, 2015

ABM/C

Thank you for registering for this event!

Here are the details of the transaction for your records...

Amount: 1,025.00

Transaction ID: 2063218

Date: February 26, 2015 at 5:52:55 PM (EST)

Payment Type: MasterCard ending in XX16

Annual Business Conference/Meeting 2015 Houston, TX

Package: DELEGATE 3 NIGHTS DOUBLE/SHARED

Quantity: 1

Package: ADD MONDAY - DOUBLE/SHARED

Quantity: 1

Package: ADD FRIDAY - DOUBLE/SHARED

Quantity: 1

Conference Registration Total - \$1,025.00 USD

Host 2016/2017 ABM (See flyer)

List of Contributions (See handout – {not included here})

Webmaster Report for February 2015 – Brian C.

1. Information Emails: 6 (forwarded to John F.)
2. Website Hits: 5351
3. Canadian Hits: 533
4. Meeting List Downloads: 184
5. Important Changes:
 - a. Announcements for January 2014 posted
 - b. Minutes for November 2014 posted
 - c. Location change for Oakville meeting made (all lists, maps, etc.)
 - d. Spring retreat posted
6. Goals from last Month:
 - a. Clean up outdated information (cancellations, etc.) - completed
 - b. Streamline titles and subtitles - completed
 - c. Re-format listing information into bullets – not completed
7. Goals for next Month:
 - a. Re-format listing information into bullets
 - b. Create standard left navigation bar for all pages
 - c. Take down old literature information
 - d. Update meeting lists with two new meetings
 - e. Take the changes out of the meetings page – there is already a changes and updates page under “Meeting Updates” on the main page – just leave the link to that.
 - f. Add outreach flyer to website
 - g. Update the spring retreat flyer/page with event information

SLAA TELEPHONE REPORT FOR FEBRUARY 2015

Total telephone calls to our SLAA hot line were only **11** this month. Again each of these were looked after in a very timely manner by our Volunteers.

SLAA PUBLIC INFORMATION FOR FEBRUARY 2015

No inquires were made in regards to information about the SLAA program from either a public or professional perspective.

Report submitted by;

John F, Pioneer Group, Pickering, Telephone and Public Information Chairperson

**SLAA Spring Retreat Committee Intergroup Report
February 27th 2015
Retreat: April 10/11/12, 2015, Scarboro Missions**

Present

Dionne F. (Chair)

Kate

Dan V.

Irene B.

Welcome and Overview

Dionne gave a brief overview of the retreat and how to best reformat to make it slower paced and break up Saturday and Sunday evenly with workshops (six on each day), to promote more than a 'spring conference' feel.

Save the Date Flyer

Created a flyer which was presented at the last Intergroup meeting so dates can be announced at meetings, and the flyer is now posted on the web site.

Retreat Format

We will be pushing the start time back to 10am to allow time for registration in the morning. Check in and breakfast will be served at 8:00am. We will also allow for more time between workshops for fellowship and time for reflection.

Workshops

The group brainstormed to come up with workshop ideas. It was determined we would approach facilitators based on these topics. But we are not limited to them. of recovery topics. Some ideas for this year's workshops are:

- **Romantic/Sexual Fantasy**
- **11th Step**
- **Withdrawal**
- **Body/Mind (HALT)**
- **How do we know what normal is?**
- **Transition/Prevention Relapse**
- **Healthy Relationships**
- **Disclosure**
- **Amends**
- **Sponsorship**
- **Anorexia**
- **Morning Meditation (at 7am)**

Adding Sign-up sheets (with maximum capacity), was preferred method of organizing workshop participants. These could be available at the registration desk and the list would be handed to the workshop facilitator. This will help to ensure that we don't end up with situations where there are 20 people in one workshop and 3 people in another.

Movies

Ideas were shared and it was thought that having a movie available for Friday night and Saturday night would be a good way to relax and enjoy fellowship. Some options:

- Wild – Reese Witherspoon, (will be released in February)
- Clean and Sober – Michael Keaton (no one had input on this)

Keynote Speakers

Still searching for a keynote speaker for Sunday.

Committee has decided on holding a gratitude meeting on Saturday evening instead of a speaker

Entertainment

Seeking an Entertainment Director to coordinate a specific (timed) program in advance, (to avoid an unstructured jam session)

Cost

Last year the retreat price was:

- \$175 for the entire weekend (Friday night to Sunday)
- \$70 for Saturday only
- \$50 for Sunday only

As we made a large profit last year, we are not going to inflate the prices this year. These are the actual prices from the Scarboro Missions (we may be able to apply the \$500 from Intergroup but need to confirm with the mission)

- Full Weekend: \$160
- Saturday and Sunday: \$100 (incl. overnight stay but no breakfast on Saturday morning)

Are not offering Saturday and Sunday only this year – would like everyone to invest in the entire as we already have a one day Fall Conference.

Moderate cash is required for supplies – art supplies, extra food snacks not provided by venue, and printing of flyers. We will print less colour flyers this year, just one or two per group and black and white flyers to hand out. We spent \$100 on printing last year and would like to use that money for other retreat costs

Registration

Will encourage pre-registration was a preference so that there would be minimal cash being handled at the door on the Saturday given day and also the Scarboro Missions needs an estimate on how much food to order.

See Spring Retreat Flyer on next page (also circulated separately and on the SLAA Ontario website for a better quality download):



2015 SLAA ONTARIO SPRING RETREAT

HONESTY, OPEN MINDEDNESS & WILLINGNESS

April 10 -12
Scarboro Missions
2685 Kingston Rd. Toronto, ON

Open to anyone who identifies as a Sex and/or Love Addict
Weekend Cost: \$160 (Friday, Sat & Sun)
Saturday & Sunday only: \$100 (includes overnight stay)
***pre-registration is required**

For more information & registration contact:
slaaspringretreatontario@gmail.com

The registration fee covers accommodation and meals; there will be a collection for kitchen staff tip on Saturday.

Payment Options: Cash or Electronic Money Transfer ;Cash may be given to a member of the retreat committee, EMT can be sent to: slaaspringretreatontario@gmail.com

Full Weekend Cost includes:

- A private room with sink, desk, bedding and a towel (you may want to bring an extra bath towel)
- Meals, including vegetarian options. Dinner is not served Friday evening. A fridge is available if you would like to bring food or snacks. Special dietary needs can be accommodated – please contact the committee to make arrangements
- Workshops and Meetings
- Morning meditation, art therapy, craft table, walk to the Bluffs

Saturday and Sunday only:

All of the above, plus all meals and one overnight stay

Check-In:

Friday: 6 p.m. – 8 p.m. Saturday: 8 a.m. – 9:00 a.m.

Directions:

Scarborough Missions, 2685 Kingston Road, Toronto, Ontario M1M 1M4

The building is wheelchair accessible and located on the southwest corner of Kingston Road and Brimley Road. Please see www.maps.google.com for directions by car or public transit. Parking and entrance at the back of the building. □

Dress Code:

Please be mindful and wear appropriate clothing and avoid wearing scents (perfumes or colognes).

Volunteers:

Service opportunities are plentiful! If you are interested in volunteering (getting rooms ready, tidying up, being a temporary sponsor, working the registration desk or setting up chairs, please e-mail the committee at: slaaspringretreatontario@gmail.com

Cancellation Policy: Full refund until April 3, 2015

Contact Information: If you have any questions or suggestions, please email: slaaspringretreatontario@gmail.com

OUTREACH COMMITTEE REPORT FEBRUARY 2015 – Tanya G.

PRELIMINARY DEFINITION OF OUTREACH COORDINATOR ROLE:

- To assemble a committee dedicated to public outreach.
- To distribute flyers to the groups of SLAA (Ontario) advising members of SLAA how they can become a part of the outreach committee.
- To determine which materials are to be disbursed for outreach purposes, to assemble them and distribute to interested volunteers.
- To keep track of which institutions / people the pamphlets will be distributed to, when, and how many.
- To keep track of spending and keep within budget.
- As Committee is assembled gather list of specific roles needed so that we can offer them to members i.e. editor, speaker, pamphlet distributor, computer wiz... (this is a measely attempt to simply give examples. I can come up with better role names than these).
- To keep an open mind about other avenues of outreach and to work with others to keep information flowing out into the public and to other suffering addicts.

This month:

1. This month we Created Outreach Committee Pamphlets
Thank you Brian C. and Irene B.
2. We photocopied 400 pamphlets with Brian's Contact
200 Are you addicted to love, addicted to sex
100 To the professional
100 Meeting Lists
**400 pamphlets in total, cost us \$106.22
from \$300.00 leaves us \$196.78**
3. We started to collect names and announce this role and our needs at meetings
So far three people are interested in outreach, but not so much in being part of a committee.
I'm staying flexible at this stage just so we can get the ball rolling. I trust that it will all come together with time.

Mark O.

Renascent

One other organization he had in mind. Will check in with him again when I have pamphlets to give him.

Jeremy

Psyche ward at Sunnybrook

Releaf – jewish community – help with getting people help for depression, addiction etc.

Irene B.

Edit materials written by me

Contact at a recovery centre who will need some info for clients

Brian C.

Has been very helpful with graphics for flyer and getting us a deal on pamphlet photocopying.

Questions for Intergroup:

1. 40 questions pamphlet is © Augustine fellowship. Should we order them given their cost, or stick with the pamphlets we have given that we have a budget of \$300.00?
“For 100 40 questions pamphlets, the cost would be \$177.04 Canadian which includes shipping, but not the duties. For every 100 pamphlets purchased, the buyer gets 10% off.”
~ Susan
2. How many pamphlets drop off at each place?
3. SPEAKERS for places like psyche wards they used to be in etc. Jeremy – psyched about this. If agree can start that ball rolling.
4. Confidential contact info for committee members for when role is handed over to someone else. I would like to make the contact info available to intergroup in the event that I might not be available for whatever reason and/or for when this role’s term is up and I hand it over to someone else. How manage this? Just ask if they are okay with intergroup having that or keep contact info to myself until necessary?

See Outreach Promotion Flyer following (in B&W – Note that originals in Landscape-full



The flyer features a grey background with white text. At the top right is the SLAA logo, a circular emblem with 'SLAA' and a cross. Below the title, there are three columns of text. The first column describes the new committee. The second column describes the outreach committee's role. The third column lists examples of tasks. At the bottom, there is a hand holding a card that says 'ONTARIO SLAA OUTREACH' and a contact email address.

SLAA Outreach Committee Service Opportunity!

New Committee: Sex and Love Addicts Anonymous has formed a new committee dedicated to reaching out to Sex and Love Addicts who still suffer.

The Outreach Committee: Will distribute information among our communities. It is our hope that addicts, who may not be aware of their spiritual disease, will have an opportunity to identify with characteristics found in our literature and be directed to meetings and resources that may guide them on their road to recovery.

Service Opportunity: If you are ready to take your recovery to the next level and give back what you freely receive – you are welcome to serve on this committee. Tasks and time commitment are flexible! Do what you can - when you can!

Examples of Tasks:

- Contacting individuals and institutions for permission to distribute literature, (health professionals, doctors, social workers, therapists, drug stores, shelters, clinics, hospitals, etc.)
- Preparing flyers (folding, stuffing, etc.)
- Delivering flyers and literature

If you want to get involved, contact Tanya G. at: outreach@slaa-ontario.org

page Format and both B&W and Colour were distributed earlier):

End of Attachments for February 2015 Intergroup Minutes.