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1. Distribution of Sunshiner

September 27, 1984

That we return a Newsletter to those who send us one.

~~2. No Outside Enterprises in the Sunshiner Rescinded~~

~~November 22, 1984~~

~~That we no longer have the ads promoting The Serenity Renewal for Families in the Sunshiner.~~

3. Food at Special Events

February 28, 1985

That only tea, coffee, water, and diet drinks are served at official Intergroup events.

4. Intergroup News in Sunshiner

February 28, 1985

That Intergroup News is published in the Sunshiner.

~~5. Public Information Representation Moved to Annex~~

~~April 25, 1985~~

~~That two people be chosen to represent OA on PI assignments.~~

6. French

May 23, 1985

That the Intergroupe OA Français de l'Outaouais join the Telephone Answering Service.

~~7. Literature Rescinded~~

~~February 27, 1986~~

~~That only OA and AA approved literature to be ordered.~~

~~8. Room Rental at McNabb Rescinded~~

~~May 24, 1986~~

~~That Intergroup continue to rent rooms for new groups excluding Sunday morning.~~

~~9. Special Interest/Focus Groups~~

~~February 25, 1989 Rescinded~~

~~That all special wording to indicate special interest groups or special focus groups be omitted from all meeting lists and other literature authorized by Intergroup. The special words include but are not limited to bulimia, bulimic, anorexia, anorexic, relapse, HOW.~~

10. Voting Members

March 18, 1989

That the number of voting members be established at the beginning of Intergroup meetings.

11. Roberts Rules of Order

June 1990

That the book, Robert's Rules of Order, remain with the Chairperson.

12. Profit on Special Events

February 23, 1991

That the financial objective of the Special Events Committee is to break even or to make a marginal profit unless the special event is specifically designated a fundraiser.

~~13. Closing Prayer Rescinded~~

~~January 25, 1992~~

~~That Intergroup meetings be closed with the Serenity Prayer.~~

~~14. WSO Intergroup Survey Rescinded~~

~~January 25, 1992~~

~~That the survey be completed by the WSO Representative and two other members of Intergroup.~~

15. Reports to Intergroup

February 22, 1992

That reports of Officers, Committee Chairs and Group Representatives be attached to the minutes.

~~16. Petty Cash Rescinded~~

~~November 28, 1992~~

~~That a statement of all outstanding petty cash be part of the monthly financial statement.~~

~~17. Telephone Service Recording—Rescinded~~

~~January 27, 1993~~

~~That the outgoing message include at least three names and telephone numbers of members who would be willing to be a source of information about meeting times and places for anyone who called.~~

18. Telephone Service Anonymity

February 27, 1993

That written instructions be given to all persons doing telephone answering service, that telephone numbers are not to be given out unless personal permission is authorized.

19. Expense List

March 27, 1993

That each Committee Chairperson presents a list of expenses supporting requests for payment from Intergroup.

20. WSO Materials

June 25, 1994

That WSO and WSBC materials sent to Intergroup be retained for one year by the WSBC Delegate.

~~21. Starter Kits—Rescinded~~

~~June 25, 1994~~

~~That the Literature Committee will send out free starter kits to new groups.~~

22. Motion Sheets

September 23, 1994

That Intergroup use Motion Sheets at their meetings.

~~23. New OA Groups Literature Funding—Rescinded~~

~~January 25, 1997~~

~~That new OA groups be given a loan of \$50 worth of literature to a total yearly maximum of \$200. The Literature Committee will bill Intergroup for the order. The loan is to be repaid as soon as possible. This motion is to be reviewed in one year.~~

24. Intergroup Meeting Time

November 16, 2023

That the monthly IG meetings begin at 10:30 and end no later than 12:15.

~~25. — Increase in Telephone Answering Advertisement — Rescinded~~

~~June 28, 1997~~

~~That the OA ads are to be published in all current telephone directories in the Ottawa Carleton region. The small print ads will be published in both the white and yellow pages under weight loss and addiction and in both official languages.~~

~~26. — Telephone Answering Service Moved to Annex~~

~~August 23, 1997~~

~~That the telephone answering volunteers be abstinent for a minimum of 30 days.~~

27. Group Reports

February 28, 1998

Group reports to be done by Group Representatives or designated alternates only.

~~28. — Group Donations — Rescinded~~

~~February 28, 1998~~

~~We print group donations in the Sunshiner on a bi-yearly basis, to be submitted by the Treasurer.~~

29. Responsibility Pledge

January 22, 2000

That the Responsibility Pledge be read at the close of the intergroup meeting **before** the Serenity Prayer.

~~30. — Region 6 Representative Funding — Rescinded~~

~~July 28, 2001~~

~~That the Region 6 Representative receives financial support from Intergroup for each Region 6 Assembly attended by the Representative. Said support to be as follows: \$0.20 per kilometer for travel, meal costs to a total of \$35.00 per day, and two nights' accommodation if the drive is more than 6 hours in duration.~~

31. Sunshiner Posting on Website

August 23, 2003

The Sunshiner will be posted on the OA Ottawa website.

~~32. — Coordinating WSO and Region 6 Donations — Rescinded~~

~~September 27, 2003~~

~~The Treasurer of Intergroup coordinates the receiving and disbursing of donations going to WSO and Region 6 from groups in the Ottawa Intergroup area.~~

~~33. — Web Site — Rescinded~~

~~March 25, 2006~~

~~That the Public Information Committee will maintain the OA Web Site.~~

~~34. — OA Newspaper Ad — Rescinded~~

~~November 25, 2005~~

~~That the Ottawa Citizen advertisement announce all OA meetings and be paid for by Intergroup.~~

~~35. — OA Newspaper Ad — Rescinded~~

~~June 23, 2006~~

~~That Intergroup and Rainbow group will split the cost of the weekly Ottawa Citizen advertisement for now.~~

36. Region 6 Representation

May 26, 2018 - Amended

That Ottawa District Intergroup send additional representatives as allowed to Region 6 business meetings subject to Intergroup approval. The additional representatives are to be members of Intergroup with at least six (6) months of current, continuous abstinence.

37. Mailing of Intergroup Minutes

September 24, 2016 - Amended

That the secretary send Intergroup Minutes to Group Representatives who request them

38. Website Cost

July 25, 2026 - Amended

- Our domain name OA-OTTAWA.CA has been renewed until March 2027 with GoDaddy at a cost of \$66.66 for a period of 3 years.
- The HostGator service for the web server has been renewed for a period of 3 years until August 9, 2029 with HostGator for \$646.87 CAD.

39. Coordinating WSO and Region 6 Donations

January 22, 2022 - Amended

That the treasurer of Intergroup coordinate the receiving and disbursing of donations going to WSO and Region 6 from individual groups.

~~40. OA Newspaper Ad – Rescinded~~

~~September 24, 2016~~

~~That the Ottawa Citizen advertisement be paid for by Intergroup~~

41. Region 6 Representative Funding

January 27, 2024 - Amended

That the Region 6 Representative receives financial support from Intergroup to attend Region 6 Assembly – Said support to be as follows: \$0.55 per kilometer for travel (which includes tolls) for a private vehicle, meal costs to a total of \$200.00 for the weekend, and two nights' accommodation

42. Reading Twelve Concepts at IG Meetings

May 26, 2012

That one of the Twelve Concepts (corresponding to the meeting month) be read at Intergroup meetings

43. List of Group Representatives

September 24, 2016 – Amended

That the Secretary meets the obligation to create a list of group reps twice a year by referring to the sign-in sheet/minutes of the previous 6 months

~~44. WSO Delegate Fund – Rescinded~~

~~August 25, 2012~~

~~Pursuant to a request from WSO, that funds sent to Intergroup earmarked for WSO, unless otherwise specified by the donating group, be automatically sent to the “WSO Delegate Fund” and that this practice continue until May 2013~~

45. Ottawa District Intergroup Logos

May 26, 2018

- a) The two official Ottawa District Intergroup logos shall be as follows:



- b) All Intergroup correspondence, including flyers for retreats, minithons, and public information sessions, as well as Intergroup presence online, shall include one of the official logos.
- c) The Chair is responsible for updating the permission to use the Overeaters Anonymous logo pursuant to WSO guidelines. The current permission expires in January, 2026.
- d) Anytime the name of the Intergroup is used in writing, either “Ottawa District Intergroup” or the acronym “ODIG” shall be used.

46. Publishing OA member phone numbers and personal email addresses

July 28, 2018

That OA member phone numbers and personal email addresses not be published in the Sunshiner or on the website unless consent is given by the OA member to Intergroup.

~~47. Monthly Intergroup Newsletter Moved to Annex~~

~~July 28, 2018~~

~~That Intergroup send out a monthly email update of Intergroup work. This would be the responsibility of the Publications Committee.~~

48. Reports for Intergroup Meetings

16 November 2023

That ODIG Board members provide monthly reports to the Secretary in advance of the monthly Intergroup meeting. The Secretary asks that this be done by end of day the preceding Wednesday.

49. Zoom Subscription

April 24, 2021

Intergroup will pay for an annual subscription to Zoom for use by ODIG members.

50. Donations to World Service Office (WSO) and Region 6 from ODIG

June 26, 2021

Once per year (usually in December) the Treasurer will send to WSO and Region 6 all donations earmarked by the Groups with their 7th Tradition contributions for WSO and Region 6, as well as any donation ODIG votes to make on its behalf. ODIG may vote to send any accumulated Group and ODIG donations at other times during the course of the year if a need arises.