

Sex and Love Addicts Anonymous of Greater New York
Intergroup meeting of 1/8/23
Minutes
Taken by Anne B

The Zoom link for Intergroup was changed, because only Mark had the sign in information and he could not be reached. An e-mail was sent out with the new link. In the future, it would be desirable to indicate on the website that the meeting has been changed.

Opening

Trusted Servants Prayer
12 Steps
12 Traditions
12 Concepts

Check-ins

Chairing (in the absence of Mark) — Dan
Claudia — Fri 6:15pm Zoom anorexia meeting
Emily — Fri 4:30pm romantic obsession meeting
Anne — secretary
Cara — treasurer
Joe — Thursday City Lights
Sam — Wed. 6:30pm men's meeting
Vanessa — virtual meeting registrar
Teri — Wed 7:35 pm, Solution is Spiritual meeting

Timekeeper — Dan

Guidelines for safety

Reports

Secretary (Anne)

Minutes read, as they appeared in the agenda document distributed to the mailing list prior to the meeting. No questions raised. Minutes approved unanimously

Treasurer (Cara)

The full report was distributed with the agenda. Summary follows:

- Liquid balance \$7k
- Bank balance \$10k
- YTD expenses \$12.8 k
- YTD income \$7.9k

This year expenses substantially exceeded income — spending down a donations bump that we got during the pandemic shut down. Major expenses were Share-a-Day and ABM, in addition to insurance. Last year the income was slightly less than this year, but expenses were less than half of income

We are still donating \$200/mo to FWS. Should we continue?

Communications (Dan)

We received 16 e-mails. 10 were inquiries about in person meetings.

We don't have any Hudson Valley Meetings on our radar. We think there is still one in Kingston. Information would be desirable.

We got several sponsorship inquiries, and a sponsor was added to our list. There were also inquiries about submitting material for the basic text re-write.

We got an order for \$100 of our literature, of which we have about \$3k. We may need a literature chair.

Dan has not yet checked what is going on with Vonage. He thinks they discontinued their text to e-mail service. We aren't getting messages from them.

Virtual Meeting Registrar (Vanessa)

- The Sun 5pm straight pepper meeting is hybrid
- New Mon 6:30pm newcomers literature meeting

In response to a question, it was verified that the Wed. Eve solution is spiritual women's meeting is on the Slaany website, but possibly not on FWS.

Please inform the registrar at registrar@slaany.org of any changes in meetings. The contact information is at the top of the Meeting list

FWS committees

- CAC (Anne) did not meet due to holidays
- Ava who usually gives these reports is absent

Brief discussion of the benefits of allowing online donations to meetings

Old Business

Improving Intergroup attendance

Discussion:

- Do we still want to start an in person meeting and piggy back Intergroup after that
 - At least the Intergroup should be hybrid
- Two Sunday early evening meetings have already been started:
 - Michelle started on the upper west side 5-6:30
 - There is also one in Brooklyn at 5pm
- Should we change the time of Intergroup to not conflict with those?
- Should we piggy back on one of the new meetings?
- Are those churches available after the meetings?

The Committee designated last month (Dan & Vanessa) will investigate and make proposals

Person to compile list of announcements

No volunteer appears. This will be Old Business again next month

FWS request that our meetings register with them

Here is the link to register: <https://slaafws.org/registermeeting/>

This is Mark's language on this topic, distributed with the agenda

FWS suggests us to register all NY IG-affiliated groups. Registration is important for NY participation in ABM conference. Groups should do this themselves. Note that being registered is NOT the same as having the group listed on the FWS website. Registered groups have a registration number to keep track of donations to FWS. The registration information is used for determining NY IG's group total for purposes of evaluating how many representatives we get to send to ABM. Go to <https://slaafws.org/registermeeting/>

Motion: use the broad text from Mark's paragraph above to suggest to individual meetings that they register with FWS.

Passes unanimously

Dan will draft an e-mail and start contacting meetings

New Business

Suggested New Business items

- \$100 donation to FWS
- Prudent reserve \$3000
- Online payments
- Create another share-a-day

Prudent Reserve

Currently we have reserved \$3k for ABM. In addition to that we have other expenses like at least \$1k/ year for insurance, Zoom, website, and phone

Motion: \$2500 prudent reserve for annual expenses above and beyond what is reserved for ABM

Passes unanimously

Donations to FWS

Currently we are giving \$200/mo

- \$100 to the lifesaver fund <https://secure.qgiv.com/for/lifpro/>
- \$100 to FWS <https://slaafws.org/donate/>

Our donations to the Lifesaver Fund last year totaled \$900 — but that was only authorized through December

Discussion

- Expenses exceeded income last year
- Should we consider donating a percentage of our income to FWS?

- The Lifesaver program has met its goal

Motion: Contribute \$100/mo to FWS for 2023 (that would be about 15% of income)

Passes Unanimously

Tabled to next meeting

- Online payments
- June Share-a-Day

Meeting closes at 6:58 with the Serenity Prayer

Take Home

Donations links

Intergroup: <https://www.slaany.org/donations>

FWS <https://slaafws.org/donate/>

Lifesaver Fund <https://secure.qgiv.com/for/lifpro/>

Volunteers needed

To compile monthly list of announcements

To organize Share-A-Day for June

Shadow Communications Chair to learn how to use the website and take that over

Request to register Meetings

FWS suggests us to register all NY IG-affiliated groups. Registration is important for NY participation in ABM conference. Groups should do this themselves. Note that being registered is NOT the same as having the group listed on the FWS website. Registered groups have a registration number to keep track of donations to FWS. The registration information is used for determining NY IG's group total for purposes of evaluating how many representatives we get to send to ABM. Go to <https://slaafws.org/registermeeting/>

Requests from FWS

Closed captioning to accommodate deaf people

Neurodiverse focus meetings

Articles for The Journal <https://slaafws.org/thejournal/>

Tradition One - *Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.*

Tradition Two, Sentence Two – *Our leaders are but trusted servants; they do not govern.*



Greater New York Intergroup - SLAA

Meeting Agenda – January 8, 2023

I. OPENING

A. Prayer for Trusted Servants

Higher Power, we ask for your guidance in carrying out this work in service to the SLAA fellowship. Relieve us of the burdens of our egos and perfectionism. Grant us the grace of humility. Remind us to place principles before personalities. Help us to focus only on the greater good of the fellowship. Let us know that we are responsible only for doing the leg work, not the outcome. Give us the faith to trust in You and the group conscience. And . . .

Give us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

B. SLAA 12 Steps, 12 Traditions, and 12 Concepts (12 Concepts in January, April, July and October)

C. Introductions and “check-ins”

D. Spiritual Timekeeper – Is there a volunteer to act as Spiritual Timekeeper?

E. Guidelines for Safety

In sharing during Intergroup meetings we proceed in an orderly, respectful manner. The chairperson will call on people to speak. We do not interrupt one another.

While we encourage expressions of opinions, we do not direct them at specific people. This is called “personalizing.” We keep the focus on the specific issue under discussion.

Raise your hand and state “point of order” if you feel a procedural rule has been violated.

Anyone may request a 30-second spiritual timeout during the meeting. During a spiritual timeout, the meeting participants are expected to refrain from any activities including speaking, reading, and writing for a period of 30 seconds.

You may request the Guidelines for Safety be re-read. The chairperson will pause the speaker and reread the Guidelines for Safety.

II. REPORTS

A. December 2022 minutes

B. Treasurer report (see also attached report)

Please find the Attached December 2022 Report

The December Liquid Balance \$7,048.76 (including ABM 2023 Reserve \$3000) The Bank Balance is \$ 10,048.76

Still Outstanding Expenses:

\$550 liability insurance.

	<u>2022 ytd expenses</u>	<u>2022 income</u>
jan	36.48	738.16
feb	123.4	<u>\$938.57</u>
march	246.08	486.29
april	734.1	426.37
may	<u>\$224.17</u>	316
june	<u>\$3,827.69</u>	<u>\$1,096.36</u>
july	\$252.78	\$370.90
august	\$463.10	\$449.00
September	\$1,934.18	\$546.00
October	<u>\$2,616.02</u>	\$500.25
November	<u>\$1,779.51</u>	\$696.50
december	<u>\$590.37</u>	1319.32
total	<u>\$12,827.88</u>	<u>\$7,883.72</u>

C. Communications

D. Meeting registrar

IV. ANCILLARY REPORTS

- A. FWS committees
- B. Journal
- C. Events
- D. In-person meeting report
- E. SLAA-related announcements

V. REQUESTS FOR NEW BUSINESS

V. OLD BUSINESS

Report on in-person a Sunday 4pm beginners meeting followed by Intergroup meeting once a month (Dan, Vanessa)

Request for a fellowship-wide services communication reporter (will send report before each monthly meeting on FWS events, communications, etc.)

FWS registration:

FWS suggests us to register all NY IG-affiliated groups. Registration is important for NY participation in ABM conference. Groups should do this themselves. Note that being registered is NOT the same as having the group listed on the FWS website. Registered groups have a registration number to keep track of donations to FWS. The registration information is used for determining NY IG's group total for purposes of evaluating how many representatives we get to send to ABM. Go to <https://slaafws.org/registermeeting/>

Below is a spreadsheet of the NY area meetings that are currently registered with SLAA FWS. Many of these meetings are definitely inactive; many newer ones, of course, are not active at all. The information here includes registration numbers, the date the group was added, and last modified dates. See <https://docs.google.com/spreadsheets/d/1mHt2YiZGOrr33FslfT8RZYqegVSuILUF2fzJ9E2yPm4/edit?usp=sharing> for the spreadsheet.

We could have someone maintain this information from now on to keep the information current, probably a task for the meeting registrar. Right now, Dan M, Mark S, and Vanessa V have editor access. Everyone else can just view the file.

Beth S (Technology Director, SLAA) noted that one meeting was registered in early December 2022. Some information is current/accurate but other meeting data is very old. There are meetings that haven't made contact since before 2016. [We may need to delete inactive meetings.] Also, we can include contact information for these meetings.

One question to discuss today: Can intergroup register in-person meetings ourselves or should we ask groups to do it? Could the virtual meeting registrar maintain this information and keep it up-to-date when groups register with intergroup? Or should we ask groups to maintain this information and keep it current? What do other large intergroups like LA or London do?

VI. NEW BUSINESS

VII. BRING BACK TO MEETINGS

VIII. CLOSING WITH SERENITY PRAYER

Next IG meeting date: February 5. 2023

Dec-22 **2022 Treasury Report -**

Greater New York Area Intergr		
Assets	12/31/2022	
Paypal balance	\$979.00	
TD Bank balance	\$8,105.71	
Cash on hand	\$235.10	
Checks on hand	\$0.00	
STARTING BALANCE	\$9,319.81	
CONTRIBUTIONS/INCOME		
Paypal:		
contRIBUTIONS/INCOME		
contRIBUTIONS/paypal		
total paypal contrib	1319.32	
OTHER mailbox contrib as of 12/31/2022		
TOTAL Mailbox ADDITIONS	1319.32	
	\$0.00	
TOTAL ADDITIONS (Paypal + Mailbox)		
Subtotal Balance	\$10,639.13	
paypall fees	\$58.35	
share a day reimb	\$44.85	
share a day reimb	\$146.82	
zoom monthly 15.35	\$15.35	
gny contri 2022	\$100.00	
gny contri 2022	\$100.00	
new group - uws nyc	\$125.00	
SUBTOTAL EXPENSES	\$590.37	
ENDING BALANCE	\$10,048.76	
	2021 ytd expenses	2021 income
jan	15.26	874.4
feb	10.5	287.79
Marc	521.54	1,397.31
april	31.25	807.32
may	9.21	6
june	8.52	186
july	1527.27	806.91
august	11.32	223
sept	19.63	382
oct	1011.32	348
nove	33	881
dec	23.05	454.22
total	\$3,221.87	6,653.95
	2022 ytd expenses	2022 income
jan	36.48	738.16
feb	123.4	\$938.57
march	246.08	486.29
april	734.1	426.37
may	\$224.17	316
june	\$3,827.69	\$1,096.36
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SLAA NY Intergroup – January Communications Chair

- 1) Between December 10th and today, we received 16 emails, in line with our monthly average.
 - a) 10 in-person meeting inquiries. Lots of demand for in-person meetings. 4 emails just on Westchester and Hudson Valley meetings alone...
 - b) 3 sponsorship list inquiries and one more person in LA added to our sponsorship list.
 - c) SLAA Basic Text rewrite is seeking story submissions.
- Website is updated to promote in-person meetings
 - Announcement bar and promotional pop-ups were requested and added

2) Thank you for your help! We now have 17 sponsors on the sponsorship list. Here is the link to the Google sheet. We have one new female sponsor!

<https://docs.google.com/spreadsheets/d/1PAVKT3FgBaT4hHKNDth-yj2nuMHMUPxYdGiz1lhcg7Q/edit#gid=0>