

HMI Meeting Minutes

May 16, 2026, 9:45 am (closed 10:50)

In Attendance:

Patty D, Pat K, Dorothy K, Marilyn M, Vicky , Sue H, Beth M, Nancy B, Lindsey W, Donna S, Debbie B, Kathy M, Barb M, Kelly C, Michelle S, Amy K, Whitney B, Angelica B

Serenity Prayer: Sue opened with the We version of the Serenity Prayer

Tradition 5: Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. Spiritual Principle: **PURPOSE.** Lindsey shared the clarity of asking, "Where is the newcomer in this?" when faced with a dilemma regarding primary purpose.

Concept 5: Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. Spiritual Principle : **CONSIDERATION.** Beth M. expressed gratitude that her 1st appeal is to her sponsor to get boundaries around her feelings. At the world level, she's seen this in action when a body needs assistance to get things done, they appeal to the Board of Trustees, and something can get done by bringing it to the whole body for consideration.

Attendee Introductions and Intergroup Meeting Successes:

- Patty D, IG Rep for Thursday 10:30 AM meeting: Rotating Literature Meeting, 5-6 normally, sometimes more, it's a good meeting and everyone feels welcome
- Pat K, IG Rep for Sunday 8:30 AM Big Book Study: ~8-9 hybrid attendees, everyone that attends gets a great deal out of it
- Dorothy K, IG Rep for Wednesday 7 PM and Friday 10 AM Both are literature meetings and doing great.
- Marilyn M, Treasurer for HMI, Literature Chair, and holder of the Hopeline phone right now. IG Rep Thursday "Up the Street" meeting at Clear Lake.
- Vicky , Treasurer of Oasis Club visiting meeting.
- Sue H, Chair HMI, Rep Tuesday 5:30 PM Newcomer meeting which is well attended
- Beth M, a Region 3 Rep for HMI, IG Rep for First Friday 7 PM Virtual Speaker Meeting
- Nancy B, Secretary HMI, a Region 3 Rep for HMI, and World Service Rep
- Lindsey W, Vice Chair HMI, Website Liaison for OAHouston.org
- Donna S, IG Rep for Tuesday 3:30 Different Strokes Meeting (Santa Fe): Switched from meditation books to OA 12&12, seeing improvement, between 3 to 8 attendees
- Debbie B, visiting as Treasurer for Lord of Life Sunday 6 PM Woodlands (in-person only): struggling with attendance down to 2-3
- Kathy M, IG Rep Chair, IG Rep for Friday 12 PM (noon) Big Book THumpers in the Woodlands. 6 people in attendance recently It's a strong consistent meeting.
- Barbara M, IG Rep for 10 AM Clear Lake (hybrid meeting): 4-6 in-room, ~8 online, international participation, literature based using the OA & AA 12 & 12s and Big Book
- Kelly C, Rep for Saturday 10:30 AM Big Book Study: 12-16 virtual attendees, some attend at the Oasis club occasionally, but have their own keys, it's a Virtual meeting.

- Michelle S, Rep for 10:30 AM Monday Rotating Literature Virtual Meeting, it's has a recent decrease in attendees but it's a pretty solid group; also Rep for Tuesday 6 AM A/B Meeting, which is using As Bill Sees It, ~19 attendees, international participation; and Rep for Saturday 7:30 AM A/B Speaker Meeting: ~28 attendees (reached 30 one week), Zoom security can be challenging.
- Amy K, Rep for Friday 5:30 pm Zoom Bariatric Surgery, Just Another Tool meeting. Two consistent members with a revolving door of sorts, 2 newcomers with 10 present last meeting
- Whitney B, Rep for the Bayland Wednesday 10 AM hybrid meeting, recently added traditions to step study rotation, close knit group that does get newcomers occasionally
- Angelica B, Rep for 6 PM Sunday night Lord of Life literature meeting in the Woodlands, as Debbie reported earlier, we are struggling with attendance.

Approval of Minutes: Nancy confirmed e-approval of minutes, no one had additional changes to make. Beth moved to approve, Lindsey seconded, approved by consensus.

Committee Report Updates

Treasurer & Literature:

Treasurer Marilyn has updated the format of the HMI Meeting Contributions attachment to better reflect the money coming through HMI that actually belongs to individual meetings, not HMI. The new column "Decisions" lists how the money is distributed for the money coming through for those meetings; for example: if it says "To Group" the money is returned to that meeting, "1/3,1/3,1/3" indicates the money would be distributed to Region 3, World Service, and HMI evenly, "60R,30W,10H" is 60,30 and 10 percent to Region, World, and HMI respectively. Also the monthly columns are divided showing "Group" to indicate money contributed directly for HMI, and "Personal" for money needing to go back to the individual meeting. Totals are shown divided this way as well. April shows \$40 received that is for HMI, and \$362.50 that belongs to individual groups. Through April, HMI has received \$653.40 directly to HMI, and \$1,181.88 going back to individual meetings of the \$1,835.28 received in the account. She expects there is still some money sent to the Oasis club by meetings that should be sent directly to HMI. She and Vicky will sort that out. Meeting reimbursements will be done on a quarterly basis. Listed on the HMI Income and Expense Report are some regular expenses that are fortunately annual expenses already paid out. The Prudent Reserve is shown as \$3,600, and our balance is above that at \$5,016.95, but we've had a year to date loss of \$612.38, (\$4000 earmarked for R3), Reimbursement for World Service travel is expected to be requested, so we'll be closer, but above, the Prudent Reserve at that time.

Consensus to hold the \$1,261 earmarked for donation to the Texas Convention Fund until we feel safe to send it off. (*copies of Treasury reports attached*)

Literature Chair Marilyn reports that we have copies of the new Sponsorship in OA booklet that sells for \$15 including shipping and tax. Several have already sold, we have about 4 at the Club to sell. There is a sample on the counter at the Oasis club to look at.

World Service Conference Highlights (Nancy)

- **Attendance:** 162 eligible voters (97 new), 20 countries, 11 languages represented
- **Personal observation:** Presenting this during the 5th Month discussing both Tradition 5 and Concept 5, is timely - This is what I saw in action throughout the conference. It was visibly lived in all meetings, workshops, forums, etc. Even when holding opposing understandings and opinions, people were working to be of one mind, one purpose carrying the message to the compulsive eater who still suffers.
- **Financial:** \$155K deficit, drawing \$178K from reserves (budget over \$1M with insurance and payroll requirements, it truly is prudent)
- **New Literature approved:** "Healing the Mind, Body, and Spirit: Mental Health and Recovery in OA" (Lifeline-style storybook) coming soon from WSO
- **Unity/Diversity Checklist:** Update was approved and is available online - it is already in effect as the new suggested version. *(copy attached)*
- **Service insight/Preamble update:** Emphasized need for experienced members to continue service—an 80s member from San Diego quietly and quickly helped resolve a highly emotional voting impasse with unity. Policy Manual Proposal E changing the words "compulsive overeating" to "compulsive eating" in the OA Preamble was adopted. *(copy attached)*
- **Publishing license:** Emergency New Business allowed an extension granted for international regions through September deadline when our new publishing contracts with vendors are settled.
- **Recommendation:** Houston should consider sending multiple delegates to future conferences due to overwhelming schedule (workshops, subcommittees, boutique)

IG Rep Chair

Kathy M reported getting Kelly C's changes on the Rep list, and requested we keep her (Kathy) informed of any changes in our meeting contacts or details which should be shared.

Public Information Professional Outreach (PIPO)

Barbara M reported investigating health fairs and other opportunities for outreach and inquired regarding permission requirements. When there is a budget, she would not need to request permission, but as there is not we will need to look at adding it as a budget item going forward. We do have some supplies and some Convention supplies can be shared as well for table set up. There is also a WSO fund for supplying pamphlets or such - we can order more as well.

HopeLine

Marilyn reported that she has the Hopeline currently, reminding us that she and Beth do need to know that whoever holds the hopeline can keep access to it for times that they need to use it for account verification. Whitney offered that she would like to help provide that service. Nancy will help create a best practices document for holding the HopeLine and get that to Whitney before the next OA Birthday party when the phone will be handed off.

Special Events/Workshops (also New Business)

Beth noted a new opportunity in line with OA's theme of the year - the Power of We. As there are so many workshops being given around the world, we could choose one a month to boost us and them (WE!). We could participate as a group from the OAsis Club creating fellowship and recovery. As the group was fully behind this idea we are asked to send in different workshops or other ideas we see for consideration and we can choose the one(s) to get behind. Also, Marilyn gathered fellowship suggestions including a writing/journaling workshop with Brenda P in the summer, a workshop covering the idea of an Abstinence Box, and a gathering of just HMI people in person to watch the Rozanne video.

Historian

Jeanie is out, but Sue reported that she and Webmaster Deb will be getting together regarding the updates and changes we've previously discussed. There have been some delays, but the changes will be happening.

Chair Sue

Reported on themes, Recovery Resource, or Resource for Recovery, but with Tradition 5 in mind, we already have the theme of Power of We in mind and the importance of carrying the message to the newcomer is critical. What might that look like if we carry that theme, Carry the Message, - let's mull that over. Sue noted it's great that we have some specifically newcomer focused meetings in HMI, and reminded us to check our home meetings for their actions when newcomers are present in their meetings. Do you do a Step One Meeting? Are you prepared for what you do when they come? Having a Group Conscience on that is prudent. They're looking for a place to feel safe. Do you have anything posted welcoming them? Kathy reported the Big Book Thumpers have it in their format that if a newcomer is present they are set to make that change. Challenge your groups to make them welcome.

Sue then brought our attention to the list of email addresses already available through HMI for Board and other Service positions, and asked that we double check if your email address is one of the forwarding addresses, and you no longer want to be included on that forward, we need to let Lindsey know and she can make that change - or if you're not included where you should be as well - changes go to Lindsey HMIweb@oahouston.org Generally these are pretty up to date and if you're sending out an email to an officer or service position, you can use that Treasurer@oahouston.org, for instance.

Web Liaison Activities

Lindsey and Sue reported on the work Lindsey is doing checking our website meeting info against the meeting info on oa.org for the same meetings. For example, the Sugarland meeting has disbanded, and she will help ensure that their information is taken off the website so that we don't inadvertently send people to a meeting that does not exist. Sue noted that our representation at Region is based on the number of active meetings that we have, so we do want to make sure these numbers are accurate and support each other in keeping current. Similarly, with cases like the newly updated documents on oa.org, we should periodically check that the version we use is in line with the current version on oa.org. Nancy pointed out the

Serenity Statement which has been added as an option in suggested formats which was recently updated and will include that with the minutes.
Sue would like to be copied on any of these changes that we see so that she can keep current.

7th Tradition - We have a 7th Tradition at this meeting as well as all others, so you can use HMITreasurer@oa.org to Zelle in your donation.

Closing

Sue read the **OA Responsibility Pledge** - Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Then we joined in the **OA Promise** -

I put my hand in yours, and together we can do what we could never do alone.

No longer is there a sense of hopelessness,

No longer must we each depend upon our own unsteady willpower.

We're all together now, reaching out our hands for power and strength,
greater than ours

And as we join hands, we find love and understanding

BEYOND OUR WILDEST DREAMS!!!

Takeaways & Action Items:

- **New Literature! Sponsorship in OA booklet:** \$15 (includes shipping/tax); 4-5 remaining at club; Marilyn ordering more based on demand
- **Preamble update:** Official change to "compulsive eater" is now active on [OA.org](https://oa.org); meetings should update their readings through group conscience
<https://oa.org/documents/oa-preamble/>
- **Convention funds:** Retain \$1,261 in convention account until Oasis Club makes distributions (expected within a month)
- **Workshop model:** Adopt monthly support of existing OA regional/world workshops shown live at Oasis Club instead of planning local workshops
- **Serenity Statement:** World Service recommends the "I" version (not "we") of the Serenity Statement for inclusion as a new option for use in meeting formats for closing or any time along with the Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the OA Promise. The Serenity Statement reads: I seek the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. The Policy Manual has not been updated yet, but was approved at Conference
<https://oa.org/documents/serenity-statement/>

- **All meeting reps:** Review meeting descriptions on OA.org and OAHouston.org; send updates to hmiweb@oahouston.org
- **All meeting reps:** Remind attendees to designate contributions clearly (HMI vs. meeting-specific) and use correct Venmo/Zelle accounts (not Oasis Club for non-Oasis meetings) along with reminding everyone that even if your meeting is zoom only, we have expenses and responsibilities as an intergroup and please “give as if your life depends upon it” so we can carry the message to those who still suffer!
- **All meeting reps:** Consider adding "newcomers welcome" to meeting descriptions; discuss group conscience on switching to first-step meeting format when newcomers attend, (can be done along with updating the preamble and prayer/statement updates from WSBC)
- **All reps Contribution routing reminder:** Non-Oasis meetings should use HMI Venmo/Zelle, not Oasis Club accounts
- **Marilyn:** Coordinate with Vicki (Oasis Treasurer) on club distributions and escrow fund clarifications (meeting Tuesday 4 PM at church)
- **Lindsay (with all Reps assistance):** Complete audit comparing OA.org listings to OAHouston.org; contact reps with discrepancies
- **Whitney:** Coordinate with Marilyn to receive Hope Line phone at next club visit
- **Nancy & others:** Recreate Hope Line best practices document for Whitney
- **Barbara (PIPO):** Research free health fairs for OA tables; coordinate with Sue/Beth for literature and display materials; apply for World Service PIPO literature donations
- **Beth:** Follow up with Brenda on journaling and abstinence box workshops (after June); coordinate Roseanne video in-person viewing and movie night ideas
- **Beth & Nancy:** Send June workshop suggestions to group for selection via email
- **Sue (all reps, send your ideas):** Finalize 2026 theme proposal (carrying the message/focusing on newcomer) for June vote
- **Nancy (Hosanna meeting):** Verify contribution destination with Martha for Hosanna meeting—may be going to Oasis Club PO Box instead of HMI
- **Sugar Land Wednesday meeting:** Confirmed canceled; should be removed from all listings
- **Next month volunteers needed:** Tradition 6 and Concept 6 presentations

Attachments:

- **Email addresses:** Full list of HMI generic email addresses (info@, treasurer@, hmiweb@, etc.) distributed; reps should review and request removal if no longer needed
- **Treasurer's Reports (2)**
- World Service Business Conference Meeting Report (partial - They asked that we bring it to you a bit at a time instead of inundating you all at once!)
- Changes affecting us, in effect after WSBC 2026