

HMI Meeting Minutes

July 18, 2026 ~ 9:45 AM ~ Oasis Club and Virtual

Option 1 via phone: Dial: 346 248 7799 Meeting ID: 846 8767 6856# Password: 2020

Serenity Prayer – Lindsey W

Tradition 7 / Concept 7 – Kathy and Beth M

- Tradition 7: Every OA group ought to be fully self-supporting, declining outside contributions. Kathy shared that self-support preserves OA's independence and helps keep the program open to everyone without control by outside political, religious, or other entities.
- Concept 7: Beth explained that the Board of Trustees' legal rights and responsibilities are found in OA Bylaws, Subpart A, while the rights and responsibilities of the World Service Business Conference are established by tradition and OA Bylaws, Subpart B.

Attendee Introductions & IR Meeting Successes

- Lindsey W – HMI Vice Chair and Website Liaison; facilitated the meeting in Sue H's absence.
- Sue H – HMI Chair; attended while traveling.
- Beth M – HMI Secretary and Region 3 Representative; assisting with workshops and other service projects.
- Pat K – Representative for the Sunday 8:30 AM meeting at Oasis Club; approximately 3–4 in person and 8 or more online. Also serves as Oasis Club Facilities Manager.
- Kathleen M – New representative for the Tuesday newcomer meeting at Oasis Club; reported increasing attendance.
- Marilyn M – HMI Treasurer, Literature Chair, and representative for the Thursday 6:30 PM hybrid meeting at Up the Street Club; also alternate for the Wednesday evening Zoom meeting and Friday morning Oasis Club hybrid meeting. Meetings are stable and going well.
- Jeanie R – HMI Historian.
- Patty – Representative for the Thursday morning rotating literature meeting; attendance varies from approximately 3–7 and the meeting remains strong.
- Kelly C – Representative for the Saturday Oasis meeting, generally about 10 virtual participants and occasional in-person attendees. The group is temporarily studying For Today and will hold a group conscience regarding a possible meeting-name change.
- Kathy M – Representative for Friday Noon Big Book Thumpers in The Woodlands reported a small but strong and healthy meeting. Also HMI meeting representative chair.
- Donna S – Representative for the Tuesday Santa Fe face-to-face meeting; approximately five members. The group will hold a group conscience regarding frequent cancellations caused by weather and medical appointments.
- Brenda P – Representative for the Saturday 8:30 AM Oasis Club hybrid meeting; usually 20–30 or more combined. Also reported that the recent Tool of Writing Workshop had 10 participants and received very positive feedback.
- Whitney – Representative for the Wednesday 10:00 AM Bayland hybrid meeting; generally 5–10 participants, including occasional international attendees. The group studies the Steps and Traditions.
- Michelle S – Representative for the Monday rotating literature meeting (about 11), Tuesday 6:00 AM AB meeting (about 15), and Saturday 7:00 AM AB meeting (about 26). Reported that the Thursday meeting formerly at 8:30 AM has moved to 7:00 AM and has been updated on OA.org.
- Amy K – Representative for the Friday 5:30 PM Bariatric Surgery: Just Another Tool Zoom-only meeting; approximately nine weekly. Membership and service participation have grown over the last six months.

Confirm E-approval of June 2026 Minutes

- The June minutes were approved electronically;

Treasurer Report Highlights – Marilyn M

- Presented the year-to-date June income and expense report and monthly revenue-by-meeting report.
- Second-quarter distributions and reimbursements were paid in July and will appear on the next report.
- HMI paid an initial \$750 expense for the new webmaster and website. Oasis Club approved reimbursing the full \$750, which will appear as revenue next month.
- Ongoing webmaster cost is \$75 per month. Oasis Club will contribute \$25 per month through an offset against HMI's quarterly rent payment, reducing the quarterly net payment from \$450 to \$375.
- A \$500 contribution was made to World Service in memory of Deb, HMI's late webmaster.
- Discussion regarding group contribution allocations noted OA's general guideline of 50% to intergroup, 40% to World Service, and 10% to the region; groups may adopt a different allocation by group conscience.
- World Service is seeking support due to reduced literature sales, the substantial Find a Meeting website project, and an unexpected air-conditioning replacement expense. Region 3 and HMI are currently in comparatively sound financial condition.

Committee Report Updates

- Intergroup Representative Contact List – Kathy M reminded representatives to send her all meeting and representative changes. She will obtain the new Tuesday newcomer representative's contact information.
- Public Information / Professional Outreach – Barb was absent. Beth reported that Barb is researching health fairs HMI may attend. Members should send her information about local health fairs.
- Hopeline – Whitney reported no fellowship calls this month; calls and texts received were spam.
- Special Events and Workshops:
 - The Region 3 Power of We workshop was postponed.
 - Region 3 Relapse Prevention and Recovery Workshop is scheduled for September 19 and will be hybrid, with an Oasis Club gathering and Zoom access.
 - OAHOW 12-Step Retreat is scheduled for August 7–9.
 - Region 3 Relapse and Sponsorship Workshop information was included with the agenda.
 - Region 3 Assembly and Tri-County Retreat is scheduled for November 6–8 in Glen Rose.

Current Business & Updates

- Increasing participation and carrying the message to young people – Pat suggested outreach to nursing schools. Beth noted that Heart of Texas has a successful medical-school outreach program and agreed to share contact information for Vonnie N (203) 856-2003
- HMI Website – A small group met with the new webmaster. Website updates are generally completed on Fridays, so meeting and event changes must be submitted in advance through Lindsey.
- The webmaster has access to the existing Bluehost files and is developing a new site using HMI's current content. She appears experienced and has a continuity plan for future support.
- The webmaster can currently update the meeting listings shown on the home page but cannot access the separate calendar tab. Full calendar corrections may need to wait until the new website launches, anticipated in early August.
- Website Audit – Lindsey will continue comparing the HMI and OA.org listings and will submit needed corrections once the new website is operational.
- HMI Fall Retreat – Lindsey will reconnect with Sue and the four volunteers who expressed interest in serving on the planning committee to determine next steps.

New Business

- Region 3 "In the Know" Newsletter – A new monthly newsletter is available on the Region 3 website under "Newsletter."
- Abstinence and Food Sponsoring Workshop – Brenda proposed an in-person workshop teaching her "abstinence box" approach for members seeking abstinence and members sponsoring others. The workshop will be held at Oasis Club on August 9, 16, 23, and 30 from 3:00–5:30 PM, with a suggested donation of \$5 per session. No one will be excluded for inability to contribute.
- The August workshop will be in person only to support an intimate and safe setting and encourage attendance at Oasis Club. Brenda is willing to offer separate virtual versions of both the abstinence workshop and the Tool of Writing Workshop later.
- A volunteer is needed to create and distribute a flyer for the August workshop. Interested members should contact Brenda.
- Texas State Convention – Beth announced that planning is beginning for the fifth annual convention. The emerging theme is "The Power of We Starts With Me," emphasizing that recovery is strengthened through service and that every service contribution matters.
- The first and Texas State Convention Planning Meeting will be Sunday, July 26, at 1:30 PM Central via Zoom. The date and location of the convention have not yet been selected and will be determined by group conscience. Beth will include access information in the minutes or flyer.
- Oasis Club / HMI Meeting Space Technology – Because the Oasis Club Board and HMI meetings sometimes overlap with an in-person 10:30 meeting, Marilyn proposed obtaining a second laptop so meetings can occur concurrently in separate rooms. Beth will ask the Region 3 Board whether one of its surplus computers may be donated. If a donation is unavailable, a shared purchase may be considered.

Recap of Major Items for IRs to Take Back to Meetings

- Ask groups for ideas to attract and carry the message to younger people, including outreach to nursing and medical schools.
- Announce the Abstinence and Food Sponsoring Workshop at Oasis Club on August 9, 16, 23, and 30, from 3:00–5:30 PM; suggested donation \$5 per session.
- Announce the new Region 3 monthly newsletter, "In the Know," available on the Region 3 website.
- Invite members to the Texas State Convention Planning Meeting on Sunday, July 26, at 1:30 PM Central.
- Remind members that the Thursday meeting formerly held at 8:30 AM now meets at 7:00 AM.

Seventh Tradition

- Contributions may be sent to the HMI Treasurer through the established HMI contribution account.

Close with OA Responsibility Pledge and OA Promise