

Highlights to Read at Meetings – Intergroup Reps please read the below highlights at your meetings. The full minutes will soon be posted on our website <https://oasandiego.org>.

ZOOM & IN-PERSON PROGRAMS:

- **NEW: Memorial Meeting: “Phyllis” – January 12, 2025, 1-3pm PST, ZOOM.** See OASD website.
- **OA Birthday (WSO), January 17 – 19, 2025 - Los Angeles Airport Hilton**
See flyer: www.oasandiego.org.
- **NEW: Spirituality Workshop: February 2025. Details forthcoming**
- **March 15, 2025: In-Person Women’s Day Retreat, Bahai Center.** Workshops, panels, keynote lunch speaker, meditation, yoga and fellowship. Various available service opportunities including looking for Speakers to lead on subjects like dating/relations and body image/sex. Volunteer or pass along suggestion. Please reach out to give service to fellow compulsive eaters. retreats@oasandiego.org, Lessie C. (619 739 1643). In future, may become overnight, depending on interest/demand.

BOARD & NON-BOARD ELECTIONS

Secretary – SERVICE OPPORTUNITY. This position remains open. If no Secretary is elected, no monthly minutes will be posted to the website.

Retreat Chair (Acting): Lessie C.
Young Peoples Chair: Kate C.
PI/PO Chair: Dave B.
12th Step Within: Melinda H

NON-BOARD POSITIONS ELECTIONS / OPENINGS:

Region 2 Rep: Katie F. **SERVICE OPPORTUNITY:** Looking for 2 more Region 2 Reps.
WSO Delegate: None **SERVICE OPPORTUNITY:** Looking for 2 WSO Delegates

All Meetings--ACTION REQUESTED - OPEN / CLOSED MEETINGS. If a meeting votes to be a Closed meeting, that meeting’s IG Rep should report that to Internal Info Chair, email: info@oasandiego.org.

All Meetings--ACTION REQUESTED: Please provide the following information to info@oasandiego.org or text (959) 740-7879: First Name, Last Initial, Email, and Mobile Phone, **for the following positions:** Meeting, Contact, Secretary, Host (if ZOOM), Co-Hosts (if ZOOM), and Speaker Getter (if applicable).

NEW: ZOOM TRAINING now on website for *Host, Co-Host and Participant*. Click “**How to ZOOM**”. Both videos and written instructions including Security 101, Claiming Host, Adding a Co-Host, Breakout Rooms 101, Best Practices for Hosting, etc.

Treasurer's Report: As of October:

Revenue Received Oct 2024

\$1,827.50 Donations

\$ 233.00 Urban Retreat Donations (Retreat Remittances)

+ 92.24 Interest Income

\$2,152.74 Money In

Total Expenditures Paid:

\$ 2,292.97* Money Out

Paid out \$140.23 more in expenses than received for donations/interest

7th Tradition/Ways to Donate: Besides Paypal, checks can be mailed to Overeaters Anonymous, PO Box 22213, San Diego, CA 92192. Website: Click on 7th Tradition icon, upper right corner.

Please indicate meeting number with any payment.

Tokens: Virtual and In-Person, **Contact:** Susan H. susanharadon@gmail.com.

The full minutes will soon be on website – oasandiego.org.

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DRAFT: FULL MINUTES

(DRAFT: 12/18/2024)

Kendra W. opened the meeting at 2:03 pm with the Serenity Prayer.

Kendra W. and Karen S. presented Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. Principle: Service

Board Members Present: Kendra W., (Chair); Keren S. (Vice Chair); Diana A. (Secretary); Jeff N. (Internal Info Chair); Lou B. (Chair, Retreats); Elyesse U. (12th Step Within Chair). Absent: Maureen C. (Treasurer), Jane Z. (Chair PI/PO)

Intergroup Reps present: Pam V. (IG Sat 10am); LaRue P. (Sun Wo's Med/Writ); Alice C. (Mon 12:30pm); Vicki A. (Vista Fri 7pm); Jerry J. (R2/WSO Rep); Lola (Thurs Noon); _____ (Thurs, 11am, El Cajon); Sherri (Tues AM); Susan (Thurs 7-8am, Vista); Robin (Thurs 6:30pm); Alana (Tues PM); TJ (Sun, Mens Lit); Elmer (Sat m, Thur 7pm); Deena (AB Sun 9am); Pam V.)Sat 10:30am); Jennifer G. (IGR Sub, 4pm, Mon); Katie F. (IGR Sub, 9:30am Encinitas); Vicki (Fri 10am Vista)

Visitors: Kate C.; Claire B. (Bloomington, IN); Judith, Lessie C., Melinda H., Lola

Chair – Kendra W. Minutes of the November 2, 2024, IG Board meeting, APPROVED (majority, with a few abstaining).

After elections (below), Kendra W. kindly thanked Secretary Diana, Retreat Chair Lou, PI/PO Chair Jane (absent), and 12th Step Within Chair Elysse for their service and warmly welcomed new Board members.

Vice-Chair – Keren S.

BOARD MEMBER ELECTION RESULTS:

Secretary – SERVICE OPPORTUNITY. This position remains open. If no Secretary is elected, no monthly minutes will be posted to the website.

Retreat Chair: Lessie C.

Young Peoples Chair: Kate C.

PI/PO Chair: Dave B.

12th Step Within: Melinda H,

(Staying on extra year to stagger Board positions/promote Board stability: Keren S., Jeff N., Maureen C.. Completing year 2 of 2: Kendra W.)

NON-BOARD POSITIONS FILLED

Region 2 Rep: Katie F. SERVICE OPPORTUNITY: 2 more Region 2 Reps required

WSO Delegate: None SERVICE OPPORTUNITY: 2 WSO Delegates required

PI/PO Chair, Jane Z. Absent.

Retreat Chair, Lou B.

NEW: February 2025: Spirituality Workshop. Details to website forthcoming.

March 15, 2025: In-Person Women's Day Retreat, Bahai Center: Workshops, panels, keynote lunch speaker, meditation, yoga and fellowship. Various available service opportunities including looking for Speakers to lead on subjects like dating/relations and body image/sex. Volunteer or pass along suggestion. Please reach out to give service to fellow compulsive eaters.

retreats@oasandiego.org, **Lessie C. (619 739 1643).**

Internal Information Chair, Jeff N.

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Deena reported after four years the Thursday 6pm AB Recovery last meeting will be December 26. A replacement for Thurs 6pm meeting is being worked out and may include a different meeting date/time and format.

Alana (Mon pm/ speaker meeting) participants is dwindling due to lack of service people and participants and may close soon. This meeting is locked to any new participants after all readings, or about 10 minutes.

Friday, 10am: Now listed as a "Closed" meeting.

Treasurer – Maureen C. In absence of the Treasurer, Kendra W. read the Treasurer's report:

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The following reports were emailed to Board members: October 2024 Bank Reconciliation, Balance Sheet-October 2024, Profit & Loss statement-October 2024 (donations less expenditures), Profit & Loss statement-January-October 2024, P&L Comparison to 2023, General Ledger-October 2024, Budget vs. Actual results-January-October 2024.

Twelfth Step Within, Chair: Elysse U.

Abstinence in the Real World Workshop (ZOOM): Approximately 160 people attended at start, going to approximately 100 by end of workshop; it is normal that workshop numbers decrease from beginning to end of workshop. Q&A after speaker and 1-minute share greatly beneficial.

NEW BUSINESS

OLD BUSINESS

The meeting was adjourned with the Serenity Prayer at 2:40 pm.

The next IG Meeting is on Saturday, January 4, 2024 at 2:00 pm on ZOOM. New Year's Day is Wednesday, January 1.

Minutes submitted by Diana A., Secretary