

Board & Intergroup Summary Minutes – Saturday, January 4, 2025

CALL TO ORDER

Serenity Prayer

Attendance – RENAME YOURSELVES WITH POSITION (IGR for Intergroup Rep, V for visitor), FIRST NAME, LAST INITIAL, DAY and TIME OF YOUR MEETING

Brief discussion of Tradition 1 by volunteer.

Chair, Kendra W. Adoption of December 2024 Minutes

Welcome: Retreat Chair - Lessie C.
PI/PO Chair – Dave B.
Young Peoples Chair – Kate C.
12th Step Within Chair – Melinda H.
Secretary - Vacant

Vice-Chair, Keren S.

Positions to Fill :

Board Secretary

Region 2 Rep: Katie F. Looking for 2 more Region 2 Reps.

WSO Delegate: None Looking for 2 WSO Delegates

Treasurer – Maureen C.

SUMMARY:

Revenue Received Nov 2024

\$2,080.20 Donations

+ 89.00 Interest Income

\$2,169.20 Money In

Total Expenditures Paid:

\$ 2,497.23* Money Out

Paid out \$328.03 more in expenses than received for donations/interest

BUDGET VS ACTUAL COMPARISON **NOV 2024**

NET RESULTS thru NOV 2024 shows a loss of -\$8,497.73 rather than the budgeted amount showing \$10.42 in net revenue.

So, therefore, actual results are off by \$8,508.15 for Jan-Nov 2024.

Actual Revenue is \$5,192.35 higher than forecasted but expenses are \$13,788.50 higher as well which is mostly due to Marketing expenses.

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

As of December 31, 2024

Checking	\$13,105.85
Savings	\$46,396.39
CD	\$10,927.68

The donation to World Service and R2 was the same as last month because we had a loss in both October and November, so the donation amount was based on the average of the previous 3 months income. In both cases, the donation amounts were \$102.83 to R2, and \$308.48 to WSO.

Internal Information Chair – Jeff N.

General Internal Information

Need volunteer in 2025 to edit recordings before posting to website.

PI/PO Chair, Dave B.

Retreat Chair – Lessie C.

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.

12th Step Within, Melinda H.

The Power Within: Spiritual Strength for Lasting Recovery:

Saturday, February 22 @ 1:00 pm–3:00 pm PST

NEW BUSINESS

OLD BUSINESS

OPEN FORUM

CLOSED with the Serenity Prayer.

Next meeting: Saturday, February 1, 2025, 2 pm