

July 4, 2020 Overeaters Anonymous – SDIC

Intergroup Meeting Minutes

ZOOM software will be used--10 to 15 minutes before the meeting, paste the link below into your browser: <https://zoom.us/j/2893041418>

To join a meeting by phone, call 669-900-9128 (San Jose), then enter the 10-digit meeting number shown in the link.

Chair, Kathy H., present
Professional Outreach, Richard, pres.
12-Step Within, Ayawnda, present
Retreat Liaison, Chad, present
Recorder, Beth C., present
Secretary, Barbara Ru., present
Young Peoples, Callie, present
Public Information, Deena, present
Zoom Administrator, Richard (Ad Hoc)present

Webmaster, TJ, present
Vice-Chair, Joanna, present
Treasurer, Liz B. present
Literature, Corrine present
Reach Out Editor, CeeCee present
R2 / WSO Coordinator, Beth FJ present
Lease, Beth FJ (Ad Hoc) present
Internal Information, Deb C. present

1. Kathy: Welcome; Serenity Prayer
2. Liz: Tradition 7 (July) for Intergroup
3. Kathy
 - A) roll call for IG—Annette Maria filling in for Sat AM Encinitas; Vicky 10AM Vista: Barb S Sat Maintainers; Sandy Sat 7AM; Naomi Mon 7:00; Ben Sun 7-8PM; Claudia Tues Noon; Kathy M Sun 2PM; Lindsey Thurs Noon. Others present: Pam E, Ann M, Deb, Joel, Larry C, Barbara R, Dave B, Stephanie M, Kathleen, Ann-Marie; Charles, AJ.
 - B) OA Region 2 Convention 2020 “A Vision of Recovery,” July 10-12, 2020.
 - C) Elections in December; descriptions of positions will be in the Reach Out next month. Positions coming up for election are: Vice Chair, Treasurer, Internal Info, Literature, Recorder, Retreat Committee Chair, 12th Step Within, R2 reps and WS delegates.

To Get the Reach Out, go to Oasandiego.org—you can get the Reach Out on the Website, or you can get the Reach Out automatically by emailing the Reach Out Editor at reachout@oasandiego.org.

4. Joanna: Vice Chair—no report
5. Liz: Treasurer—donations June 2020, 3890.27, net 837.22. Reports available. If you make a donation, add your meeting number (found on the meeting directory) and specify where you want the donation to go to—7th tradition will go to IG, but if you specify rent, it will go to rent at the OAsis. If you don't put it down, it will go to

7th Tradition. It is best to send separate payments to R2 and WS if you want it to go to WS or R2 (by snail mail or on line). This however will be clarified next month as a different message was given to the IG reps previously.

If you are sending a check, please send to: OA at 8825 Aero Drive, San Diego, CA 92123 and make checks payable to Overeaters Anonymous.

R2 and WS have ways to donate electronically to them by going to their web pages.

6. Corrine: Literature—no report; if you are having trouble purchasing from the main office, you can call Corrine and she can arrange, by appointment only, for curbside delivery. Her number is (619) 977-1546.
7. CeeCee: Reach Out—Announce at your meetings, you can get the Eblast flyers and Reach Out by sending an email to CeeCee at reachout@oasandiego.org. Also, please send any testimonies, stories you may have for the Reach Out to CeeCee.
8. Beth FJ: R2/WSO/Lease—Region 2—2 people have volunteered to be R2 rep: Karen S and Pam W. Next month we will vote at the IG meeting.

July 12th Workshop oavirtualregion.org—12 Noon. **“Acceptance is the Answer to All My Problems Today.”**

Every Zoom meeting should have an intergroup rep.

Upcoming Convention for Region 2 is July 10-12—by Zoom. **“A Vision of Recovery.”** Information at: Oar2.org or on the Reach Out.

9. Deb C: Internal Info—no report

We will not be opening at the Oasis during July. Decision to re-open will be discussed monthly.

10. Richard: Professional Outreach/Zoom- Defense Plan—up to 40 meetings in San Diego area currently. Oasandiego.org for lists.
Zoom Bomber Defense Plan to provide some specific and detailed tips to keep your OA meeting safe on Zoom. This is in the process of being finalized with possibly something shorter coming up sooner to help protect our meetings.
11. Ayawnda: 12 Step Within—We have a 12th Step Within Virtual Workshop-- August 22nd—it will be in same Zoom Room; please preregister with Ayawnda. Zoom workshop on Resentments. 3 facilitators. All participants need to bring a potato to the workshop.

12. Chad: Retreat Liaison—Retreat Committee has decided we are going to need to cancel the October retreat at Mission San Luis Rey, but we scheduled the next on April 23-25, 2021 at Mission San Luis Rey. We cancelled because too many constituents are in the high-risk group. If you have sent a check, you can roll it over to 2021 retreat or get a refund. There may be a virtual retreat the end of October—more details to come next month.
13. Callie: Young Peoples' Chair
 - A) age requirement—it is recommended on OA WS, any member under 18 should be accompanied by an adult to meetings.
 - B) new meeting—7-8 PM on Sunday. All-inclusive anorexic and bulimic young persons' meeting.
14. Beth C.: Recorder—no report
15. Barbara Ru: Secretary—no report
16. Deena: Public Information—Discussion with an OA member from New York who asked us if we did outreach to overeaters in hospital/institutional settings. Board is interested in pursuing this at some date when things open up; although it was mentioned that some of the footwork can be done electronically before that time.
17. new business:

Dave B. October 2nd-4th. Men's retreat at Mission San Luis Rey. Still happening on site unless things change.

New ZOOM meeting starting up soon—recovery bypass surgery or other weight loss surgery. More information to follow or call Dave at: (619) 787-2937

Next meeting August 1 @ 2:00. Meeting closed with Serenity Prayer at 1:50 PM.