

*** December 5, 2020 Overeaters Anonymous – SD County Intergroup

Intergroup Meeting MINUTES 2:00 pm

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
Vice-Chair, Joanna present
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

Webmaster, TJ present
Internal Information, Deb C. 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
R2 Reps, Keren S. and Pam W.--
present

Zoom Administrator, Richard (Ad Hoc)/Professional Outreach, Richard present

Maureen C; Susie H, Thursday Noon; Steph M Tues 7 AM For Today; Charles acting rep Thurs 9AM; Naomi Mon 7 PM; Pam E, Sun 3:30; Tina Sunday 9 AM; Joel, (v); Rachel K (visitor); Diane Fri Noon; Bryan V(v); Don S Sun Men's 9:00; Dave (V) Jessica H WSBC delegate; Annette M Encinitas 9:30 Sat; Beck Wed 5PM BB Chula Vista; Tina Sun 9AM Writing and Meditation; Alice (v); Pam E Sunday 3:30; Mary Saturday 7 AM; Jerry J 2021 R2 Convention Chair.

1. Kathy (Chair): Welcome!

- a. Serenity Prayer
- b. roll call board/intergroup
- c. Richard will discuss Tradition 12
- d. OAsis remains closed
- e. Zoom—few bumps here and there, but overall running well. Thanks to Zoom Security team for Security Guidelines.
- f. We can't have a paid treasurer position. We do have a paid bookkeeper. Liz has volunteered to help the new treasurer and act as a liaison between bookkeeper and newly elected treasurer. The bookkeeper has agreed to take on additional tasks previously handled by Liz.

2. Richard (Zoom Admin)/Professional Outreach: Beth FJ and Richard have been working diligently to figure out why the 2nd Zoom line isn't working. They finally, after a month of trying to get in contact with Zoom, got in touch with a real human and received a message that Zoom understands the problem and will try to help them. Reports of abuse in the last few months. Many meetings have stopped private chat

on the advice of the Zoom committee. This has helped immensely. They will stay vigilant and please let them know if anything happens during a meeting.

Per Kathy: Reminder: Our meetings are autonomous and most Zoom security issues can and should be handled at the meeting level. If something cannot be handled at the meeting level, they can be brought to the Board or Zoom Committee at an appropriate time to discuss.

3. Liz, (Treasurer): financial update. November reports. Net loss of \$40.85 in November. +\$2314.25—donations. Only changes. Computer and PA system donated. Kudos to Liz from Kathy—Liz has done an incredible job as treasurer.

4. Deena: (Public Info Chair):
Brief R2 Convention public information report –
 - a. Jerry J—Virtual 2021 R2 Convention. Please contact Jerry or Deena if you would like to volunteer.
 - b. Need R2 Convention volunteers as we swing into Virtual mode –things have changed—no hotel liaison; but expansion of how we think is needed as we go virtual. Expanding our outreach to other areas—Mexico, Hawaii, Northern Nevada. Trying to reach out to Spanish-speaking communities. Reaching out to other regions around the world including virtual region. OAR2.org—you will see material about the 2021 R2 convention. Richard has identified a need for technical committee, hospitality will need to be virtual as well. The committee has learned so much from Bryan V who was on the 2020 R2 Virtual Convention. Meetings are held the last Saturday of the month, posted on the zoom calendar. Lining up lots of new meetings—CeeCee is setting up some new flyers on the Reach Out.
 - c. Flyer for Tuesday committed study group beginning next January – Thursday Jan 7th Bulimic/Anorexic meeting at 6:30. * Tuesday January 12th 6:00-7:30 PM on ZOOM starts a new Committed Step Meeting will be open for 5 weeks. *
 - d. New WSO literature from R2 Assembly—recommended to Intergroups
 - e. * additional information at end of minutes.

5. TJ (Webmaster): Requesting new board members to send TJ their contact information.

6. Corrine (Literature): Literature sales--\$120 sales, no purchases. Enjoyed being lit chair, and will be willing to help new person.

7. Callie (Young People's): Due to new career opportunity involving working on Saturdays, Callie is having to give up her position. She has recruited a candidate and

will continue to be active in OA.

8. Kathy thanks everyone for their service. Some of the comments from outgoing board members are listed.
9. Beth FJ R2 / WSO Coordinator, Lease (Ad Hoc)—still is R2 coordinator, and she says Thank you for letting her do service. No current need for Lease Chair after Beth did an excellent service securing a fantastic lease agreement.
10. CeeCee (Reach Out): Reach Out update—lots of great information in Reach Out. “Reach out” to your meetings to remind people of the Reach Out.
11. Chad (Retreat Liaison): Available to Maureen (new Retreat Liaison) anytime she needs guidance in her new position.
12. Beth C. (Recorder): learned a lot; appreciates all the help from Richard; “thank you for letting me serve.”
13. Ayawnda: (12 Step-Within-Chair): It’s been a joy to do the position. Enjoys the feedback about the meetings. Privilege and honor to serve.
14. Deb C (Internal Info): Honored to be of service. Needs to have someone who can communicate effectively for the position.
15. Barbara Ru (Secretary): No report
16. Joanna—“it’s harder than you think!” But she is committed to taking on the position of treasurer with help! Joanna’s help went above and beyond the vice chair position per Kathy.
17. Jerry J (2021 R2 Convention Chair): See report above.
18. ELECTION--Pam W. and Keren are our new R2 reps and also appointed the 2 who will be conducting the elections as they can’t be board members running the election. 9 board service positions open—2-year terms. Can run for a second term.
Requirements for service positions
 - regularly attend at least 1 SD OA meeting, and have working knowledge of OAs 12 Steps and Traditions.
 - Be present during this ZOOM meeting.
 - Meet current abstinence requirements—at least 1 year’s current abstinence, 6 months at maintenance, with nominee being the sole judge of his or her abstinence. (If no candidate meets these requirements for the position, a candidate may be elected in an “acting” position, except for Chair and Treasurer.

- Attend and give reports at monthly Board and Intergroup meetings.
- Newly elected service positions will take in effect after meeting today.

Keren stated positions open:

Literature, Internal Info, Young Persons, Professional outreach, Recorder, Retreat Liaison, 12th step Within, Vice Chair, Treasurer.

Literature—outgoing Corrine; candidate Alice C. nominated by Deena Pam E 2nd. All yay, no nays. Alice C. elected as Literature Chair.

Internal info—outgoing Deb C; no current candidates have come forward.

Young persons' –outgoing Callie; Callie nominated Rachel K; Kathy 2nd. Unanimous—Rachel is our new Young Persons' Chair.

Professional outreach—Richard leaving position early to concentrate on Zoom position and other OA commitments—no current candidate has come forward.

Recorder—outgoing Beth C; candidate is Tina; she nominated, 2nd by Liz. No Nays. Tina elected our new Recorder.

Retreat Liaison—outgoing Chad; candidate is Maureen C; Liz nominated; 2nd from Pam E. 26-0. Maureen C. is our new Retreat Liaison.

12th Step Within Chair—outgoing Ayawnda; candidate is Pam V; Joanna nominated; Kathy 2nd. Pam V is our new 12th Step Within Chair by unanimous vote.

Vice-Chair—outgoing is Joanna—candidate is Gene K; Beth FJ nominated; Kathy 2nd. 27-0. Gene elected our new Vice-Chair.

Treasurer—outgoing is Liz B—candidate Joanna, Keren nominated; Pam V 2nd, 26-0. Joanna is our new Treasurer, to start in February.

World Service Delegate—currently Beth FJ and Jessica. Beth FJ motion to nominated Jessica for a second term; Pam E 2nd it. Jessica elected World Service Delegate . 23-0.

19. New Business for January 2, 2021 meeting:

A) Open positions—World Service Delegate; Professional Outreach; Internal Affairs. New board members and members they are replacing are staying after the meeting to exchange information.

B) Will vote on FB page at January meeting. Will need someone to volunteer to be committed to regularly monitoring FB page to keep the page going.

20. Serenity Prayer

Adjourn 3:10PM.

*Next Meeting January 2, 2021 at 2:00 PM

Respectfully submitted,

Barbara Ru.
Secretary San Diego OA Intergroup

NEW MEETINGS STARTING IN JANUARY 2021

Zoom links to follow

Recovering from Bulimia and Anorexia: A Path Forward

Thursdays, 5:30 - 6:30 p.m.

1st Meeting Jan. 7, 2021

Contact: Kathy at [kathybirsch@gmail.com/](mailto:kathybirsch@gmail.com) Bryan at bvand005@ucr.edu

Tuesday Night Committed Step & Tradition Study

Tuesdays, 6:00 - 7:30 p.m.

1st Meeting Jan. 12, 2021 - Meeting closes to Newcomers after Feb. 9

Contact: Elyesse at uhlerelyesse@gmail.com

SAN DIEGO HOSTS R2 ANNUAL VIRTUAL CONVENTION JULY 9-11, 2021

NEXT PLANNING MEETING:

Saturday, Dec. 26, 1:15 - 2:45 p.m. (Zoom link on Zoom Calendar at oasandiego.org)

VOLUNTEERS NEEDED! Contact Convention Chair Jerry J, convention@oar2.org.

VALUABLE AND **FREE PAMPHLETS TO DOWNLOAD**

(NO MATTER YOUR LENGTH OF TIME IN PROGRAM):

1. Temporary Sponsors: Newcomers' First Twelve Days (*Hot off the virtual press!*)

<https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/>

2. Been Slipping and Sliding?

<https://oa.org/app/uploads/2019/12/Been-Slipping-and-Sliding.pdf>

3. Twelve Stepping a Problem

https://oa.org/app/uploads/2019/12/twelve_stepping_a_problem.pdf