

## IG Meeting Jan. 2, 2021 Overeaters Anonymous – SDIC

### 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. PASSWORD is: **826463**; or go to the link on the OA website and click on meeting day and time.

Chair, Kathy H.	Webmaster, TJ
Professional Outreach, vacant	Vice-Chair, Gene
12-Step Within, Pam V.	Treasurer, Joanna (Liz B—Jan)
Retreat Liaison, Maureen	Literature, Alice C.
Recorder, Tina	Reach Out Editor, CeeCee
Secretary, Barbara Ru	R2 / WSO Coordinator, Beth FJ
Young Peoples, Rachel	Internal Affairs--Vacant
Public Information, Deena	
Zoom Administrator, Richard (Ad Hoc)	

IG Reps: Mary V Sat 7 AM; Deena L Sat 9:30 AM Encinitas; Don S Sun 9AM Men's; Pam E Sun 3:30; Beth C Sat 10:30 AM; Sherri K Tues, 6:30 AM; Geneva Tues 7 PM, Night Snackers; Beck Wed, 5 PM Chula Vista, Big Book; Lisa H Sun 9 AM Women's Focus and Meditation; Charles Sun 6:30 PM 100 lb; Susie Tues 12 N Women's; Andi Fri 10 AM, Vista; Scott Sat 7:00 AM, Carlsbad; Cari Sun 2 PM.

Visitors: Kathy H (Houston); Riley; Ellen; Dave B; Naomi

1. Kathy: Welcome; Serenity Prayer

Gene to share on Tradition 1.

- A) Roll call for Board/IG reps, guests introduce themselves
- B) Discussion about keys—emergency meeting to change the lock on the door because some members were going back into the OAsis after the decision was made to close the OAsis due to the pandemic. For security, safety and legal reasons, lock was changed. Only 4 keys were given out to those who need access to the OAsis for business purposes and more will be available once we start meeting in person.
- C) New committee needed to review and revise by-laws—they need updating. We need to look at roles to make sure they mesh with the reality of the position. 3 people have volunteered to help with reviewing and updating the by-laws.
- D) Vote for Internal Information and Professional Outreach Candidates—Riley (was secretary at Encinitas)—interested in Internal Information position. 5/25/19—abstinence date. Wants to give back to the Fellowship. Kathy H.

knows him as a dedicated, trusted servant. Voted by majority, Riley will be our new Internal Information Chair.

Kathy H (Houston)—interested in Professional Outreach. She is from Region I. Kathy is living in Houston, but attends our Anorexia & Bulimia meeting; Kathy H (Houston) is really interested in outreach to help others understand OA as there are many who have misconceptions. Also, her goal is to reach people of color and younger people. By profession she is a literacy teacher. Kathy H (Houston) was voted by majority vote to be our new Professional Outreach Chair.

- E) New Ad Hoc position for maintaining meetings on WS website. Dave B. was appointed this position as he has already seen the need to do this, and Dave has been working with changing the meetings on the WS website from in-person to virtual.
- F) New “Recovering from Anorexia and Bulimia” meeting held 5:30 PM to 6:30 PM starting this Thursday Jan 7<sup>th</sup>.

- 2. Gene: Vice Chair—no report
- 3. Richard: Zoom Administrator—New meeting Zoom room up and running. This has occurred because we have filled our first Zoom room to capacity and had to turn away potential meetings. To start new meetings, go to [Zoom@oasandiego.org](mailto:Zoom@oasandiego.org). There is plenty of room for new meetings. Meetings with 2 numbers will now be on website. Zoom meeting form to be filled out for new meetings and that information will become available to you by going to above Zoom email address.
- 4. TJ: Webmaster—small changes to website. Update words on 7<sup>th</sup> tradition. Adds info that Richard has put together re: guidelines and security information, and instructions how to easily join Zoom meeting with a phone number.
- 5. Liz V: Treasurer through Jan 2021; Liz thanks the fellowship for allowing her to be of service. Transitioning with Joanna, who will be Treasurer as of February 2021.
  - A) Facebook pages—vote on continued existence of FB page. Unless someone offers to maintain the FB presence, Liz thinks we should eliminate it; the Board agrees. Charles concern that if decide to eliminate—someone will be able to create another one; it was brought up that would be possible regardless. There is no one there to answer questions in a timely manner if we don't have someone monitor the page daily, and that is Liz's concern; people need and are requesting information and there is no one there to answer in a timely manner or at all. Deena feels it is more a liability issue to have the page with no one regularly monitoring it. Maureen made a motion to disband the FB account. Mary 2<sup>nd</sup>. We will delete FB by majority vote.
  - B) Financials—December—our net \$1559.31; net profit was less than expected for the year, but the budget was set prior to the pandemic and we are not in the business of trying to make money but to allow services and reach fellow sufferers to hear and learn about OA.

6. Deena: Public Information—looking forward to working with new board members as her position overlaps with Professional Outreach and Internal Information and how much it overlaps will depend on how we rewrite the bylaws. Region 2 Convention happening this summer so public information. Will send out attachments. We will be reaching out to other regions and intergroups for help. Lots of energy and excitement. Welcome to Riley and Kathy. Thanks to Jerry J.—convention chair. Jerry—hopes everyone shows up at the convention and reminds the fellowship it is not too late to get involved. Convention planning meetings are held the last Saturday of the month at 1:15 PM. It will be a great convention. Can contact Jerry J. at [oaodat@gmail.com](mailto:oaodat@gmail.com) for more information or just come to Zoom Convention meeting (click on meeting on website Zoom meetings).
7. Alice C: Literature—Corrine did a great job!
  - A) Literature procurement..\$68.25—sales; If you want literature within a week—call Alice and she can meet you outside the Oasis if you are unable to get literature through bookstore.oa.org.
  - B) LA Birthday Party information—Jan 16 and 17, 2021. Go to OABDP.org to sign up.
8. CeeCee: Reach Out—Let CeeCee to let her know if there is anything you want in the Reach Out.
9. Beth FJ: R2/WSO—Pitch for Reach Out. If you are not regularly getting the Reach Out, send your email to: [reachout@oasandiego.org](mailto:reachout@oasandiego.org) and you will automatically get the Reach Out every month.
 

Updated reading for the 7<sup>th</sup> Tradition. Will be sent out with the minutes.
10. Internal Info: Vacant—voted in Riley today.
11. Profession Outreach: Vacant—voted in Kathy H (Houston) today.
12. Pam V: 12 Step Within--
 

Has reached out to others for ideas for Workshops—"How to be my own best friend with food," "Outside Abstinence" (restaurants, etc.),"Using HALT to set food boundaries," Nighttime Eating," are some of the possible topics.
13. Rachel: Young Peoples' Chair—no report
14. Tina: Recorder—no report
15. Barbara Ru: Secretary—send IG reps email addresses to [secretary@oasandiego.org](mailto:secretary@oasandiego.org).
16. New Business

Charles was wondering if there is a way the minutes that can be posted instead of taking time during the individual meetings. TJ mentioned this is something that will be eventually be shared on google.docs. Barbara mentioned since each group is autonomous, it is up to the individual groups and IG reps how much of the minutes and how the minutes will be shared.

**Next meeting Feb. 6, 2021 @ 2:00.** We closed meeting with the Serenity Prayer at 2:55 PM.

Respectfully submitted,

Barbara Ru,  
Secretary SD OA Intergroup