

## February 6, 2021 IG Meeting 2021 Overeaters Anonymous – SDIC

### Intergroup Meeting 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 on the oasandiego.org/zoom.html and click on day and time.**

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|---|--|
| Chair, Kathy H.--present                      | Webmaster, TJ --present                |
| ProfOutreach, Kathy G.--present               | Vice-Chair, Gene--present              |
| 12-Step Within, Pam V--present                | Treasurer, Joanna--present             |
| Retreat Liaison, Maureen C.--present          | Literature, Alice C.--present          |
| Recorder, Tina--present                       | Reach Out Editor, CeeCee--present      |
| Secretary, Barbara Ru--present                | R2 / WSO Coordinator, Beth FJ--present |
| Young Peoples, Rachel K.--present             | Internal Affairs, Riley--present       |
| Public Information, Deena--present            |  |
| Zoom Administrator, Richard (Ad Hoc)--present |  |

R2 Reps: Pam W. and Keren S.--present  
WSO Rep: Jessica H.--absent  
R2 Chair: Jerry J.—present

IGR and Visitors present: Ellen L Fri 7PM; Andi Fri 10am Vista; Deena L Sat 9:30 Encinitas; Beth C Sat 10:30 AM; Susie H Tues Noon Women's; Beck Wed 5PM BB Chula Vista; Scott M 7 AM Sat Carlsbad, Iyawnda 12 N Friday; Pam E Sun 3:30; Jeff Mon 7PM; Diane S Sat 8:30; Sherri K Tues 6:30 AM; Mary V Sat 7AM; Naomi (V); Joel (V); Charles (V)

1. Kathy: Welcome; Serenity Prayer  
A) roll call for Board/IG reps  
B) Tradition 2—Barbara Ru.
2. Joanna: Treasurer: see report—new updated short Tradition 7 reading to be found on OA website; will also be in the new March Reach Out. We have an excellent bookkeeper—we got 7 reports. We had net income of 1,176.52. Decrease in rent after negotiations last year; expenditures are down, donations are down—both to be expected during pandemic.
3. TJ: Webmaster: The new 7<sup>th</sup> Tradition is on the website. New Reach Out for February is available on the website as well.

Occasionally [board@oasandiego.org](mailto:board@oasandiego.org) doesn't always go to every board member and is just a glitch in the system.

4. Deena: Public Information: R2 Convention update. A lot of her work this year is going to support the R2 Convention hosted by San Diego—July 9-11<sup>th</sup>—WE NEED VOLUNTEERS.
5. Pam V: 12<sup>th</sup> Step Within: vote on topics for workshops. At the March Intergroup Meeting, please tell us your group's favorite topic for a future workshop from this list:
  - 1) Nighttime eating; Cravings:
  - 2) Do You Eat Your Feelings?
  - 3) Using HALT (Hungry, Angry, Lonely, Tired) to set food boundaries.
  - 4) Any Other Suggestions??
6. Riley: Internal Information: update on converting meetings on WSO—Dave and Laurie have helped—what Riley begin the process of making what is listed on OA.org and our meeting list the same; accurate meeting dates/times/contact info; updated zoom forms for every meeting. There is now a fillable pdf for Zoom form which is more user friendly. Riley has a master meeting list; lots of inconsistencies between what is happening and what is on the list, but he is working at correcting it. Hybrid meetings will probably be listed under in-person meetings, but yet TBD since we don't have hybrid meetings yet. Stay tuned for updates.
7. Beth FJ: R2/WSO: WSO report/FB update—last weekend they had an emergency meeting; needed bylaws to have the World Business Service Conference virtually. Also, if anyone is interested in being involved at this level of service, please contact Beth FJ at [wso-r2@oasandiego.org](mailto:wso-r2@oasandiego.org) —Jessica is one delegate but we are allowed two; it would be great to have an additional person to represent our group at the World Service level.
8. Virtual Region is having their convention 20, 21<sup>st</sup> of February!
9. Alice C: Literature—everyone is following protocol to get literature. If you need literature within 7 days, contact Alice at [literature@oasandiego.org](mailto:literature@oasandiego.org). [Bookstore.oa.org](http://Bookstore.oa.org) to get literature. Literature sales: \$167.25.
10. Kathy G: Professional Outreach—compiling a list of other groups around the country to find out how they are getting information out to professionals. Will give us an update soon.
11. CeeCee: Reach Out: Please go back to meetings and tell everyone to sign up for

the Reach Out. It will automatically come to you monthly. Lots of important information and articles. Email CeeCee at: [reachout@oasandiego.org](mailto:reachout@oasandiego.org). Also send her your recovery stories and art!

12. Gene: Vice-Chair: no report
13. Richard: Zoom Administrator: We had an unfortunate Zoom bomber attack at the end of our Board meetings today. We need to be security conscious! Reminder that we don't have to depend just on our San Diego talent to get Zoom technical expertise.
14. Maureen C: Retreat Liaison: report—postpone the April retreat until the Fall; date TBD.
15. Rachel: Young Peoples' Chair: The meetings with more young people in attendance are: Young Persons; Anorexia/Bulimia focused; Night-snacking meeting; LGBTQ+ and friends meeting. Of course young people are welcome at all our other meetings as well.
16. Pam W and Keren S: R2 reps- Pam W is on 12<sup>th</sup> Step Within Committee at Region 2 level. ' 

Keren sits on Diversity Committee—sending out a survey to look at experience of feeling welcome at meetings.
17. Jessica H: WSO rep: no report
18. Jerry J: R2 Convention Chair: We need a tech team for the Convention; looking for people who have Zoom skills. Registration should be up on line shortly. 

Contact Jerry J if you have questions—call or email Jerry at [oaodat@gmail.com](mailto:oaodat@gmail.com), (408) 372-4982. Richard is Chair of Hospitality Team; we are still looking for Diversity Chair; and still looking for a Fundraiser Chair.
19. Tina: Recorder: no report
20. Barbara Ru: Secretary—If you know any IG rep who hasn't received an agenda or the minutes, have them email me at: [1barbara jean917@gmail.com](mailto:1barbara jean917@gmail.com) or [secretary@oasandiego.org](mailto:secretary@oasandiego.org) and I will put them on the list to receive IG information.
21. New Business— Deena will share on Tradition 3 in March. Joanna to share on Tradition 4 in April.

Next meeting March 6, 2021 @ 2:00. Meeting adjourned at 3:07 PM with Serenity

Prayer.

Respectfully submitted,  
Barbara Ru.  
Secretary San Diego OA Intergroup