

MARCH 6, 2021 IG Meeting 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 on the oasandiego.org/zoom.html and click on day and time.**

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

R2 Reps: Pam W. (present) and Keren S.

WSO Rep: Jessica H.

R2 Chair: Jerry J.

1. Kathy: Welcome; Serenity Prayer

A) roll call for Board/IG

Intergroup Reps present: Sherri 6:30 Tues AM FT; Steph M 7AM Sat; Hope 9 AM Tues Escondido; Beck 5 PM Wed Chula Vista BB; Ayawnda 12 Noon Friday; Cari 2 PM Sun VOR; Diane S 8:30 Sat AM; Andi 10 AM Fri Vista; Susie Noon Tues Women's; Wendelien 5:30 Sun LGBTQ; Jeff N 7PM Mon Speakers; Lisa H 9AM Sun Women's Focus; Scott 7AM Sat Carlsbad; Ellen 7PM Fri; Deena L 9:30 Sat Encinitas; Pam E. 3:30 Sun. Visitors: Hillary, Charles, Naomi.

B) Tradition 3 – Deena shared her thoughts on Tradition 3.

C) IG meeting minutes highlights—Kathy gave some background on distributing the minutes and sharing by IGR at meetings. Some challenges have been encountered especially noticeable since we have been doing Zoom as we get members from different Intergroups. What we have done up until now: Send out minutes to the intergroup reps and had them interpret how to share with their meetings; NEW: we will post the minutes on the website; NEW: we will have highlighted some of the suggested important items to share. It will be

up to the individual IGRs and their meetings, of course, to give the minutes as they feel appropriate to their meeting.

D) R2 Convention July 9-11; the board voted to have \$510 go to scholarships for the Convention which is \$15 registration fee.

2. Gene (Vice Chair): will work on editing the Reach Out, and will also help highlight important items on the minutes.
3. Richard (Zoom Administrator): updates from committee/emergency disrupter list.

There was a little bottleneck today between the Board Meeting and the Intergroup Meeting in the effort to keep our meetings safe and secure. This should go smoother with future meetings. There are a few things our IGRs and Visitors can do which we will remind you again next month on the agenda. 1) Don't arrive early to the IG meeting as we will be finishing with the Board meeting by 2:00 2) Before you join the meeting or as soon as you do, we are asking everyone to rename themselves on their phone or laptop—first to put your position -- put V for visitor; IGR for IG rep; name (first name and last initial) and time of meeting you represent)—EXAMPLE: IGR Barbara N, Wed 2:30PM Big Book-- and then you will be allowed in the waiting room and then into the meeting. Richard reported the committee plugged a few more loopholes to minimize bomber attacks. Zoom committee members are also on the Zoom committee for the Convention to help in all matters Zoom.

4. Joanna (Treasurer): report—net revenue (profit) for Feb: \$679.49. Gross profit \$2,927.07 with total donations \$3134.00. Total expenditures \$2,247.58. Thanks to negotiations by Beth at beginning of pandemic, our rent has been lowered for 9 months. We're in the black thanks to the lower rent. In July, our rent goes back up by approximately \$700/month.
5. Beth FJ (R2/WSO Coordinator), and OAsis status—
WSBC world-wide business conference will be virtual conference—the first one held virtually; we have Jessica as a WS delegate—we need another delegate to attend—It is amazing experience being involved in how WS works—it will be held in April or May this year. Qualifications—service beyond the group level. Board member, IGR, abstinence requirement—if interested, contact Beth FJ at wso-r2@oasandiego.org.

OAsis is still closed. We are following local, county and state guidelines. Beth FJ will report monthly on status.

6. TJ (Webmaster)—March Reach Out was just posted on website this past week. Will post the flyers as well. Intergroup meeting minutes will be now posted.

TJ will be retiring as of October 1st—we need a new webmaster; we may also farm out to professional webmaster but if anyone is interested or knows a professional webmaster who is interested, please let TJ know at webmaster@oasandiego.org.

There is also the possibility of having someone from the fellowship take the position with help from a paid professional webmaster (similar to our treasurer and paid bookkeeper).

7. Deena (Public Information):
 - a) R2 Convention updates—still need for volunteers for planning committee for upcoming July 9-11th Convention which will be virtual.
 - b) Other ways to carry message—Deena works closely with Kathy G; work at ways to reach out to providers and public information; reaching out to community at large. They are working on defining communities they will be working with. Now, it is virtual, but horizons have been opened up to reach more people. R2 and WSO have made funding available. They are leveraging work others do in other regions.
8. Kathy G (Professional Outreach): reaching out to other Intergroups for new ways to carry the message to all who need to hear the OA message—Similar goals and responsibilities as Deena; and working with Deena to do outreach.
9. Pam V (12th Step Within): Thanks to those who helped collect data on survey results on preferences for workshops—Number one was 41.4% Nighttime Eating; Number 2 was 37.9% Using HALT (Hungry, Angry, Lonely, Tired) to Set Food Boundaries; and Number 3 was Cravings (Do You Eat Your Cravings?).
Other ideas: Body Image; Bingeing and Purging; Feelings, Sleep/Energy Recovery, Relapse Prevention, Building OA Recovery Using the Steps, Emotional and Spiritual Recovery, Letting Go of the Scale and Trusting HP, Willingness, “Emotional Sobriety.”
Collaborating with East Coast Region 6 for probable May workshop on Body Image.

Also big thanks to Kathy G. for setting up the format to reply.
10. CeeCee (Reach Out): Let people know they can get the Reach Out monthly at Reachout@oasandiego.org. Helps the cohesiveness of OA; strengthening OA and individual recovery. Any announcement (even after the 15th of the month deadline), let CeeCee know and if you want to specify where in the Reach Out—front page or back page preference? Trying to make the Reach Out easier to read for quick bursts of recovery at your fingertips. Also, many people in our meetings don't even know what the Reach Out is—so a brief explanation by the IGR about what is in it—recovery stories, new meeting details, Zoom information, trusted servants contact information, upcoming workshops and conventions.

1. Maureen (Retreat Liaison): Nov 5-7, 2021 at Mission San Luis Rey in Oceanside, CA.
In-person retreat; no policy re: proof of vaccination; have held 16 overnight retreats at SLR without incident since pandemic; guidelines to follow from SLR. WS viewpoint on meeting in person – everyone should follow local, state and federal guidelines re: pandemic. Maureen will meet again with committee in June to make final decision on whether the November retreat will be happening and happening in person.
2. Alice (Literature): thanks to fellowship for following COVID regulations.

Due to COVID, please order your literature at bookstore.oa.org unless absolutely necessary to receive literature before 7 days and then Alice can meet you curbside at the OAsis.

Alice was able to get books, tokens, etc. at the Serenity Shot at 40% the original price before they closed their doors recently. Literature cabinet will be well-stocked once we do come back into the OAsis.
3. Riley (Internal Info): update on meetings and converting meetings on WSO. Most of his report is FYI—reaching out to meetings collecting zoom update forms. Fillable pdf version of the forms. He will be prioritizing face to face meetings on oa.org. Wants to make sure he has current meeting info. Virtual meetings will be listed as face to face, but no address so you will know it is currently virtual; will make it possible to list hybrid meetings more easily in future. **IMPORTANT:** Please don't change meeting information on oa.org website. If multiple people are making changes, it is messy; Riley can't be notified by oa.org regarding the changes so please contact Riley with the changes and he will take care of notifying oa.org and inputting the correct information. He will put email in chat. Riley's email: Internal-info@oasandiego.org.
4. Rachel (Young Peoples' Chair):
 - a) Update on young person email address—no emails on this address to date since she has taken the position.
 - b) OA Young Person's E-retreat <https://www.metrowestoa.org/ypretreat/>--it is today so by the time you get the minutes—it is old news!
 - c) Survey <https://www.surveymonkey.com/r/AttractYP> Survey from World Service on reaching out to young people.
 - d) There will be a young persons' panel at the 2021 R2 Convention in July.
5. Tina (Recorder): excused

6. Barbara Ru (Secretary): send your email address to Barbara if you currently aren't getting the minutes and/or if you are new at secretary@oasandiego.org.
7. New Business: Ellen wants to give report—July 9-11th, virtual convention. “Keys to Recovery.” It takes a community to put this on. Great service opportunities—technical and non-technical. Need for bilingual people as well. Email Jerry at oaodat@gmail.com or convention@oar2.org or call Jerry at (408) 373-4982. Meetings are held the last Saturday of the month from 1:15 to 2:45 PM via Zoom. Meeting is listed on the website in the Zoom meeting calendar.

Beth FJ—updates on Zoom—please make sure you are using the most recent update for Zoom. If you have questions, go to zoom.com or check with Richard V. at zoom@oasandiego.org.

Next meeting, April 3, 2021 @ 2:00 PM

Adjourned with the Serenity Prayer.

Respectfully submitted,

Barbara Ru
Secretary San Diego OA Intergroup

Suggested items to share at your meetings:

- **Survey results on preferences for workshops:**
41.4% Nighttime Eating
37.9% Using HALT to Set Food Boundaries
Cravings (Do you eat your cravings?)
- **Trying to make the Reach Out easier to read for quick bursts of recovery at your fingertips. Also many in our meetings don't even know what the Reach Out is—so a brief explanation by the IGR about what is the Reach Out—recovery stories, new meeting details, Zoom information, trusted servants' contact information, upcoming workshops and conventions. Get Reach Out monthly by emailing reachout@oasandiego.org.**
- **IGRs and Visitors:**
Don't arrive early to the IG Zoom meeting

Rename yourself in Zoom—first put position (V for visitor or IGR for IG rep); then first name and last initial, then day and time and focus of your meeting. Example:

IGR Barbara N. Wed 6:30PM Big Book.

- **WSBC—world-wide business conference will be virtual this year; we have Jessica as a World Service Delegate; we need another delegate to attend. Date is TBD—April or May. Contact Beth FJ at wso-r2@oasandiego.org**
- **IMPORTANT: please don't change your meeting information on the oa.org website. Please contact Riley by email at: internal-info@oasandiego.org if changes need to be made.**
- **July 9-11, 2021 is our R2 Convention hosted by San Diego. It is a virtual convention—"Keys to Recovery." It takes a community to put this on. Great service opportunities—technical and non-technical. Need for bilingual volunteers as well. Email Jerry at: oaodat@gmail.com.**
- **Nov 5-7, 2021 Serenity Retreat at Mission San Luis Rey, Oceanside, CA. In-person retreat. SLR has held 16 in-person overnight retreats since the pandemic with no incidences. They have guidelines to follow, but no proof of vaccination is needed. Committee meets in June for final decision on whether the retreat will be happening and if it will be in person.**
- **Due to COVID, please order your literature at bookstore.oa.org.**