

April 3, 2021 Overeaters Anonymous – SD Intergroup

Intergroup Minutes 2:00 to 3:00 PM

Summary Key Points for IG reps to share – NOTE the full meeting notes follow below.

- Ellen - new Webmaster and is redesigning the SD OA website; live mid-April. Anyone with special background in or interested in web design, contact Ellen at webmaster@oasandiego.org
- Update on 12 Step Within Workshops - no 12th Step Within workshops until after the Convention.
- Registration is now open on our oasandiego.org website for the R2 Convention July 9-11.
Please announce this at all of the OA meetings.
- Riley is verifying all of the ZOOM meetings. Only 5 meetings haven't been verified, and they are listed in black on the zoom website <https://www.oasandiego.org/zoom.html> .
 - Secretaries of meeting in black should email Riley internal-info@oasandiego.org to complete this process
 - Please Don't edit your ZOOM information on oa.org, as Riley won't get that information. Riley will take care of it. Email Riley internal-info@oasandiego.org
- We have \$51,830.22—in the bank account. We had voted to have a full year's rent in our savings account for the Prudent Reserve to cover the rent.
- Nov 5-7 considering an in-person retreat at Mission San Luis Rey. We will have more information at the Retreat Committee meets in June.
- Passed three motions today at the Board meeting:
 1. Add web backup plan to our current hosting plan at \$30/year
 2. Change our Zoom plan from \$29.98/month to an annual plan of \$299.80/year.
 3. Subscribe to Constant Contact Email Plan at a rate of \$20/month, which allows up to 500 contacts, 3 users and unlimited email.
- Email Barbara Ru (Secretary): secretary@oasandiego.org if you are new OR if you haven't been receiving the agendas or the minutes
- **OAsis remains closed, and we'll keep you posted if that changes.** The lease is up in January 2022.
- Unity with Diversity Committee created a survey. The survey is looking at how welcoming we are. Please go to <https://www.surveymonkey.com/r/diversityr2> to take the survey, and it only takes 5-15 minutes.
Please announce this at all of the OA meetings.

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ZOOM software will be used—5-10 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. excused
Professional Outreach, Kathy G. excused
Treasurer, Joanna present
Retreat Liaison, Maureen C. present
Recorder, Tina R. present
Secretary, Barbara Ru present
Young Peoples, Rachel K. present
Public Information, Deena B. present

Webmaster, Ellen L. present
Vice-Chair, Gene K. present

Literature, Alice C. present
Reach Out Editor, CeeCee exc.
R2 / WSO Coor, Beth FJ pres
Internal Info, Riley M. present
Zoom Administrator: Richard V.
(Ad Hoc) present

R2 reps: Pam W. (absent) and Keren S. (Present)
WSO rep: Jessica H. absent
R2 Chair: Jerry J. excused

IGRs: Susie, Tues 12:00 Women's; Cari Sun 2 PM VOR; Jeff N Mon 7 PM Speaker's; Scott Sat 7 AM Carlsbad; Don Sun 9AM Men's; Pam E Sun 3:30 Wt. Loss Surgery Focus; Deena L Sat 9:30 AM Encinitas; Beck Wed 5 PM CV, BB; Anna R Thurs 5:30 PM Speaker's; Vicki sub Fri 10 AM; Mary V Sat 7AM Meditation; Geneva Tues 7 PM Night-time snacking.
Visitor: Ginger G.

1. Kathy H. excused/Gene K. ran the meeting: Welcome! Serenity Prayer. Roll (Board)
 - a) Joanna W. shared on Tradition 4.
 - b) TJ/Ellen—new Webmaster and is redesigning the website; live mid-April—new mobile friendly meeting link. Anyone with special background in or interested in web design, contact Ellen at webmaster@oasandiego.org if you would like to help.
 - c) Update on 12 Step Within—no 12th Step Within workshops until after the Convention.
 - d) Registration is now open on our oasandiego.org website for the R2 Convention July 9-11. **Please announce this at all of the OA meetings.**
 - e) Start thinking about hybrid equipment for the OAsis. In person and by zoom--
 - f) Shout out to Gene-great job editing Reach Out and on summarizing the most important parts of the minutes to share. Reminder about purpose of bullet points. Bullet points are now going to be put at the beginning of the minutes for those who wish to share just the bullet points at their meetings depending on the group

conscience of every group. Full IG minutes are available on the webpage at oasandiego.org.

2. Gene (Vice Chair): see above.
3. Richard (Zoom Admin): Zoom updates— working at verifying all of the meetings with Riley, only 5 meetings which haven't been verified. Those are listed in black on the website.
2. Joanna (Treasurer): monthly report— net revenue: \$1212.83 in the black--\$600 more than last month. This is partially due to the decrease of \$900 in rent, but rent goes back up in July 2021. Total monthly donations: \$3605; total monthly expenses: \$2557.72.
We have \$51,830.22—in bank account. It has been voted on to have a full year's rent in our savings account for the Prudent Reserve. This current PR will cover the rent. Thank you for your contributions.
3. Beth FJ (R2/WSO Coordinator): WS election—OAsis remains closed, and we'll keep you posted if that changes. Lease is up in January, 2022.

WSBC is held every April, Jessica is our current delegate. Ginger has volunteered to be our second delegate. The delegate has to have served above the group level and meet certain abstinence requirements. Ginger mentioned it feels it is good to do service and it is important to her recovery. She has 2.5 years abstinence. She feels her 2 terms at R2 rep will hopefully add to her position as WS delegate. Beth moves that Ginger be voted as the WS delegate. Passed.
4. TJ/Ellen (Webmaster): update on web redesign—see above.
5. Deena (Public Info): R2 convention updates – July 9-11, 2021. Let Deena know what radio stations you listen to. PSAs may be broadcasted on the most popular stations.
6. Kathy G (Professional Outreach): excused.
7. CeeCee (Reach Out): Reach Out is going to a new format using bulk emailer and will be linked to website. Member shares will now be in the Blog. Always looking for feedback. It will be a self-subscription. Let CeeCee know at: Reachout@oasandiego.org if you would like to automatically receive the Reach Out or if you are interested in helping.
8. Maureen (Retreat Liaison): Nov 5-7 considering in person retreat at Mission San Luis Rey. We will have more information at the Retreat Committee meets in June.
9. Alice (Literature): COVID announcement about obtaining literature: Nothing

new—Oasis is closed; if you need literature within 7 days, call Alice and arrange for pick-up of literature outside the Oasis. Otherwise, go to: Bookstore.oa.org to get literature.

10. Riley M. (Internal Info): updating meetings. 5 meetings left to update info, and then will work on the OA.org. Goal is to have correct meeting information at the IG level and the WS level. Please: Don't edit your information on oa.org as Riley won't get that information. Riley will take care of it. If you must or feel you need to edit it at oa.org, please let Riley know.
11. Rachel K. (Young Persons): No updates.
12. Tina R. (Recorder): Passed three motions today at the Board meeting:
 - 1) Add web backup plan to our current hosting plan at \$30/year
 - 2) Change our Zoom plan from \$29.98/month to an annual plan of \$299.80/year.
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13. Pam W. and Keren S. (R2 reps): report by Keren: she sits on Unity with Diversity Committee and they have created a survey. Takes 5-15 minutes. Survey is looking at how welcoming we are. Please go to <https://www.surveymonkey.com/r/diversityr2> to take the survey. OA is divided into regions. R2 is California, Mexico, part of Nevada, Hawaii. As a R2 rep, reviews budgets, both Pam and Keren sit on committees; Pam sits on the 12th Step Within Committee. Other Committees are: Intergroup Outreach Committee, Young Persons Committee, Bylaws Committee, Public Information Committee.
14. Jessica H. WSO Delegate: no report
15. Barbara Ru (Secretary): Please let me know at: secretary@oasandiego.org if you are new OR if you haven't been receiving the agendas or the minutes. When you sign in to the meeting on Zoom next month, please put IGR, name (first name and last initial), day of your meeting, time of your meeting, special focus of your meeting if there is one.

New business: No new business.

Adjourn with The Serenity Prayer at 1:45 PM. *Next meeting: May 1, 2021 at 2:00 PM.

Respectfully submitted,
Barbara Ru
Secretary SD OA IG