

May 1, 2021 INTERGROUP MINUTES

Overeaters Anonymous – SD Intergroup

2:00-3:00 PM

BULLET POINTS FROM THE INTERGROUP MINUTES MAY 1, 2021. PLEASE SHARE AT YOUR MEETINGS. ENTIRE MINUTES ARE BELOW AND ALSO WILL BE AVAILABLE ON THE WEBSITE.

- New great web design of our website. Please check it out at oasandiego.org. Let Ellen L. know if you have any suggestions, corrections, comments at webmaster@oasandiego.org.
- Hybrid Meeting Task Force will be organized soon as our meetings will be meeting back in person with restrictions loosening up in the near future. Please let the Board know if you would like to join the task force, especially if you have experience in this area.
- OASis is still closed and will be re-evaluated on a monthly basis.
- There is a weekly drop-in Zoom informational meeting for potential hosts and/or hosts/co-hosts. Go to website for dates and times of these informational meetings.
- Go to oa.org or bookstore.oa.org for literature.
- Lease is up January 2022. Beth FJ, our Lease Chair, is in discussion with the Management Company about our options re: lease, smaller space, etc. We have had a reduced lease for 9 months, which will be going back up July 2021.
- Opportunity to serve at board level as 12th Step Within Chair. Please contact our Chair Kathy H. if interested.
- Opportunity to serve at the World Service level as delegate. Please contact Beth FJ at wso-r2@oasandiego.org for more information.
- Registration is open (go to website) for the R2 Virtual Convention, hosted by San Diego Intergroup. Convention is just 2 months away—**July 9-11, 2021 “Keys to Recovery”** (physical, emotional, spiritual); and **“We Are All OA”** (diversity and special focus groups). Two simultaneous tracks. Fellowship and Entertainment included.

New access to get on to our Zoom meetings. Go to the website at oasandiego.org and click on the meeting and time.

By phone: (669) 900-9128, Zoom Meeting ID 822 1580 0305

Please access the Zoom meeting between 1:50 and 1:55. Rename yourselves with position (IGR for Intergroup rep, V for visitor); first name and last initial; day of your meeting, time, special focus. Example: IGR Barbara Z, Tuesday, 12 N, Women’s.

Chair, Kathy H. present
Vice-Chair, Gene K. excused
Treasurer, Joanna W. present
R2/WSO Coordinator, Beth FJ present
Lease (Ad Hoc), Beth FJ present

Reach Out Editor, CeeCee absent
Retreat Liaison, Maureen C. present
Literature vacant
Internal Information, Riley M. present
Young People’s, Rachel K. present

Webmaster, Ellen L. present
Zoom Admin, Richard V. (ad hoc)present
Public Information, Deena (excused)
Professional Outreach, Kathy G. present
R2 reps: Pam W. not present and Keren S. not present
WSBC delegate: Jessica H. present and Ginger G. present,
R2 Chair: Jerry J.

Recorder, Tina R. present
Secretary, Barbara Ru. present
12th Step Within, vacant

IGRs: Beck Wed 5PM CV BB, Andrea Fri 10AM Vista, Jeff Mon 7PM Speakers, Geneva Tues 7PM Night Snackers, Sherri K Tues AM, Mary V Sat 7AM, Scott Sat 7 AM Cbad, Susie H Tues Noon Women's; Don Sun Morning Men's; Cari Sun 2 PM V o R; Pam E Sun 3:30PM; Hope Tues AM.

Guests: Dave B. R2 Convention Vice Chair, Pam V, Naomi.

1. Kathy: Welcome! Serenity Prayer. Roll (Board)
 - a) Roll call of Board and IG reps
 - b) Maureen shares on Tradition 5
 - c) Vacant board positions—Unfortunately 2 of our members are having to leave for personal/family reasons—Joanna, Treasurer, and Alice, Literature Chair. 12th Step Within position available after R2 Convention.
 - d) New website—huge shout out to Ellen for doing a spectacular job on the new website!
2. Gene (Vice Chair): excused
3. Joanna (Treasurer): Monthly report—May 1, 2021
Revenue: \$3657.33
Expenditures: \$2073.04
Net Revenue: \$914.29

(Increase in rent at the OAsis starting on July 1, 2021 from approximately \$1600/mo to \$2300/mo). 12 months of abstinence with 6 months of maintenance by your own definition.

4. Beth FJ (R2/WSO Coordinator): WSBC Convention this month.

Lease Update: Discussions with Management Company. OAsis is still closed, but we still have a lease. The rent was reduced from \$2378 down to \$1600 for 9 months, now will go back to \$2378. Our lease expires January 2022. We have potential to extend for one more year if landlord is in agreement and we are in agreement. Beth spoke to Mgt. attorney. Are they going to allow us to stay? Can we renegotiate? Our needs may be changing. We may want to go to a smaller location. We don't want to wait until 3 months before the lease expires to figure this out. Management attorney will come back with some options for us because we have been good tenants. Also, we are appreciative for lowering the rent for 9 months.

When are we going to open? Visiting this on a monthly basis. Lots to take into consideration—safety, monitoring, liability, space.

5. Ellen (Webmaster):
 - A) New website—thanks to TJ for years of service and training Ellen. Thanks to all for trusting Ellen to do the website.
Give Ellen feedback, content, corrections—send to Ellen, can call her (919) 999-6085 or email at webmaster@oasandiego.org. Meeting schedule—if you have trouble accessing the meeting, please call Ellen.
 - B) New access to Zoom as of today, May 1st. Phone number or email for contacts for the meetings. Webmaster@oasandiego.org. oasandiego; go there to access meetings, info, Reach Out.
 - C) Hybrid Meeting Task Force. Let Ellen know if you are interested in joining a task force.
 - D) Weekly drop-in Zoom training. Check the website for times.
6. Richard (Zoom Administrator): no report
7. Deena (Public Info): excused.
8. Kathy G (Professional Outreach): Sent out email to health professionals—Eating Disorder centers and nutritionists about OA San Diego. Per Kathy H, Kathy G is from Houston, but she is doing work for our board. She is also part of organizing an anorexic/bulimic meeting on Thursday evening. All are welcome to come to meeting.
9. CeeCee (Reach Out): no report.
10. Maureen (Retreat Liaison): no report.
11. Alice (Literature): Go to oa.org or bookstore.oa.org to order literature.
12. Riley M. (Internal Info): Cleaning up meeting list. Only two left that need to be verified.
13. Rachel K. (Young Persons): YP Panel on upcoming R2 Convention. Reach out to Rachel if any questions, ideas, concerns about Young Peoples.
14. Pam W. and Keren S. (R2 reps): No report
15. Jessica H. WSBC Delegate/Ginger/Delegate: WSBC was in April virtually. Some notes from Ginger: Tools of Recovery was updated—rewrote literature tool description.

New “Plan of Eating”—combined two previously pamphlets—Dignity of Choice and a Plan of Eating. 4 sample plans and then appendix B – what is a serving size? What to do on long days/irregular hours? Reaching the IBW (Ideal Body Weight). Definition of abstinence.

“Voices of Recovery”—updated quotations from 12 and 12. Discussion about Pronouns—“He” with regards to God.

Delegates are assigned to a committee—Ginger was on Public Info and Professional Outreach. There is a Trustee on each committee. 38 delegates representing 7 countries. Plan is for a 24/7 OA welcome room—virtual room for members, newcomers, those searching for a solution—Goal for 2021. Second goal—manuals—combining Public Info and Professional Outreach.

Beth explained—what World Service is—the World Service Business Conference is a group of delegates from around the world doing the OA business. 10 geographic regions and 1 virtual region. It is a huge service and commitment. We can have more delegates from San Diego if you are interested in doing this type of service.

Jessica spent about 50 hours on the Virtual WSBC site. She will give her report next month.

16. Barbara Ru (Secretary): If you are a new IG rep, please send your email address to secretary@oasandiego.org to be able to get minutes and agenda.
17. Dave B. (Convention Committee) to give R2 Convention report. The Convention will be closed caption, English and Spanish. Two simultaneous tracks. “Keys to Recovery” (physical, emotional and spiritual) and “We Are All OA” (diversity and special focus groups). Regular rooms and web rooms—speakers, panels, workshops. Pulling from the diversity of our fellowship. Entertainment. There will be a welcome center which will be open during limited hours for assistance and fellowship. Register soon! Can get registration on our home page. Eblasts will be sent to all Regions. Reach out to health professionals and military. There are many opportunities for service too.

Adjourn with the Serenity Prayer- at 3:00 PM.

*Next meeting: June 5 at 2:00 PM.

Respectfully submitted,

Barbara Ru.
Secretary
San Diego OA IG