

JUNE 5, 2021 INTERGROUP BULLET POINTS

Overeaters Anonymous – San Diego County Intergroup, Inc

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.

- In just one month our **R2 Annual Convention hosted by San Diego Intergroup will be here (virtually!!) July 9th through the 11th**. For the first time ever, the entire convention will be simulcast in Spanish. Closed Caption will be available. There are 2 tracks—“We are ALL OA,” reflecting the full range of our fellowship and “Keys to Recovery”—physical, emotional and spiritual recovery. Sessions for Newcomers, Meditation, and Gratitude. Entertainment and Fun (still need talented folks for entertainment). Also still need behind the scenes help for those shy or not-so-talented folks!! **Register on-line at <http://oasandiego.org>**. Contact Jerry (our convention chair) at convention@oar2.org with questions.
- Elections held as some Board members had to give up their positions for personal reasons. Maureen C. was voted in as Treasurer; Lou B. was voted in as Retreat Liaison; Alexis E. was voted in as Literature Chair. 12th Step Within position is still available.
- Beth FJ has renewed our OA logo usage from World Service for another two years. If meetings or other OA groups want to use the OA logo, permission from the Board has to be obtained.
- Our 3-year lease is up January 2022. Beth FJ is in negotiations, hoping to get a lower rent. See full report for more info. If anyone knows of a location that meets our criteria, let Beth FJ know. Email address in the full minutes.
- OAsis is not ready to reopen. Working on a hybrid capability at the OAsis. Revisiting reopening monthly.
- Monthly financial report:
 - Revenue: \$2219.53
 - Expenditures: \$2574.13
 - This month's loss: \$354.60
- Donations are down the past two months and rent will be going back up to pre-pandemic amount. If you are able to give more, please do. Otherwise, we realize this is a tough time for the world, not just our intergroup!
- There are now icons on the meeting schedule indicating Zoom, In-person and Hybrid meetings. Let Ellen know if any changes at webmaster@oasandiego.org
- Look for “Considerations for Reopening” coming soon to the website under “Resources”-- Lots of considerations we would have never needed to think about in the past.

Chair, Kathy H. **JUNE 5, 2021 INTERGROUP**
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MINUTES

Vice-Chair, Gene K. excused	Retreat Liaison, Maureen C. present
Treasurer, Joanna W. present	Literature, vacant
R2/WSO Coordinator, Beth FJ present	Internal Information, Riley M., present
Lease (Ad Hoc), Beth FJ present	Young People's, Rachel K. present
Webmaster, Ellen L. present	Recorder, Tina R. excused
Zoom Admin, Richard V. (ad hoc) present	Secretary, Barbara Ru. present
Public Information, Deena present	12th Step Within, vacant
Professional Outreach, Kathy G. excused	

R2 reps: Pam W. (absent) and Keren S. (absent)
WSO rep: Jessica H.(present) and Ginger G. (present)
R2 Chair: Jerry J. (present)

IGRs: IGR Beck Wed 5:00, CV BB; Scott M. Sat 7AM Carlsbad; Geneva Tues 7:30, Night Snackers; Jeff Mon 7PM Speaker's; Diane S, 8:30 Sat; Cari 2Pm Sun, VoR; Ayanda 6:30AM, Tues; Sherri K 6:30 Tues; Anna R; Stefany Sat 9:30 AM Encinitas; Dave B. Fri 4PM Step Study; Hope Monday 9AM Escondido

Visitors: Lou B, Alexis E, Charles, Jeannette M, Lizzie, Hope B.

Guests: Donna T.

1. Kathy: Welcome! Serenity Prayer. Roll (Board)
 - A) Roll call of Board and IG reps
 - B) Beth FJ shares on Tradition 6
 - C) Vacant board positions and status—Nominees for Treasurer, Retreat Liaison, Literature to be voted on today. Remaining position open: 12th Step Within Chairperson.
 - D) Elections:

Maureen has been in OA 43 years, 35 years of Abstinence. She has learned from her sponsor to do "service beyond what is comfortable," and this has worked for her. And that is why she is running for treasurer. Voted as Treasurer.

Lou B. is running for Retreat Liaison. Has been on the Retreat Committee for over a year. In the program for 3 years. Passionate about retreats. Lou voted in as Retreat Liaison.

Alexis E. got into the program senior year of college. Working the program since 2019. Alexis sponsor told her: "Program runs on "GAS"—God, Abstinence and Service." Alexis voted new Literature person.

2. Beth FJ (R2/WSO Coordinator):

- A) Logo—logo is from OA World Service. We need to get permission to use it. Permission lasts for two years and now we have it through June 2023. Meetings using logos must get approval from the Board. There are specific requirements that need to go with the logo.
- B) Lease status—our three-year lease for the OAsis expires Jan 31, 2022. As a reminder, last year the management company reduced our rent by \$900 a month for 9 months, and then, as an additional accommodation because of the pandemic, did not impose the rent increase that was in the lease, resulting in a savings for us of \$8,600 by the time our lease is up next January. Our current rent is \$2,378.33 (\$1.57 a square foot). Under the lease, our rent will increase to \$2,520 each month (\$1.67 a square foot) if we exercise the option for one more year at the OAsis. Beth FJ, Ad Hoc Lease Chair, has been speaking with the management company. She asked if they have any smaller units for lease in the building or any of their other buildings they manage, but they do not. She is negotiating on our behalf with the management company and hoping to get a lower rental amount for the option, all subject to approval by the Intergroup. We need to give notice by November 1, 2021, if we intend to exercise the option and stay an additional year. Beth mentioned that a member asked her about moving to another location. If anyone in the fellowship wants to look for a better location at a better price with good access and parking and finds something, please notify Beth at wso-r2@oasandiego.org. Keep in mind that most new leases will be for three to five years. In her opinion, our current rent is a fair price, the management company has been reasonable and responsive, and the location meets our criteria. When Beth asked about affixing a television to the wall for Hybrid meetings, the management company stated they have an in-house maintenance company and would do it for us at no cost. Because we don't know what the upcoming years will entail post-pandemic, the option of having a one year lease extension at our current location may be a wiser choice than having to having to make a 3 year commitment with a new lease at a new location.
- C) OAsis reopening status—not ready to reopen yet. There are lots of factors to consider; many meetings are held at the OAsis. We need to follow local and state guidelines for health and safety and be mindful of our insurance. We are looking into a hybrid meeting set up for the OAsis and will continue to re-evaluate each month.

3. Jessica H. and Ginger G. (WSBC delegates): report from Jessica on her

participation in the 2021 World Service Business Conference in April 2021, which was held virtually. Jessica gave her report from Belgium. This is her 3rd year as WSBC delegate. In April, she spent 50 hours at the virtual WSBC Conference, which does the business of OA, worldwide. There were many workshops, committee meetings, and business meetings. The Conference is held once a year in Albuquerque. There are 10 geographic regions plus one virtual region worldwide. (We are in Region 2.) In 2019, the last time WSBC met in person, there were 188 delegates; this year, with the conference being virtual, there were 248 delegates from all over the world. Our IG currently has 2 delegates, but we are allowed to have 5, but IGs often don't send as many delegates as allowed because of the cost. A delegate's responsibilities go beyond just the week at the Conference. Jessica is on Diversity Committee and on the Translation subcommittee, and they meet throughout the year, not just at the conference. Information coming out on how to go hybrid. # of delegates allowed is dependent on how many meetings in each region.. 248 delegates attended the virtual conference this year. 188 in person last year. Jessica shared her own personal experiences with WSBC, saying initially it was a shock to her system!! She had imagined it was one big happy OA meeting, but was surprised to learn that it is a series of very organized business meetings. They follow Robert's Rules of Orders strictly. There is even a professional parliamentarian present at all times. She has found her service as a WSBC delegate rewarding and worthwhile.

4. Gene (Vice Chair): excused
5. Joanna (Treasurer): Monthly report—

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(Increase in rent at the Oasis starting on July 1, 2021 from \$1600/mo to \$2378.33/mo.)

6. Ellen (Webmaster):
 - A) Ellen has changed the meeting schedule and added icons—indicating zoom, hybrid or in-person meetings. As meetings change, get the information to Ellen so she can list the meeting appropriately. Be sure to get contact information to webmaster@oasandiego.org. Elections coming up soon for many meetings that may change the contact person.
 - B) Will provide information for hybrid meetings not held at the Oasis. Look under Resources on Web page.
 - C) Send things to Ellen that you would like to promote on the Webpage.

7. Richard (Zoom Administrator): Richard has done research to do hybrid zoom meetings at the OAsis. One written bid—contractor came in yesterday and brought in all his equipment. Two other bids coming in. Plans to have all bids and technical information for next meeting. Information will be sent out by Richard. Dave B. wants to make sure the meetings continue virtually as our primary purpose is to carry the message.
8. Deena (Public Info): Convention: 2021 Virtual Region 2 Convention July 9-11, 2021. Lots going on!! Deena's submitted report inserted:
 - A) Produced "Registration Open" e-blast; approved by Convention Chair Jerry J and R2 Events Chair Lynn H; sent to R2 Webmaster Mary H who distributed it to ALL Regions and Intergroups on record (thanks, Nikki S)
 - B) Sent Spanish translation of e-blast to Mary H who distributed it to ALL regions and IGs on record and made special request to include Virtual Region (thanks for translation, Kathy G)
 - C) Spanish version of OA logo to be included on all Spanish communications
 - D) Will continue sending e-blasts (both English and Spanish), and Lynn H will follow up w/ regions to ensure our poster is front & center on their website homepages
 - E) The R2 Diversity Community has been given a 10-20 minute time slot to present the findings of their OA Diversity Survey, still open until June 20, available in English and Spanish. (See text of letter below for those who have not yet taken the survey or wish to forward to others.):
 - o [OA R2 Diversity Community Awareness Survey \(surveymonkey.com\)](https://www.surveymonkey.com/s/OA-R2-Diversity-Community-Awareness-Survey)
 - o [OA R2 Encuesta de Conciencia Comunitaria Sobre Diversidad Survey \(surveymonkey.com\)](https://www.surveymonkey.com/s/OA-R2-Encuesta-de-Conciencia-Comunitaria-Sobre-Diversidad-Survey)
 - F) HUGE thanks to Zoom/Tech and Registration and Program Committees! (R2 Webmaster Ellen, Registration Chair Donna, Zoom/Tech Committee, Program Co-Chairs) Have collaborated on R2 Convention landing page updates (program schedule, etc.)
 - G) Have reached out to Claire M. of Virtual Region and hope to work with her on special projects such as Facebook ads, with support of Lynn H
 - H) Added people to my committee: Ilene (Idaho); and Kathy G for Professional Outreach
 - I) As part of follow-up to Kathy's mailings to ED/nutrition specialists sent on behalf of our board, we plan to follow up with R2 convention materials

- J) With radio station/satellite service info collected, will send Media & Press kit - Overeaters Anonymous (oa.org) and selected clips from the Podcast Library
- K) Continually updating R2 calendar items, “Registration” and “Volunteer” calls sent with electronic Reach Outs (thanks, CeeCee and Ellen)

TEXT OF DIVERSITY SURVEY: OPEN UNTIL JUNE 20, 2021

We want to hear from you!

Feeling welcome and included in Overeaters Anonymous (OA) is an important component of recovery. We are all united in the desire to stop eating compulsively (Tradition 3).

<https://www.surveymonkey.com/r/diversityr2>

The purpose of this survey is to capture individual experiences of feeling welcome or unwelcome, included or excluded within OA.

All SurveyMonkey settings have been set to protect your anonymity, including all answers and your email address.

Thank you in advance for your participation – please feel free to pass along to other OA R2 members whose e-mail address we might not have!
[Diversity Survey](#)

For anyone who prefers to read or write in Spanish, the R2 Diversity Community Survey is available in Spanish. Your voices are important to us! Please click the following link for the Spanish version of the survey.

<https://www.surveymonkey.com/r/diversidadR2>

- 9. Kathy G (Professional Outreach): report given by Barbara Ru.
 - A) Kathy G has been responding to emails from her first round of outreach to Eating Disorder nutritionists and therapists.
 - B) She is compiling a new list of San Diego primary care practitioners to send a second round of information. If anyone wants to send her their PCP information, please send it to the professional outreach email address and she will add it to the list @ pro-outreach@oasandiego.org.
 - C) Kathy G. has been working with Deena to translate outreach information into Spanish for the convention.
- 10. CeeCee (Reach Out): Encourage IGRs to go back to their meetings and ask members to contribute to the “share” portion of the Reach Out. Can be a couple sentences, a couple paragraphs or a story.

11. Maureen (Retreat Liaison): report on Retreat this Fall. Lou will be taking over. Committee is meeting June 27th to discuss date in November (5th-7th) to see if we can do an in-person retreat at Mission San Luis Rey.
12. (Literature): Go to oa.org or bookstore.oa.org to order literature. Alexis E. is taking over this position.
13. Riley M. (Internal Info): Thanks Ellen for QA'ing meetings. Sent changes in bulk to oa.sandiego.org which was more efficient. Developers at oa.org are working on a Hybrid search function. Basically, it is a 3rd way of registering a meeting.
14. Rachel K. (Young Persons): YP Panel on upcoming R2 Convention. There is a Young Persons email address.
15. Pam W. and Keren S. (R2 reps): no report
16. Barbara Ru (Secretary): new IG reps—send your email address to secretary@oasandiego.org.
17. Donna T. (Telephone Answering Volunteer Coordinator): report
Donna T explained how the phone volunteer service came into being. Several years ago, we had volunteers in the office who would answer the phones. After we could no longer staff the office, we had an answering service/machine taking the calls. Many would not leave messages, or there was a delay in returning calls, so it was not very effective. About three years ago, the phone volunteer service was started. Donna T. was passionate about this because when she made her first call to OA many years ago, she was thankful that an OA member who was understanding and compassionate answered the phone. If she would have had to leave a message, she is not sure she would have. At the start, (about 3 years ago) Donna T. asked for daily volunteers to be “on call” to answer the phones and another OA member would switch the phones over from the office number to the volunteer’s cell daily. I (Barbara Ru) got involved by notifying the volunteers the night before they would be on call so they would be available to answer the phone calls throughout the day. The fellowship believes this is a valuable service. We are in need of a volunteer to turn the phones over daily, and in December, we will need someone to replace Barbara Ru. That could be two positions or one position. Please contact Donna T. at: volunteer@oasandiego.org for more information.

Adjourn with the Serenity Prayer at 3:00 PM.

*Next meeting: July 3, 2021 at 2:00 PM

Respectfully submitted,

Barbara Ru., Secretary, San Diego OA IG