

Nov. 6, 2021, Intergroup Meeting 2021 Overeaters Anonymous – SDIC

Intergroup Meeting Minutes 2:00 pm

BULLET POINTS FROM THE MEETING

- **Elections will be held in December. Positions terming out are Chair, Secretary, Internal Information, Public Information, Reach Out Editor, Retreat Liaison, R2/WSO Coordinator. Positions also available due to circumstances are Literature and Vice Chair.**
- **Break-in at the OAsis. Fortunately, not much of value was stolen. Locks will be changed; keycards to bathroom have been deactivated except for about 8.**
- **In you are interested in being on the Bylaws Committee, contact Kathy H.**
- **Total net revenue this month was - \$183, but we are still in good shape financially thanks to generous donations, decreased expenditures and decreased rent this past year.**
- **If you are interested in being part of the Budget Committee, let Maureen C. know.**
- **Safe Reopening Committee Report and Question and Answer session—see below. Getting closer to reopening at the OAsis.**
- **New (and first) logo for our SD IG. (See attached!)**
- **In-person retreat tentatively planned for Spring of 2022 at Mission San Luis Rey.**
- **IG reps and/or secretaries need to check their meeting listings every now and then at oa.org. Link to site listed below. Contact Riley (Internal Information) if any changes.**

Chair, Kathy H. present
Professional Outreach, Kathy G. present
12-Step Within, vacant
Retreat Liaison, Lou B. present
Recorder, vacant
Secretary, Barbara Ru present
Young Peoples, Rachel K. present
Public Information, Deena present
Zoom Administrator, Noor present

Webmaster, Ellen L. present
Vice-Chair, Gene excused
Treasurer, Maureen C. present
Literature, Alexis E. excused
Reach Out Editor, CeeCee present
R2 / WSO Coordinator, Beth FJ present
Internal Information, Riley present

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

WSO delegates: Jessica H. (present) and Ginger G. (excused)

Intergroup Reps: Beverly, Sunday Women's 9 AM; Clare B Tues 7PM Nighttime Speakers; Sherri K Tues 6:30 AM For Today; Jeff N Fri 7PM Abstinence; Joie Sat 7 AM For Today; Suzanne D, Wed 5 PM Big Book; Naomi Thurs 11AM; Bennet Sat 9:30 AM Encinitas.

Visitors: Gina E

1. Kathy: Welcome; Serenity Prayer

- A. roll call for Board/Intergroup
- B. Tradition 11 share by Noor

C. Open Positions (elections in December)

Kathy is running for another term as Chairperson. She will write a letter of intent to be presented at December meeting. Keren S (reg 2 rep) conducting the election with Jeri A, and Beth FJ. Gene will be subbing for Kathy H. to run the meeting.

Thank you to – Barbara Ru for your help and friendship, Beth FJ (has been doing service for OA for a very long time), has been doing pro bono work for us, gives Kathy H advice, helping Kathy night and day. Deena has been on the Board for 8 years and has inspired Kathy H to do service. Service has stepped up her Program and Recovery.

Riley and Kathy G. are relatively new to the Board. Riley has done a lot of work updating the meeting lists. Thanks to Kathy G from Houston for joining our Board and sharing her talents.

Alexis moved to New York, but thanks to her for doing service.

** See bottom of the agenda for the protocols and requirements.

- D. Recent Break-In into our building-update: For security purposes, the landlord is replacing the locks. We are just missing some old speakers and a microphone. The landlord has asked us to select 3 people to have keys to outside—Ellen, Maureen, Kathy H and Beth FJ. If you have a bathroom keycard, they have all been deactivated (about 50), except for about 8. Kathy has contacted all those listed who have keycards. Reminder: the OAsis isn't a place to store things.

Those you broke in made a huge mess and thanks to Beverly and Beth FJ for cleaning it all up.

- E. Our Keycards- most have been deactivated unless you have notified Kathy H. otherwise.
- F. Bylaws—from Kathy H.

“I want to thank the Bylaws committee for beginning their work on reviewing our Bylaws. In early 2022 we'd like to amend the Bylaws to bring them up to date.

Our proposed changes will include suggested board positions and committees to streamline operations and procedures. What we are doing as a committee is just working on these proposal drafts. They will need to be further reviewed by the current board and intergroup; then, they will need to be voted on by our fellowship. It is a long process in order to make any final changes.

If anybody is interested in joining us in this process, please contact me.”

Thanks,
Kathy H., Chairperson

2. Gene: Vice Chair
3. Maureen: Treasurer—detailed report available on request

Total Donations/Revenue: \$3134.00
Total Expenses: \$3314.00
Total Net Revenue: - \$183.00

Report and motions made by Maureen C, passed by the Board:

We have less money coming in this year compared to last year. However, the fellowship has been generous, no travel expenses incurred this past year (such as sending delegates and reps to conventions), and rent reduction have all resulted in a surplus of approximately \$20,000. We realize there will be more expenses with reopening the OAsis, rent has gone back up, travel expenses will probably occur in 2022. However, we are still in good shape financially.

The Board voted that we pay for and provide newcomer packets “Where Do I Start” to any SDIG meeting asking for it, up to 10 at a time to each meeting. Some pdf files are available at a cost as well which may be more desirable by some members. We can use digital or paper packets.

The Board approved that we Contribution of \$1000 each to R2 and WS. Revisit in 6 months if we can contribute more.

The Board approved that we authorize up to \$2500 to fund an ad campaign to let people know of existence of OA and its message. Ideas will come forth and be presented to the Board from the fellowship, Professional Outreach, Public Information on what will be the best way to use this money wisely.

Deena wants the next Public Information/Professional Outreach to know there is also some money which can be given to our group to spread the OA message through R2 and WS.

It is time to do the Budget for 2022. If anyone is interested in being on the Budget Committee, let Maureen know.

4. Ellen L: Webmaster. Kathy thanked to Ellen and her husband to help make the OAsis hybrid-ready for our meetings.
5. Barbara Ru: **update on Safe Reopening Committee**. The Committee and the Board have come up with a plan for members to safely go back to the OAsis in person or with Hybrid meetings. Anyone on the Committee would be happy to attend any business meetings if you would like us to support you in any way.

With consideration of the 12 traditions and the County of San Diego's requirement for a written reopening plan, we have put together these **protocols for the safe reopening of the OAsis for in-person and/or hybrid meetings**.

Our traditions state:

- Each group should be autonomous except in matters affecting other groups or OA as a whole.
- For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The Board as discussed by Kathy H. will undertake the following actions:

1. **Technology:** Obtain technology to enable hybrid meetings at the OAsis.
2. **Sanitizer:** Provide a mounted hand sanitizer dispenser in the OAsis.
3. **Filters:** Provide the OAsis with 2 filter boxes, which have proven effective in reducing COVID spread in confined spaces.
4. **Posting:**
 - These protocols will be posted in a prominent place at the OAsis.
 - The following sign will be posted: "We are in a pandemic. Although we have taken basic precautions, meeting in-person at the OAsis is at your own risk. Zoom meetings can be attended through <https://oasandiego.org>.

5.Communication:

- The Board will publicize these protocols via the website and email.
- Intergroup reps will be asked to make an announcement at meetings.

Joie spoke about the Requirements for Safe Reopening at the Oasis

These protocols are required for all meetings that wish to meet at the Oasis.

1. **Before meeting for the first time in-person**, the group must meet virtually to discuss:
 - How the group will meet the requirements;
 - Which of the recommendations -- including vaccination, masking, social distancing -- the group will institute according to group conscience; How the group will fulfill these decisions
2. **Communication:** The meeting must communicate its group conscience decisions by:
 - sending to the webmaster for posting 2 weeks before the first meeting;
 - designating a contact person to be the key holder and to communicate the contents of this document to the group.
 - including in the meeting format and reading it at each meeting, along with this statement: "Individuals who attend a meeting in person at the Oasis do so at their own risk. We have taken basic precautions and ask that you not attend this meeting if you have any of the symptoms of COVID listed on the poster. In addition, if you test positive or develop symptoms after attending a meeting, please notify your meeting secretary so other members may take precautions." (do we have poster?)
3. **Clean/disinfect** the Oasis meeting area before AND after your meeting. Written instructions will be provided. Meetings should consider establishing a service position to meet this requirement.
4. **Departure:** After the meeting, attendees must leave the Oasis and the building. Members are encouraged to socialize outside.
5. **Diagnosis or Known Exposure:** Attendees must notify the meeting secretary if they have a known exposure or have been diagnosed with COVID and have recently attended the meeting.

Beth FJ spoke about the recommendations. These recommended protocols are optional. Meetings should take a group conscience on the recommendations they choose to adopt and how they will be enforced.

1. **Vaccination:** All attendees should be fully vaccinated.
2. **Masking:** All attendees should wear a mask at all times while in the Oasis or the building restroom. Masks should correctly cover the nose and mouth. Masks should not be removed to talk.
3. **Social Distancing:** Attendees should practice social distancing. A distance of 6 feet should be maintained between each person in the meeting.

4. **Physical Contact:** Attendees should not hug other members or hold hands.
5. **Beverages:** Attendees should not bring a beverage to drink during the meeting.
6. **Passing Items Around:** The 7th Tradition Basket and sign-in (We Care) sheet should be in one location and not passed around.
7. **Notifications of possible exposure:** The sign-in sheet may be used for notification of attendees if an exposure occurs. Notifications can be done by a member of the individual meeting or alternative method the group chooses.
Note: No one is ever required to sign-in at an OA meeting. However, if someone at a meeting tests positive for COVID, the sign-in sheet can be used to notify members who listed their contact information. The infected person's name does not get divulged.
8. **Hand Sanitizer:** Attendees should use hand sanitizer before and after the meeting.

QUESTIONS FROM THE FELLOWSHIP:

CeeCee asking about air filter boxes. Are they HEPA filters? Joie explained they are easy to construct—Corse-Rosenthal cube has been used in the classrooms at UCSD. Made with a box fan and MERV-13 furnace filters. It is an inexpensive, do-it-yourself air cleaner that can be constructed by us and is comparable to HEPA air cleaners that are approximately 10X the cost. CeeCee was asking about settings—Joie said it has 3 settings, usually medium is what it is run on.

Loretta—Social distancing—has anyone set up 6 foot markings for chairs, so each meeting doesn't have to configure each time? Discussed it at our meetings but we decided to leave it up to individual groups to arrange seating as they desire.

"If you have a known exposure and have recently attended a meeting." What does "recently" mean? There is no exact timing, but if someone develops symptoms between one meeting and the next meeting a week later, they should tell the designated person.

Clare asked—Are these recommendations publicized? Yes, on the website.

Beth FJ reiterates don't hesitate to reach out to the committee. Call or email at reopening@oasandiego.org

Deena has been sending out information to her group saying there are two choices:

Zoom only; or some form of hybrid. But there is also the possibility to have an in-person meeting only. Each group makes their own decision remembering our goal is to spread the message.

Zoom isn't perfect; hybrid isn't perfect. There will always be some glitches, but we are figuring out things along the way.

Suzanne—how do we get a key? Kathy H. said once we get the information back from the individual groups (masking, no masking, hybrid, in-person, etc), the keys will be distributed. Priority will be given to the meetings which have met at the OAsis previously.

6. Deena B: Public Information--Logo contest—Deena presented our new LOGO for our San Diego Intergroup.
7. Lou B: Retreat Liaison— Still targeting the Spring of 2022 for the in-person retreat at Mission San Luis Rey, but it is kind of fluid right now. November 22, 2021 will be next committee meeting.
8. Rachel K: Young Peoples--No new report
9. CeeCee: Reach Out—No new report
10. Noor: Zoom Administrator—Working with Zoom training for those who would like additional training.
11. Riley: Internal Information—updating meeting list on oa.org. IG reps need to check their meeting listings every now and then and make sure the listing is correct. If any changes, let Riley know. Link: <https://oa.org/find-a-meeting/?type=3&sort=ASC&ignumber=09007&limit=999999&submit=true>.
12. Alexis: Literature—get literature at bookstore.oa.org
13. Kathy G: Profession Outreach—no new report
14. 12th Step Within—Vacant
15. Recorder—Vacant
16. New Business

**** Election protocols and requirements for Board members according to the Bylaws (pages 16-18):**

1. To insure continuity of service, Board positions are elected alternately as follows: a) In every odd-numbered year, elections shall be held for Chairperson, Secretary, Internal Information Chairperson, Public Information Chairperson, “Reach Out” Editor, World Service and Region 2 Coordinator, and Retreat Committee Liaison. b) In every even-numbered year, elections shall be held for Vice Chairperson, Treasurer, Professional Outreach Chairperson,

Literature Chairperson, Records, Young People's Coordinator, and Twelfth Step Within Chairperson. 2. x3. Beginning at the December 2000 Intergroup elections and thereafter, no person shall serve for more than two consecutive two (2) year terms in the same position. C. Vote shall be by written ballot when more than one person is nominated for any one position. If there is only one nominee, vote will be by show of hands. D. Requirements for Candidates for Election 1. To be eligible for election, a nominee must, at the time of his/her nomination, be a member of any SDCII group, be regularly attending OA meeting(s) and have a working knowledge of the Twelve Steps and Twelve Traditions.

2. In order to be elected, a nominee must be present at the election meeting. Exception shall be made if written notice has been given prior to the election meeting, stating (1) willingness to serve, and (2) reason for absence deemed valid by the Board.

3. Abstinance and Recovery requirements a) To be elected to the Intergroup Board, a nominee must have a minimum of one year of current abstinance, six months of which shall be at maintenance, with the nominee being the sole judge of his/her abstinance and maintenance. Nominees need to be familiar with and understand the duties of the positions they are seeking, and the requirements and responsibilities thereof, if elected. (For specific duties of Board positions, refer to Article V, Section B. For requirements and responsibilities see Article V, Section D). e) The duties of those newly elected to service positions shall be assumed at the end of the election meeting. In the spirit of cooperation the current holders of service positions and those newly elected shall effect the transfer of any pertinent material and/or information as soon as possible.

Next meeting Dec. 4, 2021 @ 2:00 PM
Adjourn with the Serenity Prayer.

Respectfully submitted,

Barbara Ru
Secretary San Diego OA Intergroup