

OA SAN DIEGO BOARD MEETING MINUTES – JUNE 3, 2023

Highlights

Intergroup Reps: please read the below highlights at your meetings. The full minutes are on our website <https://oasandiego.org>.

- April 2023 financial report (summary): Revenue = \$2,138.00; Expenses = \$1,012.75; Net Revenue = \$1,125.25.
- The Retreat Committee is considering increasing the number of Retreats to 3 annually. The Committee welcomes suggestions for other possible venues in San Diego or Imperial counties.
- The next retreat at Mission San Luis Rey is May 17-19, 2024, in Oceanside. The next Urban Retreat is on October 20-21 at the Baha'i Center, no registration required.
- The next 12th Step Within Workshop will be “Lighten Up, Let Go and Laugh” on Sunday, July 23, 1-3 pm.
- The Region 2 Convention on July 7-9 at the Costa Mesa Hilton will offer 5 workshops, speakers with diverse backgrounds, comedians, singers, yoga class, a hospitality room, etc. Literature will be sold at a 50% discount. The Hilton will give reduced rates for Convention attendees. Scholarships are available for San Diego/Imperial County residents who need financial assistance. To be reimbursed (in full or part) for registration, parking and a \$40 gas allowance, please submit receipts for expenses after the Convention.
- The Public Information / Professional Outreach (PI/PO) Committee has refreshed our Facebook page (OA San Diego) and our website. Please (1) follow and LIKE our Facebook page, (2) ask your meetings to get familiar with the website, and (3) send ideas to Jane Z at PIPO-Committee@oasandiego.org.
- Our Intergroup now has 41 meetings. This means we can have an additional Region 2 rep.
- Jeff will be emailing a new “Trusted Servant Maintenance” form in the coming days to all meeting contacts. Please be on the lookout and complete/return the form with any/all updates for the rotation of service occurring in July.
- The Internal Information Committee is drafting a “Quick Access Guide” to answer frequently asked questions and provide general information. Send Jeff your suggestions for additions to the Quick Access Guide.
- Podcasts can be found on our Facebook page. You can subscribe on our website or using your favorite podcast program. If your meeting wants to record speakers and you need help in recording, ask Jeff.

- Jessica, Jerry J., and Ellen attended the World Service Business Conference in Albuquerque in April, and gave their reports, which can be found in the full minutes which are posted on our website.
- IG reps are invited to bring topics or questions from their groups for discussion at IG meetings. Groups can put items on the advance agenda, or your rep can just raise a virtual hand during the “OPEN FORUM.”
- At the June OPEN FORUM, discussion continued as to how we can connect with people who don't have internet access. The ideas presented can be read at the full minutes on our website.
- The Board and Intergroup agreed, by Motions, to change our Board and IG business meeting start times beginning July 1st, to start the Board meeting at 11 am, ending at noon, and start the IG meeting at noon, ending at 1 pm.
- **The next Intergroup Meeting is on Saturday, July 1, 2023 at noon on Zoom.**

FULL MINUTES

Keren opened the meeting at 2:00 pm with the Serenity Prayer.

Lou discussed Step Six.

Adoption of the minutes of May IG business meeting, APPROVED.

Board Members present (and their positions): Keren S. (Vice-Chair); Gina E. (Secretary); Kendra W. (Young People's Chair); Jeff N. (Internal Info Chair); Ellen L. (Webmaster); Jane Z. (PI/PO Chair); Maureen (Treasurer); and Lou B. (Retreat Chair). Kathy H. (Chair) and Elyesse U. (12th Step Within Chair) were excused. Jerry J. (R2 rep and WSBC delegate) and Jessica H. (WSBC delegate) were present.

Intergroup Reps (and meetings they represent) – Ginger G. (Mon. 12:30 pm); Alice C. (Mon. 7 pm); Steph M. (Tues. 6:30 am For Today); Hope B. (Tues. 9 am Escondido); Marilyn C. (Wed. 5 pm Big Book); Naomi (Thurs. 11 am In-Person); Kathy M. (Thurs. noon In-Person); Bruce (Thurs. noon Literature); Tamara (Thurs. noon); Vicki A. (Fri. Vista); Jack D. (Sat. 10:30 Step Study); Anne Marie (Sat. Maintainers); Barbara S. (Sunday am); and Elmer Z.

Visitors Angela S., Suzanne, Lois M., Alison H. and Pam V. were also present.

REPORTS

Angela S. visited from R2 to pitch the R2 Convention on July 7-9 at the Costa Mesa Hilton, which is also a fund-raiser for Region 2. It will be hybrid (in-person and online) and will offer 5 workshops, speakers with diverse backgrounds, comedians, singers, yoga class, a hospitality room, etc. Literature will be sold at a 50% discount. The Hilton will give reduced rates for Convention attendees. The link for information and registration is <https://www.oar2.org/upcoming-convention.html>.

Vice-Chair, Keren – SD/Imperial County residents who need help with the costs of attending the R2 Convention can be reimbursed (in full or part) for registration, parking and a \$40 gas allowance. If you need financial help, you must submit receipts for your expenses after the Convention. The scholarship is only for in-person attendees.

MOTION by Vicki, as amended by Marilyn and 2nd by Maureen, to change our Board and IG business meeting start times beginning July 1st, to start the Board meeting at 11 am, ending at noon, and start the IG meeting at noon, ending at 1 pm. PASSED.

Treasurer, Maureen C. – April 2023 financial report (summary): Revenue = \$2,138.00; Expenses = \$1,012.75; Net Revenue = \$1,125.25.

Webmaster, Ellen L – In Elyesse's absence, Ellen L announced that the next 12th Step Within Workshop will be “Lighten Up, Let Go and Laugh” on Sunday, July 23, 1-3 pm.

Podcasts can be found on our Facebook page and other podcast websites. They are very popular. Thanks to those who have recorded speakers. If your meeting wants to record speakers, ask Jeff if you need help in recording.

Retreat Chair, Lou B. – The Retreat Committee is considering increasing the number of Retreats to 3 annually, the third to be a Mission San Luis Rey or a new venue. Camp Cedar Glen in Julian was considered, but it is very hilly, which may not be appropriate for our members. The Committee welcomes suggestions for other possible venues in San Diego or Imperial counties.

The next retreat at Mission San Luis Rey is May 17-19, 2024, in Oceanside; registration to open at a future date. The next Urban Retreat is on October 20-21 at the Baha'i Center; no registration required.

Internal Information Chair, Jeff N. – SD Intergroup now has 41 meetings. This means we can have an additional R2 rep.

The Internal Information Committee is drafting a “Quick Access Guide” to answer frequently asked questions and provide general information. Send Jeff your suggestions for additions to the Quick Access Guide.

Jeff will be emailing a new “Trusted Servant Maintenance” form in the coming days to all meeting contacts. Please be on the lookout and complete/return the form with any/all updates for the rotation of service occurring in July.

PI/PO Chair, Jane Z. – The PI/PO Committee has refreshed our Facebook page (OA San Diego) and our website. Please (1) follow and LIKE our Facebook page, (2) ask your meetings to get familiar with the website, and (3) send ideas to Jane Z. (PIPO-Committee@oasandiego.org).

WSBC Delegates' Reports

Jessica H. – At the World Service Business Conference in Albuquerque in April, there were 176 delegates from 14 countries present: Australia, Brazil, Canada, Colombia, Greece, Iran, Israel, Italy, Russia, Spain, Sweden, Ukraine, the United Kingdom, and the United States. Throughout the week, delegates from different countries often stood in front of the group to recite the Serenity Prayer in their native languages. It was powerful. Perhaps most striking of all was the fact that delegates from two of these countries, Russia and Ukraine, are currently at war with each other; yet they attended the Conference in solidarity. OA unites. A funny moment was when it was reported that Google Translate sometimes translates the term “compulsive overeater” as “cannibal.” Laughter swept through the room when that was said. “We are not a glum lot!” It was a privilege and honor to be there with delegates from all over the world, and especially to be there with Jerry and Ellen. Thank you San Diego Intergroup for the opportunity.

Jerry J. – My highlight of the Conference was being a part of all the activity around the motion to eliminate AA literature, except for the current edition of the Big Book. Because of my personal experience with AA literature, I opposed the motion. WSBC was also moved to not pass the motion. Another favorite part was that, while serving on the PIPO Committee, I was elected Chair of the Military subcommittee by its members. I'm glad that my personal experience can be useful to OA. From my time spent with the subcommittee, I felt led to send a personal letter to the Command Master Chief of the United States Navy about reinstating treatment for chronic obesity that compulsive overeaters in the military suffer. Thank you San Diego Intergroup for giving me the opportunity to do all of this.

Ellen L. – I was excited to support the motion for establishing an OA digital library, which was proposed by the Virtual Region. This will enable newcomers and returnees to get hold of literature quickly and allow those who can't afford to purchase the literature to have access to it at no cost. I was shocked by how many people recognized me as "Zoom Ellen" and are grateful for San Diego's lead for training Zoom hosts. We have trained over 900 fellows worldwide since the start of Covid, and together we are keeping our virtual meetings a safe and protected place for all. Thank you, San Diego Intergroup, for your support in this area. Another very exciting effort that happened at World Service and continues to happen throughout the OA world is the fact that the volunteers involved in digital communications and outreach are networking and joining forces in many ways, such as coordinating and combining our efforts to best use technology to carry the message. More will be revealed!

The full Delegates' report can be read at <https://oasandiego.org/wp-content/uploads/2023/06/WSBC-Delegate-Report-2023.pdf>

OPEN FORUM – How can we connect with people who don't have computers or smartphones? At the April IG meeting, discussion points included reminders that we have telephone service staffed with volunteers, and flyers can be posted in Starbucks and other gathering places. Discussion continued at the June IG meeting with the following ideas:

- Radio (and TV) public service announcements, and possibly (on radio, not TV) programming podcasts or even live meetings?
- Snail-mail out hard copy (on a limited basis) giving in-person meeting lists and other info (not just directing people to our website).
- Publicize our phone number to call us to get information and answers to questions.
- Place (free) ads in the Reader. Placing ads to disseminate information doesn't violate the Traditions.
- Contact senior centers, doctors' offices, etc. to spread the word. Also, contact social coordinators and assisted living facilities, etc.; maybe we could have meetings there...
- Post notices in Libraries
- GET ANOTHER OASIS!

The meeting was adjourned with the Serenity Prayer at 3:05 pm.

The next Intergroup Meeting will be on Saturday, July 1, 2023 at noon on Zoom.

Minutes submitted by Gina E., Secretary