

OA SAN DIEGO INTERGROUP MEETING MINUTES – AUGUST 5, 2023

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

- **In June , revenue was \$1,105. more than expenses. Yay! We are donating a total of \$1,000 to World Service and Region 2.**
- **We voted to amend our Bylaws to delete Webmaster from the list of Board members and make it a volunteer non-Board position with no termination date.**
- **The main topic of the IG meeting this month was the importance of doing service.**
- **The full minutes are on our website – oasandiego.org.**

FULL MINUTES

- Kathy H. opened the meeting at 2 pm with the Serenity Prayer.
- Jane Z. discussed Step Eight.
- Adoption of the minutes of July IG business meeting, APPROVED.

Board Members present (and their positions): Kathy H. (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); Elyesse U. (12th Step Within); and Lou B. (Retreat Chair). Keren S. was excused. Jessica H. (WSBC delegate) was also present.

Intergroup Reps (and meetings they represent) – Christina (Mon. 4 pm); Bridget M. (Tues. 6:30 am); Gerri Beth (Tuesday 7 pm Night Snackers); Mary H. (Wed. 5 pm Big Book); Corrine W. subbing for Naomi (Thurs. 11 am); Dixie B. (Thurs. noon In-Person); Erin (Thurs. 7 pm Vista); Darlene R. (Fri. 7 pm Abstinence); Gloria G. Sat. 7 am); Dona Mary D. (Sat. 7 am Carlsbad); Anne Marie (Sat. Maintainers); Barb N. (Sat. 9:30 am Encinitas); Kat (Sat. Step Study 10:30 am); Claudia (Sat. 6:30); Barbara S. (Sunday 9 am Women's); Barbara Ru. (Vista 10 am).

Visitors Clare B., Melinda H., and Pam V. were also present.

REPORTS

Chair, Kathy H. – It is important that meetings set aside time for IG Reps to read the Highlights of the monthly IG meeting at their meetings. If that is not happening, meetings should schedule a business meeting to add reading of the Highlights to the meeting format.

Treasurer, Maureen C. – June 2023 financial report (summary): Revenue = \$1,671.49; Expenses = \$566.94. Received \$1,105.85 more than paid out.

- We are sending donations to World Service and Region 2, totaling \$1,000, as allocated by our annual budget.
- The question was raised as to the maximum donation that can be accepted from an individual member: WSO sets its maximum at \$7,500, but that is for WSO only. Each Intergroup sets its own maximum. SD Intergroup has not set a maximum.

Webmaster, Ellen L. – Ellen reminded IG reps that we have a “Token program” whereby volunteers will mail tokens to people at Zoom meetings.

– IG Reps and Board members unanimously voted to amend our Bylaws to delete Webmaster from the list of Board members and make it a volunteer non-Board position with no termination dates.

Twelfth Step Within, Elyesse U. – More than 100 people attended the July workshop “Lighten Up, Let Go and Laugh.” The next 12th Step Within Workshop will be “Engaging Mindfulness” on Sunday, Oct. 15, 1-3 pm. 'Strategies for Slipping and Sliding’ will be on Sat., Nov. 11, 2023. Information and Zoom links are on our website.

Young People's Chair, Kendra W. – Kendra has formed a social media committee to engage young people; please spread the word. “Young People” is not limited by age, but you must want to help young people no matter how old they are! Interested persons should contact Kendra at young-people@oasandiego.org.

Retreat Chair, Lou B. – The Urban Retreat on October 21,22 at the Baha'i Center in San Diego will be a hybrid experience. A \$20 donation is requested at the door. No registration required. The next retreat at Mission San Luis Rey is May 17-19, 2024, in Oceanside.

PI/PO Chair, Jane Z. – Anyone interested in helping PI/PO brainstorm ideas for reaching current and prospective OA members who lack internet access, please contact Jane Z. at PIPO-Committee@oasandiego.org.

– Members who volunteer to distribute OA posters and sticky notes (at places such as coffee shops, libraries, etc.) can obtain prepared materials from Jane, who will arrange to meet you on request. Also, Alice C. will distribute these

materials to interested volunteers on request. Contact Jane, or Alice C. at lacupla47@gmail.com.

Internal Information Chair, Jeff N. – Thanks to those who send updates to their meeting information to Jeff, to keep it current. If you're a new IG rep please send your email address to Jeff at Info@oasandiego.org so that you will receive meeting notices and minutes each month.

CONTINUING DISCUSSION ABOUT SERVICE – The following comments were received from Board members and IG reps as to why they are willing to do service, and strategies to get people to do service, especially at the meeting level:

- We need to talk about it more at meetings.
- Service keeps me in the rooms and working all the tools...and I don't want my meetings to go away due to lack of service givers.
 - Service brings me joy and helps me turn my life over to my Higher Power.
- There was no one else to volunteer as IG Rep, and so I did.
 - My sponsor told me to do service.
 - I don't always like the service job itself, but I always love the people I get to know through doing service.
 - My first service was as a literature person. One day my car was stolen with literature in the trunk. The car was recovered by the police, but the literature was never found.
 - I do service to give back to the program and because I want more recovery.
 - I volunteer as IG Rep because I enjoy the IG meetings and the people I meet here.

The meeting was adjourned with the Serenity Prayer at 3:00 pm. -- The next Intergroup Meeting is on Saturday, September 2, 2023 at 2 pm on Zoom.

– Minutes submitted by Gina E., Secretary