

## OA SAN DIEGO INTERGROUP MEETING MINUTES – OCTOBER 7, 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>.

- For August, the total Donations \$2,203.60, and the total Expenditures \$1,692.87, so we received \$510.73 more than paid out.
- The Board positions of Chair, Secretary and PI/PO Chair, and the position of World Service delegate will be open in January, 2024. Election to fill these positions will be held at the December, 2023, IG business meeting. Candidates should notify the Board in advance, or be present at the December IG meeting. Each position is for a 2 year term and requires one year of abstinence by your own definition, or you can serve in an Acting capacity.
- The Urban Retreat is on October 20-21 at the Baha'i Center in San Diego. The leader has been in OA since 1970 and is maintaining a 500 pound weight loss, and his topic will be The Big Book. A \$20 donation is requested. No registration required. Please carpool, as parking is limited. The next 12th Step Within Workshop will be “Forgiveness and Recovery” on Sunday, Oct. 15, 1-3:30 pm on Zoom.
- If you're a new IG rep, or you're not getting IG meeting reminders, agendas and minutes, please send your name and email address to Kendra, [Young-People@oasandiego.org](mailto:Young-People@oasandiego.org).
- The full minutes are on our website – [oasandiego.org](https://oasandiego.org).

### FULL MINUTES

- Kathy H. opened the meeting at 2 pm with the Serenity Prayer.
- Gina E. discussed Step Ten.

Board Members present (and their positions): Kathy H. (Chair); Keren S. (Vice-Chair); Gina E. (Secretary); Kendra W. (Young People's Chair); Jane Z. (PI/PO Chair); Elyesse U. (12<sup>th</sup> Step Within Chair); and Lou B. (Retreat Chair). Maureen C. and Jeff N. were excused.

Intergroup Reps (and meetings they represent) – Debbie L. (Mon. 12:30 In-Person); Christina (?) (Mon. 4 pm); Lee (Tues. 9 am Escondido); Gerri Beth (Tuesday 7 pm Night Snackers); Dixie B. (Thurs. noon In-Person); Tamara (Thurs. Noon); Erin (Thurs.

7 pm Vista); Barbara Ru (Fri. 10 am Vista); Melinda H. (Sat. 7 am); Anne Marie (Sat. Maintainers); Barb N. (Sat. 9:30 am Encinitas); Kat (Sat. 10:30 am Step Study); Claudia (Sat. 6:30 pm 100-pounder); TJ O. (Sunday 9 am In-Person Men's); ?name (Sun. 9 am); Dawn (meeting?); and Mary N. (meeting?)  
Jerry J. (WSO delegate and R2 rep); Jessica (WSO delegate); and Ellen L. (Webmaster) were also present.

## **REPORTS**

Chair, Kathy H. – Adoption of the minutes of the September IG meeting, APPROVED.  
– Shout-out to Kendra, who is doing extra service in the absence of Jeff N, who is absent during the illness of his son.

Vice-Chair, Keren S. – On November 18, 1-4 pm, “Looking in the Mirror,” a workshop reviewing the results of a survey done by the R2 Diversity Community, will be on Zoom. Let Keren know if you want more information.

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– Keren screen-shared the P&P Manual and discussed the responsibilities of these positions. The link to the entire P&P Manual is

[https://docs.google.com/document/d/1JT\\_xJ68wbtbMIP0O9gg6NH0YzD5zGjvWc4dlh3COV3c/edit](https://docs.google.com/document/d/1JT_xJ68wbtbMIP0O9gg6NH0YzD5zGjvWc4dlh3COV3c/edit) (copy and paste in your browser)

Treasurer, Maureen C. – Kathy gave the Treasurer's report in Maureen's absence, as follows: August financial reports – Total Donations \$2,203.60; Total Expenditures \$1,692.87; Received \$510.73 more than paid out.

Twelfth Step Within, Elyesse U. – The next 12th Step Within Workshop will be “Forgiveness and Recovery” on Sunday, Oct. 15, 1:00-3:30 pm on Zoom. Information and Zoom links are on our website.

– A workshop on “Strategies to End Slipping and Sliding” will be November 11, 11 am-1:30 pm, on Zoom.

Retreat Chair, Lou B. – The Urban Retreat is on October 20 from 7-9 pm and October 21 from 9 am-5 pm at the Baha'i Center in San Diego. The leader has been in OA since 1970 and is maintaining a 500 pound weight loss, and his topic will be The Big

Book. A \$20 donation is requested at the door. No registration required. Please carpool, as parking is limited. There is a refrigerator available for lunches; bring your own water.

Young People's Chair, Kendra – If you're a new IG rep, or you're not getting IG meeting reminders, agendas and minutes, please send your name and email address to Kendra, [Young-People@oasandiego.org](mailto:Young-People@oasandiego.org).

## **OLD BUSINESS**

After brief discussion, the Intergroup approved the following amendments to our Bylaws which were proposed and distributed at the September IG meeting: (1) to delete the position of Literature Chair, (2) to change “Young Persons” to “Young People's” throughout the Bylaws, (3) to delete the position of “Events Chair,” (4) in the Term of Office section on p. 9, where it lists positions for even-numbered year elections, to add the positions of “Retreat Chair” and “12<sup>th</sup> Step Within Chair,” and (4) in the Term of Office section, where it lists positions for odd-numbered year elections, to add the position of “Young People's Chair.”

## **OPEN FORUM**

– Kat F. gave a shout-out to outgoing board members. She also announced that the Saturday 10 am meeting needs people to give service at the meeting or it may have to close.

– The topic of cross-talk at meetings was discussed. Maybe it's okay to thank the speaker, but personally complimenting speakers on their shares can be very uncomfortable. If you feel the need to comment on another member's share, talk to them after the meeting. World Service has published an instructive article on the topic at [oa.org/group-resources-list/what-is-cross-talk](http://oa.org/group-resources-list/what-is-cross-talk)

– Contact [Webmaster@oasandiego.org](mailto:Webmaster@oasandiego.org) if you have any OA issues or information you want to share on our website.

– Keren S. facilitated 4 break-out groups to discuss the topic of Getting Through the Holidays (Halloween, Thanksgiving, Hannukah, Christmas and New Year's Eve). Among the suggestions elicited were: (1) Focus on the people at the meal, not the food; (2) do frequent Tenth Step inventories to stay alert

and aware of your emotions; (3) get extra support if needed; (4) be flexible with your food within the definition of your abstinence; and (5) don't be afraid to say "no thank you" to desserts.

The meeting was adjourned with the Serenity Prayer at 3:00 pm.

– The next Intergroup Meeting is on Saturday, November 4, 2023 at 2 pm on Zoom.

– Minutes submitted by Gina E., Secretary