

## OA SAN DIEGO INTERGROUP MEETING MINUTES – FEBRUARY 3, 2024

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>.

- Our podcasts get a lot of downloads each month. However, effective immediately, there will be no new podcasts created unless someone volunteers to be the Podcast Manager. Ellen will train. For the job description, see the full minutes on our website.
- Ellen L is looking for an apprentice. Email her at [webmaster@oasandiego.org](mailto:webmaster@oasandiego.org).
- Any problems, suggestions, or other feedback about our website should be addressed to Ellen L., [webmaster@oasandiego.org](mailto:webmaster@oasandiego.org). She welcomes all input!
- The Board is seeking a new Secretary. If interested, email any Board member or [Secretary@oasandiego.org](mailto:Secretary@oasandiego.org).
- Registration is open on Event-Brite for the Serenity Retreat at Mission San Luis Rey on May 17-19, 2024. Event Brite can be accessed through our website under “Special Events” or at [www.Eventbrite.com/e/overeaters-anonymous-serenity-retreat-tickets](http://www.Eventbrite.com/e/overeaters-anonymous-serenity-retreat-tickets). There will be a legendary out-of-town speaker!
- The upcoming World Service Business Conference is in New Mexico in April, 2024. Among the proposed amendments to be voted on are (1) changing the definition of abstinence to remove the word “weight,” and (2) changing the word “His” to “God” in the 12 Steps. All of the motions will be online and can be found at <https://media.oa.org/app/uploads/2024/01/04143827/agenda-questionnaire-summary-wsbc-2024.pdf> so that IG reps can poll their groups and vote on the Intergroup's group conscience, and our WSO delegates will know how to vote.
- The OA Valentine's Dance (Feb. 10 at 6 pm) is now on our website. It will be at the Mission Hills United Church of Christ, where the Monday 12:30 In-Person meeting meets. There will be 3 speakers before the dancing begins. They need 2 volunteers to show up at 5 pm instead of 6 pm on the day of the dance.
- There was feedback from some groups as to whether we should have a central meeting place (an Oasis) again. Keren S., as moderator, said that getting another Oasis is not currently on the table and will probably be an ongoing conversation in the future. Also, she reminded IG reps that the Intergroup supports new In-Person meetings by providing the first 3 months' rent to give them time to build support.
- Please send the names and email addresses of the current trusted servants at your meetings to Jeff ( [Info@oasandiego.org](mailto:Info@oasandiego.org)).
- The full minutes are on our website – [oasandiego.org](https://oasandiego.org).

## FULL MINUTES

– Kendra opened the meeting at 2 pm with the Serenity Prayer.

– There was no discussion of Tradition 2; Tradition 2 and 3 will be discussed at the March mtg.

Board Members present (and their positions): Kendra W., Chair; Keren S. (Vice-Chair); Maureen C. (Treasurer); Gina E. (Secretary for now); Jeff N. (Internal Info Chair); Jane Z. (PI/PO Chair); Elyesse U. (12<sup>th</sup> Step Within Chair); and Lou B. (Retreat Chair).

Intergroup Reps (and meetings they represent) – Debbie L. (Mon. 12:30 In-Person); Jennifer G. (Monday 4 pm Meditation/Writing); Bridget (Tues 6:30 am); Melinda H. (Tues.); Marilyn C. (Wed. 5 pm); Malia (Thurs. 11 am El Cajon); Tamara (Thurs. noon); Dave B. (Thurs. noon In-Person); Susan W. (Thurs. 6:30 pm Serra Mesa); Erin (Thurs. 7 pm Vista); Shana F. (Sat. 7 am); Barbara S. (Sat. Maintainers); Terry (Sat. 9:30 am Encinitas); Kat (Sat. 10:30 am Step Study); Mary Jane L. (Overcomers); La Rue P. (Sunday 9 am Women's); Dawn D. (Sun. 9 am); TJ (Sun. Men's); Christina (Sun. Journaling/Step Study); Nicki (mtg?).

Webmaster and WSBC delegate Ellen L., R2 Rep Jerry J., and Visitors Iola, Pam, and Alice C. were also present.

### REPORTS

Chair, Kendra W. – Motion by Keren, 2<sup>nd</sup> by Barbara S., to adopt minutes of the January IG meeting, PASSED

– Our podcasts get a lot of downloads each month. However, effective immediately, there will be no new podcasts created unless someone volunteers to give service as to editing the recorded material to delete names and anything that may violate the 12 Traditions. The “Podcast Manager” will need an audio editing program on his/her computer (Audacity offers a free editing program). Ellen will train the Podcast Manager. IG reps are asked to announce the new position at all their meetings. We will only record speakers at Workshops, Marathons, and the Maintainers Meeting. Ellen will continue to post the edited podcasts to [oasandiego.org](https://oasandiego.org). Ellen will write a job description to be attached to the minutes of the IG meeting. (\*\*\*) see below)

Secretary (acting) Gina E. – The Board is looking for a new Secretary. Anyone interested in doing service, please text Gina E. at 619-677-2510, or email [Secretary@oasandiego.org](mailto:Secretary@oasandiego.org) for more information.

Vice-Chair, Keren S. – No report

Treasurer, Maureen C. – December 2023 financial reports: Donations received: \$2,265. Expenditure: \$640.55. Received \$1,625.74 more than paid out.

Twelfth Step Within, Elyesse U. – There will be 5 new workshops this year, namely “Taking a Problem Through the 12 Steps to Meet Life's Challenges in March; Emotional Sobriety in June; Body Image in August; Abstinence for the Holidays in October and Staying Abstinent in the Real World in December.

Retreat Chair, Lou B. – Registration for the Serenity Retreat at Mission San Luis Rey on May 17-19, 2024, is now open on Eventbrite and can be accessed through our website under “Special Events” or at

[www.Eventbrite.com/e/overeaters-anonymous-serenity-retreat-tickets](http://www.Eventbrite.com/e/overeaters-anonymous-serenity-retreat-tickets). There will be a legendary out-of-town speaker!

Internal Info Chair, Jeff N. – Please send the names and email addresses of the current trusted servants at your meetings to Jeff ( [Info@oasandiego.org](mailto:Info@oasandiego.org)).

– The link to the IG meeting provided on the agenda will be corrected before the March IG meeting. And you can always access the Zoom link on Oasandiego.org under MEETINGS.

PI/PO Chair, Jane Z. – no report

WSBC delegate (and Webmaster) Ellen L. – The upcoming World Service Business Conference is in New Mexico in April 2024. Among the proposed amendments to be voted on are (1) changing the definition of abstinence to remove the word “weight” and (2) changing the word “His” to “God” in the 12 Steps. All of the motions will be online and can be found at <https://media.oa.org/app/uploads/2024/01/04143827/agenda-questionnaire-summary-wsbc-2024.pdf> so that IG reps can poll their groups and vote on the Intergroup's group conscience, and our WSO delegates will know how to vote.

OLD BUSINESS – IG Rep Melinda H. reported that the OA Dance scheduled for Feb. 10 at 6 pm is now on the website. It will be at the Mission Hills United Church of Christ (the location where the Monday 12:30 In-Person meeting meets). There will be 3 speakers on the topic of “relationships.” They need one more donated centerpiece and 2 volunteers to show up at 5 pm instead of 6 pm on Feb. 10. This is NOT a couples dance; it's for everyone. More details are on [oasandiego.org/dance](http://oasandiego.org/dance)

#### NEW BUSINESS

Jessica H resigned her position at WSBC delegate, so there is a vacancy for anyone who wants to do service. The requirements are one year of abstinence by your own definition, prior service above the group level, and you can and will attend the World Service Business Conference in New Mexico in April 2024.

#### OPEN FORUM

– Lois M. had asked to discuss her problem with finding things on our website. She was not present at the meeting, and no one else reported any problems. Keren S. urged anyone having problems with the website or suggestions for improvement to contact Ellen L. at [Webmaster@oasandiego.org](mailto:Webmaster@oasandiego.org). Ellen welcomes feedback!

– There was feedback from some groups as to whether we should have a central meeting place (an Oasis) again. Malia said her group is interested but the Board should do more research. Kat reported that a couple of people expressed interest at her group's business meeting, but most people thought it's not the time to go forward on this, and the question should be tabled for now. The Thursday noon In-Person meeting was interested in a central meeting place. Lola's opinion was that an Oasis had always been part of the San Diego experience, it facilitated starting new meetings, and In-Person meetings are important for what they offer that Zoom meetings can't. Barbara S. reported that her group was interested, but a lot of questions need to be looked into first. Dawn's group is not interested in having an Oasis because they're a Zoom meeting and many attendees are from out-of-town, but they did favor

having more In-Person meetings. Keren S., as moderator, said that getting another Oasis is not currently on the table and will probably be an ongoing conversation in the future. Also, she reminded IG reps that Intergroup supports new In-Person meetings by providing the first 3 months' rent to give them time to build support.

– Susan W. pitched the Thursday 6:30 pm In-Person meeting in Serra Mesa.

– Any problems, suggestions, or other feedback about our website should be addressed to Ellen L., [webmaster@oasandiego.org](mailto:webmaster@oasandiego.org). She welcomes all input!

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

– The next Intergroup Meeting is on Saturday, March 2, 2024, at 2 pm on Zoom.

– Minutes submitted by Gina E., Acting Secretary

### \*\*\*Podcast Manager Job Description

1. Receive Speaker Release email.
2. Enter speaker data on the internal database.
3. Download the podcast from your Zoom account.
4. Edit, cutting out extraneous parts, people's names, and traditions violations using audio editing software such as Audacity.
5. Upload to podcast provider LibSyn.
6. Publish to our Facebook page from within LibSyn
7. Send the URL to Ellen to publish on the website.
8. Send a thank you note with a link to the speaker.