

OA SAN DIEGO INTERGROUP MEETING MINUTES – JUNE 1, 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>.

- **ZOOM Workshop:** “Emotional Sobriety Workshop,” Saturday, June 22, 2024, 11-1 pm. Link is on website. No registration required. Looking for a security person to assist and also a few other volunteers (e.g., readers, etc.). Please contact Elysse U. if you can support.
- **IN-PERSON Program:** Sunlight of the Spirit - Saturday, June 8, 2024: Hourly meetings 12 Noon – 6pm; Bonfire 6pm – onward. Location: Mission Bay at Clairmont Drive Playa Pacifica (just north of hotel), signage will say “OA Marathon.” “Old school” type, *in-person* program can strengthen fellowship sharing in recovery, feeling of connection, etc. Volunteers still needed for Leaders, Secretaries, Timers, as well as items like fire wood, coolers to borrow for cold water bottles to be sold. Contact Lessie: 619 739 1643.
- Initial proposals for 1-day 2025 Women’s Retreat and 2026 2-day Women’s Retreat are under consideration.
- Susan H. is administering tokens now, taking over from Loretta S.
- OASD Website cleanup, migration to Google Workspace, I-Page, new Constant Contact App, and more, have been completed, with an Instruction Manual forthcoming. Jeff N. collaborating with special worker Sydney to finalize Webmaster assessment. It is becoming clear that Webmaster cannot be a trusted servant or Board member (changing of terms leaves the organization vulnerable, complicated tasks, like programming) and instead it be a “permanent,” “special service worker” position.
- Required annual audit (per Bylaws) complete. All in good order with a few new checks and balances to include Maureen C. forwarding monthly statements to Robin S., 7th Tradition checks (donations) be reviewed by a second person, and some cleanup of QuickBooks to occur soon regarding closing dormant accounts (open for historical account information), keeping in mind retention requirements for tax purposes.
- Some meeting attendees requested current balance of accounts, and it is as follows: Checking: \$17,650. Savings: \$50,701. CD: \$10,661. Total: \$79,013.
- P&P and Bylaws are expected to be published on OASD Website soon.
- There is an increase of meetings wishing to change OA literature. WSO has been responding-- absolutely not. Something of which to be aware.
- After long-time (years) service of Gina E., a new Board Secretary was elected: Diana A.
- AB Special Focus Service Board. A new service board made up of AB people in all of OA to support various/meeting (e.g. OA Rainbow/LGBTQ, Anorexic, etc.) has been formed. More info to be posted on Website this summer.
- **2024 OA Convention Committee Report:** July 12-14, 2024. Sacramento Hilton. Individual or group donations toward raffle requested; unused gift cards welcome. Raffle to include Grand Prizes: 2 gifts a \$500 each. Saturday night program will include live band. Convention will be virtual also: OAR2.org. Registration by June 12 = early bird rate.
- **Ways to Donate/7th Tradition:** Alice C. asked if there was another way besides Paypal to donate. Maureen C. responded person/business checks are accepted as noted on website: Address: Overeaters Anonymous, PO Box 22213, San Diego, CA 92192.

- **The full minutes are on our website – oasandiego.org.**

FULL MINUTES

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

Tradition 6 was discussed. Spiritual Principle: Solidarity.

Board Members present (and their positions): Kendra W., Chair; Keren S. (Vice-Chair); Diana A. (Secretary, new); Jeff N. (Internal Info Chair); Elyesse U. (12th Step Within Chair); Maureen C. (Treasurer).

Intergroup Reps present: Debbie L. (Mon. 12:30 In-Person LIGR); Jeri A. (Monday 4 pm); Marilyn C. (Wed. 5 pm El Cajon); Susan W. (Thurs. 6:30 pm); Mary Jane L. (Sat. 6:30 pm Overcomers); La Rue P. (Sunday 9 am Women's); Christina I. (Sun. 6:15 pm Journaling); Tamara; Fri. Vista; IGR Sunday; IG Sat 6:30 pm); IGR Meditation; Lisa T.; Bridget; Julia O. Next month the *names together with meeting* represented will be reported.

Visitors: Lessie, Pam V., Alice C., Diana A.

Chair – Kendra W. Minutes of the May IG Board meeting, APPROVED.

At Board meeting earlier today, June 2, Diana A. was elected as new Board and IG Secretary. Outgoing Acting Secretary Gina E.'s long-time service (*several years*) was recognized and appreciated.

Vice-Chair – Keren S. Keren S. announced a flyer has been posted on the website for the Virtual Region hosted, Sunday, June 9, 2024, 7:30 am, ZOOM Memorial for Ellen.

Many updates to website complete via current Webmaster (“special worker”) Sydney Hirsch. Once Webmaster Assessment complete, a budget will be reviewed and a vote whether or not to retain the services of Sydney Hirsch long term. Note: Due to the complexity (computer programming), need for consistency, and to avoid having the organization be vulnerable, the Webmaster position can neither be a Board member position nor a trusted servant/voluntary position. Topic to be continued at July Board meeting.

PI/PO Chair, Jane Z. No report.

Retreat Chair, Lou B. Although Retreat Chair absent, the following was discussed:

Initial written proposals submitted by Melinda H. (not present) for 1-day 2025 Women’s Retreat and 2026 2-day Women’s Retreat are under consideration, pending further discussion with Lou B. and Melinda H.

Internal Information Chair, Jeff N. Jeff N. will attend each of the OASD meetings over the next few months to learn July-December 2024 rotation of service positions and update OASD records accordingly. Until then, Kendra W./Keren S. will help Sydney update list of officers and trusted servants.

Minutes will be posted for April and May 2024 by June 16, 2024.

Treasurer, Maureen C. Donations Received: \$2,040.27 (includes \$223.77 in interest income from CD + Money Market Account). Expenditures: \$1,463.99. Received \$576.28 more than paid out. Net results thru April 2024 were \$3,901.15 better than predicted.

The following reports were emailed to Board members: April 2024 Bank Reconciliation, Balance Sheet-April 2024, Profit & Loss statement-April 2024 (donations less expenditures), Profit & Loss statement-January-April 2024, P&L Comparison to 2023, General Ledger-April 2024, Budget vs. Actual results-January-April 2024, and Transaction/Donation Details by Meeting, April 2024.

When requested by a few meeting attendees regarding the current balance of accounts, Maureen C. reported as follows: Checking: \$17,650. Savings: \$50,701. CD: \$10,661. Total: \$79,013. Some discussion was held whether or not the balance of accounts should be reported at every Board meeting as it was done some of the time in the past. It was noted that it was not an IG decision to not show actual account balances.

Maureen C. reported distributions continue as follows: 10% - Region 2, 30% WSO.

Maureen C. provided the completed Audit Report. Liz B. (professional bookkeeper) worked with Robin S. and Maureen C. and examined records, finding them in good order and made a few suggestions to improve checks and balances as follows:

- (1) Union Bank bought out by USBank (late 2023) resulting in account records access and reporting changes. Solution: Maureen C. to forward monthly statements to Robin S. starting June 2024.
- (2) Maureen C. will receive/review copies of checks for deposits. Almost all 7th tradition contributions are done via PayPal; only a handful are via hardcopy checks. Also: Maureen C. to review Paypal copies. This makes for two sets of eyes regarding donations.
- (3) Robin S. will cleanup QuickBooks, removing some closed accounts, e.g., Retreat Comm. Account has not been used, basically closed, for about 2 years; however, it is kept in order to keep *historical account information*. Maureen C. will check with our CPA on how long to keep accounts open (probably 7-8 years, for tax purposes) and Maureen C. will do what our CPA recommends.

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ONGOING (OLD) BUSINESS

Sunlight of the Spirit. Lessie updated the group and noted there is interest in this “old school” type, *in-person* program from time to time to strengthen fellowship sharing in recovery, feeling of connection, etc. Hourly meetings 12 Noon – 6pm; Bonfire 6pm – onward. To assist with finding location at Mission Bay at Clairmont Drive Playa Pacifica (just north of hotel), signage will say “OA Marathon.” Volunteers still needed for Leaders, Secretaries, Timers, as well as items like fire wood, coolers to borrow for cold water bottles to be sold. Contact Lessie: 619 739 1643.

Twelfth Step Within: Elyse U. announced the Saturday, June 22, 2024, 11-1 pm “Emotional Sobriety Workshop” requires a security person to assist and also a few other volunteers (e.g., readers, etc.). Please contact Elyse U. if you can support.

2024 OA Convention Committee Report: Nancy McGowan (visitor) report. July 12-14, 2024. Sacramento Hilton (half the hotel reserved). Individual or group donations toward raffle requested. Unused gift cards people might have a good idea. Raffle to include Grand Prizes: 2 gifts a \$500 each.

Saturday night program will include live band. Convention will be virtual also: OAR2.org. Registration by June 12 = early bird rate.

AB Special Focus Service Board. Lisa T. (visitor) a new service board made up of AB people in all of OA to support various/meeting (e.g. OA Rainbow/LGBTQ, Anorexic, etc., has been formed which will have a Group ID number from WSO; however, it is neither Region 2 nor Virtual Intergroup. Currently, it is via WhatsApp. A website is forthcoming. <https://aboaservice.org>. Lisa T. is requesting OASD and also IG groups put this on their website and also that OASD join the new AB Special Focus Service Board website. Alice C. requested this matter be put on July 2024 agenda.

Ways to Donate/7th Tradition: Alice C. asked if there was another way besides Paypal to donate. Maureen C. responded person/business checks are accepted as noted on website: Address: Overeaters Anonymous, PO Box 22213, San Diego, CA 92192.

The meeting was adjourned with the Serenity Prayer at 3:-- pm. The next Board Meeting is on Saturday, July 6, 2024 at 2pm on Zoom.

Minutes submitted by Diana A., Secretary