

OA SAN DIEGO INTERGROUP MEETING MINUTES – AUGUST 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>.

ZOOM & IN-PERSON PROGRAMS:

- **NEW DATE: Body Image Workshop (ZOOM): Sunday, October 27, 2024, 1-3pm PT.** See www.oasd.com.
- **Urban Retreat (IN-PERSON): October 18 (Friday evening) and Saturday, October 19, 2024, Bahai Center (Linda Vista).** Details on Website forthcoming. Great speakers! \$20 donation suggested.
- **Women’s Retreat, One Saturday in March 2025, Local.** Details forthcoming.
- **Serenity Retreat 2025: July 25 – 27, 2025.** Mission San Luis Rey. Eventbrite Registration: TBA
- **Women’s Retreat, Weekend, 2026.** Details forthcoming.
- **Men’s Retreat:** Details forthcoming

SERVICE OPPORTUNITIES:

- **Committee 1: October 18-19, 2024 Urban Retreat Tech Support Committee:** Trusted Servants assist with the technical end of live-streaming. Training provided. **Contact: Lessie C. 619 739 1643.**
- **Committee 2: Technical Infrastructure Support Committee.** Developing long-term technical support plan for OA San Diego (including guidance for on-going ZOOM training, livestreaming, etc.). Major Goals to be complete December 15, 2024. **Contact: Jeff N. info@oasandiego.org**
- **WSO Conference Representative:** Elected positions by year end, multiple levels of prior service experience required. Virtual Meeting: May 2025. Details forthcoming. **Contact: Kendra W., chair@oasandiego.org**
- **Region 2 Representative:** Elected positions by year end, multiple levels of prior service experience required. Details forthcoming. **Contact: Kendra W., chair@oasandiego.org**
- **Young Persons Chair:** Elected Board position by year end. Details forthcoming. **Contact: Kendra W., chair@oasandiego.org**

PI/PO Chair, Jane Z. 10 OASD billboards (design by trusted servant Ariell F.) via Clear Channel company to be up end of August thru at least end November w/in parameter of Kearny Mesa to National City to El Cajon. See full Minutes for sample billboard.

Internal Information Chair Report: Constant Contact announcement expected week of August 5 to include (1) update on posting of minutes on website, (2) new service opportunities focused on Zoom support and related duties, and (3) plan for quarterly Constant Contact report (starting 2025) from Internal Information.

Treasurer's Report: Checking: \$16,705.79. Savings: \$50,888.98 CD: \$10,700.07

7th Tradition/Ways to Donate: Besides Paypal, checks can be mailed to Overeaters Anonymous, PO Box 22213, San Diego, CA 92192. Website: Click on 7th Tradition icon, upper right corner.
Please indicate meeting number with any payment.

Tokens: Virtual and In-Person, **Contact: Susan H. susanharadon@gmail.com**

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

FULL MINUTES

Kendra W. opened the meeting at 2:01 pm with the Serenity Prayer.

Kendra W. presented Tradition 8: "Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers." Spiritual Principle: Self Discipline.

Board Members present (and their positions): Kendra W., Chair; Diana A. (Secretary); Jane Z., PI/PO Chair; Elyesse U. (12th Step Within Chair); Maureen C. (Treasurer).

Absent: Keren S. (Vice Chair): Excused. Jeff N. (Internal Info Chair)

Intergroup Reps present: TJ (IGR Men's Sun 9am); Alana (Tue 7); Mary Jane L. (Fri 7pm, Abstinence); Pam V. (IG Sat 10am); Anne Marie (Maintainers); LaRue P. (Sun Women's Writing); Alice C. (Mon 12:30pm); Robin S. (Thu 6:30pm); Vicki A. (Vista Fri); Vicki (Tues Escondido); Clare B. (Visitor); Gerry J. (R2/WSO), Barbara N. (Sat 9:30 Speaker); Barbara R. (Sat 7am Carlsbad); Steph (Sat 10:30am Step S); Melinda H. (Sat 7am); Julia O. (Sat Encinitas); Maintainers nn, Ma

Visitors: Clare B., Sally R.

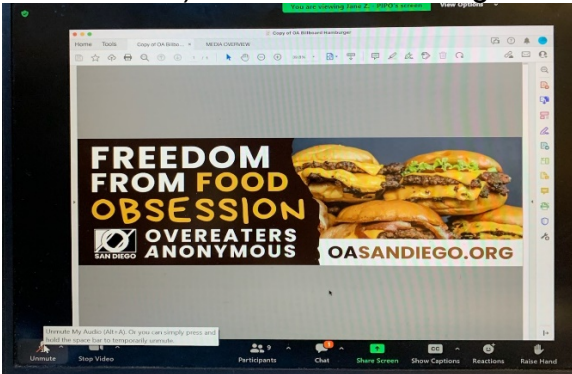
Chair – Kendra W. Minutes of the June IG Board meeting, APPROVED. (14 approved, 3 abstained; 2 non-voting visitors)

OA World Service Representative (WSBC delegate). With some current and forthcoming vacancies expected, elections will be held in the next few months for *both* WSBC Delegates and Region 2 Representatives. Further, the Young Persons Chair (Board position) also needs to be filled by election. Kendra W. post positions descriptions soon.

Vice-Chair – Keren S. Excused.

PI/PO Chair, Jane Z. Jane Z. OA Billboards: After reviewing several companies' proposals and offers/counter offers, Clear Channel will provide a total of 10 billboards for 12 weeks, expected to start end August, for \$15,116, utilizing the contract developed by trusted servants Dave B. and Jane Z, design of Ariell F.; Maureen C. to coordinate payment to Clear Channel. Bonus billboard *timing* may include extending some or all 10 billboards free of charge after 12 weeks *if* Clear Channel does not have a contract with another company to post those new company ads. Twelve weeks' billboards to cover Sept/Oct/Nov billboards (Halloween, Thanksgiving, and near Christmas). Possible billboards

locations were carefully reviewed (with several billboard vendors who gave same parameters) and include central San Diego, e.g., parameter is approximately Kearny Mesa to National City to El Cajon); communities above 52 Freeway, east of El Cajon and in North County, for example, have varying and/or more restrictive rules/laws for billboards (including minimizing billboards w/in their communities). The billboard design is *essentially* as follows:



OASD on outside (sides and/or back of bus) or inside (posters) mass transit (e.g., MTS, NCTD buses {trolleys = cost prohibitive}) may be discussed once the results of the above-mentioned billboard project is obtained, probably early 2025.

Retreat Chair, Lou B. Retreat Committee is strong and reports as follows:

- **Urban Retreat, In-Person: October 18-19, 2024, Bahai Center (Linda Vista).** Great speakers! Livestreaming/ZOOM is shaping up. \$20 suggested donation
- **Serenity Retreat 2025: July 25 – 27, 2025.** Venue reserved. Mission San Luis Rey. Eventbrite Registration: TBA
- **Women’s Retreat, One Saturday in March 2025, Local.** Details forthcoming.

Internal Information Chair, Jeff N., Excused

In Jeff N. absence, Kendra W. made the following announcements:

A Constant Contact Notice to go out week of August 5 covering (1) update on posting of minutes on website, (2) new service opportunities focused on Zoom support and related duties, and (3) plan for quarterly Constant Contact report from Internal Information.

Podcasts: May be re-introduced early 2025. Zoom Training & Website Maintenance: Substantial written guidelines expected by December 2024.

Service Opportunity: Trusted Servants still needed for future ZOOM and livestreaming events. Training provided.

Technical Infrastructure Support Committee (Long Term). Jeff N., Kendra W., Sydney Hirsch, and Lessie C. Additional Trusted Servants wishing to join the Tech Support Committee, **Contact Jeff N., info@oasandiego.org.**

Treasurer, Maureen C.

Donations Received: \$1,943.69 (includes \$225.43 in interest income from CD + Money Market Account). Expenditures: \$2,287.93 Received \$344.24 less than paid out. Net results thru June 2024 were \$3,882.91 better than budgeted.

Maureen C. reported that June was first month in 2024 (and even longer than that) that less was received than paid out; however, ending balance remained better than budgeted. Since there was a loss (e.g., first glance could mean no contribution to WSO and Region 2), the Board voted today to contribute for June a one-time *average* amount of monthly income based on the last five months which comes to \$275.40 (WSO/30%) an \$91.82 (Region 2/10%).

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

Supporters' Club donations are treated same as any donation: after expenses, monies go to IG/WSO/Region 2 (60/30/10).

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Twelfth Step Within, Chair: Elysse U.

Body Image Workshop (ZOOM):

NEW DATE: Sunday, October 27, 2024, 1-3pm, PT. See www.oasd.com. (Re-schedule from Sunday, August 11, 2024, 1-3pm PT)

OLD BUSINESS

None.

NEW BUSINESS

Kendra W., Chair, above regarding year-end elections: WSO Rep, Region 2 Rep. Also Young Persons Chair (OASD Board).

A member mentioned IG used to manage a hardcopy Sponsor List and mentioned it may be useful to have a Sponsor List posted on the website.

The meeting was adjourned with the Serenity Prayer at 2:40 pm.

The next IG Meeting is on Saturday, September 7, 2024 at 2:00 pm on ZOOM.

Note: Monday, September 2, is Labor Day holiday.

Minutes submitted by Diana A., Secretary