

OA SAN DIEGO INTERGROUP MEETING MINUTES – SEPTEMBER 7, 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:

- **Body Image Workshop (ZOOM):** Sunday, October 27, 2024, 1-3pm PT. See flyer: www.oasandiego.org
- **Urban Retreat (IN-PERSON & LIVESTREAM):** October 18 (Friday, 7-9pm) and Saturday, October 19 (Saturday, 9am-5pm), Bahai Center (Linda Vista). Great speakers! \$20 donation suggested. See flyer: www.oasandiego.org
- **Region 2 Program: Welcoming Members with Diverse Experiences (ZOOM):** Saturday, October 19, 2024, 10:30am – 12:30pm, PST. Panel discussion to include welcoming various identities/newcomers. See flyer: www.oasandiego.org
- **NEW: Abstinence in the Real World Workshop (ZOOM):** Sunday, December 1, 2024, 1-3pm. Neutrality of past and forgiveness emphasized. See flyer: www.oasandiego.org
- **Women’s Retreat, Tentative Date:** March 15, 2025, Local. Details forthcoming.
- **Serenity Retreat 2025:** July 25 – 27, 2025. Mission San Luis Rey. Details forthcoming.

BOARD POSITIONS ELECTIONS & Many Service Opportunities

BOARD MEMBER ELECTIONS: November or December 2024.

POSITION TO START: JANUARY 2025 (6 month rotation)

If interested in a position or to nominate someone, Contact: Kendra W., chair@oasandiego.org

- Vice Chair
- Treasurer
- Internal Information Chair
- PI/PO Chair
- Retreat Chair
- 12th Step Within
- Young Persons Chair (currently vacant)

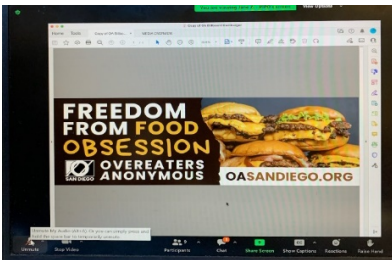
NON-BOARD POSITIONS ELECTIONS & OPENINGS. *Multiple Levels/Prior Service Experience Required.*

- **WSO Conference Representative:** Virtual Meeting May 2025. Details forthcoming.
- **Region 2 Representative**

NON-ELECTION 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**

PI/PO Chair, Jane Z. 10 OASD billboards are now up Sept/Oct/Nov (some may remain up past November at no additional charge) throughout San Diego County. General parameter: Kearny Mesa to National City to El Cajon. See full Minutes for billboard locations/addresses.



Internal Information Chair Report:

Constant Contact: If members are having difficulty receiving notices, go to the website and subscribe (or resubscribe) as follows: www.oasandiego.org, main page upper right corner, click "INTERGROUP". Scroll to page bottom, at Mailing List, click "SUBSCRIBE". If still not receiving OASD notices via Constant Contact, email Jeff N. at info@oasandiego.org.

Treasurer's Report: Checking: \$7,281.24. Savings: \$46,186.58 CD: \$10,775.40.

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 2:00 pm with the Serenity Prayer.

Diana A. presented Tradition 9: "OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." Spiritual Principle: Structure.

All Board Members were present: Kendra W., (Chair); Keren S. (Vice Chair); Diana A. (Secretary); Maureen C. (Treasurer); Jane Z. (PI/PO Chair); Lou B. (Chair, Retreats); Jeff N. (Internal Info Chair); Elyesse U. (12th Step Within Chair).

Intergroup Reps present: Alana (Tue 7); Pam V. (IG Sat 10am); LaRue P. (Sun Wo's Med/Writing); Alice C. (Mon 12:30pm); Robin S. (Thu 6:30pm); Vicki A. (Vista Fri); Vicki (Tues Escondido); Gerry J. (R2/WSO Rep), Barbara N. (Sat 9:30 Speaker); Melinda H. (Sat 7am); IG Rep Maintainers, Barb N. (Sat 9:30 Spec); IGR Christina (AB Step Study/Sun); Dona Mary Diriam (Thurs; Iola (Thurs Noon); Jeri A. (Mon/11th); Susan H. (Vista 7pm); Cynthia (Thurs Noon); Dave B. (Sun Mens)

Visitors: Clare B. (Bloomington); Christina (___); Avery (Borrego Springs)

Chair – Kendra W. Minutes of the August 3, 2024, IG Board meeting, APPROVED, unanimously; 2 abstained.

Board elections will take place November or December. Kendra W. and Keren S. will research By-laws for guidelines. Highly likely that **all** Board positions, **except** Chair, may need to be filled/elected. Elected Board members start January 2025.

Vice-Chair: Keren S. term ending.

Secretary: Diana A. *may* step down.

Treasurer: Maureen C. has served two terms. Her staying on Board another term would support Board stability/cohesiveness.

PI/PO Chair: Jane Z. has served two terms; term ending.

Retreat Chair: Lou has served two terms; term ending.

Internal Information Chair: Jeff N. has served two terms. His staying on Board would support Board stability/cohesiveness.

12 Step Within Elyesse U. term ending. Melinda H. may be a candidate.

Young Peoples Chair: Vacant.

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. General guideline: WSO Delegate: 1 representative per every 15 registered meetings. Region 2 Rep: 1 representative for every 10 registered meetings.

Regarding **all** elections (Board, Region 2, and WSO Conference reps), Board may look to stagger rotations while staying cohesive and, for example, Kendra W. will contact Barbara S. to get on a committee now while looking to 2025 to start Region 2 or WSO Conference Rep position.

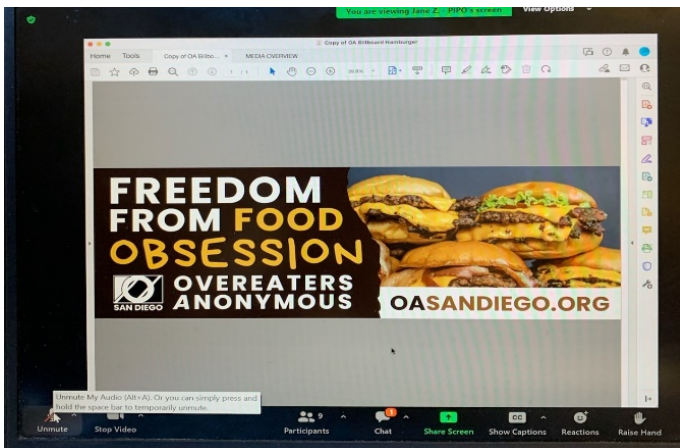
Vice-Chair – Keren S.

Region 2 Program: Welcoming Members with Diverse Experiences (ZOOM): Saturday, October 19, 2024, 10:30am – 12:30pm, PST. Panel discussion to include welcoming various identities/newcomers. See flyer: www.oasandiego.org

PI/PO Chair, Jane Z. 10 Billboards are up Sept/Oct/Nov (maybe some remain up after November, no additional cost). Central San Diego, e.g., parameter is approximately Kearny Mesa to National City to El Cajon.

<p>Winter Gardens Blvd at Gardena Rd - Lakeside El Cajon Blvd at Arizona St - San Diego Fairmount Ave at Myrtle Av - San Diego Garnet Ave at Everts St San Diego Imperial Ave at 66th St San Diego</p>	<p>W Mission Bay Dr at Bayside Ln - San Diego Mission Gorge Rd at Mission Gorge Place - SD University Ave at 45th St - San Diego 1055 Convoy St & Othello Ave – San Diego 1348 Market St & 33rd St – San Diego</p>
--	--

The billboard design is *essentially* as follows:



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, Tentative Date: March 15, 2025, Local.**

Internal Information Chair, Jeff N.

Podcasts: May be re-introduced early 2025.

Zoom Training Manual to be posted on website this month/September to include instructions on ZOOM security and Host/Co-Host positions (target date was December).

Response to Billboards/website activity tracking: Kendra W. will ask Sydney Hirsch about this possibility. Response to Billboards may also be tracked by IG rep(s)/those conducting Newcomers meetings.

Website maintenance includes upkeep of technical subscriptions/memberships (e.g., Tech Soup due end/September and Sydney Hirsch will check on Constant Contact membership renewal date).

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

Jerry J. requested Billboard information, sample, and locations to share with Region 2.

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: \$1,872.03 (includes \$231.30 in interest income from CD + Money Market Account). Expenditures: \$970.90 Received \$1,132.36 less than paid out. Net results thru July 2024 were \$5,025.68 better than budgeted.

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

Distributions continue at 60/30/10, OASD IG, WSO (\$339.71), Region 2 (\$113.24), respectively.

Current balance of accounts: Checking: \$7,281.24 Savings: \$46,186.58. CD: \$10,775.40
Total: \$64,243.22

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.**

Twelfth Step Within, Chair: Elysse U.

Body Image Workshop (ZOOM): Sunday, October 27, 2024, 1-3pm, PT. See www.oasd.com.

Abstinence in the Real World Workshop (ZOOM): Sunday, December 1, 2024, 1-3pm. Program will emphasize neutrality of past and forgiveness. Flyer www.oasandiego.org forthcoming.

Elysse U. completes 12 Step Within service December. Melinda H. has supported this year's programming; she is a good candidate for 2025 12 Step Within Chair.

NEW BUSINESS

See Election updates under Kendra W. – Chair, above.

Delineating “Open” from “Closed” meetings. “All meetings are open meetings.” This topic was discussed at length. All meetings that are *listed on website are open meetings*, open to anyone including “visitors.” Visitors would include students investigating OA for their studies (e.g., for report writing), health professionals like doctors or nurses, etc. Further, for example, specific focus meetings like specific diversity topic (e.g., LGBTQ) could be attended by a LGBTQ or non-LGBTQ person. Or, a Women’s meeting may be attended by a man. Step 3: The only requirement for OA membership is a desire to stop eating compulsively.

Keren S. will research further via WSO, etc., and bring back for adoption clarification on “open” and “closed” meetings. It was noted that whatever format a meeting that format is to be dictated at the beginning of that meeting. Some discussion included “closed” meeting to observe anonymity to other compulsive eaters. A current example of “closed” meeting is a one that is using the “Twelve Step Workshop and Study Guide, Overeaters Anonymous.” The group was formed as a group with a given start and end date and shortly after established it is closed to additional members and is not a “registered” meeting so it does not appear on the OA website, it does not have a “meeting number”; however, 7th Tradition is observed and those monies collected go to the General Fund rather a specific meeting number. In the past and theoretically some “closed” step study meetings allowed for more in-depth work within a designated group and there could be a rotation study buddies/partners within that set group, set participation list. In the past when there was a hardcopy list of meetings, the meetings were indicated as “open” or “closed.” It was suggested that the first step in this process is to identify goals for closed meetings, open meetings, topic, for example. Does that imply “closed” or “open”? Orange County OA delineates open/closed meetings

Regarding “visitors” to a meeting, it was suggested to use the “waiting room” option on ZOOM to establish who are “visitors.” In addition to various Board members discussing this issue, Jerry J., Iola, Vicki A., Pam V., Susan H, Christina, and Alice C. gave considerable input.

Separately, it was requested that monthly meeting highlights get distributed in a timelier manner.

OLD BUSINESS

See Pinch Hitter Pool update under Jeff N. – Internal Information Chair, above.

The meeting was adjourned with the Serenity Prayer at 2:50 pm.

The next IG Meeting is on Saturday, October 5, 2024 at 2:00 pm on ZOOM.

Minutes submitted by Diana A., Secretary