

## OA SAN DIEGO INTERGROUP MEETING MINUTES – OCTOBER 5, 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:

**Urban Retreat (IN-PERSON & LIVESTREAM):** October 18 (Friday, 7-9pm) and Saturday, October 19 (Saturday, 9am-5pm), Bahai Center (Linda Vista). \$20 donation suggested, but:

**NO ONE WILL BE TURNED AWAY**

Speaker: 25 years OA, 200 lb. maintained weight loss, HP/Grace, Continued commitment to 12 Steps, acting “as if”, etc. Interactive. See flyer: [www.oasandiego.org](http://www.oasandiego.org).

**SECURITY HOST & BREAKOUT ROOM HOST NEEDED –**

**Lessie C. 619 739 1643. Lou: [retreats@oasandiego.org](mailto:retreats@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](http://www.oasandiego.org)
- **Body Image Workshop (ZOOM): Sunday, October 27, 2024, 1-3pm PT.** See flyer: [www.oasandiego.org](http://www.oasandiego.org); 1 LEADER; writing/sharing, etc.
- **Men’s Retreat:** Nov 1 – 3, Mission San Luis Rey In-Person **AND ZOOM.** [www.oasd.org](http://www.oasd.org).
- **Abstinence in the Real World Workshop (ZOOM):** Sunday, December 1, 2024, 1-3pm. Neutrality of past and forgiveness emphasized. See flyer: [www.oasandiego.org](http://www.oasandiego.org)

**NEW:** Saturdays, 9am, Step Study. Alano Club, Ocean Beach

- **NEW:** December 12, 2024: 24-hr Marathon – All Regions (Worldwide), various languages, per WSO 12<sup>th</sup> Step Within Committee (Mary Jane)
- **NEW:** January 17 - 19, 2025: OA Birthday (WSO), Los Angeles Airport Hilton
- **NEW:** May 4 - 10, 2025: WSO Business Conference, Virtual Attendance Only
- **NEW:** July 11 - 13, 2025 6th Annual R2 Convention Hollywood, CA HYBRID EVENT

### BOARD POSITIONS ELECTIONS & Service Opportunities

BOARD MEMBER ELECTIONS: November or December 2024

POSITION TO START: JANUARY 2025.

TERM: 2 Years

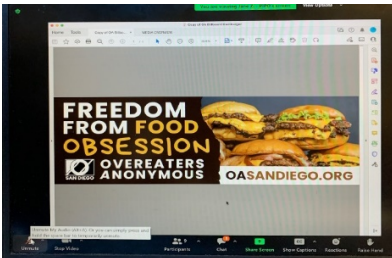
CONTACT: Kendra W., [chair@oasandiego.org](mailto:chair@oasandiego.org).

1. **Secretary**
2. **PI/PO Chair**
3. **Retreat Chair** (Possible candidate)
4. **2th Step Within** (Possible candidate)
5. **Young Peoples Chair**

**NON-BOARD POSITIONS ELECTIONS / OPENINGS.** *Multi-Level/Prior Service Experience Required; Abstinence requirements (1 year)*

- **WBSO Conference Representative (1):** May 4 - 10, 2025, Virtual: WSO Business Conf.
- **Region 2 Representative:** 4 Open Positions
- **WSO Representative:** 3 Open Positions

**PI/PO Chair, Jane Z. Absent.** 10 OASD Billboards up Greater San Diego area, thru end November. (No billboards were available in North County; an IG member asked re North County).



**Internal Information Chair Report:**

Having difficulty receiving notices? Go to the website and subscribe (or resubscribe) as follows: [www.oasandiego.org](http://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](mailto:info@oasandiego.org).

Constant Contact email to go to IG Reps in October requesting current key positions so OASD records can be updated.

**Treasurer's Report:** Total: \$65,050.

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

**Tokens:** Virtual and In-Person, **Contact: Susan H. [susanharadon@gmail.com](mailto:susanharadon@gmail.com)**

**The full minutes are on our website – [oasandiego.org](http://oasandiego.org).**

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**DRAFT: FULL MINUTES**

(10/6/2024)

Kendra W. opened the meeting at 2:03 pm with the Serenity Prayer.

Maureen C. presented Tradition 10: "Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy." Principle: NEUTRALITY

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

Intergroup Reps present: Pam V. (IG Sat 10am); LaRue P. (Sun Wo's Med/Writ); Alice C. (Mon 12:30pm); Vicki A. (Vista Fri); Jerry J. (R2/WSO Rep), Barbara N. (Sat 9:30 Speaker); Anne Marie (IG Rep Maintainers); Barb N. (Sat 9:30 Speak); Deena B. (AB Step Study/Sun); Dona Mary D. (Thurs); lola (Thurs Noon); Jeri A. (Mon/4pm Med-Writ, 11<sup>th</sup>); Dave B. (Sun Mens); Frank R. (Thurs 6pm); \_\_\_\_\_, (For Today, Tue 6:30am); \_\_\_\_\_ (Liv'g in the Solution); Mary Jane (Abstinent 7pm); \_\_\_\_\_ (Thurs, 11am, El Cajon); \_\_\_\_\_ (Sat Am, Carlsbad)

Visitors: Jeremiah, Reg. 2 Chair; Christina I.; Avery (Borrego Springs); Ginger G.

**Chair – Kendra W.** Minutes of the September 7, 2024, IG Board meeting, APPROVED, 23, with 2 abstain (25 meeting attendees @ time of Minutes approval; attendees grew to 29)

Board elections will take place November or December. Kendra W. and Keren S. will research OASD By-laws (in part via Vicky A. checking w/WSO who said check OASD guidelines first) and contact WSO for other guidelines, if any. Newly Elected Board members start January 2025 (2 Years).

- |                       |   |                               |
|-----------------------|---|-------------------------------|
| <b>1. Secretary</b>   | <b>3. Retreat Chair</b> (Possible candidate)    | <b>5. Young Peoples Chair</b> |
| <b>2. PI/PO Chair</b> | <b>4. 12th Step Within</b> (Possible candidate) |                               |

Due to vacancies, term endings or trusted servants stepping down, (for example, Jerry J. completing Region 2 and WSO positions and also Kendra will contact Barbara S. regarding her status), the following non-Board positions are open:

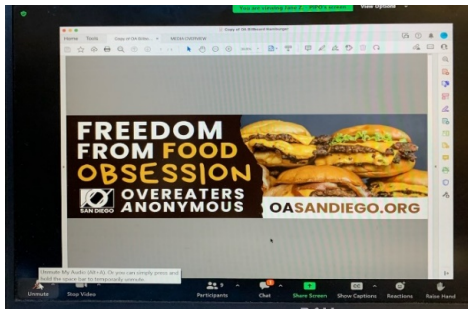
- Region 2 Rep:** 4 positions need to be filled. (1 representative, every 10 registered meetings)
- WSBC Delegate:** 1 position needs to be filled
- WSO Delegate:** 3 positions need to be filled (1 representative, every 15 registered meetings)

**Delineating "Open" from "Closed" meetings.** Kendra W. and Keren S. will continue to research and report back. Someone suggested using an asterisk \* to help discern Open from Closed. Some references: OA SD Bylaws (7/6/2024), San Diego County Intergroup P, and "Without Visitors (Closed) Meeting: Restricted to those who desire to stop eating compulsively. This includes newcomers. (OA members and others who think they have a problem with food.) Specific Focus Meeting: Composed of individuals who feel they can more readily identify with fellow OAers with similar attributes..."

**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](http://www.oasandiego.org)

**PI/PO Chair, Jane Z.** Absent. 10 Billboards up through end of November, Greater SD area.



## Retreat Chair, Lou B.

- **Urban Retreat, In-Person: October 18-19, 2024, Bahai Center (Linda Vista).** Great speakers! Livestreaming/ZOOM is shaping up. \$20 suggested donation – yet, **NO ONE WILL BE TURNED AWAY.**
- **Men’s Retreat: Nov 1-3, 2024:** In-Person--Mission San Luis del Rey; **also on ZOOM**
- **Serenity Retreat 2025: July 25 – 27, 2025.** Venue reserved. Mission San Luis Rey. Eventbrite Registration: TBA

## Internal Information Chair, Jeff N.

Constant Contact email to go to IG reps in October requesting current key positions so OASD records can be made up to date.

Minutes: HIGHLIGHTS, together with DRAFT Full IG Committee Full minutes, will be distributed shortly after any given monthly meeting to speed up and increase communication (rather than distributing DRAFT minutes shortly before a monthly meeting, then posting the “approved” minutes well after a month after any given meeting).

Zoom Training Manual to be posted on website soon to include instructions on ZOOM security and Host/Co-Host positions.

Response to Billboards/website activity tracking: Deena B. (as host of newcomer meeting) reported no newcomer has mentioned being referred to newcomer meeting via Billboard ad; however, it has been barely 1 month since Billboards postings. Some meeting participants agreed it may be a little early for response to Billboards.

**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](mailto:info@oasandiego.org).**

**Pinch Hitter List.** To help support those meetings with dwindling numbers (ZOOM or In-Person), a Pinch Hitter program is being devised to be used by the various meetings if they wish. A Maintainer’s meeting is currently serving as an on-site beta test.

**Treasurer – Maureen C.** Donations Received: \$1,999.29, plus \$141.63 in interest income from CD + Money Market Account: \$2,140.92. Expenditures: \$16,594.99 (includes \$15,116.25 to Clear Channel Marketing for 10 Billboards/3+ months). Paid out \$14,454.07 more than received. Net results thru August 2024: Over budget by \$9,417.98.

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

In *approximations*, the Billboards cost may be broken down as follows: \$15,120. Budgeted: \$4,000. Donation from OA Los Angeles \$2,500 (to be used at OASD discretion). Therefore, one could say approximately \$6,500 was earmarked for Billboards to get the word out (some sort of advertising/marketing) to those still suffering. 10 Billboards, displayed 3 months, a few Billboards may go longer than 3 months. After Billboard payment (August), the OASD total balance remains healthy at \$65,050.

Maureen C. reported that August received less than paid out and ending balance was less than budgeted. Since there was a loss (e.g., first glance could mean no contribution to WSO and Region 2), the Board voted to contribute for August a one-time *average* amount of monthly income based on the last three months. As such Maureen C. will calculate and provide amounts at today's IG meeting. (Similar motion passed at August 2024 meeting.)

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**Twelfth Step Within, Chair: Elysse U.**

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

Region 2 Chair, Jeremiah A:

- **NEW:** July 11 - 13, 2025 6th Annual R2 Convention Hollywood, CA HYBRID EVENT

Mary Jane:

- **NEW:** December 12, 2024: 24-hr Marathon – All Regions (Worldwide), various languages, per WSO 12<sup>th</sup> Step Within Committee
- OA does not “endorse” minors. Jerry J. added WSO concerns over possible lawsuits/legal liabilities.
- Mary Jane asked visitor Region 2/Jeremiah A: Is there a conflict of interest if one is IG Rep, Region 2 AND WS Virtual Delegate? Answer: No. (Region 2 has 2 assemblies/year)

Deena:

- WSO changing title: Young Peoples to Young Adults (legal reasons, e.g., minors not being being “endorsed” to attend OA meetings). Further: WSO, September 9, 2024: “OA Board Approves New Policy Stating OA Does Not Endorse Minors Attending OA Meetings”

Anne Marie:

- Maint’s Mtng. Attendance has dropped in last year, so group revised format and made calls to former attendees to encourage attendance.

Iola:

- Asked if there have been any responses from Billboards. Deena B. responded no response (yet) at newcomer’s meeting; however, it is just 1 month and Billboards go another 2 months.
- Recommended see Bylaws re: Open/Closed meetings, how to list.

Barbara N.

- Sun, 6:15pm, Journal: NEEDS Host  
Jeff N. suggested using Pinch Hitter List and will follow-up w/Barbara; Maintainers meeting is serving as a beta test.

Dona, Rep, Sat 7am Carlsbad

- OASD Website, ZOOM meeting problem. No link, or when clicked on link message was meeting time has passed, which it was not passed, etc. (Webmaster will monitor)

## **OLD BUSINESS**

The meeting was adjourned with the Serenity Prayer at 3:03 pm.

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

Minutes submitted by Diana A., Secretary