

Highlights to Read at Meetings – Intergroup Reps please read the below highlights at your meetings. The full minutes will soon be posted on our website <https://oasandiego.org>.

ZOOM & IN-PERSON PROGRAMS:

- **Abstinence in the Real World Workshop (ZOOM):** Sunday, December 1, 2024, 1-3pm. Neutrality of past and forgiveness emphasized. See flyer: www.oasandiego.org. No pre-registration required. 7th Tradition observed.
- **OA Birthday (WSO), January 17 – 19, 2025 - Los Angeles Airport Hilton**
See flyer: www.oasandiego.org
- **NEW: March 15, 2025: In-Person Women’s Day Retreat, Bahai Center.** Workshops, panels, keynote lunch speaker, meditation, yoga and fellowship. Various available service opportunities including looking for Speakers to lead on subjects like dating/relations and body image/sex. Volunteer or pass along suggestion. Please reach out to give service to fellow compulsive eaters. retreats@oasandiego.org, Lessie C. (619 739 1643).

BOARD POSITIONS ELECTIONS & Service Opportunities

BOARD MEMBER ELECTIONS: Saturday, December 7, 2024, Board meeting, 12:45pm

NOMINATIONS REQUESTED: CONTACT: Kendra W., chair@oasandiego.org.

Secretary – If no Secretary is elected, no monthly minutes will be posted to the website.

Retreat Chair (1 possible candidate; Lessie C.)

Young Peoples Chair (1 possible candidate; Eileen)

PI/PO Chair (1 possible candidate; Dave B.)

12th Step Within (1 Possible candidate; Melinda H.)

NON-BOARD POSITIONS ELECTIONS / OPENINGS:

Region 2 Rep: 4 positions need to be filled. *May* have some candidates (Iola, Eileen)

WSBC Delegate: 1 position needs to be filled. CANDIDATES NEEDED

WSO Delegate: 2 positions need to be filled. *May* have some candidates (Jerry, Kathy, Beth)

OPEN / CLOSED MEETINGS. All meetings—ACTION REQUESTED: After lengthy discussion and research over several Board meetings, and paraphrased here for brevity: All San Diego County OA meetings are Open; however, all meetings can vote whether or not they wish to be an Open or Closed meeting. If a meeting votes to be a Closed meeting, that meeting’s IG Rep should report that to Internal Info Chair, email: info@oasandiego.org. Then, those Closed meetings listed on the website will be noted as ‘ (“Closed”)’. Further, the definition of Open (to visitors) or Closed (to visitors) is being added to website under the section/list, “Upcoming Meetings”.

This link <https://oa.org/faqs/what-is-the-difference-between-an-open-group-and-a-closed-meeting/> reads as follows:

“The designation of “with visitors” and “without visitors” meetings have to do with the level of anonymity the group has chosen.

If you think you have issues with food and are interested in exploring OA, you are welcome at any meeting—with or without visitors.

If you are interested in OA for another reason, like you are studying to be a nurse, doctor, or therapist, or are a concerned family member, we ask that you only attend meetings with visitors.”

In short:

OPEN - includes visitors (like health professionals, concerned family members, students observing meetings for homework projects, journalists, etc.)

CLOSED - no visitors. ONLY people who suffer and/or wish to stop compulsive food behaviors or who identify with compulsive food behaviors

All Meetings--ACTION REQUESTED: Per November 2, Intergroup Alert via Constant Contact: Please provide the following information to info@oasandiego.org or text (959) 740-7879: First Name, Last Initial, Email, and Mobile Phone, **for the following positions:** Meeting, Contact, Secretary, Host (if ZOOM), Co-Hosts (if ZOOM), and Speaker Getter (if applicable). **Thanks to those who have already responded to the November 2 IG Alert by providing requested information.**

NEW: ZOOM TRAINING now on website for **Host, Co-Host and Participant**. Click “How to ZOOM”. Both videos and written instructions including Security 101, Claiming Host, Adding a Co-Host, Breakout Rooms 101, Best Practices for Hosting, etc.

Meeting Bombers: If a bombing occurs and once bomber is removed from meeting, it may be useful to take 2-3 minutes to either (1) have group discuss that possible trauma-like experience OR (2) use that time as a settling silence. Either suggestion may allow meeting to resume with the feeling of being a safe and protected environment.

Treasurer’s Report: As of September: \$9,768 (checking) + \$46,296.75 (savings). WSO (30%, \$404.10) and Region 2 (10%, \$134.70) contributions will be made as usual.

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 will soon be on website – oasandiego.org.

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DRAFT: FULL MINUTES

(DRAFT: 11/8/2024)

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

Elyse U. presented Tradition 11: “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.” Principle: Spiritual Awareness

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

Intergroup Reps present: Pam V. (IG Sat 10am); LaRue P. (Sun Wo’s Med/Writ); Alice C. (Mon 12:30pm); Vicki A. (Vista Fri 7pm); Jerry J. (R2/WSO Rep), Barbara N. (Sat 9:30 Speaker); Anne Marie (Maintainers); Barb N. (Sat 9:30 Speak); lola (Thurs Noon); Jeri A. (Mon/4pm Med-Writ, 11th); _____ (Thurs, 11am, El Cajon); Pilgrim (Sat 7 am, Carlsbad) Sherri (Tues AM; Susan (Thurs 7-8am, Vista); Robin (Thurs 6:30); Alana (Tues PM); _____ A/B (Thurs 6pm); TJ (Sun, Mens Lit); Barbara R. (Fri, Vista)

Visitors: Kat; Claire B. (Bloomington, IN)

Chair – Kendra W. Minutes of the October 2, 2024, IG Board meeting, APPROVED (majority, with a few abstaining)

Board elections will take place at December 7, 2024, Board meeting. Newly Elected Board members start January 2025 (2 Years).

1. **Secretary** If No Secretary elected, there will be no monthly Board or IG Minutes posted on website
2. **PI/PO Chair** (Possible candidate)
3. **Retreat Chair** (Possible candidate)
4. **12th Step Within** (Possible candidate)
5. **Young Peoples Chair** (Possible candidate)

Region 2 Rep: 4 positions need to be filled; there are some candidates.

WSBC Delegate: 1 position needs to be filled; there are no candidates.

WSO Delegate: 3 positions need to be filled; there are some candidates.

Vice-Chair – Keren S.

Delineating “Open” from “Closed” meetings.

After lengthy discussion and research today and previous Board meetings via WSO, etc., the Board unanimously adopted the following regarding policy regarding Open vs. Closed Meetings:

1. The Board recommends that all San Diego County OA meetings be Open. Reason: We never know when we might help a newcomer or how the word is going to get out. Our first purpose is to get the word out to the compulsive eater who still suffers.

2. All meetings can decide for themselves if they wish to be Open or Closed (reiterated). Reason: If a registered meeting is Closed, even though the Board does not recommend that, it will still have access to the now four ZOOM meeting slots and will be listed on the OA website. Board acknowledges each meeting is autonomous, so if a meeting wishes to be Closed, that is their right.
3. OA San Diego Intergroup will list all Open and Closed meetings. The website will have the definition of what is an Open and what is a Closed meeting where it says "Upcoming Meetings." Closed meetings will say in parenthesis, "(Closed)".

The definitions of Open (to visitors) and Closed (to visitors) will be on the website and is included in these minutes below. This link <https://oa.org/faqs/what-is-the-difference-between-an-open-group-and-a-closed-meeting/> reads as follows:

"The designation of "with visitors" and "without visitors" meetings have to do with the level of anonymity the group has chosen.

If you think you have issues with food and are interested in exploring OA, you are welcome at any meeting—with or without visitors.

If you are interested in OA for another reason, like you are studying to be a nurse, doctor, or therapist, or are a concerned family member, we ask that you only attend meetings with visitors."

PI/PO Chair, Jane Z. Absent.

Retreat Chair, Lou B. Absent.

Urban Retreat: IN-PERSON & ZOOM. October 18-19, 2024. Earnings: \$213.00. ZOOM did not work. Speaker was excellent providing information on positive affirmations and "Acting as if." (This info provided by email/Lou B. even though he was absent from meeting).

NEW: March 15, 2025: In-Person Women's Day Retreat, Bahai Center: Workshops, panels, keynote lunch speaker, meditation, yoga and fellowship. Various available service opportunities including looking for Speakers to lead on subjects like dating/relations and body image/sex. Volunteer or pass along suggestion. Please reach out to give service to fellow compulsive eaters. retreats@oasandiego.org, **Lessie C. (619 739 1643)**.

Internal Information Chair, Jeff N.

Constant Contact: ACTION REQUIRED. To keep meeting info updated re: Trusted Servants, a Constant Contact "Intergroup Alert" dated November 2, 2024, requested all registered meetings to provide the following information to info@oasandiego.org or text (959) 740-7879: First Name, Last Initial, Email, and Mobile Phone, for the following positions: Meeting, Contact, Secretary, Host (if ZOOM), Co-Hosts (if ZOOM), and Speaker Getter (if applicable). ***Thanks to those who have already responded to the November 2 IG Alert by providing requested information.***

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

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 Saturday Maintainer's meeting is currently serving as an on-site beta test (December 2024, 4 meetings).

Treasurer – Maureen C.

Donations Received: \$3,028.00, plus \$93.79 in interest income from CD + Money Market Account: \$3,121.79. Expenditures: \$1,774.96. Received \$1,346.83 more in donations/interest than paid out. Net results thru September 2024: Loss of \$8,029.47 rather than budgeted amount showing \$31.26 in net revenue.

Distributions to WSO (30%, \$404.10) and Region 2 (10%, \$134.70) made in usual manner.

Account balances are healthy (\$9,768 checking + \$46,296.74 savings).

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

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: Elyse U.

Body Image Workshop (ZOOM): Sunday, October 27, 2024, 1-3pm, PT. Approximately 215 attendees at start; approximately 185 remained at the end of workshop. Attendee feedback: Increase 1 minute sharing time.

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

NEW BUSINESS

OLD BUSINESS

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

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

Minutes submitted by Diana A., Secretary