

OA SAN DIEGO INTERGROUP MEETING MINUTES

February 4, 2022

Highlights

Intergroup Reps: Please read the below highlights at your meetings.

The full minutes are on our website (<https://oasandiego.org>)

- Shout out to Jeff N., Rachel, Ellen and Keren on cleaning up and closing down the Oasis, and to those who organized the Farewell Gathering.
- There are lots of new Zoom training classes. So far, 649 people have taken over 50 classes; most popular are “Basic Hosting” and “Security.”
- Ellen is redesigning our website to make it speedier.
- The World Service Business Conference (WSBC) meets every April to vote on motions submitted throughout the year by OA Intergroups; to narrow down the issues to be considered, each Intergroup gets to vote on which of the many proposed motions should even be considered. To get input from members of the San Diego Intergroup before we cast our one vote, we are sending out a questionnaire to everyone on our mailing list. PLEASE RESPOND TO THE QUESTIONNAIRE WHEN YOU GET IT! Our Intergroup will cast our one vote on which motions to consider, based on the answers of all those who respond to the questionnaire.
- The Serenity Retreat is In-Person on April 28-30, 2023, at San Luis Rey Mission in Oceanside. The main speaker has 37 years of abstinence and has led meetings in Canada and throughout the U.S. Go to our website to go directly to Eventbrite to register.
- Jan. 2023 financial report (summary): Revenue = \$4,017 (includes auction sale receipts) – Expenses = \$5,212 – Net Revenue (negative) -\$1,194.
- Elections of Board members were held, and Keren S. was elected to serve as Vice-Chair, Maureen was elected to serve as Treasurer, Lou B. was elected to serve as Retreat Liaison, Jeff N. was elected to serve as Internal Information Chair, and Rachel was elected to serve as Young People's Chair.
- The next 12th Step Within workshop will be on “The 12 Promises,” on Saturday, April 22. There are Zoom workshops happening every weekend from locations near and far (see OA.org).
- Meeting Contact Persons: Internal Information Chair Jeff N. will be emailing you to update your meeting information. PLEASE RESPOND TO THESE REQUESTS FOR CURRENT MEETING INFORMATION.
- Our new mailing address is Overeaters Anonymous, PO Box 22213, San Diego, CA 92192.
- The next Intergroup Meeting is on Saturday, March 4, 2023 at 2 pm on Zoom.

FULL MINUTES

– Kathy opened the meeting at 2:00 pm with the Serenity Prayer.

– Jeff discussed Step Two (spiritual principle HOPE)

Board Members present (and their positions): Kathy H. (Chair); Keren S. (Vice-Chair); Maureen C. (Treasurer) Gina E. (Secretary); Ellen L. (Webmaster); Rachel K. (Young People's Chair); Jeff N. (Internal Info). Lou B. (Retreat Chair). Elyesse (12th Step Within). Jane Z. (PI/PO Chair) was excused.

Intergroup Reps (and meetings they represent) – Jennifer G. (Mon. 4 pm); Alice C. (Mon. 7 pm Maintainers); Stephanie M. (Tues. 6:30 am); Hope (Tues. 9 am); Naomi (Thurs. 11 am Steps/Traditions); Jeri A. (Thurs. noon In-Person); Deborah F. (Thurs. 4 pm, Literature); Vicki A. (Friday 10 am Vista); Dona D. (Saturday 7 am Carlsbad); Ann-Marie (Sat. 8:30 am); Jack D. (Sat. 10:30 Step Study); Anne Marie (Sat. Maintainers); Lois M. (Sat 6:30 pm 100-Pounder); Joanna W. (Sun. 9 am Women's); Kate C. (Sun. A&B); Alison (Sun. 6:15 pm)

REPORTS

Chair, Kathy H. – MOTION to approve minutes of Jan. IG business meeting, PASSED.

– Shout out to Jeff N., Rachel, Ellen and Keren on cleaning up and closing down the Oasis, and to those who organized the Farewell Gathering.

– Kathy and Ellen are working on our Policies & Procedures manual (which accompanies our ByLaws), and it should be ready next month.

Treasurer, Maureen C.

– Jan. 2023 financial report (summary): Revenue = \$4,017.74 (includes auction sale receipts)
Expenses = \$5,212.47 Net Revenue (negative) -\$1,194.73

Webmaster, Ellen L.

– Ellen is redesigning our website to make it speedier.

– We are going to acquire “Chatbot” software for our website. A ChatBot is an intelligent agent that can answer users' question and help carry the message. We'll need to adopt a name for our Chatbox (e.g., Serena?)...

– There are lots of new features in Zoom that help keep meetings safe from “Zoom Bombers.”

– The Blue Sky Timer now can be used from Zoom meetings that run up to 2 hours. It is still under-used.

– There are lots of new Zoom training classes. So far, 649 people have taken 1000+ classes; most popular are “Basic Hosting” and “Security.”

– The World Service Business Conference (WSBC) meets every April to vote on motions submitted throughout the year by OA Intergroups; to narrow down the issues to be considered, each Intergroup gets to vote on which of the many proposed motions should even be considered. To get input from members of the San Diego Intergroup before we cast our one vote, Ellen is sending out a questionnaire to everyone on our mailing list. The most important proposed motions will be highlighted, and each will be summarized. PLEASE RESPOND TO THE QUESTIONNAIRE WHEN YOU GET IT! Our Intergroup will cast our one vote on which motions to consider, based on the answers of all those who respond to the questionnaire.

12th Step Within, Elyesse U.

– The Relapse to Recovery workshop was attended by 140-170 people. The speakers and the Q & A segment that followed were excellent. Ellen made an audio recording of the speakers, and it will be posted on our website soon. The next workshop is on the “12 Promises” on Sat., April 22. And there are Zoom workshops happening every weekend from locations near and far (see OA.org).

– Elyesse and Jane are developing strategies for reaching newcomers. Their ideas include (1) making the names of meetings listed on our website more descriptive, (2) attracting newcomers using Facebook, Tik Tok and other social media, (4) offering a ChatBot on our website, as well as inviting newcomers and featuring the pamphlets “Many Symptoms” and “15 Questions”, (4) offering Newcomer Workshops, etc.

Internal Information, Jeff N.

– Jeff is focused on keeping contact data and meeting information on our website up-to-date.

Retreat Liaison, Lou B.

– In-Person Serenity Retreat, April 28-30, 2023 at San Luis Rey Mission in Oceanside. The main speaker has 37 years of abstinence. She will focus on the 12 Steps, Abstinence, maintaining a fit spiritual condition, etc. The next Retreat Committee meeting is Feb. 19th on Zoom.

Young People – Rachel K. – no updates.

NEW BUSINESS

Elections

- Keren S. was elected to serve as Vice-Chair.
- Maureen was elected to serve as Treasurer.
- Lou B. was elected to serve as Retreat Liaison.
- Jeff N. was elected to serve as Internal Information Chair.
- Rachel was elected to serve as Young People's Chair.

Question, Answers and Comments

- New IG reps Alison and Dona had questions about reporting to their groups. It was explained that they send Ellen (Webmaster@oasandiego.org) their email addresses, and they will be added to the mailing list, and they will receive the meeting minutes, highlighting items to be reported to their meetings.
- Jeri A. thanked the Board and Intergroup for funding new In-Person meetings for 3 months
- Jack D. suggested a monthly In-person gathering at a location such as Rubios, for fellowship
- Pam V. suggested that, at the next IG business meeting where time permits, we discuss how to get more people to give service...

The meeting was adjourned with the Serenity Prayer at 3:05 pm.

The next Intergroup Meeting will be on Saturday, March 4, 2023 at 2 pm on Zoom.

Minutes submitted by Gina E., Secretary