

OA SAN DIEGO INTERGROUP MEETING MINUTES – MARCH 4, 2023

Highlights

- Twelfth Step Within Chairperson Elyesse U. reported on the next workshop, “Live the Promises,” to be held Saturday, April 22 from 10:30 am – 12:30 pm PT on Zoom.
- Retreat Liaison Lou B. announced that registration is open for the 17th OA San Diego Serenity Retreat, to be held in person April 28-30 at San Luis Rey Mission in Oceanside, CA. Lou B also noted an opening for a Retreat Committee member.
- Chairperson Kathy H. reported that Loretta S., Ayawnda A. and Shari W., are developing a system for distributing tokens and the “Where Do I Start?” guide for newcomers. More info at next month’s Intergroup meeting.
- Public Information / Professional Outreach Chairperson Jane Z. reported that she is researching what other Intergroups are doing with respect to reach out to newcomers and professionals. Efforts will include reinvigorating our Facebook presence as well as refreshing our website to attract more newcomers. Note that our Intergroup budget includes up to \$4,000 for outreach.
- Young People’s Chairperson Rachel K. informed the Intergroup that she is stepping down from the Board due to her upcoming relocation. Chairperson Kathy H. will be recruiting a replacement.
- Treasurer Maureen C. announced that the annual Intergroup audit was conducted by a committee consisting of Maureen C., Elizabeth B., Kathy H., and Beth FJ. Actions to be taken include closer monitoring of donations made by mail and improved financial reports.
- Vice Chairperson Keren S. revised the question raised at last month's Intergroup meeting: *What can we do to stimulate service at the group level?* Intergroup representatives had many excellent suggestions. Meetings are encouraged to review these suggestions with intergroup representatives at an upcoming business meeting.
- The monthly Intergroup meetings are a place to discuss the business and issues involving San Diego County OA meetings. Every meeting is entitled to one vote at the Intergroup meetings. All members are welcome to attend the meetings held the first Saturday at 2 pm PT.

More information about everything happening at OA San Diego, as well as the full Intergroup meeting minutes on our website at oasandiego.org.

The next Intergroup Meeting is on Saturday, April 1, 2023, at 2 pm on Zoom.

FULL MINUTES

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

Lou B. discussed Step Three.

Adoption of the minutes of Feb. IG business meeting, APPROVED.

Board Members present (and their positions):

Kathy H. (Chair)
Keren S. (Vice-Chair)
Maureen C. (Treasurer)
Gina E. (Secretary)
Rachel K. (Young People's Chair)
Jeff N. (Internal Info)
Lou B. (Retreat Chair)
Elyesse (12th Step Within)
Jane Z. (PI/PO)
Ellen L. (Webmaster) was excused
R2 Rep Jerry J. was also present.

Intergroup Reps (and meetings they represent):

Lessie C. (Mon. noon)
Jennifer G. (Mon. 4 pm)
Alice C. (Mon. 7 pm Maintainers)
Marilynn C. (Wed. 5 pm)
Naomi (Thurs. 11 am Steps/Traditions)
Jeri A. (Thurs. noon In-Person)
Deborah F. (Thurs. 4 pm, Literature)
Joyce S. (Thurs 6 pm)
Jack D. (Sat. 10:30 Step Study)
Anne Marie (Sat. Maintainers)
Joanna W. (Sun. 9 am Women's)
Kate C. (Sun. A&B)
Alison (Sun. 6:15 pm).

Visitors:

Loretta S
Al M.
Kendra W.
Ayawnda A
BJ (R2 Trustee Liaison)
Jeremiah A (R2 Chair).

REPORTS

Loretta S. reported for the other “Token Team” volunteers – Ayawnda A. (who collected and sorted all the physical tokens left over from the OAsis) and Shari W. IG reps were asked to suggest to their Zoom groups to notify the Token Team when there are Newcomers or members celebrating periods of Abstinence. The Token Team will then mail out physical tokens with a little gift, such as a pamphlet or recovery card. More info at forthcoming.

Chair, Kathy H. – Kathy announced that YP Chair Rachel K. is stepping down because due to relocation. Kathy introduced Kendra, who is possibly interested in filling the YP Chair position in the future.

Kathy H., Clare B. and Gina E. are working on the Policy & Procedures manual, which will supplement our Bylaws. Kathy recently got help from the Foothills Intergroup, which came through the monthly Social Networking meeting, which is open to all.

Treasurer, Maureen C. – Our Bylaws require us to conduct an in-house audit annually. The Audit Committee consisted of Maureen C., Elizabeth B., Kathy H and Beth FJ. A few issues were identified and corrected by the Committee, including closer monitoring of donations made to our P.O. Box. Also, monthly financial reports will now reflect the previous month's revenue and expenses to give the bookkeeper sufficient time to reconcile PayPal deposits. A copy of the Audit report is included below.

Webmaster, Ellen L. – Jeff N. gave Ellen's report in her absence. Regarding “Constant Contact,” our bulk mailing list software, our general mailing list contains 678 names, the list of IG reps and everyone giving service at meetings (a subset of the general list) contains 215 names, and the list of Zoom training registrants contains 714 names. If people want to be removed from a list, and you choose “unsubscribe,” they will be removed from all 3 lists. Better to use the “update profile” option.

12th Step Within, Elyesse U. – The next scheduled workshop is “Live the Promises” on Sat., April 22nd from 10:30 to 12:30.

Internal Information, Jeff N. – Jeff is making steady progress on updating meeting and contact person information. Currently, our Intergroup has 38 meetings, including 3 new meetings and one more in the works.

Retreat Chair, Lou B. – Lou announced that there is an opening for one more person on the Retreat Committee. Also, he screen-shared the flyer for the upcoming Serenity Retreat, April 28-30, 2023, in person at San Luis Rey Mission in Oceanside. All information and the registration link are posted on Oasandiego.org. 19 people have already registered.

Young People, Rachel K. – no YP updates. Rachel reported that she has loved being part of the Board, and that she is NOT leaving her OA San Diego zoom meetings.

PI/PO, Jane Z. – Jane is researching what other Intergroups are doing with respect to Public Information and Professional Outreach. She suggested increasing our Facebook presence by posting more frequently to keep our page refreshed, including keywords associated with commonly used search terms, featuring a particular meeting or meetings, and purchasing “ads” to promote events such as retreats and workshops (NOTE: our budget allocates up to \$4,000 for overall marketing expenses). We'll need closer monitoring of our Facebook page.

Jane's ideas to help Newcomers integrate with meetings, etc., include (1) designating all meetings as open to Newcomers (rather than just the 2 currently designated Newcomers meetings); (2) featuring a newcomers "Open House" 2 to 3 times a year, in 1 to 1-1/2 hour workshops; (3) working with Ellen L. and Jeff N. to make our website more newcomer friendly; and (4) working as a team with YP, 12th Step Within, the Token Team. The next thing is to form a committee to accomplish these goals.

NEW BUSINESS

Visitors BJ (R2 Trustee Liaison) and Jeremiah (R2 Chair) shared that they are here to support us. Jeremiah added that ours was the best IG meeting he's attended so far!

Vice Chairperson Keren S. revived the question raised at last month's Intergroup meeting: What can we do to stimulate service at the group level? Suggestions from Intergroup representatives were:

- Create a What's App group and use it to ask for service positions
- Have a "service team" of people who can take multiple roles at meetings.
- Ask sponsors to encourage and/or assign the tool of service to their sponsees.
- Conduct group "housecleaning" – i.e., is this a group with a good message?
- Stress the joys and benefits of service to recovery.
- Remind people that service is how OA continues.
- Have service workshops.
- Make service an occasional topic at our meetings
- Share our stories: What has service meant to you?
- Avoid using fear or guilt – rather than saying "this meeting won't survive," ask "who wants to recover?"

IG reps are invited to bring topics from their groups for discussion to the IG Board. There will be time set aside at future IG meetings from reps to ask questions and share about their groups.

Please send more thoughts and ideas to Keren at Vice-Chair@OAsandiego.org.

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

The next Intergroup Meeting will be on Saturday, April 1, 2023 at 2 pm on Zoom.

Minutes submitted by Gina E., Secretary

February 26, 2023

San Diego County Intergroup of Overeaters Anonymous Internal Audit

Audit Committee:

Maureen C. (Current Intergroup Treasurer)

Elizabeth B. (Past Intergroup Treasurer)

Kathy H. (Current Intergroup Chair)

Beth FJ (Member at Large)

The Audit Committee first met in October 2022 to discuss the audit. Liz said that she needed to get access to the QuickBooks accounts and take a random sampling to audit. We also realized that the budget had to be approved before we could go on with the audit.

The revised budget was approved at the February Board meeting. The Audit committee reconvened on February 23, 2023. Beth FJ was not present.

Robin Soth (bookkeeper) provided Liz with access to our QuickBooks and Liz took the random sampling as previously discussed. She found a few issues that needed to be rectified.

1. The CD that is no longer funded should be made inactive.
2. The Retreat Committee checking account should be made inactive.
3. The PayPal deposits for 2022 were off \$11.34 because the report was sometimes cut off before the last day of the month in order to get the month-end reports to the treasurer for the board meeting report. The way to correct that is to always wait until the end of the month to report the PayPal donations so they reconcile with the monthly PayPal statement. Robin has implemented this new procedure in 2023. We decided it was OK to give the financial report to the board a month late.
4. Robin has reported that we are now using a new procedure for reporting PayPal donations which ensures that donations are recognized the month in which they occur rather than when the funds are transferred to the checking account.
5. No adjustment will be made for the 11.34 PayPal fee discrepancy.
6. It was also pointed out that, ideally, there should be a better system of checks and balances on the money that comes into the PO Box. We are looking into the possibility of getting an account at the USPS that sends photos of all incoming mail to the treasurer. That way there would be two sets of eyes on the donations.

Thank you,
Maureen C.