

**MINUTES FROM OASV INTERGROUP MEETING, NOV. 1, 2011, 7:15-8:30 PM**  
**Mission Oaks Hospital, 15891 Los Gatos-Almaden Rd., Los Gatos 95032**

**OPENING:** Darryl opened the meeting at 7:20 PM with the Serenity Prayer and reading the Statement of Purpose, Barbara read the 12 Steps. Tara read Tradition 11, Keara read Concept 11, and Darryl read the Voting Policy.

**ATTENDANCE:** Going around the table, each person introduced themselves stating their name and why they were in attendance. Present were: Stephanie, Tara, Collette, Lynne, Mary E., Keara, Cyndi, Alicia, Laura, Darryl, Barbara, Chris, Bob, Scott, Mary R., Sharon, IG rep for Sunday 8 PM meeting, Patty, Tim, and Don (20).

**APPROVAL OF MINUTES:** October minutes were reviewed and changes noted. Tara made the motion the minutes be approved as corrected. The minutes were approved.

**OFFICE AND COMMITTEE REPORTS:**

**CHAIR:** Darryl reported. The recording secretary and her spouse are moving to Maryland in February. She was thanked for her service. Her position, as well as the other Intergroup service positions, comes open again at the end of the year. At the next meeting, Darryl would like IG to discuss using some of our funds for public service announcements.

**TREASURER:** Cyndi reported, referencing the report she distributed. She noted 5 meetings donated in October including the new Kaiser Santa Teresa OA90 Day in Spanish in the amount of \$60.00. She pointed out the usual expenses, i.e. telephone and that she had some checks to write. The Net Worth report indicates a value of \$16,218.

Darryl asked Cyndi if she had received a check from him, as the treasurer, for the Wednesday evening 7 PM meeting at Sunnyvale Congregational Community Church. After some discussion, Darryl decided he would check his account. Cyndi was thanked for her service.

**PUBLIC INFORMATION:** Chris reported. He mentioned having available more tear off information sheets. He continues to work on outreach to health care professionals. He has all the paperwork together and described what he had to the group. The mailing list he has was last updated in 2009. He hopes to get that updated. He asked for volunteers and described the tasks. Those interested were asked to talk to him after the meeting.

**ACTIVITIES:** Julia Claire, activities chairperson, was not present. The November meditation class is scheduled to meet. That meeting is listed on the Courage Lines in the meetings section as well as under the announcement section. It is also listed on the website.

Alicia and Keara reported on the dance plans:

\*Keara is meeting with the DJ, he is reasonably priced. She will be meeting with him in the near future to go over the playlist.

\*More flyers were brought to IG for distribution to the meetings. Dance flyers have been sent to our neighboring area Intergroups.

\*The speaker, with over 15 years abstinence from the East Bay, confirmed.

Alicia passed around a sign-up sheet with a list of service opportunities.

Decorations were requested with no holiday or religious themes in the dance colors of gold, blue, silver and white. Colleen is heading the decorating committee and needs help, please contact her at 510-825-1352. Darryl mentioned having decorations. He instructed the committee to call Donna at 408-298-3001 to make arrangements for pickup and return.

\*Alicia will re-send the dance flyer file, via email, to IG reps. Darryl will take more flyers and give them out at the men's group. Alicia and Keara will make sure meetings that have not received flyers, get them. They asked IG reps to let them know of meetings that do not have flyers.

\*A volunteer is still needed to take charge of refreshments; coffee, tea, and water. Reps were asked to encourage OAers to volunteer, at the meeting level, for the services listed on the sign-up sheet as well as to take charge of refreshments. Alicia and Keara were thanked for their report.

The question was raised if a DJ would be a break in anonymity. Keara mentioned the DJ is 12 step friendly. At the facility, the meeting room and dance area are separate. The DJ will not be involved in both areas, he will not be in the meeting room.

Alicia and Keara were thanked for their reports.

**MAIL:** Laura reported. She gave appropriate mail to the treasurer. World Service has sent out a new list of literature available for meetings. Reps were encouraged to share this with the literature people at their meetings. Our IG received a flyer for an event called Unity in Diversity – A Relapse in Recovery Workshop is coming up on Saturday, December 10<sup>th</sup>, 2011 from 1-3:30 PM sponsored by the 12<sup>th</sup> Step Within committee of the San Francisco Intergroup at the CPMC Davies, Gazebo Room. It was passed around. Also passed around was the San Diego IG newsletter. Laura had Region 2 materials she distributed after the R2 delegate reports were given.

**NEW MEETING COORDINATOR:** Darryl will add filling this position to the agenda for next month. He asked those interested to pray about it.

**NEWSLETTER:** Tara reported. She is completely out of stories and requests submissions. She mentioned a desire to continue to do service at the IG level next year wherever she can be of service. Yes, she would be the newsletter editor again. Alicia gave Tara a heartfelt thank you for her work on the dance announcement in Courage Lines. Well done.

**REGION 2:** The five Region 2 Delegates (including alternate, Chris) gave reports from their attendance at the R2 Assembly, held in Sacramento, CA on October 21 to 23, 2011. Each attended different meetings and report as follows:

COLLETTE: Attended Motions (except for the Bylaws attended by Scott) and Diversity Committee.

**MOTIONS**

- Bylaws.
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- Amendment of Policy & Procedures Manual to establish written policy for the Board's prudent reserve and how it is calculated. (reserve to cover 6 months-1 year of operating expenses plus outstanding liabilities; monthly expense is average of last three years.). PASSED.
- Amendment Policy & Procedures Manual for the WSBC Delegate Fund. Checks to be mailed to the Intergroups within 30 days of receipt of forms submitted. Case by case basis for extenuating circumstances of delegate not able to fulfill full service term. PASSED.
- Bylaws.
- Budget overrides. PASSED.
- Funding of TBD items for the 2011 budget. PASSED.
- Budget for 2012 adoption. PASSED.
- Increase for Young People's Committee \$100 for outreach. PASSED.
- Increase Diversity Committee by \$50.00 to equal \$100.00 total for outreach. PASSED.

12A. R2 reps option for electronic assembly packets/newsletter. Referred to Bylaws Committee.

12B. Thirty days before assembly, packet on the website. Referred to Bylaws Committee.

#### DIVERSITY COMMITTEE REPORT

We had so many members all old business was completed and two subcommittees were formed: Professional Outreach and Designing a Diversity Workshop format.

*Professional Outreach* will make a packet consisting of postcard format and informational letter to inform mental health professionals of the coexistence of anorexia, bulimia, and binge eating disorders with many mental health conditions. We will compose a literature list that may be helpful for mental health professionals to consider as resources. We will add a question concerning this topic to our Diversity Checklist. These packets will be ready for delegates to take back to their Intergroups at Spring Assembly 2012 for use by Public Information coordinators.

The *Diversity Workshop* will be 2 hour, 4 hour or 8 hour sessions and will be in a booklet similar to the 12 Step Within Workshop Day.

CHRIS: Attended Public Information Subcommittee and Board Reports.

Chris viewed attending the R2 assembly for the first time as an opportunity to see how the business of OA is accomplished. He was impressed with the efficiency and spirit of the enterprise, and appreciated the opportunity to see service in action.

#### PUBLIC INFORMATION SUBCOMMITTEE

The Public Information Subcommittee was well attended and had 11 members. The outgoing chair, Eileen D., will be replaced by co-chairs Kathy M. and Linda K.. The primary focus of the subcommittee is to organize outreach to PI officers at other Intergroups. Each member agreed to call 3 or 4 Intergroups, including their own, and to provide a resource packet of basic information for PI initiatives. Kathy will be providing a summary of the PI resources and Best Practices. Chris will be contacting the following Intergroups: Sacramento Valley, Santa Cruz, Unity/East Bay and Silicon Valley.

The PI Subcommittee set up an ongoing conference call to check on progress on the outreach effort. Other activities included reviewing resources available to PI groups, including the PI Resource Manual and PI Resource Kit. We also discussed some basic PI activities, such as attendance at health fairs and outreach to health care professionals. Chris noted it was not uncommon for other IGs to have a Public Information committee of 3 to 4 people not just one officer. Many activities require a lot of footwork i.e. health fairs, public service announcements, public information. If our IG is interested, this may be something we would like to do as well.

#### BOARD REPORTS

Board reports were provided by each of the following: Chair, Vice-Chair, Secretary, Treasurer, Events Coordinator, Publications, and the R2 Trustee. Board reports are provided in written form in the Assembly event packet. Some highlights from the Board Reports:

- Michael (Publications Coordinator) is looking for typesetting help. He does the Convention packets.
- Shari (Chair) attended conventions in LA and Mexico, and is preparing for WSBC. OA in the country of Colombia is hosting a large Convention this year.
- Hanna (Vice-Chair) gave workshops for IGs around R2, frequently on service.
- Carole (Secretary) is handing off the position to a new board member.
- Jerry (Treasurer) reviewed the finances, and R2 is well financed, with the R2 Convention being the primary fundraiser.
- Randi (Events) reviewed plans for fall and spring Assembly, R2 Convention in Sacramento July 2012, and R2 Convention in Palm Springs July 2013.
- Meg (R2 Trustee) summarized key WSBC decisions, including; 1) requirement that IG Bylaws be submitted to WSO every time they are updated, and 2) position on the use of social media and anonymity. Also mentioned, the OA CARES (outreach to prison inmates) program is looking for volunteers. It was further mentioned that AA has requested OAers no longer change the words 'alcohol' and 'alcoholic' to 'food' and 'compulsive overeater' when we read out of AA literature. R2 group conscious was to agree with this request. When AA allowed OA to do this, we did not have literature of our own.
- Michael (Publications) reviewed materials being provided for convention and assembly meetings.

The Young Persons report pending response from Jerry.

LAURA: Attended Speakers and Intergroup Outreach Committee.

#### SPEAKERS

A. Lunchtime Speaker – This speaker came from Mexico to attend and speak at the Convention. She did not have a lot of weight to lose, 12 pounds, but has maintained a healthy weight body weight for 15 years. "OA friends understand, care and don't judge" she said. She has learned to set limits with food and people, especially family. Throughout the weekend, she led several of the prayers in Spanish.

B. Panel of Speakers, focus was experience at World Service:

Speaker #1 Katie – Katie is maintaining a 120 pound weight loss, is a member of HOW OA, and was attracted to service beyond the IG level when someone said to her, "You would be good at that." She was present at the World Service Business Conference when the new definition of abstinence was voted on. She mentioned feeling honored to be selected to represent her area as part of the collective group conscience of OA as a whole.

Speaker #2 David H. – David has been in OA 14 years, maintains a healthy weight and loves meetings and sponsorship. He spoke about feeling the responsibility of voting on important matters to OA as a whole. He feels honored to do service above group level and with that comes the responsibility of "having the courage of speaking my truth, in alignment with my Higher Power's will, even if it's unpopular." "It's not about being right, it's about doing the right thing." During the Convention, he called his sponsor about an issue and was reminded his IG had put their trust in him to speak for them.

Speaker #3 Alice - Has been in program 6 years, maintaining an 85 pound weight loss. Got involved in service because her sponsor required her to. Goes to 3 meetings a week and does service at all of them. She believes to keep what she has, she needs to pass it on. Her first R2 service at the Convention was at the PI table. She saw a lot of recovery then.

Saturday Night Speaker - She has been in OA since the 1980's. Spoke about relapse. Has been maintaining a 60 plus pound weight loss and healthy body weight. Spoke about the importance of working the steps, especially step 9. She also spoke about the importance of addressing mental health issues and the importance of having a positive attitude. The speaker shared a story about a beautiful, youthful looking older woman (in her 90's). This woman has been telling herself, as she applies her moisturizer daily, that she is beautiful.

#### INTERGROUP OUTREACH COMMITTEE

The IG Outreach Committee encourages IG participation at the R2 Assembly. Our Intergroup sent the most delegates and all we are eligible to send. The Committee is achieving its goals of increasing intergroup participation in Region 2 Assemblies. Participation was increased by 3 Intergroups and two more representatives. The trend has been decreasing attendance, so the small increase was encouraging. Committee members

will continue to contact low participating IGs. It was decided it might be best if someone outside the Intergroup makes the calls.

Laura encouraged IG reps to do service at the Assembly level. Later in the meeting, she distributed literature for R2 business; Convention flyers, newsletters and flyers requesting clothing and silent auction donations for the July R2 Convention.

SCOTT: Attended Elections and Bylaws.

#### ELECTIONS

Three vacant spots on the board were filled.

**Vice Chair:** *Hanna* was replaced as Vice Chair by *Nancy J. Nancy J.*, who has many years in OA, originally applied for both Vice Chair and Events Coordinator positions, but withdrew her application to Events Coordinator. She ran unopposed and was elected with only one vote in opposition.

**Secretary:** *Linda M.* ran unopposed to fill out the expired term of *Carol* who did a wonderful

job. Linda has many years of office experience and skills, including shorthand. Linda M. was elected unanimously.

**Events Coordinator:** An enthusiastic *Cher Bateman* threw her hat in the ring for the Events Coordinator position. She has 23 years in OA. She replaced retiring board member, *Randi Z.*, after being elected unanimously.

#### BYLAWS

Scott served on the bylaws committee in April at the Assembly and thereafter in two telephone conferences to work out changes in the Bylaws. Those changes were presented to the Assembly. No changes were approved but tabled for further review. The Bylaw committee will meet in a telephone conference on November 26, 2011 at 11 AM. The documentation of proposed changes has not yet been distributed. Scott said he will forward updates in emails to IG reps as he receives them. After he receives all of them, he will submit a complete report.

Scott thanked IG for the opportunity to do service at the Assembly. He found it very rewarding.

LYNN: Attended Ask It Basket and Intergroup Concerns

Lynn opened her report by giving IG general information about the R2 Assembly. She explained Region 2 includes California, Hawaii, Mexico and Northern Nevada. Out of 34 Intergroups, 27 sent representatives including one from Hawaii and two from Mexico. The total number of representatives present was 46. A roll call was taken Saturday and Sunday mornings at the beginning of each session. The agenda included a Friday night Grand Opening with entertainment and a speaker. Saturday began with a New Representative Orientation at 8 AM, continued with a business meetings from 9:00 AM to 4:00 PM, including a panel on service, and ended with a speaker meeting at 7:30 PM. Sunday's business meetings went from 9:00 AM until Noon and focused on the election of Regional Officers. Meetings were held timely and conducted strictly following Robert's Rules of Order.

#### ASK IT BASKET

Ask It Basket questions were answered by the Board.

1. Who sets the abstinence requirements for Region 2 Assembly representatives? They are set by each Intergroup.

2. What does diversity mean? Meg, the World Service Trustee, referred to the new Diversity pamphlet. Briefly it means, all are welcome.

3. What is the length of service for an intergroup representative to the Assembly? Two years is recommended. Rotation of service is important.

4. How to encourage abstinence? Intergroups could offer an Abstinence Workshop.

5. How to stop meetings from breaking Traditions by allowing cross-talk? It was suggested R2 be asked to do a Traditions workshop. They will come and do that at no cost.

6. Is it okay to pay for Public Service Announcements? Yes. It is only promotion if we make promises.

As an Intergroup, we decide on the requirements for service at the R2 level. Our requirements are 2 years of abstinence, completion of the 12 Steps, and 6 months of service (same as WSO) at the IG level. Lynn suggested as an Intergroup, to encourage more people to participate in R2 and to groom people for WSO participation, we reduce requirements. She suggested; 1) the abstinence requirement be changed from two years to one year, 2) Step completion be changed from 12 steps to at least through steps 4 and 5, and 3) Participation at the IG level be changed from six months to three months.

#### INTERGROUP CONCERNS

1) There is not enough literature available for Anorexic and Bulimic members.

2) Concern about maintaining anonymity on Facebook and Twitter.

3) Someone espoused bypass surgery which is a break in the Traditions (outside issues).

4) It was suggested, as an IG, we check our liability insurance to be sure it covers what we want it to cover. One IG found their policy only covered their meeting place not people. Coverage for volunteers is available but may be a separate policy.

Lynne was on the 12<sup>th</sup> Step Within committee. The speaker list is being updated.

She distributed literature mostly relating to the subject of diversity. Tara, Courage Lines editor, was handed literature including the new Diversity pamphlet. Collette was given a packet of Diversity materials. Lynn passed around the flyer for the OA 52<sup>nd</sup> Birthday Party Celebration Weekend in Los Angeles, January 20-22, 2012.

**RETREATS:** No report.

**SPEAKER LIST:** No report.

**TEMPORARY SPONSORSHIP:** Tom reported there were none this month.

**VOICEMAIL:** Frank said he answered 4 calls and mailed out one schedule.

**WEBSITE:** Bob reported. He is catching up. He is up to date uploading IG minutes and the Courage Lines. He updated directions to the Thursday night 7:30-8:30 Big Book meeting. He has not worked on changing ownership of our domain name other than getting the current owner to agree. He will continue to work on that task. As he promised, Bob starting working on comparing the meeting list in Courage Lines with the meeting list on the website regarding meeting locations and times. He ran into a problem because there are three versions of the meeting list on the website. He emailed Frank W. about the situation and received a confusing answer. He will follow up to get clarification with Frank then he will proceed with the comparison. Once that is complete, he will talk with Tara and get the meeting information coordinated. Bob will be on vacation from November 11 thru November 30 but have access to Wi-Fi daily and requested website changes continue to be submitted.

**WORLD SERVICE:** Mary E. thanked Laura for sharing WSO's new list of available literature. Our IG has 3 positions available for WSO delegates. We need two more and we can even take an alternate. WSO delegate requirements are two years of service at the IG level and above, 2 years of abstinence and having completed the 12 Steps once. Mary E. asked if there was anyone interested. Lynne and Darryl expressed a desire to do service in this way. Darryl is considering service for next year. Laura made the motion Lynne be approved as one of our WSO delegates.

Darryl/Tara seconded the motion. The motion was approved. Others interested can step up later. Registration is due at the end of December. The Convention is at the end of April. The WSO Convention does require a commitment of a week in April.

The OA Handbook 2<sup>nd</sup> edition, also known as the 'brown book', is being revised. All OAers with recovery are encouraged to submit stories, particularly stories reflecting diversity. Mary E. referred to the article Tara wrote on the front page of Courage lines. Stories, 750 to 1200 words in length are to be sent to WSO at info@oa.org by January 31<sup>st</sup>, 2012. Mary E. shared a touching story that happened during the development of the diversity brochure. She was on that committee and it was a long process. Someone came up to her after she had spoken about the diversity pamphlet and shared the only reason he continued to go to those rooms was the faith that the information in the pamphlet would encourage people to attend meetings and see themselves there.

Mary E. referenced the sponsor related pamphlets left over from the Sponsorship Workshop she put on the table. They are available for IG reps to take to their meetings.

Mary was thanked for her service.

**YOUNG PEOPLE:** No report. Darryl will add filling this position to the agenda for next month. He asked those interested to pray about it.

#### **UNFINISHED BUSINESS:**

**RAFFLE AT DANCE:** Darryl invited Alicia, the dance organizer, to begin a discussion. Alicia thought IG had voted not to have a drawing. Lynn explained the issue had been tabled. The vote last month had been a tie and Lynn decided to wait a month then re-discuss the issue, maybe the group could come closer to a group consensus. Alicia talked to her sponsor about holding the raffle. Her sponsor believes the raffle could be distracting from focus on the 12 Steps and Recovery. Alicia aspires to be like her sponsor and decided to change her opinion. Scott questioned why we could not have the raffle – the meeting and dance are in separate rooms. Alicia understands holding a raffle is not a break in Traditions. The raffle was to help raise funds for the dance. Alicia is uncomfortable with an OA event not paying for itself. Julia Claire pointed out it was ok with her, as the activities chair, if the event does not break even. Darryl made the point that the dance is part of activities and outreach, not necessarily about breaking even. A 7<sup>th</sup> tradition is being collected, it is the admission charge.

**WORKSHOP: IN THE KITCHEN:** Darryl reported. Initially warm to the idea, Whole Foods has not followed up with him. They have a great space for what Darryl would like to accomplish during this Workshop. Darryl is committed to having this workshop move forward but has not had time to work on it. He thanked Mary R. for stepping up to help and looks forward to working with her. They have talked about finding a venue with a fellowship hall and kitchen.

#### **NEW BUSINESS:**

**BYLAWS:** Lynn reported. IG is required by WSO to have Bylaws that are consistent with theirs. The changes they requested this year were to add two phrases 'guided by the 12 Concepts of OA Service' and 'by registering with the WSO'. We need to vote on these changes to our Bylaws. Darryl made the motion we approve the changes, Laura seconded the motion and it was unanimously approved.

**ANONYMITY ON SOCIAL MEDIA:** Mary R. mentioned that to preserve anonymity on social media sites, email addresses should not include last names. Anonymity breaks in social media are rampant. She suggested sponsors might want to talk to their sponsees about the issue. Laura recommends we take advantage of R2's offer to do a Traditions workshop. This suggestion will be passed on to our Activities Chairperson, Julia Claire.

The new business items of:

- Review of unregistered groups in OASVI
- Job Description for Young People Coordinator and
- Elections for OASVI

were tabled until the next meeting.

#### **UPCOMING EVENTS:**

OASVI Dance and Speaker meeting, December 3<sup>rd</sup>, 2011.

Unity in Diversity: A Relapse in Recovery Workshop, December 10<sup>th</sup>, 2011

Region 2 Convention, July 27-29, 2012

OA's 52<sup>nd</sup> Birthday Party Celebration Weekend, January 20-22, 2012

**CLOSING:** Meeting closed at 8:34 PM after recitation of "I Put My Hand in Yours".

**NEXT IG MEETING:** Tuesday, December 6<sup>th</sup>, 2011.