

**MINUTES FROM OASV INTERGROUP MEETING, JAN. 3, 2012 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 by reading the Statement of Purpose. Julia Claire read the 1st Step, Lynn read Tradition 1, and Tara read Concept 1. Darryl read Voting Policy.

**ATTENDANCE:** Going around the table, each person introduced themselves stating their name and why they were in attendance. Present were: Stephanie, Lynn, Tara, Darryl, Julia Claire (JC), Mary R., Lim, Mary E., Laura, Jeff, Donald, Chris, Gabriel, Robin (14).

**APPROVAL OF MINUTES:** December, 2011 minutes were approved with no changes.

**OFFICE AND COMMITTEE REPORTS:**

**CHAIR:** Cindi called Darryl reporting she had a sore throat and would not be at the meeting. She invited Darryl to give her contact information to those needing to contact her before next meeting. She told Tara she would have the final reports of 2011 to Darryl via email by Friday, January 6<sup>th</sup>, 2012.

**TREASURER:** No report.

**PUBLIC INFORMATION:** No report.

**ACTIVITIES :** Julia Claire reported. She has not been in attendance for the past two months due to a work conflict. She was not involved organizing the dance so did not report. She admitted to IG she had relapsed and has been abstinent for 3 days. She expressed willingness to remain in the position. No one was opposed to her remaining as the Activities Chairperson.

Julia Claire checked in regarding the Serenity Sunday meeting. So far the meditations have included work with mandalas, a drawn meditation and a visioning collage. There have been 8-10 people at each meeting. She is the secretary, Patty is the treasurer and they both are speaker getters. Patty has been assisting her run the meeting. Rent is due now for the last quarter. It was suggested she submit a request to Cindi for the \$50 new meeting startup funds.

She had two different flyers to distribute for Serenity Sunday. She had a larger yellow flyer that describes, in general, the Serenity Sunday meeting. These are not dated, have a clearer map and can be placed in meeting event binders. She had smaller, quarter sheet pink flyers that describe the February 5<sup>th</sup> Serenity Sunday meeting – a guided meditation – that OAers can take home with them. She will bring the smaller flyers to each meeting or forward the pdf file. In the event Julia Claire cannot make it to the IG meeting, Tara said she would have the flyers printed and bring them to the meeting if she can have the pdf file by Tuesday morning.

Julia Claire said she does not have time to organize any activities on her own but she can partner with others. It was clarified that she is the coordinator, asking others to work with her is the intent of the position.

Other discussion included:

- The idea of planning another dance was tabled until next month. Darryl said he would contact Keara and Alicia to discuss a summer dance.
- Maybe once a quarter would be good timing for larger events.
- Should we plan a Play next instead of dance? Lynn has written a play. Lynn wants to work with someone to help with staging. Julia Claire and Lynn will meet and see if the

play idea can work for this quarter.

- Should we do a Traditions workshop this quarter then the Play in the Fall? Hopefully Region 2 take charge if we give them a date, time and place.

Julia Claire was thanked for her service.

MAIL: Laura reported as the outgoing mail person. She will bring Cindi's mail to her house. Some of the Public Information health care professional outreach envelopes had been returned, Laura gave them to Chris. The group copy of the Lifelines was passed around as was the San Diego IG newsletter. A small number of flyers for the Marin and Sonoma County IG workshop called FULL DAY in OA: Saturday, January 21, 2012 were provided. She will give Gabriel the mail key after the meeting.

NEW MEETING COORDINATOR: (Collette) No report, she is out of town on family business.

NEWSLETTER: Tara reported since Darryl has been contributing articles, she does not need more at this time.

REGION 2: Collette and Scott were not present to report. Laura, who is associated with the R2 Outreach committee, reported members are contacting Intergroups that have not been participating with R2, encouraging them to participate, then reporting back to each other. They are functioning as a committee. Chris had nothing to report as he is still waiting for the resource packet he is to forward on to three other Intergroups.

RETREATS: Nancy was not present, no report.

SPEAKER LIST: Rose is no longer able to attend the IG meeting and she does not have a computer. We need to find someone to else to fill this position.

TEMPORARY SPONSORSHIP: No report. Tom did agree to continue in this position.

VOICEMAIL: No report. Frank did agree to continue in the position.

WEBSITE: Darryl is not sure if he received an email from Bob L. and Bob L. was not present. No report.

WORLD SERVICE: Mary E. was not present last month but read the December Minutes and was aware that Action Plan cards were discussed. Darryl said the Sunday Men's group wanted more. Darryl motioned and Tara seconded the motion that Mary E. have another 1500 Action Plan cards made. Mary E. agreed and will give the receipt to Cindi.

Mary E. introduced a card she received from WSO listing the principles for the 12 Concepts. She passed them around and asked for feedback as to how many she should have made. She will have them made in the same format as the Action Plan cards. There was some discussion about the importance of the 12 Concepts. Tara mentioned she gets a discount for having 500 +1 Courage Lines printed and suggested we have 500 of the Concept cards printed. It was agreed, by group conscience, to print 500.

In November, WSO voted to approve an updated *suggested* meeting format. Mary E. had printed copies, one for each meeting, and distributed them. The pdf version is also available. The purpose is to have more consistency in the meetings so OAers can hear the same message at any meeting they attend.

- Tara suggested we ask Bob to list the new suggested meeting format on our website.
- Lynn felt the new format would work for OA 90 Day meetings with some changes and is willing to come up with an OA 90 Day draft.

In February, WSO representatives will need 15 to 20 minutes of meeting time for IG representatives to give input on the WSO agenda proposals. There are many issues to address

and our input has to be returned to WSO by February 24<sup>th</sup>. Mary E. hopes to distribute the information they receive to IG representatives in time for representatives to take back to their meeting steering committees and get feedback. Tara suggested the WSO representatives email the information to the IG representatives. Mary E. only has hard copies. Lynn thought she could ask for hers in pdf format. If so, she can forward the information to IG representatives via email. During the February IG meeting, Mary E. will have the context for the voting and the IG reps will give their feedback.

**YOUNG PEOPLE:** Darryl asked for a volunteer willing to do service in this position. Darryl has been assertively recruiting to fill this position.

JC asked if anyone had been able to find a job description for the position. So far the job description as discussed and written in the Courage Lines is 1. contact for young people, and 2. coordinate with schools and health fairs to provide speakers for outreach events. She is concerned that without a clearer job description, it may be difficult to find someone to do service. JC also expressed concern a Young Person chairperson would encourage participation in OA by young people, but when young people come into OA, there are limited resources available for them.

Lynn mentioned that R2 has a Young Person committee, maybe they have more resources available to us. Our IG does not have a representative on that committee or the similar committee at WSO at this time.

Darryl mentioned the service position of Young Person chairperson has similarities to the PI Chairperson. Chris felt it would be best to have someone passionate about working with young people fill the position. Until someone is found to do service, Chris agreed he and the PI subcommittee could coordinate and find volunteers to do service at health fairs and schools. IG is aware there will be costs involved and will make funds available.

Julia Claire voiced a suggestion that IG reps with experience and strong recovery above the IG level research resources available for this population. She further suggested we find out what other IG groups are doing, what is working for them and what is not.

Darryl suggested we come up with additional guidelines for a Young Person Chairperson and list them in Courage Lines. He asked Chris to email Tara with additional wording for the ad she will put in Courage Lines.

Robin explained that in AA, there are focus groups for the Hispanic and Young People population, not just one person. She knows the AA equivalent of our Young Person Chairperson and will meet with her for suggestions.

### **UNFINISHED BUSINESS:**

**WORKSHOP - IN THE KITCHEN:** Darryl reported he and Mary R. had a great meeting recently. He is going to check into the use of the kitchen at Mission Oaks Hospital as well as continue to look for community centers and other possible locations. There is still interest in the workshop but with the focus of the workshop more the mechanics, basic skills, than a food orientation. This includes subjects like how to deal with kitchen emergencies, how to use scales, how to make vegetables inviting, and how to eat while traveling.

**DISCUSS RELAPSE/ABSTINENCE/TRADITION WORKSHOP:** Tara suggested a workshop entitled the ABC's of Abstinence. Some time ago a speaker from the L.A. area led this workshop and it was very good. Tara will try to find that speaker's name for Julia Claire. JC suggested we take advantage of resources already available from R2.

JC will coordinate the three workshops as Activities Chairperson and be the point person for the Traditions workshop. She will contact Sarah R. regarding the Relapse workshop as Sarah R. had expressed interest in this subject. A point person for the Abstinence workshop is needed. ELECTIONS FOR OASVI:

*12<sup>th</sup> STEP WITHIN COORDINATOR:* Collette is out of town, no report.

*CHAIRPERSON:* Darryl volunteered to continue in the Chairperson position. Tara made the motion Darryl continue as IG Chairperson. The motion was seconded and unanimously approved. He feels the position takes a little bit of time to get used to – then it is time to change. He brought up the subject of maybe staggering the timing of the positions, some of them being 2 year positions and of having a co-Chairperson.

These ideas were discussed:

- Having a Co-Chairperson and how that could work.
- Change terms of service to 2 years and change half the positions each year.
- We are a program of suggestion, we could set terms of service as suggestions with representatives serving as they are able.
- Sometimes newly appointed chair people have been attending IG meetings for a long period and are familiar with how things run.

*RECORDING SECRETARY:* It was suggested that Anne F. would not want to take this responsibility on again. Darryl got her phone number and will call her. Tara said she would fill in temporarily until we find someone that wants to do it.

In summary, we need a recording secretary, speaker list chairperson, committee members to work with the 12<sup>th</sup> Step Within Coordinator - Collette, Young Person Chairperson, and point person for the Abstinence workshop.

LIABILITY INSURANCE REVIEW: Scott was not present. He had agreed to look over our insurance policy. The concern is whether our policy covers the OA meeting rooms and the people or just the rooms. Mary E. was the treasurer when the insurance policy was purchased 8 years ago. IG still has the same policy and uses the same insurance company. Mary E. said when the policy was purchased it did cover the meeting rooms and people. She went on to say that workshops need to have their own insurance.

Darryl was curious as to how our insurance information gets to the people that need it. Stephanie, the recording secretary, explained the New Meeting Coordinator forwards her the new meeting information from the person starting a new meeting. She forwards the information to our insurance agent. Our insurance agent then forwards our insurance information to the contact person at the location of the new meeting.

### **NEW BUSINESS:**

#### **START PI SUBCOMMITTEE, IDENTIFY COMMITTEES AND ASK FOR VOLUNTEERS :**

At the R2 Convention recently, Chris learned from the L.A. and Mid-Peninsula IG Public Information representatives how their IG's conduct business. Their subcommittees have 3 to 4 people. Most outreach efforts take a good deal of legwork. Health fairs have to be found; addresses of health professionals need to be collected. The subcommittees' members divide up these tasks. Then they plan events quarterly, focusing on one or two ideas. For each event, they coordinate their resources including recruiting additionally volunteers to do service. .

R2 has many resources available for Public Information including DVDs and commercials. There are a number of things the PI subcommittee can do to get the word out – 12<sup>th</sup> Step work

-while guarding anonymity. Chris asked those who find this type of service exciting to join him on the subcommittee. The subcommittee can work on projects they feel passionate about  
Other Outreach Ideas:

- Outreach to Clergy.
- Outreach to folks considering gastric bypass surgery to give them information.
- Lunchtime presentation to doctors at Kaiser as well as Kaiser Workshops inviting OA participation. Kaiser now also has health coaches. Mary R. is interested in doing service there.
- Darryl likes the idea of using CREATIVE, a group that helps non-profit organizations create PSAs and get them published.
- PSAs and representation in newspapers and at health fairs.

Darryl called for a meeting, with those interested, to focus on PSAs and Intervention. A tentative meeting was set for this Saturday, January 7<sup>th</sup> after the 1:00 PM OA 90 Day meeting at Kaiser, where the men's meeting is located. Laura cannot attend the meeting but would like to be kept informed. Keara is willing to help out on specific tasks but cannot commit to being on the subcommittee. Darryl, Laura and Mary R. are interested in doing service on the PR subcommittee with Chairperson, Chris.

STORY FOR BROWN BOOK (750-1200 WORDS) DEADLINE JAN 31, 2012: Mary E. referenced the article Darryl had written and was published in this month's Courage Lines as an example of what was being solicited for the new edition of *Overeaters Anonymous* or the Brown Book. Mary E. suggested Darryl submit his articles.

CHANGE REQUIREMENTS FOR R2 DELEGATES: The suggestion is for our IG requirements for R2 delegates become less stringent to encourage more participation. Region 2 does not govern our requirements, we get to decide. Currently, the requirements to be a Region 2 delegate from our IG are 1. 2 years of abstinence, 2. Have completed the 12 Steps and, 3. Participated at the IG level at least 6 months. Tara mentioned that so far, we have been able to fill the service positions with the current requirements. Then asked why we should lower them? Due to the fact we were out of meeting time, Darryl decided to table the issue and keep it as unfinished business for next month.

**CLOSING:** Meeting closed at 8:37 PM after recitation of "I Put My Hand in Yours."

**REVIEW OF UPCOMING EVENTS:**

Full Day in OA: Saturday, January 21, 2012, Petaluma, CA.

Recovery R2 Convention July 27-29, 2012, Hilton Sacramento Arden West.

OA Serenity Retreat, April 2012.

**NEXT MEETING:** Tuesday, February 7th, 2012.