

# SDCII INTERGROUP MEETING MINUTES

OVEREATERS ANONYMOUS

April 1, 2009

7:00pm-8:15pm

## MEETING OPENED

TRACY OPENED THE MEETING AT 7PM WITH THE SERENITY PRAYER.

## TWELVE TRADITIONS

IOLA VOLUNTEERED TO READ THE 12 TRADITIONS.

GINA S. VOLUNTEERED TO READ AND DISCUSS TRADITION FOUR.

## SIGN IN SHEET

## 7<sup>TH</sup> TRADITION

## ROLL CALL

Chair	Tracy
<i>Vice Chair</i>	<i>Rex</i>
Secretary	Heather (Acting)
<i>Treasurer</i>	<i>Dave B</i>
<i>Internal Information</i>	<i>Dave H. (Acting)</i>
Professional Outreach	Gina
<i>Public Information</i>	<i>Jayson (Acting)</i>
Reach Out Editor	Donna T.
<i>Recorder</i>	<i>Carol (Acting)</i>
Region 2 Coordinator	Ginger
Retreat Liaison	Iola
WSO Coordinator	Ken (Acting)
Young Peoples Coordinator	Shannon (Acting)
12-Step Within Committee	Donna W. (Acting)
Literature	Mary (will arrive by 7:15pm)
Office Report	Gina/Dave B

*Italicized Print Denotes Excused Absence*

## MARCH MINUTES

MARCH 2009 INTERGROUP MEETING MINUTES COULD NOT BE PRINTED AND WILL BE REVIEWED AT THE MAY IG MEETING.

## BOARD AND COMMITTEE REPORTS

CHAIR – TRACY

No report.

## VICE CHAIR – REX (EXCUSED)

The "Spring Into Recovery" marathon meetings will be Sunday, April 12<sup>th</sup> here at the Oasis. Scheduled to start at 9am, but has changed to 10am to accommodate a Sunday morning meeting. Marathon meetings start at 10am and last meeting will be at 4pm.

## SECRETARY – HEATHER

No report.

## TREASURER - DAVE B (EXCUSED)

Type of Account	Maturity Date	Balance	Comments
Checking	N/A	\$21,051.32	General
CD (90 day)	2/26/09	\$10,310.46	Three Month
CD (30 day)	1/16/09	\$5,359.59	One Month
<b>Subtotal</b>			<b>\$36,721.37</b>
Checking	N/A	\$10,146.04	Retreat
<b>Total</b>			<b>\$46,867.41</b>

See attached financial sheets from January -- Balance Sheet, Income Sheet, and Income by Intergroup. Should have first quarter financials at the May IG meeting.

## INTERNAL INFORMATION - DAVE H. (EXCUSED)

I want to stress the importance of people helping with the mailing. We need the help. Next meeting will be held on Saturday, April 25<sup>th</sup> at 10:15am after the Maintainers Meeting in the small room of the Oasis.

## PROFESSIONAL OUTREACH - GINA

It was decided to decline the Community Connections invitation. We really did not have they wanted from us. It wasn't a good fit for us to go as OA has little to do with keeping people out of jail.

North County is still working hard on Camp Pendleton. Jan and John reached a staff person in Family Services and will taking literature about OA at Camp Pendleton. May eventually result in an OA meeting at Camp Pendleton.

Minneapolis OA – National Eating Disorder Convention – asked if they should participate as we were the first Intergroup to participate. SDIG urged them to participate in the convention as it is a great way to get the word out.

Looking into other areas to carry the message.

## PUBLIC INFORMATION - JAYSON (EXCUSED)

The flyers are out for the Sponsorship Fair, We have 20+ sponsors presenting, and it's going to be a dynamite event! There are presentations, speakers, and a "Sponsor Is In" Booth happening in the babysitting area. 3 Power Hours of Recovery, Interaction & Sharing.

We need volunteers to help sell literature, man the information booth & float around helping out. We would like three volunteers from the Intergroup to help with these areas.

## REACH OUT EDITOR - DONNA T

The April issue of the Reach Out is filled with inspiration with articles by Michael, Tracy, Kathy, Phyllis, Judy and Donna W. Please be sure issues are available at your meetings so that we can carry the message of recovery through our experience, strength and hope.

Anyone who is motivated to submit an article (Sponsors: this is a good assignment for your sponsees) may do so by emailing it to me at dtyler126@yahoo.com. Please put "Reach Out" in the subject line. There is no deadline; however for time sensitive matters, I need to receive those articles by the 15th of the month for the next month's issue.

## RECORDER – CAROL (EXCUSED)

No report.

## REGION 2 COORDINATOR – GINGER

Apologizes for inappropriate behavior and tone at the most recent board meeting and to let her know that you were offended.

March 21, 2009, Ontario, CA

The SDIG had 7 voices: Iola B., Ginger G., Tracy S., Gina S., George W. Donna W, and Betsy.

### *Attendance*

There were 44 R2 Reps representing 25 Intergroups (IG). Attendance was up for Intergroups who have not recently attended due to Intergroup Outreach Committee calling Intergroups and asking for their participation. Also, Intergroups who have attended in the past are now sending more than 1 Rep.

### *Ice Breaker*

The WSO Budget: 28% is from contributions, the rest is from literature sales. Hoping the 7th Tradition (contributions) will increase so not so dependent on literature sales. Please reflect on how much your disease of compulsive overeating cost you versus how precious OA recovery is to you?

### *Ask-it-Basket*

Questions about molestation are an outside issue. OA does not have an opinion on outside issues.

### *Region 2 Website*

Revised, more user friendly.

New Master Calendar – add your event!

R2 Newsletter - The Winter/Spring 2009 Newsletter is out

Intergroup listing (with new Find-a-Meeting feature)

R2 Convention Speaker Audio and Podcasts – can be downloaded.

All of an Intergroups website information should reside with more that 1 Intergroup officer or webmaster. That way the website can be maintained if the current webmaster should leave or can not be located.

R2 will offer sub domains to small Intergroups that do not have a website.

### *Business: Motions approved:*

Intergroup Outreach scholarship fund, set-up the policy.

Increase item 560-00 Convention Outreach, from \$0 for \$500.

P&P Manual correct procedure for distributing funds for donations for Region Chairs Committee Travel Support.

Increase item 710-00 Board Outreach (Workshops) from \$1500 to \$2250.

Increase item 632-00 Funding-Hawaii Rep to Assembly (Aloha Hawaii Intergroup) from \$1200 to \$1700.

Increase the amount previously authorized for the purchase of a R2 display board from \$900 to \$1600.

Increase PI Committee budget from \$50 to \$1050.

### *Budget:*

Distributed Budget for 2009 that projects a net loss of (\$22,877) that will be covered by prudent reserve. Distributed 2008 Region 2 Donations report by Intergroup and by individual Meetings. SDIG contributed \$0 in 2008, but all the 20 individual meeting within San Diego contributed a total of \$1,165.

### *Workshop:*

Building Strong Meetings. Part of the WSO strategic plan. Strong meetings mean strong recovery, allow people to “stay for the miracle”, and for OA to continue to grow. Distributed the “Strong Meeting Checklist” and broke up into groups to discuss how the questions pertain to our Meetings.

### *WSO Literature:*

Distributed a revised pamphlet: Seventh Tradition of OA. Details the vital recovery services supported by the Seventh Tradition at all levels, info on how OA finances are managed, a description of OA’s structure and suggestions on how to financially support your Fellowship.

### *R2 Convention:*

June 26-28, 2009, Ontario, CA. The theme is Recovery: Sunlight of the Spirit. This is the primary fundraiser for Region 2, largest part of the Region’s revenue. The next convention will be held in Northern California

## RETREAT LIAISON - IOLA

Upcoming June retreat has 5 scholarships available. Working with 12<sup>th</sup> Step within Committee – In the Garden theme. Under the stars meeting the first night... DJ and Dance. Millie and Iola went to Warner Springs ranch for a new venue for a future retreat. Has nature springs... negotiating prices. Iola too pictures. Have confirmed leader (ABCs of Abstinence workshop). Creating flyers for

How does the retreat committee members select the retreat committee members. What are the procedures and protocols and why was it not open up to the Intergroup. Concern is that the Intergroup is not being given the opportunity to apply for position and not being elected by the Intergroup. Please provide report at the next meeting. Announcement was made and one person filled out form and submitted it.

## WSO COORDINATOR - KEN

Will discuss and vote on adopted resolutions for the 2009 WSO Convention at May Intergroup Meeting.

## YOUNG PEOPLES COORDINATOR -SHANNON

Fliers on all chairs about the two new young people's meeting. They are at Wed at 545pm and Sunday at 1pm. Please let your meetings know to spread the word.

## 12-STEP-WITHIN COMMITTEE -DONNA W

Our committee is currently working on the San Diego Intergroup Retreat scheduled for this June 12th, 13th and 14th. The focus is on Relapse & Recovery – Relapse Prevention. We are carrying a theme of "In the Garden" and developing special Meditation Workshop, Late Night Spiritual Meeting Under the Stars, Relapse & Recovery Meeting and fun stuff like music, skit, ice breaker and a Saturday Night Dance! I encourage everyone to register for this retreat and not miss out on the best retreat ever! Ok, I am a little prejudiced!

Please let me know if you have any special requests or suggestions for 12th Step Within Committee. Our next committee meeting is this Saturday, 4/4, at the OASIS in the Boardroom at 10:15 AM. Everyone is invited to attend the meeting.

## LITERATURE -- MARY (INFORMATION TO BE GIVEN AT INTERGROUP MEETING)

March Literature Report

### Literature Purchased:

OA Literature:	\$ 733.05
AA Literature:	<u>119.87</u>
<b>TOTAL PURCHASED:</b>	<b><u>\$ 853.92</u></b>

### Literature Inventory:

OA Literature:	\$2,591.21
AA Literature:	<u>200.65</u>
<b>TOTAL INVENTORY:</b>	<b><u>\$2,791.86</u></b>

### Accounts Receivables:

<b>TOTAL A/R:</b>	<b><u>\$ 518.70</u></b>
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Report submitted to Bookkeeper, Allison, on April 1, 2009

New Literature will be placed on the Literature Board --Black Member in OA and Anorexia/Bulmia

## OFFICE REPORT -- GINA/DAVE

Committee shredded sign in sheets as well as anything else with members information.

Answered requests for information in emails and phone calls. Prepared envelopes with updates Reach Outs and schedules as well as welcome letters and stamped the envelopes, all ready for mailing.

Updated the mailing listed, called TJ with changes to the schedule, faxed meeting changes along with meetings starting and closing to WSO.

We worked at making schedules and Reach Outs well stocked in the meeting room, as well as sign in sheets available.

Checked to make sure we had enough supplies for the bathrooms and meeting rooms. We need toilet bowl cleaner.

Noise complaints must be in written form. Bill suggested that we create a complaint form to make it easier to report. A form will be posted on the office door.

## OLD BUSINESS

### REGION 2 ASSEMBLY REPORTS (15 MINUTES ALLOWED)

- Tracy - The R2 assembly was productive. The By Laws committee, which I serve on has finalized our proposed changes for the R2 Policy and Procedure manual. Our next steps will be to present to the R2 board and to the Fall Assembly for approval.
- Iola – Young People’s Committee. Exciting and wonderful learning experience. It was great to spend the entire day working with people who are so absorbed in recovery. 5 people on committee – working on flier with tear off telephone numbers to put in public places like coffee shops, libraries, etc. Working with a school with children with eating disorders and may work in conjunction with OA to go into other places. Putting together packets of information for the young people. Excited that SDIG already has a young people’s coordinator.
- Ginger G. – I had a lot of fun, recovery, and participated in Region 2 business. I continued to serve on the Intergroup Outreach Committee. After the Fall 2008 Assembly, we contacted all the Intergroups who had not attended the last three Assemblies. Our personal contact resulted in 6 new Intergroups participating in the Spring 2009 Assembly. This program and its principles are so amazing. I was in awe of how important it is to reach out and make a phone call.
- Gina S. – On the Intergroup Outreach Committee with Ginger. Nevada, Hawaii, people from all over and everyone comes together with one purpose which is to build OA. Come up with ideas and even with conflict, everyone comes together for the greater good. Phone calls that were made were great and very productive.
- George W. – I participated on the Bylaws committee and am enlightened as to the depth and effort required by members to keep this program operating so the doors are open and I and others can get recovery through meetings. It was a long day with a lot going on and I was soaking up a lot of info in a short time! Thank you for allowing me the opportunity to serve. My input might be limited - but as I grow and learn in the program I am happy to serve in any and all ways to further the OA program in San Diego to keep me and others coming back!! Different people have different abilities – John leader of the last retreat is skilled at websites and redid the R2 website and it looks great.
- Donna W. - I am grateful to San Diego Intergroup for giving me the opportunity to be of service at the last Region II Assembly. I worked with the 12th Step Within Committee as the new Chair and look forward to attending again in the fall. I am especially excited about the National 12th Step Within Day that will be voted on in our next World Service Conference in May! I have attached a more detailed report of our committee work for your review. All about reaching out to people within and outside of these rooms. It’s really about reaching out to those that we do not see in the meetings or if we hear they are not doing well, is to call them to reach out and check to see if they are okay. Working on getting a speaker list that is available for R2 speaker list and submit to R2 Board for the next assembly. Did a lot of sharing of information and ideas of what other groups are doing and how we can do more to help those who are relapsing and need recovery. SDIG is one of the very active intergroups. There is definitely more interest – this committee is double the size as it was at the last assembly.

## NEW BUSINESS

### NORTH COUNTY SPONSORSHIP FAIR – JEANNE

Jeanne from the NC area is requesting to have a sponsorship workshop for the North County area, that will be open to all of OA. They are looking for a more traditional workshop. Phyllis has agreed to provide support for the committee. Faye, Melanie, Beth and Tracy have agreed to be on Jeanne's committee to help with conducting a workshop. Workshop will be held in NC.

Saturday morning Encinitas looking for sponsor and with no luck. Sponsors are overloaded and cannot accept new sponsees. Looking to start a sponsorship workshop in NC. Idea is to help people what it is that is involved in sponsorship. This will help those people who have a lot of a lot of recovery but have yet to sponsor. Hoping to ease their fears and anxieties and get more active sponsors to keep people coming out.  
Melanie, Andrea Fae, Phyllis, Beth, Tracy

## UPDATE MEETINGS

Need to update these meetings – need group secretary, address, and send to WSO to update information

- 26659 Oasis Friday 7:00 am
- 29761 Atria Encinitas South Sunday 6:15 pm
- 35805 Unity Church Tuesday 7:30 pm
- 38483 Seaside Church Tuesday 7:00 pm
- 41222 Serenity Shop Thursday 12:00 pm
- 46410 UCSD medical center Saturday 9:00 am
- 46411 Oasis Sunday 7:00 pm
- 48339 Oasis Thursday 6:00 pm
- 50232 Scripps Hosp - Chula Vista Tuesday 7:00 pm
- 00368 Oasis Sunday 1:30 pm
- 00369 Oasis Thursday 12:00 pm
- 00372 Oasis Wednesday 5:45 pm
- 00606 Village apts leasing office Monday 12:00 pm
- 10390 Location Thursday 11:00 am

George discussed a simpler way to register for meetings as there seems to be a lot of redundant paperwork which may be a reason for people not be register their meetings correctly.

## ACTION ITEMS

“Motion to...”	Motion	2 <sup>nd</sup>	Vote(Y)	Vote (N)	Vote (A)	Disposition
Adjourn Meeting	Ken	Donna T.	All	0	0	Approved.

## ANNOUNCEMENTS FOR THE GOOD OF THE FELLOWSHIP

Date	Event	Location	Time
April 12, 2009	“Spring Into Recovery” Marathon Meetings	Oasis	11a-5p
April 18, 2009	Sponsorship Workshop	Oasis	1:30-3:30
April 15, 2009	<i>Reach Out</i> Deadline	<a href="mailto:Dtyler126@yahoo.com">Dtyler126@yahoo.com</a>	
April 25, 2009	Mailing Party	Oasis	10:15am
May 6, 2009	Intergroup Meeting	Oasis	7:00pm
June 26-28, 2009	Region 2 Convention	Doubletree Hotel in Ontario, CA	
June 11-13	Retreat	Camp Cedar Glen	
TBA	PI Committee Meeting	On Hold	