

12-8-21 Finalized Oregon Intergroup OA Minutes

7:00 PM **Opening:** Serenity Prayer, Steps, Traditions. 18 in attendance

Chair and Attendee Welcome and Introductions:

Each member introduced themselves and their positions (see last page for names). Some meeting reps shared various issues or ideas with the group. These included

- George A.: Monday 6 pm - In the Solution, Salem. Struggling with attendance.
- Candi W., Friday Noon, St. Barnabas. Meeting is in person. Group consensus around Covid is that all attending members must sign in, be vaccinated, wear masks, sit 6' apart and not come if not feeling well. If someone has their mask off, they are asked to please put it on. With the new concerns about Omicron Variant, there have been some differing opinions about if they need to tighten their regulations more. *(NOTE: Every meeting creates their own group conscience, therefore the guidelines for St. Barnabas are presented here only to give other groups possible insight for their own group, not as a mandate.)*
- Kym L., Sunday 7 pm Anorexic/Bulimic Meeting: In the third week of every month, they have a speaker meeting. All are welcome to attend:
- Diane B., Long Beach Zoom meeting. As regards Zoom meetings, they have had success assigning 2 - 3 co-hosts at each session. This allows them to have one co-host filtering out bombers while another handles the hosting. With a third established host, they have the flexibility of backup if one host cannot attend for some reason.

Review of Minutes from November 10 – Approved with one addition highlighted in red below

Monthly Reports from key service members had been distributed on our GoogleGroups. No updates were provided at the meeting. However, since some reps, service and board members are not successfully receiving emails from GoogleGroups, we are now going to specifically send them Monthly Reports in addition to the usual GoogleGroup blast. If you want to be included in this list, please contact Carolyn S. at secretary@oregon-oo.org.

Treasurer's Report: Vice-Treasurer Dorothy C. happily reports that Jean H. is now totally up to speed on assuming the position of Secretary. Through GoogleGroups email, Jean provided us with an updated financial spreadsheet. Finally, Pat wishes to thank the wonderful people who helped close our old bank accounts and set up new ones at a local credit unit.

Zoom License Update: Phyllis reports that we have 27 virtual meetings sharing our 4 licenses. These licenses will be extended for 2022. If your group wishes to have use of one of our licenses for your own Zoom meeting, please contact Phyllis H. at OIGzoom1@oregon-oa.org. She can help you set it up and train you on how to host it. There is no cost to groups for this service.

Social Media Advertising Plan: Contracts have been signed for digital billboards to go from the outskirts of Portland, Hillsboro and Salem. These billboards will run from Jan. 3 through the end of February. The billboards will be displaying the following two messages: “No fee, no weigh-in, just support”, “Not another diet - OA Oregon”. We ask all members to please keep an eye out for them and let us know if they’re running.

Pens will be ordered shortly. On Jean’s suggestion, we are budgeting for the pens and other Social Media items quarterly rather than all at once. That will allow us to determine what is receiving the best response so we can adjust as necessary to maximize our message.

After the success of another OA Intergroup’s effort, we are slightly adjusting the wording of our free, on-line literature for newbies. Since a very small change in their copy generated significant increase in requests for literature from potential new members. In the hope that this will prove equally successful for us, Pat O’C is asking current members to consider volunteering to respond to emails from people asking for more information. Yes... that is considered doing service. If interested, please contact Pat O’C at chair@oregon-oa.org.

Group Inventory Action Plan Follow up: We have gotten good follow-up from our Part 1 outreach efforts. Please participate in the OIG Group Inventory Part 2: 12 Step Within and Carry the Message using the online survey at <https://forms.gle/uohykFf5wgquhvcP7>.

Message From Our Chair: If your group currently does not have an Intergroup Rep, please encourage someone to join us for our monthly meeting. All Intergroup meetings are virtual now, so commuting is no problem. This meeting is the second Wednesday of every month, from 7 - 8pm. If you’d like, we have a 15 minutes informal Social Session prior to the meeting and also at the end.

Zoom Coordinator, Phyllis H.: There were a total of 129 meetings with 1,689 participants using OIG licenses in the month of December. The high number of participants in select meetings indicate that our meetings are still being hit with disruptors. An additional email was sent out in December regarding the occurrences and recommending that meetings incorporate security measures of creating breakout rooms and enabling a waiting room to quickly handle the disruptors and to keep our meetings safe.

New Business:

- If your group would like to do a special holiday candlelight meeting on Zoom, oa.org is offering a downloadable pdf format. To access it, go to oa.org, find the document library, search for Candlelight. This section also offers a face-to-face setup which can be adapted to a Zoom meeting.
- Sunday is our annual 12 Step Within Day. A meeting format for that is also offered at oa.org.
- If you're looking for a holiday gift for your sponsor or sponsee, consider giving them a copy of our Program In a Pocket booklet (progpocket@oregon-oq.or).

Closing Prayer

MEMBERS IN ATTENDANCE:

Board: Pat O'C., Chair; Rosanne K., Co Chair; Jean H., Treasurer in Training; Dorothy C., Treasurer Coach; Carolyn S., Secretary; Christina U., Events Coordinator; Jan E., Member At Large,

Trusted Service Positions: Niik I., Webmaster; Michelle O., Newsletter Editor; Kym L., Speaker Meeting; Phyllis H., Zoom Coordinator; Jenice G., B'day Fundraiser;

Delegates: Rosanne K, Jan E

Reps: George A., Kym L., Candi W., Christy B., Diane B., Elizabeth B., Jenice, Jan E., Lisa D