

Silicon Valley Intergroup

May 4, 2021

7:15-8:15 PM

Join Overeaters Anonymous Silicon Valley Zoom Meeting

<https://us02web.zoom.us/j/84041854878?pwd=U3ZidVUxZ1dtc2syRjZBcHhQMzBCdz09>

or

Dial by your location +1 408 638 0968 US (San Jose)

Meeting ID: 840 4185 4878 Password: 700006

Opening: Serenity Prayer, Statement of Purpose, Step of the Month, Tradition of the Month, Concept of the Month, Voting Policy, and Introductions

Members Present: 9

Approval of Minutes: Minutes approved.

Chair: Salle.

Vice Chair: Mary R.

Treasurer: Bruce. Discussion about the finances, income and expenses.

Starting Cash	\$11,826.18
7 th Traditions	\$ 428.26 (\$265/group, \$163.26/PayPal)
Expenses	\$ 4,559.90 (\$4,149.90/Public Information, \$410.00/Insurance)
Ending Balance	\$ 7,694.54

Secretary: Julie

New members: Faith: Sunday night 7:00 OA 90 and Saturday morning OA 90 meeting. Gina: visiting.

Public Information: Francine. First newcomer and professionals' night resulted in good contacts from professionals. (Homeless, students, different regions, UK international event). Lots of interest on the website and the Courier. Good registrations for the July 28 event.

Region 2: Terry, Courtney. R2 and WSO unity for diversity survey. R2 was well represented at the WS business conference (33 attendees). Hannah had to resign her trustee position.

Virtual Region convention, July 2021 R2. Closed captions, Spanish translations. Hybrid meetings being discussed (Power Point presentations).

World Service: Terry. Provided part 1 of her report; see separate notes in this file.

Need a second WSO representative.

NEW DEFINITION APPROVED BY WSBC 2021: *Abstinence is the action of refraining from compulsive eating and compulsive food behaviors, while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve-Step program on a daily basis.*

Serenity Retreat: Rick V., chair. No report.

Website: Need a person to updating the website as needed. Meeting reps are asked to send changes and updates to oasvwebmaster@oasv.org for posting. Suggested hiring someone, but we need more information about finances. Sure Exposure is available for \$200.00/month (10 hours/month in 15-minute increments). Advanced Word Press skills required. Faith offered to be the gatekeeper between OA and Sure Exposure.

Temporary Sponsorship: TBD. **Contact person needed**

Activities: Gabriel, not present.

Trial of an outdoor, in-person Drum Circle was rained out. Terry proposing another Drum Circle; will be in the newsletter, probably 5/23, Baylands. \$6.00 for the park and \$5.00 suggested donation for the facilitator.

Suggested a Kahoots OA Quiz for a game night (trivia game, skill and quickness). Zoom gathering.

Possible summer OA picnic after June 15.

Friday Fun and Fellowship dance party starting 3/5. Landing page to be shared.

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Workshop Series: (IG liaison TBD).

2021 planned workshops: March 13: Understanding the Traditions.

June 12: Prelapse Prevention Plan for Sustainable Abstinence.

September 11 and 18: Creating a 4th Step Mandala (two parts).

December 11: Working the 10th Step.

June 12 Prelapse Workshop presentation. (Approved) The actions and thoughts that lead to a relapse. Discipline, action, maintenance of our spiritual condition. Breakout rooms: 3 thoughts or actions that are prelapase. Discover themes. Break out #2: 3 daily actions that keep you in fit spiritual condition. Empower folks to discover when recovery begins to fray and lead to a relapse. How to identify prelapase signals and respond.

12 Step Within: On 4/12, remember to make outreach calls to people we have not seen for a while.

Courage Lines: suspended.

Mail: Mernoosh. P.O. Box paid. All's well; sending mail to Bruce.

Newcomers: Frank.

Email newsletter: Carey. Monthly release (not weekly). 400 subscribers; 50% opens. Spanish meetings changing.

If you aren't getting the email newsletter (with meeting updates, workshop and event announcements), sign up at www.bit.ly/OASVemail (Note capital letters.)

Group Introductions: If time allows

Open Service Positions: To express interest or learn more, attend an Intergroup meeting on the first Tuesday of the month, 7:15 pm. The next meeting, on June 1, will be via Zoom.

R2 Representative

WSO Representative

Temporary Sponsorship Matching. Respond to telephone requests for temporary sponsors and find someone to match individual requests.

Young People.

Speaker List.

Anorexic/Bulimic.

Workshop coordinator.

Promotions/Marketing Coordinator. Help carry the message about Workshops and other activities through various methods and media.

12-Step Within. Reminder to make OA Outreach calls on September 12th. Terry is seeking input on questions for a general survey about 12 Step Within for next month.

To express interest or learn more, attend an Intergroup meeting on the first Tuesday of the month, 7:15 pm. The next meeting, on March 2, will be via Zoom.

Public Information: Newcomer nights.

Attracting service volunteers: Job descriptions.

New Business: Considering hiring True Exposure to maintain the website.

New Website: Released

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Tabled Topic: Use Google Grants to non-profit organizations for public service announcements. Must have website to qualify. Google business listing: but OA websites aren't listed correctly. Must be an existing Google industry category, such as Associations and Organizations. Some anonymity issues: review feature can be turned off, but then lose search ranking. Read Francine's document on this issue. Example: AA East Bay claimed their business listing; listed Diverter hotline number; turned off questions and reviews because of anonymity.

Financial Support: Intergroup contributions can be sent via PayPal to oasvworkshops@gmail.com.

Take to meetings: Open service positions.

Announce the need for 7th Tradition donations.

Please announce the Prelapse Workshop on 6/12 at your meetings: Saturday, June 12, 2021, 10 am-12:30 pm: Prelapse Prevention Plan for Sustainable Abstinence. It's the same Zoom link the meeting uses.

Closing: "I put my hand in yours..."

Next Meeting: June 1, 2021, 7:15pm

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World Service Business Conference Report, Part 1 (of 2)

1. First Impression: Zoom is how to get business done, well organized, & strictly structured. Training sessions on how to use Zoom & How to maneuver the Conf, ask Q's, Request Serenity, etc. What the Reference Committee consists of and how they discuss. Daily Conf Agenda and how it might be followed.
2. 250 regs voting Delegates, 95 green dots (first-timers). Though at NO time did I ever see more than 216 voting or in room (TG).
3. First motion regarding change in standing meeting policy to allow off-camera use. PASSED (due to anybody's possible Low Bandwidth). ***TG Had this NOT passed I would have only been able to participate in 2 out of the 8 biz days
4. Meet the Maker breakout rooms, where we mostly listened to the makers of the By-laws, Amendments, Proposals, etc. We then got a few min to ask Qs of the Makers. ***TG There were 5 issues that were my top priority to consider, but these were often held simultaneously in separate breakout rooms.
5. For Clarification, I asked them to repeat the page # where the Amend or Proposal under discussion might be found in the 466-page binder. Chair or Parliamentarian replied thereafter.
6. Five new or re-elected Trustees gave their Qualifications. Uncontested. Vote on Friday, all were elected, but 2 more were to be appointed after the conference was over. ***TG I did NOT get to attend that special Sun meeting.
7. Changed the def of Abstinence. PASSED with a lot of discussion, pro and con. Almost what it was 2019.
8. Proposal NOT to change the definition but every 10 yrs. FAILED
9. Change and alter the Preamble. FAILED
10. Lit: "Tools of Recovery" PASSED by a huge majority
11. Lit: "New Plan of Eating" PASSED
12. Lit: "Voices of Recovery" PASSED by exactly 2/3. ***TG Hope this gets protested and another vote; it did not. The request to hold another vote on this piece of lit was actually proposed as Emergency Biz. Failed as ER biz.

Yours in Service, Terry Gascay

***TG notes are my opinion. Use or omit to your discretion

Newest approved definition of abstinence, approved by WSBC 2021:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors, while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.