

Silicon Valley Intergroup

June 1, 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: ~10

Approval of Minutes: Minutes approved.

Chair: Salle.

Vice Chair:

Treasurer: Bruce G:

	total balance
Starting Cash	\$ 7,694.54
7 th Traditions	\$ 513.85 (\$125/group, \$155/individual, \$233.85/PayPal)
Expenses	\$ 249.00 (\$200/website maintenance, \$49.00/WSBC delegate)
Ending Balance	\$ 7,959.39

We owe: \$1758 to World Service plus \$586 to R2 for 7th tradition income from 11/2020-4/2021. When we had a group conscience on the \$4,000 expenditure for bulk emailing, we chose to defer these payments to WSO and R2.

Voted to pay \$1758.00 to WSO, and \$586 to R2. Discussion re pros and cons. Responsible for disseminating designated donations from individuals and groups.

Secretary: Julie

New members:

Public Information: Francine. 2nd newcomer night (7/28, 9/28). No funding from WSO.

Presentation to Abode services, they would like a meeting at Abode facilities.

Voted to claim a Google business listing as an Organization/Association. Concern about anonymity was resolved: Google provides a notice about anonymity.

Google analytics for the website: (1700 unique new visitors! 1400 from US). Most clicks on the Home page, followed by the meetings page, 12 steps, OA prayers, podcasts, find meetings and events.

Prelapse workshop promoted (71 registrations already)

Possible opportunity for public outreach with KQED.

See separate report in this doc for details.

Region 2: Terry, Courtney. Hannah stepped down, looking for a replacement. Election in the Fall. Beth from R6 is helping with R2. **Need a new R2 rep as Terri is timing out.**

Registration open for the Region 2 convention (virtual), July 9 – 11, 2021. R2 Convention

<https://www.oar2.org/upcoming-convention.html#/>

World Service: Terry. Provided part 2 of her report; see separate notes in this file.

Need a second WSO representative.

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

Website: **Looking for a liaison between IG and Sure Exposure.**

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

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Activities: Gabriel

Drum Circle: See May 15 newsletter for full announcement of upcoming dates

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 parties <http://bit.ly/OASV-DanceParty>

Workshop Series: (IG liaison TBD).

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.

(Retained for information: 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 prelapse. 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 prelapse 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.

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.

Vice Chair

R2 Representative

WSO Representative

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

Website liaison. Communicate requested changes to the website to the website service provider. Track provider's time commitment and prioritize updates.

Speaker List.

Anorexic/Bulimic. Young People.

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.

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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

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: July 6, 2021, 7:15pm

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June 1, 2021, Public Information Coordinator Report Francine B., OASV Intergroup

- The second “Newcomer Night” + “Get to know OA for Professionals” will happen July 28th. Service volunteers are requested.
- Provided OA Professionals presentation to Abode Services today, 6-1-21, 3-4:30pm. They would like us to provide an OA meeting once per week at some of their local facilities – do we have people willing to secretary such a meeting?
- We need to claim our Google business listing to help boost easier access to our new website [Approved] The issue of concern for newcomers breaking their anonymity can be easily resolved given that Google posts a notice the moment that someone attempts to submit a review or a question that alerts the submitter that their email avatar will be made public. We can also add additional verbiage in the actual listing advising of this.
- Google Analytics Report: in 6-weeks time we have had 1700 unique new users visit our new website (comparison: 300-400 total visitors on other OA websites): 1400 from the US, then 81 from Canada, 80 from China, 40 from the UK, and then the rest of the world.
 - o Our home page has been the most heavily hit and people spend the most time on it given it contains access to the widest variety of valued content.
 - o Next in popularity is our Meetings page, Twelve Steps, OA Prayers, Podcasts, and Find Meetings/Events in order of popularity.
- PRE-lapse Workshop pre-registrations to date via Eventbrite: 71 This has been promoted in all 11 regions and on 6 OA Facebook groups

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World Service Business Conference Report, Terry G. Part 2 (of 2)

- 1) Define Hybrid: "Hybrid group may only register with WSO once and is assigned 1 group number, but it may appear on OA.org in both face-to-face & virtual. Listing is then noted as Hybrid"
- 2) Unity with Diversity Policy: "Fellowship" added to all 4 paragraphs.
- 3) Dates: ***These changes were passed just barely over the req 2/3 vote***
 - a) OA Birthday: 3rd full weekend of January (Fri, Sat, Sun)
 - b) Unity Day: Last Saturday in Feb of even yrs, last Sunday in Feb of odd years
 - c) Sponsorship Day: 3rd full weekend in Aug
 - d) IDEA: 3rd full weekend in Nov
- 4) Length of Service failed to limit Trustee service to 8 Consecutive years (time off in between still OK)
- 5) June 1 is deadline to apply for Region 2 trustee (Hannah resigned). Region 6 Trustee in acting capacity region6trustee@gmail.com
- 6) Emergency New Business Motion One failed
 - Move to plan for and provide real-time language translation, including ASL interpretation, potentially via assistive technology, as needed for the entirety of the World Service Business Conference business meetings and committee meetings in time for the 2022 Conference.

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.