

**OVEREATERS ANONYMOUS
SAN FERNANDO VALLEY INTERGROUP
DELEGATES' MEETING MINUTES
JULY 18, 2016**

The meeting was called to order by Chair, Shari B at 7:30 pm with the Serenity Prayer, followed by roll call and introductions.

Jonathan read Tradition 7 and shared.

The June meeting minutes were approved as submitted.

REPORTS:

Chair, Shari B

- Starting August 1, the OA office will be open Mon and Fri 12-5p, Sat 11:30a (after Spiritual Maintainers meeting) – open-ended (call before you come in). Also open at 6:45p before delegates meeting (to pick up literature, etc). Hours will be on website and in 5th tradition – and will be updated on the door of office
- Check Newcomer packets -if outdated, refresh 5th traditions or direct to website but don't give out old 5th traditions
- LA intergroup is having comedy night at end of July – event sold out in 3 weeks – please do not show up at door since there are no tickets left
- Day with the Big Book ("Dieting vs Real Recovery) retreat Sep 10 in Ranch Palos Verdes - 8a - 6:30p – someone flying in from Arizona to do the workshop - \$60 for day (additional \$20 for lunch). Sign up at oaretreat.oalaig.org
- SGVIE: Day of the Dinosaurs workshop (30+ years of abstinence or more) 10a -4p; Sat Aug 20 in Glendora (SFVIE office), \$10 suggested donation

Delegate Coordinator, Heidi

- New delegates – please sign in the sign in sheet – find your meeting by day and time – cross out old delegate (if applicable) and put your name, # and email
- If not new, double check – and initial if correct or update accordingly
- Please complete by end of meeting – don't leave without signing

Sig, Vice Chair

- Vice Chair makes sure anything that needs to get on website goes up or makes any updates and changes (between Dorritt and himself)

5th Tradition Editor, Doritt

- New 5th traditions – lilac color – article on front page is about slogans
- As a delegate, fill out form for accurate 5th tradition contacts/info for meetings – contact person does not need to be secretary – just someone to take phone calls and answer questions – make sure info is up to date
- World Service website requires a different submission of form for any changes (www.oa.org) – meeting change forms online
- Give form to Doritt after meeting if you have all info to provide

Region 2 rep, Alison

- Nothing to report

Workshop Committee (aka 12th Step Within), Joanne and Carla

- Workshop was held on Sunday on prayer and meditation (Step 11) – 3 speakers & 25 in attendance
- Shared and taught forms of mediations– left over handouts will be left in OA office – and copies on website
- Next one is in October – more info next month – on food sobriety

Intergroup Development, Wendy and Michelle

- Looking for help for Cabaret OA Sun Aug 21st 5-8p at Corbin Bowl in Woodland Hills
- Sharon B. is coordinating talent – there may be some open spots for talent (singer, comedian, poets, musicians, etc.)
- Piano will be provided there
- 5-ticket packets to sell at meetings \$10/each – you are responsible to return them or the money
- Phone numbers are in 5th tradition if questions for Wendy and Michelle

Public Information, Susan and Elisa

- Looking for anyone interested in helping with Women's Expo in Oct and other events – ideas are welcome – contact Elisa or Susan
- OA postcards should be at the meetings if not – give them to doctors or therapists - or if access to bulletin boards you can put it up publically (doesn't break traditions, not about promoting)
- Working on a Youth flyer also to provide to colleges and high schools
- PSAs – if anyone has any connections please let us know – spreading the word in media

Treasurer, Michael

- Out of town – Shari filling in
- Month of June \$2,980.73 in contributions - \$663 net - \$525 in red but less - doing well
- 6 months reserve saved
- 60/30/10 or 80/10/10 still ok
- Every quarter meeting donations listed – if not listed – talk to your treasurer
- Year to date breakdown also – and this years and last year's comparison
- Linda passed basket to collect 7th Tradition

Professional Outreach, Gunit and Sharon

- Couple months ago packets were passed out to provide to doctors - make an announcement at meetings (follow up on them)
- More in office - \$1.30/each
- Panel in June at Cri-Help – went well
- Doing some footwork – research places if we can do a panel there – times/dates/etc – if you want to help with committee or take packets and carry them to professionals, let Gunit or Sharon know

Literature, Celeste

- First time serving – thanked Robin N. – learning how to edit and upload podcasts

- Handed out flyer: Monthly updates for podcast on website – extensive library of speakers from workshops to retreats to OA birthday – free – 30-60 min each – contributions accepted
- June's Body Workshop is up – along accompanying handouts
- Celeste offered to help groups/meetings that don't have literature person – look in 5th tradition for contact info

World Service Rep, Matt

- Absent

Secretary, Leore

- Absent – Jessica F filling in

Speakers list is with Janet – must get it through intergroup office – office@oavalley.org

\$76 collected tonight for 7th tradition

With nothing further to discuss, the meeting was adjourned at 8:08 pm.

Thank you for letting me be of service.

Respectfully submitted,
Jessica F (fill in for Leore as Secretary)