

OVEREATERS ANONYMOUS SAN FERNANDO VALLEY INTERGROUP DELEGATES MEETING MINUTES April 17, 2017

The meeting was called to order by Shari at 7:30 followed by the Serenity prayer and roll call.

Jonathan read Tradition 4 and shared for 2 minutes

The March meeting minutes were approved

Reports:

Delegate Coordinator: Tiana

Passed around delegate contact list for updates and corrections

Board Chair: Shari

Announced that the Board is seeking a new Treasurer for the remainder of the term (2017) The Office manager is taking over more financial responsibilities but still need a treasurer for checks and balances.

Requirements include: 3 years of abstinence, 6 months of service above the meeting level, and basic knowledge of Quickbooks software and bookkeeping/finances.

Treasurer will work closely with the Office Manager. Passed around flyer advertising the position.

Changes to bylaws – passed around summary and excerpts of bylaws with proposed changes. These have been Board approved and need meetings' votes.

Suggest Delegates call for a business meeting to be held to discuss and vote on the changes. If you represent more than one meeting, you will only be able to vote for one.

Voting should be per item or category as listed on the Summary hand-out.

Amendments can only be made if a vote fails. Will want 5 'yes/no' votes in total.

Summary and bylaws changes will be emailed so Delegates can forward to those that want to review the changes more closely.

Specific questions should be directed to Shari via email (chair@oasfvalley.com)

Website Revamp Committee is having a kick-off meeting on Sunday, April 23rd from 1:30-3:30pm in Encino. Contact Shari for exact address. It'll be held at a fellow's home.

Vice Chair: Doritt

Passed around current speaker/sponsor/volunteer list to check email addresses. An email blast will be sent out soon and that will let us know whether emails are correct or not (via bounce backs). Will then place calls to get correct addresses.

Treasurer: Shari as fill-in

Seventh tradition was collected.

Reported net income of \$74.20 in March, \$514.58 for the year.

We're experiencing lower donations – please have your meeting Treasurer send in donations if they have them and would appreciate more donations.

Secretary: Molly

No report

Newsletter: Bonnie

Additional copies of the April/May issue of the 5th Tradition were passed out. Asked for a show of hands of meetings who run out of 5th Traditions (a handful)

Monday, May 1st is deadline for submissions to be included in the June/July issue of the 5th tradition. Topic is "Recovery from Relapse". Encourage fellows to enter submissions, however long or short. Your thoughts and ideas may help another fellow.

Send to editor@oasfvalley.org.

12-Step Within: Jessica & Julie

A flyer for the "Conscious Contact" workshop was passed out. Workshop will be at the OA office (will transform office) on Saturday May 20th from 2-4pm. It is free, a basket will be passed around for the 7th Tradition

Intergroup Development: Jo

Game Night – Saturday night, April 22nd from 7-10pm at Jo's home in Sherman Oaks.

Tickets are \$10 – either in advance or at the door.

NEED tables and chairs and help. Along with GAMES, DRINKS (canned sodas preferable and water). Jo has coolers and will get ice.

People can bring their dinner with them to the event.

Call Jo at her home between 3pm and 10pm to volunteer and donate (818) 995-6950

Prize donation money should go to Jo, money from ticket sales go to Janet.

World Service Rep: Gunit

Reviewing 300-page binder for the World Service Business Conference the first week of May.

Will serve on the Young People's committee

Public Information: Leore & Jae

Upcoming plans include a kick-off meeting for the new Public Outreach Committee (includes sub-committees such as social media and other areas). Tried to make the meeting happen this month but only co-chairs and Shari responded. If interested, will pass around sheet of paper – put down your contact info and your interest. Would include a monthly meeting.

There will be a training session on speaking on behalf of P.O. for the public.

Looking into fairs – outdoor street fairs (one in Sherman Oaks and others). Women's Expo will be in October – thousands of attendees go. Will share a booth with the LA Intergroup since it's in their area.

Other ideas include reaching out to nutrition schools, hypnosis clinics, hospitals, etc. Welcome other suggestions.

Eager to get people to join in. The sooner committees are formed and people are trained, the more P.O. can take advantage in reaching out to the community.

Jae spoke last week at a recovery organization (center for recovery from all kinds of addictions). She talked about OA. Programs like that would be terrific exposure.

Literature: Celeste

Passed out new flyer about podcasts on SFVI's website. Got a few new submissions/recordings from meetings. Would like to get meetings or speakers with more of a bulimic or anorexic focus

Need volunteers for RIP party, call or email Celeste at literature@oasfvalley.org

Also, thinking of starting a meeting in Northridge. Contact Celeste if you're interested.

Region 2 Rep: Janet

Region 2 Assembly was fabulous. Part of the Public Outreach committee. Have 2 focuses – one is to find people who will put up posters with tear-away slips at recommended places and the other is reaching out to the Bariatric community. OA has no opinion on outside issues, so, OA has no opinion on bariatric surgery. Reaching out to medical professionals in the area to support those before, during and after their surgeries.

Brought back R2 Newsletter as well as flyers for the R2 Convention to be held in Costa Mesa, June 9-11th at the Hilton in Orange County. All are welcome. You can register online for \$55 for the weekend.

Meeting Spotlights:

Tiana - Tuesday 7:00pm, "Come to Believe" meeting at the OA office

5 people on average.

Format just changed to literature and writing meeting. Read from "Come to Believe" or "Seeking the Spiritual Path" and then write on story that was read for 5 minutes. Open share afterwards. Then burning desires.

Needs support

Tiana – Friday 7:30pm, Voices of Recovery meeting at the OA office.

3-7 people. Read from daily reader, speaker and then open shares

Mercedes – Tuesday 7:00pm, Simi Valley, Literature Study

Usually 5 people, no abstinence chips but do celebrate OA birthdays with candles

Burning desires at the end.

Needs support

Another delegate pitched the Thursday 7:30pm OA 12 & 12 meeting at the Office needs support.

At 8:34pm, motion to adjourn accepted. Meeting ended with the Serenity payer

Your Secretary,

Molly K.