

OVEREATERS ANONYMOUS SAN FERNANDO VALLEY INTERGROUP DELEGATES MEETING MINUTES February 20, 2017

The meeting was called to order by Shari at 7:32 followed by the Serenity prayer and roll call.

Michael read Tradition 2 and shared for 2 minutes

The January meeting minutes approved

Reports:

Delegate Coordinator: Tiana

Send email list around. Please check contact information (correct or initial)

Board Chair: Shari B

Professional Outreach position has not been filled. Suggested Public Info and Professional Outreach be merged into one position. Next month, will distribute revised bylaws outlining changes including the merger. Changes need to be brought by delegates to their meetings, vote on changes, bring back the votes to the next month's Delegates meeting. This is important as bylaws need to be up-to-date and then sent to World Service.

Speaker/Sponsor/Volunteer/Email lists passed out and request for filled lists to be returned either in person or scanned/emailed.

Planning a Social/Fellowship committee for fun activities. A survey will be sent out soon - to build community and generate interest in fellowship activities.

March 18th, all day FAQ Workshop held by Foothill Intergroup. \$20. To be held in Pasadena. Workshop activities include writing, meditation, speakers etc. 9am-4:30pm. Flyers are available, also in digital form in Delegates packet.

16-week 12-Step workshop (follow format of the new 12-Step Workshop Workbook) will be held Sunday nights, also sponsored by Foothill Intergroup. 7-9pm. At the Little White Chapel on Avon in Burbank. Starts February 26th. Need to attend 1st or 2nd session and asking for commitments to attend every week.

Vice Chair: Doritt

Nothing to report but will be working on changes to the bylaws

5th Tradition Editor: Bonnie

April/May issue in the works.

Soliciting submissions for the front-page feature *Recovery Corner*. Next issue will focus

on the topic of Recovery from Relapse. Send submissions to editor@oasfvalley.org. Deadline is Monday March 6th. Anyone can submit.

Passed out current issue.

Board Chair: Shari B

Forgot - need list of members interested in the website redesign committee

Region 2 Rep: Janet

R2's Spring Assembly in Costa Mesa is coming up. Anyone is welcome to attend. \$35 including Saturday lunch.

A report in April will be made with committee selection. Six representatives from SFVI are welcome to attend. March 24-25 at Costa Mesa Hilton.

12-Step Within: Jessica & Julie (not present)

First workshop coming up is titled *Recovery from Relapse*. Sunday March 26th, 2-4pm at the OA Office. Will be an interactive workshop on how to maintain abstinence. Flyers were passed out. Free, will practice 7th Tradition. Will be recorded.

Second workshop will be held on Sunday, May 21st and will be based on spirituality.

Intergroup Development: Jo

Unity Day is this Saturday, February 25th from 11:15am – 12:15pm. Spiritual Maintainers meeting will end a little early. Gather at 11:15 and then join hands at 11:30 as OA members from around the world will hold hands in prayer for those who still suffer in and out of the rooms. Will have 3 speakers following. Free, will practice 7th Tradition.

April 23rd – most likely date for “Game Day” (1-4pm). Looking for venue. ALSO, looking for meetings to take a group conscience to either 1) take up a monetary collection for prizes and/or 2) ask for donations of new, unopened items or services such as a massage or voice lessons to be used for prizes. Call Jo at (818) 995-6950 (land line so no texting) with questions and/or more details. FYI, if a boy answers, hang up and call again. Flyers will be forthcoming.

Cafe Cabaret tentatively planned for August at the Corbin Bowl. Followed by Bingo some time in October/November.

Prizes can be gift cards, movie tickets etc. OR cash. Group conscience should be taken and it's up to each group/meeting to decide whether to pass basket for donations for prizes.

Public Information: Leore & Jae (not present)

Went over purpose of the Public Information committee – primarily to carry the message

to those who still suffer in and out of the rooms. PI committee provides information to the local community via multiple forms of media.

Newcomer Q&A night was very successful with 30 attendees.

Four PI flyers available to spread the message on public forums, bulletin boards, health hubs etc.

Facebook and Twitter are both active. Liking the page is not a breach of anonymity. Can type in "Overeaters Anonymous San Fernando Valley" or @oasfvalley. This is also the Twitter handle.

Spanish flyer available for Spanish speaking communities.

Seeking volunteers to be on the PI/PO committee to talk once a month about how to reach out to community members and local professionals.

Reach out to unaffiliated Spanish speaking meeting about affiliation.

Looking for social media ambassadors.

Treasurer: Michael
Seventh tradition was collected.

Reported a loss of \$8.95 so far for 2017

First quarter, there was a slump in donations. Somewhat expected – after the holidays, tax season, etc.

All in all we are doing well and are not in the red.

Literature: Celeste
Passed out a flyer/Call-to-Action to get more podcasts up on the website. Asking for meetings with speakers to request from group a recording of weekly speakers to publish as podcast. Shares of 20+ minutes.

Speaker Release forms required. Email office@oasfvalley.org for copies.

Lifeline is seeking submissions. Celeste submitted entry for new Body Image/Sexuality book to be published by World Service and her entry made the first cut. Congrats to Celeste!

World Service Rep: Gunit
Will be going to WSBC in Albuquerque in May. Will serve on a committee and report

back from conference in June.

Meeting Spotlights:

Jeanne - Friday 6:30pm, Burbank, Little White Chapel on Avon

Average attendance 4-5

Get a chance to share. Has rotating format: Literature (read Big Book, Step and Tradition), and speaker once a month.

Seated in a circle – more intimate and cozy.

Needs support.

Annie - Friday 7:30 pm, OA office.

Format: read from daily reader, “Voices of Recovery”, speaker followed by open sharing
Small size.

Needs support.

At 8:41pm, motion to adjourn accepted. Meeting ended with the Serenity prayer

Your Secretary,
Molly K.