

Overeaters Anonymous San Fernando Valley Intergroup

Delegates Meeting - April 15, 2019 7:30 pm

- **Call to order:** 7:30 PM – Serenity Prayer
- **Instructions about using the Delegates sign-in sheet.** Please add your last initial next to your name on the list. If your name is missing, please add it.
- **Roll call:** Introductions
- **Reading of Tradition 4 and 2-minute share:** Linda S.

Each group should be autonomous except in matters affecting other groups or OA as a whole.

- **Approval of March minutes:** Approved

Name	Board Position	Items for Discussion
Bonnie	Chair	<ul style="list-style-type: none">▪ Thanks to those who volunteered to help in our Office. If you would be willing to help, or know someone, please contact Janet at office@oasfvalley.org.▪ Thanks to those who have volunteered to help with Special Events and Fundraising.▪ We have received a \$4,000 “thank you” donation from the LA Intergroup, for our work on the OA Birthday Party!▪ Re: Meetings that have switched to the new OA 12&12. If your group has old books, what are you doing with them? Some are just keeping them. A suggestion was made, to give them to inpatient treatment centers. Some changes in the new book: 1. Every chapter has the associated principle displayed at the beginning. 2. All types of compulsive eating are addressed, including anorexia and bulimia.▪ Applications for the Women’s Retreat are available now. Please take them to your meeting and encourage people to sign up early as it fills up quickly. There are no scholarships for reducing cost, at this time. Venmo payments are now available in addition to checks.
Jeanne	Vice Chair	<ul style="list-style-type: none">▪ Reminder about the Survey Monkey Survey to collect speaker/ sponsor/ volunteer participation information. There is a link to the survey in the 5th Tradition. Also, please take a printed version to your meetings to collect info. Please return the sheet next month at the Delegates Meeting.
Jonathan (absent)	Treasurer	<ul style="list-style-type: none">▪ Report by Janet and collection of the 7th Tradition.▪ Janet: In financial report, January 2019, income is holding steady. Full report is available for any who are interested. The website redesign is necessary and will take some funding, which is something we should be able to cover.
Lital	Special Events and Fundraising	<ul style="list-style-type: none">▪ Build-A-God Box, Saturday, May 4, 2:00-4:00 pm at the OA office.<ul style="list-style-type: none">▪ Please encourage people to come! It will be fun and great fellowship.▪ Be sure to explain what a God Box is and how it is used.▪ A good workshop for newcomers and a good place for sponsors to bring their sponsees.▪ Lital needs stickers, sea shells, glue gun, etc. Each person is to bring their own box or jar to decorate.• Let’s Have Fun in the OA Sun Game Night – June 1, 4:00-6:00 pm at the OA office. A flyer will be sent to you soon. Please take a group conscience at your meeting to see if members agree to pass the basket, a second time, for Game Night prizes.
Nora, Sam	Literature and Digital Resources	<ul style="list-style-type: none">▪ Website updating work is ongoing. We are In the process of a technical move of the website to a new hosting site. Also, we are in conversations with designer who has worked on Word Press sites. We have talked about our needs and what parts of the website we want to revise.▪ When a meeting Contact Person changes, be sure that person updates Meeting Contact information. Send you name/phone to the OA Office and to World Service.
Tim	Public Outreach	<ul style="list-style-type: none">▪ Tim is reaching out to eating disorder clinics. This particular one is looking for a speaker who has done a program of “intuitive eating.” Tim will find out more about the clinic’s needs and let us know. Bonnie volunteered to be on a panel.▪ He is following up with the other 6 clinics in the Valley.

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		<ul style="list-style-type: none"> Jojo has contacted a gastric bypass surgeon in the Burbank area and is waiting to hear back from him as she wants to set up a meeting. She is also working on a project regarding social media from graphic design standpoint. She presented images of what OA might look like. For example: "Feeling stuffed and empty at the same time" (image of an empty Oreo package) taking an image and add the emotion behind the image, user might click, read a story that someone has shared. She may not have the language of an anorexic. She is looking for people to share their stories and she will work on adding the images. Hoping to have these images on Facebook and Instagram. Time is working to elevate our Google SEO... more to report next month.
Linda, Leore	12 th Step Within/ Workshops	<ul style="list-style-type: none"> Step 10 workshop, Sunday, April 28, 1:30-4:00 pm at the OA Office - Bring pen/paper. Emotional Sobriety Workshop, Saturday, June 8, 1:30-4:00 pm. Focus on peace as a priority in our lives. Please put on your calendar and start promoting it. Flyer to be emailed soon. When you get it, please make copies and distribute to your meeting..
Alessandra	Newsletter Editor	<ul style="list-style-type: none"> Distribution of more April/May 5th Tradition newsletter, as needed. Deadline for content for the June/July edition is May 8. Encourage your meeting to submit their OA Birthdays. If you have inspirational quotes or ideas of something to include in the 5th Tradition, please email Alessandra, editor@oasfvalley.org.
Gunit	World Service Rep	<ul style="list-style-type: none"> Gunit will be at the conference next month. Please note in the next 5th Tradition, a Survey Monkey regarding Young Persons Participation. The YP Meeting is looking for someone to open/moderate the meeting. If you are interested, please contact Gunit.
Hank	Region 2 Rep	<ul style="list-style-type: none"> Report on Region 2 Spring Assembly. Hank is working on a public outreach, possible fundraising project: a LA Dodger game, Aug 2, 2019. Possibility to include other intergroups in the greater LA area: Foothill, Burbank, etc. There will be a message welcoming OA to the game. A delegate mentioned that our programs is about attraction not promotion. Re: Dodger night. She was confused, as to when are we attracting and when are we promoting. A Public Service Announcement (PSA) is to inform public about a non-profit. It is different from advertising. Obesity/Food crisis needs to be addressed. AA has lots of campaign images, OA very dated images/videos. Some felt that we are responsible to deliver the message, not for how it is received. More to be discussed. The Region 2 Convention in June was cancelled.
<ul style="list-style-type: none"> <u>Meeting spotlights:</u> <ul style="list-style-type: none"> <u>Agoura Hills</u>, Monday night, 6:00 pm Agoura Hills, 1 hour, Good Meeting, needs support <u>Santa Clarita</u>, Saturday morning. 9:30am, 1 hour 15 min. All general/admin business is first at this meeting. Then the Speaker, puts 'post it notes' in <u>For Today</u> or <u>Voices of Recovery</u> for discussion topics, speaks and then opens a discussion. <u>Beverly Hills</u>, Serenity Sunday, Roxbury Park, Leader must have 5 years of abstinence to lead. Strong meeting. <u>Studio City</u>, Christian Science Church 7:30 each morning, strong meetings. <u>Open Issues - 0</u> <u>New Business - 0</u> <u>Adjournment:</u> 8:36 and 3rd step prayer 		