

MONTEREY COUNTY INTERGROUP OF OVEREATERS ANONYMOUS
MEETING AGENDA

Wednesday, July 12, 2023, 5 P.M.

<https://us02web.zoom.us/j/83025542239?pwd=ZnRWaExHWW1WNlFMbzZpZTZad1JKdz09>

Passcode: 1960

The meeting will be recorded for recordkeeping purposes

- I. The Serenity Prayer
- II. The Seventh and Eighth Concepts
- III. Approval of Minutes from May 10, 2023
- IV. New Business
 - A. Claire M. and Ellen, OA Virtual Region, Security Measures
 - B. Consider purchasing meeting banner for Thursday hybrid meeting
- V. Old and Ongoing Business
 - A. Treasurer's Report (Christine)
 - B. Website Report (Cindy)
 - C. Intergroup Rep Reports: (please report on any positions that need to be filled, format changes, questions, or concerns, change in contact person, decisions on going back to In-Person meetings, and continuing to pay rent)

Monday Noon: no IR
Wednesday Noon: Jean
Thursday 5:30 p.m.: Sarah
Friday noon: no IR
Saturday 9 a.m.: No IR
 - D. Region 2 Rep Reports:
Mary Grace
- VI. Good of the Order/Future Agenda Items
- VII. Adjourn

Next Meeting: Wednesday, September 13, 2023

5:00-6:00 p.m. PT

Via Zoom: ID 830 2554 2239 password

MONTEREY COUNTY INTERGROUP OF OVEREATERS ANONYMOUS
MEETING MINUTES

WEDNESDAY, May 10. 2023.

Present: Ann O., Cindy A, Sarah G., Mary Grace, Jean M., Thomas L., Christine E. Dawn C.

Minutes were approved as written.

Treasurer's Report:

Christine does not have a treasurer's report tonight. She will send it out tomorrow morning. She thought the meeting was next Wednesday. She has had no contributions in the past two months. We have some money from PayPal that she will deposit tonight.

Website Coordinator:

Cindy shared her screen with her report. She had previously sent it. We now have audio files on our website. She is willing to add more audio.

Analytics: Please see her analytics report.

Cindy has posted many events; you can sign up to be alerted by email when she updates the website by going to the Events page.

Intergroup Reps

Thursday-Sarah G. is the new IR for Thursday. Attendance is good, she said. There are two items that the Thursday meeting wanted to bring to Intergroup, and they are:

Would Intergroup like to purchase a Banner with the words Overeaters Anonymous in the usual font, and the OA logo, for the meeting to hang during the meeting, and to be used at Health Fairs, etc? The cost would be approximately \$100.00

Zoom Security-should intergroup change the host key as recommended by World Service?

Monday-no IR; Cindy said that there are (4-5) people attending. Ann and Cindy switch off being the secretary; one or the other is the security guard. Strictly virtual. The Zoom Host position is always filled; they haven't been bombed for at least a month since they attended the OA San Diego Zoom Security Classes.

Wednesday- Free Conference Call meeting, 3-5 people; core group of 3-4. Jeanne's phone number is on our website and she occasionally gets a call. They may have been bombed once.

Saturday-Cindy reports that they have a speaker/secretary on a week by week basis. There are 5-8 people attending. It's a great meeting. When there are new people they ask them something to try to figure out if they are legitimate. They were bombed a month or two ago.

Tom-has "Zoom fatigue". He finds it difficult to stay with Zoom meetings. He has checked with St. Timothy about starting a face to face meeting on Saturday morning. They said that would be fine. Jody is also feeling like getting a strictly face to face meeting started. Mary Grace said that intergroup need not be involved, that every group is autonomous. Ann said it is good to be in communication with and affiliated with intergroup. Ann has experience with a hybrid meeting in another fellowship that has excellent attendance in person.

Tom: we don't hear from the people who no longer come. Intergroup is not in charge of meetings but there is a function here to think creatively about the distribution of meetings.

Mary Grace: we have phone lists from previous meetings; we can call them (Twelfth Step within)

Region 2 convention slides—Susie didn't come. The slides are available by asking Mary Grace.

Region 2 Rep (Mary Grace): Public Information: ask colleges if we can attend health fairs, etc. The personal touch works best. She and Cindy have not yet approached any colleges.

Region 2 Assembly was on March 25. There were 9-10 reps from Mexico. There are over 900 OA groups in Mexico. WSO contributions are down by 30%. We need to send our 7th tradition and order books from them.

On April 29 Dear Abby recommended OA to the person writing to her. The response was less than hoped.

May 16 is the next PI meeting for Region 2. Please attend, says Mary Grace.

June 2-4 there's a HOW OA retreat at Villa Maria del Mar

Region 2 Convention will be July 7-9, in Costa Mesa, CA and on Zoom.

Facebook/Instagram Ad brought in a large number of newcomers. It was inexpensive. We aren't there yet, says Mary Grace. We don't have enough OA sponsors.

Region 2 has a Facebook page. We might be able to add some things to the Region 2 page.

Zoom Security- everyone should be muted except for the person speaking.

Chair of PI (Clare): she would give more information re: Zoom security also. There was some discussion about how to make meetings secure; Ann suggested that we postpone the security discussion until our next meeting. There is information available in the meantime from Ellen L. of San Diego intergroup and from Mary Grace and Cindy.

A new Friday meeting is starting this week at the First Baptist Church in Salinas. It will be hybrid. There is a lot of willingness to support the meeting. Ann purchased a new meeting packet. Should we put it into our one drive to make it available to all meetings? Would that be an infringement of copyright? We will talk about it next time.

Tom said that Saturday has a lot of literature and the meeting may be willing to donate it to the new Friday meeting.

Banner: Mary Grace wants to be sure that the church is okay with it being hung at their church and that we are not breaking tradition 6. Mary Grace would also like to see a schematic of the proposed banner.

Future agenda items: let's invite someone to our next meeting to talk to us about Security. July 12 at 5:00 p.m.

Host Key: Cindy said: every meeting that uses Zoom would need to know what the new key is. No decision was made about changing the host key at this time.

Meeting adjourned at 6:25 with the Serenity Prayer.

Minutes submitted by Jody E.