

Greater Pittsburgh OA Intergroup Zoom Meeting Minutes

June 2, 2024 Minutes taken by Sheree C.

Serenity Prayer

Reading of the Sixth Concept of OA Service

ROLL CALL: (20 people present, 19 voting members)

5 Executive board: **Ro M.** (Chair), **Tricia S.** (Vice-Chair and WSBC Delegate), **Dee C.** (Treasurer), **Sheree C.** (Secretary), **Kristi K.** (Ex-Officio and Region 7 Rep)

3 Standing Chair(s)/Regional Reps/WSBC Delegates: **Linda A.** (12 Step Within), **Liv S.** (Speakers), **Melanie G.** (Region 7 Rep) (Outreach is Vacant)

Jessica F. (Webmaster) (Voice but no vote)

11 Reps: **Roger R.** (Sun 7p Wexford), **Debbie B.** (Mon 7:30p Lower Burrell), **Sally V.** (Tue 7p Bedford), **Linda C.** (Tue 7p Butler), **Linda S.** (Wed 5:30p Rostraver), **Ethel H.** (Wed 7p Pgh-Greenfield), **Peggy L.** (Thu 5:30p Bellevue), **Beth D.** (Sat 10a Monroeville), **Shannon P.** (Sat 10:30a Bridgeport WV), **Debbie N.** (Sat 10:30a Castle Shannon), **Kathy V.** (Sat 10:30a Cranberry)

No Visitors

ANNIVERSARIES: Melanie G. 34th Year in OA , Sally V. 8 months Abstinence, Debbie B. 1 year abstinence

MINUTES: Motion made/accepted to approve April minutes as submitted.

REPORTS (Executive Board): All officer's reports reviewed.

Chair (Ro M): Report reviewed, Roster Responsibilities meetings scheduled to review duties and responsibilities. GPI answering phone message has been updated.

Ex-Officio (Kristi K): Report reviewed, no questions

Vice Chair (Tricia S.): Report Reviewed. Policy Committee has submitted amendments for Eboard to review.

Treasurer (Dee C.) - Financials Reviewed. Suggestion made that average donations per year be included in report.

Secretary (Sheree C): Report Reviewed.

REPORTS (Standing Committee Chairs): All chairs' reports reviewed.

12th Step Chair (Linda A.): Report reviewed. Theresa has resigned because of a move. Committee is looking for members. Would like to do Recovery from Relapse meetings, committee can lead this format for a F2F or virtual meeting. "First 12 days of a newcomer" information is available to sponsors of newcomers. Looking for a host meeting for IDEA Day. 12th Within can help with format.

Speaker's Bureau Chair (Liv S.): Report reviewed. Has added a column for out of area speakers.

VOR Editor (Beth A): Q2 VOR is available. Anorexia/bulimia is the theme of the Q3 issue. Submissions are welcomed. Submissions are needed by June 15. VOR committee has a new member.

Events (Gene M.)(Absent): No report filed.

REPORTS (Other Trusted Servants): All trusted servants' reports reviewed.

Region 7 (Kristi K & Melanie G): Report reviewed. A lot of position changes in Region 7. There are a lot of resources for workshops on the website. The convention committee is looking for volunteers to serve. They would prefer volunteers to meet qualifications for a R7 rep, but not required.

WSBC (Tricia S): Report reviewed. Tricia was not able to attend WSBC because of illness. She has not been assigned a committee assignment nor received a complete minutes of the conference because she was not in attendance. She is attempting to correct this.

Webmaster (Jessica): report reviewed.

DISCUSSION ITEMS:

- **2025 Retreat Planning discussion:**
 - **What did you like best about past retreats?**
 - Liked speakers, breakout rooms with different meetings to choose from.
 - the opportunity to get to know people, personal touch
 - Retreat is essential, speakers, stories, as well as meeting folks face to face
 - Spiritual relaxation, time to meditate in nature, interactive learning in workshops.
 - **How far away would you be willing to drive?**
 - 1 ½ - 2 hours (WVA reported 3 hours)
 - **Special Requirements for attendees**
 - Be aware when assigning rooms to put handicapped folks close to facilities
 - Prefer not to have a non-OA group sharing facilities
 - Non-religious if possible
 - Option of having a private room
 - Sugar free/gluten free food options
 - **What Month to prefer?**
 - April or September
 - **What would you be willing to Pay: Attendee/Day tripper**
 - Weekend \$150-\$250/Shared Room:
 - Day \$50-\$100
 - **Topics**
 - working the steps/relapse
 - work on Steps 6/7
 - Staying Abstinent
 - Sponsorship/ how to / how to find
 - Spiritual growth/steps & traditions/ emotional sobriety
 - Abstinence/steps and big book/overeating
 - difference between abstinence and food plan/action plan vs food plan
 - Writing workshop
 - value of giving vs receiving
 - **Preferred activities:**
 - panel discussions/food plans: helpful tips to take home: Q&A to take home, no Sunday lunch, free time in schedule, Friday dinner
 - seeding new face to face meetings
- **A Look Behind the Scenes: Region 7 Representative Role: Melanie G.** Melanie G. described her role as acting as a representative for GPI at Region 7 and reporting back to GPI region 7 initiatives as well as participating in committees at the Region 7 level to ensure GPI needs are met.
- **Interest in city of Pittsburgh Face-to-Face meetings:** Please ask meetings to discuss interest in meetings within city limits. We have had requests for meetings within city limits and were unable to accommodate.
- **Call for Volunteers:**
 - Point person for developing/starting City of Pittsburgh Face-to-Face meetings:
 - Region 7 Convention November 1-3: a range of volunteer opportunities
 - VOR contributions for Q3 issue : Contributions due 6/15
 - Committees looking for helpers. Looking for a chair for outreach. People willing to put up posters in colleges, libraries, gyms, doctor offices, etc.
- **Anyone open to changing the day or time of GPI?** 8 people were willing to change the time.
- **Other Issues & Concerns:**

- Abusive callers/texters wanting OA info via zoom link: Do NOT respond to these people or click on links.
- Discussion of evening face to face meeting in Moon twp/Airport area. Melanie indicated that she is working with Ann about this meeting.
- Jess will be out for 2 weeks from 6/10-6/24 addressing a health issue, so we ask everyone to refrain from asking for her help during that time
- Gene M. & Elaine T. accident
- Fifth edition of Big Book in process. Also developing a plain-language Big Book, first 164 pages in today's language
- Sunday 8:30 Swissvale Zoom is closed. Wed. Rostraver time changed to 5:30 pm. Thurs. Belleview is changing to 6:30 pm.
- **Upcoming Events**
 - 6/22, 2-4 pm, virtual Relapse Prevention Worship sponsored by NJIOA
 - 7/7, 2-3:30 pm, GPI - Assess progress against goals, begin budget process
 - 8/17, Saturday 10 am-Noon virtual Sponsorship Success Workshop sponsored by Shadyside Sat am meeting
 - 9/21 OA Picnic at North Park sponsored by Cranberry & Butler meetings

ITEMS TO TAKE BACK TO MEETINGS:

- Retreat Planning
- Abusive callers
- Jessica
- meeting changes
- upcoming events

Meeting adjourned with OA Responsibility Pledge.

Next Meeting: July 7, 2024, 2pm, same Zoom info.