

Greater Pittsburgh OA Intergroup Zoom Meeting Minutes

August 4, 2024 Minutes taken by Sheree C.

Serenity Prayer

Reading of the Eighth Concept of OA Service

ANNIVERSARIES: None

ROSTER CHANGES/APPRECIATION OF SERVICE:

- Tricia S. stepping back from Vice Chair/Policy chair, but remains WSBC delegate
- Melanie G. stepping back from Region 7 representative
- Gene M. stepping back from Events chair

ROLL CALL: (14 people present, 14 voting members)

4 Executive board: **Ro M.** (Chair), **Dee C.** (Treasurer), **Sheree C.** (Secretary) **Kristi K.** (Ex-Officio)

3 Standing Chair(s)/Regional Reps/WSBC Delegates: **Liv S.** (Speakers), **Beth A.** (VOR Editor), **Tricia S.** (WSBC Delegate),

Jessica F. (Webmaster) (Voting for Thu. 6p Bellevue)

7 Reps: **Melanie G.** (Mon 7p Sewickley), **Debbie B.** (Mon 7:30p Lower Burrell), **Linda C.** (Tue 7p Butler), **Janine C.** (Tue 7p Plum), **Jessica F.** (Thu 6p Bellevue), **Beth D.** (Sat 10a Monroeville), **Shannon P.** (Sat 10:30a Bridgeport WV)

No Visitors

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

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

Chair (Ro M): Report reviewed. Looking for ways to reduce expenses, possibly through changing telephone service. Finalized 2025 GPI schedule/calendar. Looking for ways to attract people to OA, such as free ads or press releases to papers. Open to suggestions.

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

Vice Chair): Report Reviewed. no questions.

Treasurer (Dee C.) - Financials Reviewed.

Secretary (Sheree C): Report Reviewed. No questions.

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

12th Step Chair (Linda A.): Report reviewed.

Speaker's Bureau Chair (Liv S.) : Report reviewed. Two requests for meeting lists No new speakers added to the list in the past month

VOR Editor (Beth A): Q3 VOR distributed. Submissions for Q4 can be sent at any time. Think about the topic of Serenity and Courage and submit your thoughts.

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

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

Region 7 (Kristi K): No activities in the past month. Krisi and Mel are serving on the 12th Step Within committee. Working on a workshop showcasing the benefit of F2F meetings Powerpoint presentation. It will be on the R7 website eventually for use at meetings. It will be made available to groups for sharing with their members eventually.

WSBC (Tricia S): Report reviewed. Has not yet been given information about Zoom meeting.

Webmaster (Jessica): report reviewed. Updates to website: Resources/Personal Recovery: Information for newcomers for Telephone/Online/F2F meetings. Please look at the list provided and see if there are further

improvements needed for the list. Link of suggestions for strong online/telephone/F2F meetings. Looking for feedback from Zoom and telephone meetings. Newcomers page has a section on sponsors.

DISCUSSION ITEMS:

- **A Look Behind the Scenes:** GPI Treasurer Role/Dee C. Highlighted the job of Treasurer. (It was pointed out that Dee's 2-year term is up this year, and the qualifications for the position were reviewed.)
- **Abusive Texts/Meeting Options:** to list another phone number than a personal number if there is a problem.
- **Definition of Abstinence:** Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. This corrects the information given last month.
- **Suggested Contribution \$5/week:** Expenses are rising at every level of OA, and this is now the suggested contribution, adjusted for inflation and increased costs.
- **Representatives' Ideas for Attracting New Members:**
 - Public Service announcement sent to local TV stations, posters placed, letters to UPMC PCP 's;
 - Penny Saver/Newspaper ads
 - Pittsburgh Today TV show/ have someone anonymously give a share behind a screen
 - UPMC has an eating disorders program/place poster at Western Psych Hospital/target other eating disorders programs in the area
 - Suggestion to take meetings into eating disorders programs in the area
 - Follow up with DC Intergroup re: social media consultant targeting younger people
 - Colleges and universities/social media is a good way to reach younger groups
 - Hospital/clinician education programs
 - One meeting had a high school senior as a regular attendee. Personal 12th step work with younger people can be effective.
 - We can do a great job at getting the word out, but we need to be sure that our meetings have a recovery that folks will want to return to.
 - Be sure to do a follow up phone call with newcomers, and stay after the meeting to answer questions
 - *This will be a standing item on the agenda. We do not currently have an outreach chair. Please let Ro know if you are interested in this role.*
- **Upcoming Events**
 - 8/17, Saturday 10 am-Noon virtual Sponsorship Success Workshop sponsored by Shadyside Sat 10am meeting
 - 9/13-9/15 10th Annual "Just Rustic Enough" OA Men's Retreat at Laurel Hill State Park
 - 9/21 Fun Not Food Picnic at North Park Gold Star Pavilion sponsored by Cranberry & Butler meetings
- **Other Issues & Concerns:**
 - Looking for a group to host IDEA Day event. November
 - 7:30p Mon Brentwood meeting is closing.
 - Looking for someone to have a table at CMU Health Fair in November 6, 10-2. We need to respond by September 6, so please respond quickly if you are interested.
 - Check out GPIOA.org website for new information. Jess needs a tech committee to check links on website. Please reach out to Jess if interested in serving on her committee.
 - If you are interested in additional F2F meetings, please send your name and area where you are interested in attending to info@gpioa.org

ITEMS TO TAKE BACK TO MEETINGS:

- Option to remove your contact phone number if you are receiving abusive texts

- Upcoming Events
- Region 7 Convention in November
- Looking for a host meeting for IDEA Day in November
- Voice of Recovery articles on serenity and courage due by September 14
- Looking for someone to participate in the Carnegie Mellon Health Fair Nov. 6
- 7:30pm Monday Brentwood Zoom meeting has closed
- We can connect people looking for F2F meetings, Email info@gpioa.org
- Help Jessica with checking links on our website.

Meeting adjourned with OA Responsibility Pledge.

Next Meeting: September 8, 2024, 2pm, same Zoom info.

GPI Reports for August 4, 2024

VACANT: Vice Chair, Outreach, Events, Region 7 Reps-3/ Alts-2, WSBC Delegates-2 / Alts-2

Chair (Ro M.): July Accomplishments

- Investigated options to reduce phone and post office costs
- Finalized 2025 meeting schedule
- Drafted VOR article on the value of GPI

Chair (Ro M.): August Goals

- Develop an outreach plan to meetings without intergroup reps to improve engagement
- Issue OA press release to local papers to increase awareness of OA
- Attend other Intergroup Meetings to seek ways to improve our meetings

Ex-Officio (Kristi K.): July Accomplishments

- All routine work accomplished

Ex-Officio (Kristi K.): August Goals

- Be available to the Executive Board and support the board's efforts.

Vice Chair/Policy Committee (Patricia S.): July Accomplishments

- No meeting this month
- Got copy of editable PnP Manual and Bylaws from Secretary

Vice Chair/Policy Committee (Patricia S.): August Goals (Resigned)

- Will continue as member of Policy Committee
- Next meeting in August
- Committee to decide on format and begin review of PnP or Bylaws

Treasurer (Dee C.): July Report:

- Current financial spreadsheet available at <https://gpioa.org/docs/gpimtgs/2024/07Financials.pdf>
- Financial Facts: Report Date: July 28, 2024, GPI - August 4, 2024 Meeting
 - Balance: \$10,908.28
 - Receipts vs Expenses: + \$866.58
 - July Contributions: \$891.30
 - 2024 Total Contributions \$5,245.83 YTD
 - Average Per Month YTD: \$749.28
 - Unrestricted Fund Balance: \$6,124.28

Secretary (Sheree C): July Accomplishments

- All routine tasks completed in cooperation with Ro, Jessica and Secretarial Committee
- Updated PnP Manual with Amendments passed at last Intergroup meeting.
- Dawn A responded to email requests for meeting information as of June 2024.
 - 2024-0 Jan, 1 Feb, 2 Mar, 6 Apr, 1 May, 0 June, 0 July
- Shirley checked voicemail & sent out meeting packets as of June 2024.
 - 2024- 1 Jan, 0 Feb, 2 Mar, 5 Apr/May, 0 June, 2 July

Secretary (Sheree C): August Goals

- Be available as needed, with emphasis on supporting Chair and Webmaster.

12th Step Within (Linda A): July Accomplishments

- Held Recovery from Relapse Meeting July 15
- Temporary Sponsors: Newcomer's first Twelve Days link is on our website
- No requests for help with Temporary Sponsors: Newcomer's First Twelve Days
- Discussed possible Recovery from Relapse Meetings with a few groups

12th Step Within (Linda A): August Goals

- Link is available in the Q3 VOR and on our website for the Temporary Sponsors: Newcomer's First Twelve Days. Contact chair if further help is needed.
- Recovery from Relapse Meetings - Meetings are scheduled on August 13, Tuesday Plum Boro phone meeting and August 31, Saturday Monroeville
- These meetings can be held once a month, contact the committee chair if interested for your meeting
- Monroeville Saturday is interested in sponsoring the OA Birthday celebration.

Speaker's Bureau (Liv S.): July Accomplishments:

- No July requests for the Speakers List. and no new speakers added to the list.

Speaker's Bureau (Liv S.): August Goals: None Listed**VOR Editor (Beth A.): July Accomplishments:**

- The VOR Quarter 3 edition was distributed using the new Mailchimp newsletter format.

VOR Editor (Beth A.): August Goals:

- Obtain announcements, articles, resources, and submissions for the Q4 edition with the theme "Serenity and Courage in OA." Please think about possible submissions on this theme such as how has OA helped you develop either or both of these qualities, overcoming challenges to maintain these qualities, or what would you tell a newcomer? Please submit to vor_editor@gpioa.org by 9/14/2024.
- Establish the themes for 2025 VOR editions.

Events (Gene M.): Resigned**Region 7 Representative (Kristi K.)(Melanie G.): July Accomplishments**

- Nothing to report this month.

Region 7 Coming Events to share with your Groups:

- November 1-3, 2024, Ocean City, MD Region 7 OA Convention: "Footwork of Recovery: How People Work Their Program". Flyers coming soon although you can register at <https://oaregion7.org/events/2024-region-7-convention/>

World Service Business Conference (WSBC) Delegate (Patricia S.): July Accomplishments:

- Contacted WSO again to get Zoom ID and meeting information for PI/PO Committee.

- Got PI/PO roster from PI/PO secretary, Leslie, and replied with information request and gave her my information

WSBC Delegate (Patricia S.): August Goals

- To attend the PI/PO committee after receiving the Zoom ID etc.

WSO ANNOUNCEMENTS:

- **A STEP AHEAD NEWS:** Professional Exhibit funds available; 5 new meeting formats; Newcomer Leader Kit, etc.
- **PI/PO** page on **oa.org**: 7 social media links with instructions on how to use them.
- **PLEASE** check this out on **oa.org!** There is a wealth of information/help. Many documents are **free and downloadable.**
- MR8 (international region): TIPS series to answer “how to” questions: grow/develop new groups/meetings; use PIPO efforts to bring newcomers; host recovery events.

GPI Webmaster Special Worker (Jessica F): July Accomplishments

- Teamup calendar for meeting list live on website
- Received access to OA Hope Wordpress theme
- All other routine duties completed, nothing more to report

GPI Webmaster Special Worker (Jessica F): August Goals

- Restart Tech Committee as Website Committee and have them do link checking & user testing
- Move forward with new Wordpress site once go ahead received from Finance Committee/Exec Board
- Work with Exec Board & secretarial committee member to complete contingency planning and secure GPI documentation
- (ongoing) Move publicly available archive documents to GPI website from google as appropriate
- (ongoing) Work with Secretary and Treasurer to consolidate google archives into our nonprofit google address
- (future goal) review GPI physical documents & scan for online archive