

Greater Pittsburgh OA Intergroup Zoom Meeting Minutes

January 5, 2025, Minutes taken by Sheree C.

Serenity Prayer

Reading of the First Concept of OA Service

ANNIVERSARIES SINCE LAST GPI MEETING: Tricia, 9 years abstinence

ROLL CALL: (24 people present, 23 voting members)

3 Executive board: **Ro M.** (Chair), **Dee C.** (Treasurer), **Sheree C.** (Secretary)

4 Standing Chair(s)/Regional Reps/WSBC Delegates: **Debbie B.** (12 Step Within), **Beth A.** (VOR Editor), **Kristi K.** (R7 Rep), **Tricia S.** (WSBC Delegate)

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

16 Reps: **Melanie G.** (Mon 7p Sewickley), **Lynn W.** (Mon 7:30p Lower Burrell), **Jeannie M.** (Tue 10a Beaver), **Linda C.** (Tue 7p Butler), **Janine C.** (Tue 7p Plum), **Ida L.** (Wed 5:30p Rostraver), **Ethel H.** (Wed 7p Greenfield), **Jessica F.** (Thu 6p Bellevue), **Cinda B.** (Thu 6p Meadville), **Susan C.** (Thu 6p Pleasant Hills), **Shannon P.** (Sat 9a Bridgeport WV), **Judy D.** (Sat 9a Pgh-Shadyside), **Beth D.** (Sat 10a Monroeville), **Mary Ann C.** (10:30a Castle Shannon), **Chris S.** (Sat 10:30a Cranberry), **Juanita K.** (Sat 10:30a Erie)

1 Visitor: **Linda A.**

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

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

Chair (Ro M): Report reviewed. Checked on meetings hosted by M. Elaine. 2 meetings have closed, Wed. 10am is still operating. An Ad Hoc committee has been formed to research what to do with the balance of the Scholarship Fund. Policy Committee is working to align PnP with Bylaws.

Treasurer (Dee C.) Financials Reviewed. An updated financial report was given to reflect late arriving contributions, as they affected the year-end numbers..

Secretary (Sheree C): Report Reviewed.

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

12th Step Chair (Debbie B.): Report Reviewed. Asking for a meeting to host Unity Day in February.

Speaker's Bureau Chair (Liv S.): Liv was absent. Report reviewed.

VOR Editor (Beth A): Report Reviewed. Many thanks that there were so many VOR submissions this time.

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

Region 7 (Kristi K): Report Reviewed. Just received an updated speakers list available from our Region 7. It is available upon request only.

WSBC (Tricia S): Report reviewed. Tricia's committees have not met, so nothing to report. The resources at the bottom of her report are very helpful in PI/PO areas.

Webmaster (Jessica): Report reviewed. We now have a Facebook page. Also, on our website to the left of our 7th Tradition tab, there are now Facebook and Instagram symbols that provide a direct link. Both sites have a detailed anonymity statement. Upcoming events are being added and Jessica will create posts for all our F2F meetings. Online or phone meetings should discuss in their group conscience whether or not they wish to be reflected on the Facebook page as an event. She will only list virtual meetings upon request. As we now have a social media presence, we need to develop a way to assure that members are ok with VOR submissions being quoted. It was suggested that all submissions be labeled as "anonymous."

DISCUSSION ITEMS:

- **Intergroup Representative Role/Judy D.** Judy gave her perspective as a long-time Intergroup Rep. Judy used to attend Intergroup just to see what was happening. Her main purpose is to serve as a contact and liaison between the local group and the Intergroup.

- **Events & Activities:**
 - 12th Step Within Events sponsored by Bellevue and Meadville Zoom meetings (recap). Janine of the Plum meeting and Cinda of Meadville each gave a brief recap of their respective meetings.
 - Christmas and New Year Meetings sponsored by Aspinwall Zoom meeting (recap) New Year's was warm and had a lot of great sharing. Lynn attended both meetings.
 - January 9: Thursday 6pm Bellevue 2nd Anniversary meeting (Thursday, 6pm), will be a face-to-face candlelight gratitude meeting. Candles will be provided if you don't bring one.
 - Saturday January 18: OA Birthday Monroeville Face-to-Face meeting (Saturday 9-12 am) Registration is at 8:30. There will be a skit, speakers and lots of sharing time.
 - Sunday February 23: OA Unity Day (Contact Debbie B. if your meeting is interested in sponsoring this event)

- **Service Opportunities**
 - Volunteer to play some role in a retreat (fall 2025 or in 2026) We have a small committee of people who have agreed to play some role. We can still use a chair and more help.
 - Join our Speakers' list
 - Display an OA poster in your meeting's face-to-face location
 - Write a Q2 VOR article on "My Spiritual Condition" Deadline is March 15 for submissions. There are several writing prompts available.
 - Support new meetings in Sharpsburg, Scottsdale (Scottsdale is a women-only meeting) and Ligonier
 - Start a Face-to-Face meeting near McKeesport
 - Apply for open positions: Outreach, Events, Vice Chair and Region 7 and World Service Reps
 - Looking for meetings to sponsor Recovery from Relapse events

- **Strong Meeting Exercise/Guidelines for Membership Retention:**
 - Using the Guidelines for Membership Retention, pick 2-3 items that your meeting is doing well and 2 or 3 items that could use work. There was about a 10-minute pause to allow GPI members to review and write and then there was an extensive sharing time. We found that many of the meetings had similar strengths as well as room for improvement.

- **Other Issues & Concerns:**
 - Everyone is welcome to join GPI meetings at 1:45 and to stay after the conclusion of the discussion for fellowship

ITEMS TO TAKE BACK TO MEETINGS:

- Follow up Email will be sent with take-aways.

Meeting adjourned with OA Responsibility Pledge.

Next Meeting: February 2, 2025, 2-3:30pm, same Zoom info.

GPI Reports for January 5, 2025

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

Chair (Ro M.): December Accomplishments

- Confirmed that Wednesday 10 am Zoom meeting is continuing and that Tuesday 10 am Zoom meeting has no attendance at this time.
- Assembled a subcommittee to develop a proposal to address the restricted funds questions.

Chair (Ro M.): January Goals

- Begin to develop a restricted funds proposal.
- Refine bylaws and PnP amendments so they are completely aligned.

Treasurer (Dee C.): December Report:

- Current financial spreadsheet available at <https://gpi.org/docs/gpimtgs/2024/12Financials.pdf>
- Financial Facts: Report Date: December 31, 2024, GPI -January 5, 2024 GPI Meeting
 - Balance: \$ 11,130.60
 - Dec Receipts vs Expenses: \$ 838.93
 - 2024 Receipts vs Expenses: \$ 1,088.90
 - December Contributions: \$ 1,164.34
 - 2024 Total Contributions: \$ 8,952.48
 - 2024 Avg Month Contributions: \$ 746.04
 - Unrestricted Fund Balance: \$ 6,346.60

Secretary (Sheree C): December Accomplishments

- Routine: Set up and prepared January meeting documents
- Frank G. responded to email requests for meeting information as of October 2024.
 - 2024-0 Jan, 1 Feb, 2 Mar, 6 Apr, 1 May, 0 June, 0 July, 2 Aug, 0 Sep, 3 Oct, 2 Nov, 1 Dec
- 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, 1 Aug, 1 Sep, 0 Oct, 3 Nov, 0 Dec

Secretary (Sheree C): January Goals

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

12th Step Within (Debbie B): December Accomplishments:

- Set up committee meeting for January 2025
- There were no requests concerning Temporary Sponsors: Newcomers' First Twelve Days. Link is available on our website. Contact 12 Step Within chair if you need help.

12th Step Within (Debbie B): January Goals

- Hold committee meeting.
- Seek group to hold Unity Day event for February 2025.

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

- There were no requests for the list; no new speakers were added.

Speaker's Bureau (Liv S.): January Goals:

- Goal continues to be to increase the number of speakers on the list.

VOR Editor (Beth A.): December Accomplishments:

- The VOR 2025 Quarter 1 draft was sent to the VOR committee for proofreading and editing feedback
- Appropriate edits and corrections were made.

- Completed final draft and alerted webmaster.

VOR Editor (Beth A.): January Goals:

- Research sources such as Lifeline articles, other intergroup newsletters, OA.org for articles related to the theme of 2025 Quarter 2 VOR edition. Finish typing up the issue by December 15th.
- Start a new draft of the 2nd Quarter VOR edition.
- Research Pixabay for copyright compliant photos to match theme and season for inclusion in Q2 VOR edition.
- Send out 2025 Q1 issue on January 1st.
- Please send any submissions on the theme of “My Spiritual Condition” to vor_editor@gpioa.org by March 15, 2025. You may request to be anonymous. If you want, send your thoughts and ideas and ask the editor to touch it up for you.

Region 7 Representative (Kristi K.): December Accomplishments:

- Completed tasks related to updating the Region 7 Speakers List

Region 7 Representative (Kristi K.): January Goals:

- No upcoming tasks in January

Region 7 Representative (Linda A.): December Accomplishments:

- As Linda has been appointed as R7 Secretary, she is no longer serving as a R7 Rep.

World Service Delegate: Patricia S.: December Accomplishments:

- Med/Prof Subcommittee: meeting cancelled and no future date yet
- PI/PO Committee: November cancelled. Next meeting on January 15, 2025
- Guidelines/resources in different languages is now Trustees’ duty
- Audit review: will see if done by January meeting
- Suggestions to search oa.org: go to: *Resources, PI/PO or Professional*

World Service delegate Patricia S.: January Goals:

- Medical/Professional subcommittee no meeting set to date.
- PI/PO Committee: January 15, 2025

GPI Webmaster Special Worker (Jessica F): December Accomplishments

- GPI Facebook page up and rolled out to membership
 - Basic information post and anonymity policy posts pinned to top of page
 - Anonymity statement:
 Digital communication was unforeseen when the Twelve Traditions were written. It is important to consider how the use of electronic media might impact our own or anyone else’s anonymity as we help carry the message of recovery offered by the Twelve Steps and Twelve Traditions of Overeaters Anonymous.
 Anonymity is so important it is part of our name. That said, feel free to like this page and its posts. Membership in Overeaters Anonymous is neither assumed nor implied by liking a page; rather, it shows an appreciation for the qualities and characteristics of the organization. When you like, comment, or share, others may be able to see this interaction depending on your privacy settings. In order to respect and protect others' anonymity, do not tag another person from this page unless you are doing so in private messages/dm's or within a private group.
 To maintain anonymity on our page, Overeaters Anonymous - Greater Pittsburgh Intergroup will maintain the personal anonymity of OA members on our page by keeping the account free of all personal pictures and comments that would reveal the identity of OA members.
 - Relevant OA information logged in About pages/sections
 - Followers list set as unavailable; members will be able to see FB friends who are also followers

- Comments on all posts will be turned off to avoid anonymity breaks
- GPI Instagram page up and running
 - Anonymity statement (same as Facebook with tweaks for Instagram):
 - ...That said, feel free to follow this page. Membership in Overeaters Anonymous is neither assumed nor implied by following a page; rather, it shows an appreciation for the qualities and characteristics of the organization. The same is true of liking or sharing posts, but when you like or share, others may be able to see this interaction depending on your privacy settings. In order to respect and protect others' anonymity, do not tag another person from this page unless you are doing so in private messages/dm's.
 - To maintain anonymity on our page, Overeaters Anonymous - Greater Pittsburgh Intergroup will maintain the personal anonymity of OA members on our page by keeping the account free of all comments that would reveal the identity of OA members. 100
 - It's not possible to hide page followers on Instagram, but happily many Instagram profiles don't include real names and unaltered photos of people
- Links to GPI Facebook and Instagram pages added to gpioa.org
- All other routine duties completed, nothing more to report

GPI Webmaster Special Worker (Jessica F): January Goals

- Do Facebook and Instagram posts re: new Tue 5:30p Ligonier Face to Face meeting, Bellevue 2nd Anniversary & OA Birthday
- Add Bellevue 2nd Anniversary and OA Birthday as Facebook Events if no anonymity issues
 - If there are no anonymity issues with Events, add all Face to Face meetings as ongoing Events
 - I'll report back so that each Online/Phone meeting can let me know if they'd like to be listed
- Roll out Instagram page to membership
 - Add Stories to the top of our Instagram page with basic information
 - Add all Face to Face meetings to an Instagram Meetings Story
 - Online/Phone meetings should let me know if they want to be listed as well
- Work with Exec Board 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 & Treasurer to consolidate google archives into nonprofit google address
- (future goal) review GPI physical documents & scan for online archive