

Greater Pittsburgh OA Intergroup Meeting Minutes

August 6, 2023 GPI Meeting held via Zoom

NEXT MEETINGS: 2023: Sep 10, Oct 1, Nov 12, Dec 3

ROLL CALL: 19 people present (18 voting members)

3 Executive board: Kristi K. (Chair), Dee C. (Treasurer), Sheree C. (Secretary)

5 Standing Chair(s)/Regional Reps/WSBC Delegates: Linda A. (12th Step Within), Ro M. (VOR Editor), Susan C. (Outreach), Kathi W. (Speakers), Patricia S. (WSBC Delegate)

Webmaster: Jessica F. (Voice but no vote)

10 Reps: Melanie G. (Mon 7p Sewickley), Debbie B. (Mon 7:30p Lower Burrell), Beth A. (Tue 7p Plum), Ethel H. (Wed 7:00p Greenfield), Peggy L. (Thu 5:30p Bellevue), Jeanne H. (Thu 6p Pleasant Hills), Linda C. (Thu 7p Butler), Juanita K. (Sat 10:30a Erie), Shannon B. (Sat. 10:30a Bridgeport), Liv S. (Sat 10:30a Castle Shannon)

0 Guests:

ANNIVERSARIES: Patricia S. 1987

MINUTES: July minutes approved as submitted. Sheree C. took minutes for August

REPORTS (Executive Board):

Chair: Report reviewed. Will continue to look for people to fill open positions. We have a need for applicants for several positions, notably Chair, Secretary and Vice-Chair, as well as several Standing Committee Chair positions.

Vice-Chair: Vacant, no questions

Treasurer: Report reviewed. July contributions were up, balancing out the very low contributions in June. They averaged out to \$773/month, which is respectable. Our Year-to-Date contributions were over \$5,000. The U-Haul fee for our storage bin is having a \$5/month increase. The Finance Committee is working on the 2024 budget. We had \$45 in contributions for the Abstinence Workshop.

Secretary: Report reviewed.

REPORTS (Standing Committee Chairs):

12th Step Within: Report reviewed. The Abstinence Workshop had 34 attendees. The Committee is looking for ideas for other workshops. Reminder that groups can step up to do events/holiday observances in the absence of an Events Chair. Sponsorship Weekend is coming up August 18-19, and can be celebrated on a group or individual level. There was a question of whether the workshop was recorded. The answer was no, but we can look into doing that for future workshops.

Outreach: Report reviewed. Susan wanted to thank Judy D. for helping with the "Where to turn for Schools" event. The online instructions for accessing the storage facility were helpful. The Lower Burrell group donated pamphlets, which were used. She needs to order more of the "15 Questions" pamphlet. Unsure of the total event turnout, but there were more people who stopped at the table than she expected. Update on the follow up with the jail indicated that there is interest and the contact person will follow up with the Committee.

Speaker's Bureau: Report reviewed. There was no request for speakers in the past month. Kathi feels GPI needs to look at the value of the position and whether it is worth continuing it. Zoom has added to the pool of speakers from outside the area. Ro will follow up regarding another VOR article. Another intergroup does a once a month Newcomer meeting and a twice a month Relapse and Recovery meeting and they have a need for speakers. The question was asked if there was a list available. Kathi said there was but wasn't sure who was authorized to access the list. Jessica addressed this question. It is OK to give out the list to any OA who asks. We used to mail it out twice a year, but can make it available to anyone who asks. Guidelines should be in the PnP manual. Part of the Chair's job is to keep the list updated. Local speakers are especially important for

Face to Face meetings, as well as for outreach to facilities such as the jail or recovery centers. It is also important to note whether speakers are OA speakers only or available to speak at non-OA functions. If you want to be on the list, you need six months of abstinence to qualify.

VOR: Report reviewed. The Q4 issue will focus on the 3-legged stool, physical, emotional and spiritual recovery, and on gratitude. Deadline for articles will be shortly after Labor Day. VOR is also looking for suggestions for themes for 2024.

Special Events: Vacant, no report

REPORTS (Other Trusted Servants):

Region 7 Representatives: Vacant, no report, OARegion7.org lists events occurring in the region. There will be a Sponsorship Workshop hosted by the Baltimore Intergroup on September 9th 2-4pm EST. Zoom ID: 731 088 9762 Password: BeAbstn8

WSBC Delegates: Report reviewed. Tricia broke down her detailed report for us and explained what's going on at World Service..

Webmaster/Administrator: Report reviewed. There were questions about meeting listings on GPI as well as OA.org. Jessica reminded that meetings need to decide if they will remain Zoom or return to meeting in person, and to inform her of the decisions. She will then make sure that the meeting's listing is consistent across the different platforms. The following meetings have not notified her of their decisions and a volunteer will be calling the meeting contact to encourage them to have a group conscience to determine how they want to handle this.

- Sun Swissvale
- Sun Wexford
- Mon Mt. Lebanon
- Tue Mt. Lebanon
- Thu Aspinwall
- Thu Monroeville
- Thu Wintersville, OH

Jessica also asked all meetings to please check their meeting listing on both the GPI and WSO websites and to inform her of any discrepancies.

She has also been working on the calendars on the website. Calendars that do not show up on Apple devices have been deleted, and the Events calendar is still there. She is working on the meeting list so that the Face to face meetings will have a link to directions to the meeting..

OLD BUSINESS:

- Review of GPI Attendance Figures from January 2017 - April 2023: There were 45 groups in 2017, and 37 meetings currently. There was time given for discussion of the data. We were encouraged to see that the trend lines have been stable for the past 5 years, and we have bounced back from the pandemic. Kristi said that we will keep this data for the next discussion on Face-to-Face/virtual GPI to inform our thinking on whether this data is relevant/important. Attendees are encouraged to remind groups of the importance of GPI representation, especially if they do not currently have a rep.

NEW BUSINESS:

- Growing the Fellowship & Welcoming the Newcomer by using the Strong Meeting and Unity with Diversity Checklists: It was noted that most of our membership are white, female and older. There has always been a concern of "how do we get more men and diversity" represented in our meetings. Also, religious vs spiritual shares can be off-putting to someone who isn't in the group sharing. Some of the discussion: Some people are looking for Anorexic/Bulimic vs. Anorexic/Bulimic/Compulsive Overeater meetings. There are issues with many of our older members being tech-savvy enough to access the technology-based meetings. The 3rd edition of the OA stories is more diverse. Also, many meetings

stay for fellowship or questions after the meeting ends. One group rep shared that their problem isn't so much with diversity as with outreach that will get people into the meetings in the first place. Another shared that some meetings adjust their meeting format to accommodate newcomers, as in reading the first step vs. the step of the month, etc.

- Any items from the Executive Board minutes or the floor: None

ASK IT BASKET/GROUP CONCERNS:

It was suggested that we look to change the Region 7 and WSO rep. election dates to coincide with the service calendar of those entities. The PnP committee will be looking at this.

ANNOUNCEMENTS: None

MEETING TAKE-AWAY POINTS:

- Speaker's List: Let Kathi know if you want to be on the list. Announce at groups.
- Clean up information on the Meeting Lists
- Bring the Unity with Diversity focus up at a group conscience
- Region 7 Sponsorship workshop
- VOR is looking for articles for Q4, focus on gratitude and the 3 legged stool, as well as theme suggestions for 2024
- Sponsorship weekend August 18-19
- Report on Abstinence Workshop and encourage attendance at GPI functions
- 12th Step Within is looking for ideas for workshops

Meeting adjourned with the OA Promise.

GPI Reports for 8/6/2023

VACANT: Vice Chair, Special Events, Region 7 Reps-4 / Alts-2, WSBC Delegates-2 / Alts-2

Chair (Kristi K): July

- Chaired the Executive Board Zoom meeting on 7/16/23
- Prepped agenda for August GPI meeting
- Cleaned out the Chair, Ex Officio and Executive Board mailboxes

Chair (Kristi K): August Goals

- Be available to Standing Chairs
- Clean out mailboxes
- Prep the agenda and facilitate the August 27th Executive Board Zoom meeting
- Continue transition planning and make calls to other members to gauge their interest in running for the open service positions
- Set up Zoom meeting with members willing to mentor new IG Reps

Treasurer (Dee C.): July

- Updated spreadsheet, reconciled spreadsheet with bank statement
- Attended Executive Board Zoom meeting
- Cleaned out Treasurer and Finance Committee emails
- Attended Finance Committee Meeting
- Worked on Proposed 2024 Budget
- Updated Credit Card information on our Zoom account

Treasurer (Dee C.): August Goals

- Clean out Treasurer and Committee mailboxes
- Pay all bills and deposit group contributions and other receipts
- Update spreadsheet, reconcile bank statement with spreadsheet
- Attend Executive Board Zoom meeting
- Be available to facilitate electronic donations by groups
- Continue work on the Proposed 2024 Annual Budget

Secretary (Sheree C): July

- Took and typed July GPI meeting minutes.
- Attended Executive Board Meeting, took minutes, typed, submitted and edited for posting
- Sent out email soliciting August reports
- Typed and formatted August reports and agenda
- Cleaned out Secretary and Secretary Committee email boxes

Secretary (Sheree C): August Goals

- Submit and post August Minutes
- Continue Secretary training session(s) with Jessica
- Attend August 27 Executive Board Zoom meeting, take minutes and submit for editing
- Collect and prepare September Reports and meeting docs for September GPI meeting
- Clean out email boxes

12th Step Within (Linda A): July

- Finished work on Abstinence Workshop to be held July 30th
- Held Abstinence Workshop July 30th. There was a total of 34 participants
- Prepared a list of meetings that may need our support. Shared with our Webmaster
- Prepared for current IG meeting
- Cleaned out email boxes - 12 Step Within, 12th Step Within Committee, Vice Chair, Committee_policy

12th Step Within (Linda A): August Goals

- Continue searching for Home-Bound members who need support and members who can provide support.
- Hold 12th Step Within Committee conference call(s) as needed.
- Review and make plan of action for list of meetings that may need our help.
- Prepare and share list of meetings that may need our support.
- Clean out email boxes.
- Prepare for the next meeting.

Outreach (Susan C): July

- Held committee meeting.
- Attended Where to Turn for Schools event July 25 with Judy D.
- Picked up Outreach supplies from the OA storage locker
- Cleaned out mailboxes Outreach (Susan C.)

Outreach (Susan C): August Goals

- Hold a committee meeting
- Continue to explore advertising and development of a magnet
- Continue to distribute Outreach information and be available to OA groups regarding Outreach

Speakers Bureau (Kathi W): July

- Report filed: There was no activity in the Speakers Bureau in July

VOR Editor (Ro M.): July

- Sent thank you's to Q3 contributors
- Sent copy of Q3 to WSO
- Emptied mailboxes
- Attended Abstinence Workshop to write an article for Q4

VOR Editor (Ro M.): August Goals

- Meet with committee to map out timeline/plan for Q4 issue
- Begin work on 2024 editorial calendar so we can announce Q1 theme in Q4 issue

Region 7 ANNOUNCEMENTS to share with your Groups:

- Free download on oa.org: Service, Traditions, and Concepts workshop
- To receive information on the events listed below, join Reg 7 email list at:
<https://oaregion7.org/forms/request-google-group-access>
Region 7 Assembly and Convention are listed on the 1st pg of Reg 7 website. Other events, including flyers, are available from the Region 7 email list.

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

- Cleaned out mailboxes
- Write WSBC delegate report for August 6th GPI meeting
- PI/PO meeting 6-28-23: subcommittees updates given; my subcommittee to review "Professional Presentation" folder #870; no date for next subcommittee meeting.
- PI/PO meeting 7-26-23: new PI/PO manual out this Fall at soonest; no movement of letters to DOD to address obesity as an illness vs. discharge from military; new sticker on poster with QR code; no move on Professions doc and no minutes; all 27 PI/PO docs online reviewed and listed ones to update; lifeline/social media need a graphic; working on Google Word ads; IG's need to be coordinated with Region so don't compete and increase "word" bid; there is probably a geographic boundary; Welcome Center goal; create Training manual to pass on to IG's with clickable links; committee thinks newcomers need a guide thru the process.

WSBC Delegate (Patricia S.): August Goals

- Clean out mailboxes
- Complete task for current subcommittee or PI/PO Document Review subcommittee
- Attend PI/PO Committee meeting on 4th Tues. of this month (8-23-23)
- **Information from WSBC:**
 - R6: placed information ads on Gas Pumps. They also had an 11 hr IG Renewal Training before their Assembly (50 attended) & supported IG officers to attend Assembly.
 - Finances: 2022: ended with \$251,533 net loss. This balanced net gain in 2021. Loss due to: 1. Hotel cancellation fee \$101,168. 2. Investments lost \$185,024. Online donations down in 2022.
 - R1: Convention Oct. 13-15 in Seattle. All are invited to attend.
 - R8 (international region): TIPS series to answer "how to" questions: grow/develop new groups/meetings; use PI/PO efforts to bring newcomers; host recovery events.
 - OA.ORG online resources: (9 total) some: *Video Conference Meeting training & Security/Preventive Measures; Service, Traditions, and Concepts Workshop Manual* including: *OA Group Inventory, OA IG or Service Board Inventory, OA Region Inventory, Strong Meeting Checklist.*

GPI Webmaster/Administrative Special Worker (Jessica F): July

- Website, gpi.oa.org email aliases, database & online archive current, pairList active, Zoom account & calendar current, sent monthly email cleanout reminder
- Responded to email requests for meeting information, Jeanne H took over in May, 2022
 - 2023-5 sent: 1 Jan, 0 Feb, 1 Mar, 0 Apr/May, 1 Jun, 2 Jul

- 2022-11 sent: 0 Jan, 0 Feb, 1 Mar, 1 Apr, 3 May, 1 Jun, 2 Jul, 1 Aug, 1 Sep, 0 Oct, 1 Nov, 0 Dec
- 2021-7 sent: 0 Jan, 0 Feb, 1 Mar, 1 Apr, 1 May, 0 Jun, 0 Jul, 2 Aug, 1 Sep, 0 Oct, 0 Nov, 1 Dec
- Jeanne H is checking voicemail & sending out meeting packets:
 - 2023-8 sent: 3 Jan, 1 Feb, 0 Mar, 1 Apr/May, 2 Jun, 1 Jul
 - 2022-5 sent: 0 Jan, 0 Feb, 2 Mar, 0 Apr, 0 May, 0 Jun, 0 Jul, 2 Aug, 0 Sep, 0 Oct, 0 Nov, 1 Dec
 - Add'l 2023 legit vm: 5 in March re: PO box
 - Add'l 2022 legit vm: only 1 in June
 - 2021-8 sent: 1 Jan, 0 Feb, 0 Mar, 0 Apr, 2 May, 2 Jun, 0 Jul, 1 Aug, 0 Sep, 1 Oct, 0 Nov, 1 Dec
 - Add'l 2021 legitimate voicemails: Aug 3, Sep 0, Oct 0, Nov 0, Dec 0
- Working to bring WSO meeting list up to date & remove duplicate covid meetings/incorrect hybrid meeting information
- Started re-working website to remove Event & Service calendars & other website updates/fixes for issues identified by tech savvy member
- Attended portion of Executive Board meeting
- Sent out all GPI email re: upcoming events & announcements
- Held training session for Sheree for PnP Manual issues and Financial Reporting document formatting from google doc to excel to PDF; Sheree watched Jessica slowly do the formatting tasks while Sheree took notes.
 - Sheree will handle the Agenda, GPI Minutes, Monthly Reporting Document, and Executive Board minutes for August and September
 - The next training session will take place in early September when the Financial Reporting document is ready, and Jessica will watch Sheree perform the formatting tasks from her notes.

GPI Webmaster/Administrative Special Worker (Jessica F): August Goals

- Keep website, gpi.org email aliases, database & online archive current, clean out email boxes, maintain Zoom account & calendar
- Once WSO meeting list is in reasonable shape, restart work with Tech committee to keep it current & review our website
- Hold training sessions with Secretarial Committee members as needed
- Attend Executive Board meeting as needed
- Continue meeting with Policy Committee re: PnP Manual & Bylaws updates
- Work with Exec Board on contingency planning
- Work with Exec Board & Policy Committee on GPI Archive policy
- (future goal) Create prototype of password protected online archive page for Exec Board
- (future goal) review GPI physical documents & scan for online archive