

OA 90 VIRTUAL INTERGROUP MEETING JULY 10, 2021 MINUTES

Meeting called to order at 6:30pm EST

Present: April (Thursday 10am EST), Betsy (Sunday 8am EST), Bob L (Monday 80m Pac time - newcomer's mtg), Bonnie (Wed 10 am EST Beginner's lit), Francoise (Treasurer), Jan B (Sat 8am EST), Jean B (Monday 8pm EST), Lynn (secretary, Sunday 6am EST), Marcie (Vice Chair), Michelle AZ(new alternate Monday 10 am EST), Nikia (Chair)

Absent: Renee (Sat 4pm EST), Kimberly (Thursday 730am EST)

Serenity prayer

Readings

Introductions

Approval of June meeting minutes : motion made, seconded, and approved.

Officer Reports

1. Chair: Nikia: PI/PO Committee : someone on committee works for insurance company in S Africa and will be able to share OA literature at her company. A "New to OA" marathon is being developed. They are looking for volunteers to participate. This may present opportunities to get the message out about OA90. We could participate and/or make announcements at meetings. Virtual Region is sponsoring some workshops : Scheduled for the 2nd Sunday (7/11) on Sponsor/sponsee connection, and 4th Saturday (7/24) on Bondage to Self. Some are scheduled for August also. These may be recorded and Nikia can send links if anyone is interested.

2. Vice Chair : Marcie: no report

3. Treasurer: Francoise:

Total contributions since last Intergroup meeting: \$215.60 2nd Quarter
donation to Virtual Region: \$250.00 2nd Quarter donation to WSO:
\$250.00

Zoom account paid in full through 12/21

Website remaining payment: \$600.00 Yearly cost of zoom: \$149.90 Current

account balance: \$2282.60

VIG Meeting- 7/10/21 minutes page 2

Secretary: no report

Standing and Ad-Hoc Committees:

Webtech committee: Jan B:met on 6/19/21. The web creator was there and the website should be up and running soon.

The domain name OA90 has been registered with Google Domainers at \$12 per year on 6/13/21. It will need to be renewed 6/13/22.

Blue Host has been contracted for hosting for \$95.40 for 3 years. Word press has been installed and OA Hope template has been added. These incidental expenses will be billed on the final invoice from the Web Designer.

We are now just awaiting input, data, articles and podcasts.

An email will be added for newcomers and for questions. It will be info@OA90.org A volunteer is needed to have this email forwarded to them and to respond to incoming email and follow up with correspondence. There will be a tab at the top of the website "ABOUT OA90" This is a very important aspect of the website. We need a clear, concise description of what OA90 is. Jean B has offered a proposed draft (see attached) and please respond with any suggestions. We want this statement to "POP"

A volunteer is needed to input OA90 meeting list. Please announce this need at meetings. 2 have volunteered to do this.

The Web designer will set up Mailchimp to disperse short communications to members. There will be a place for people to register their email address. They will then receive short notifications of workshops, new meetings, intergroup, and committee meetings. There will be capability for publishing a newsletter. The website needs MP3 audio clips of personal stories of recovery. Also needed: written stories of recovery. Please send your story to info@OA90.org A DONATE BUTTON has been set up but needs to be linked to the intergroup's bank account. Paypal: 90dayvirtualig.com

Venmo: @francoiseb

Logo: Being worked on by: Rachel C 734-395-3251 rachel@pronagger.com

Heidi B 720-937-2730 hiheidioa@gmail.com

Next webtech meeting: 7/17/21 630pm est to practice using website. Please announce at meetings the need for personal stories of recovery in OA90.

Workshop Committee: Nikia: Our next workshops will be in October. Speakers for October are already scheduled. Workshops will be the third Saturday of the month. There will be workshops in November and December also. More information will be given closer to the time of the workshops.

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Someone suggested planning a workshop for teens - a meeting will need to be scheduled to discuss that.

Budget Committee: right now there is no Budget committee - will discuss need for this committee under New Business

Old Business: None

New Business:

1. Group Inventory: There was discussion by those of us involved in the Virtual Intergroup about doing a group inventory to assess how we are functioning as a group, are we meeting our goals, what are our strengths and weaknesses individually and as a group. Initially it was suggested that we do the entire inventory now and use our next meeting to discuss. The inventory has 2 parts. Part 1 is the inventory of the group, part 2 is a personal inventory of member's behavior within the group. Many in the group have used this tool before and found it very helpful, but wondered if this was the best time to be doing this. Someone suggested our group still needs policies and procedures to be set and written out. Someone else noted that we have a policy and procedure manual and it is currently in the process of being written and readied for distribution. The following motion was made, seconded, and passed: **MOTION: DEFER PART 1 OF THE INVENTORY UNTIL THE END OF THE YEAR. HOWEVER EACH MEMBER WILL DO PART 2 INDIVIDUALLY BETWEEN NOW AND THE NEXT MEETING AND COME PREPARED TO DISCUSS AT THE NEXT MEETING.**

Nikia will send part 2 out to the members via email. It consists of 24 questions. 2. Need for budget committee: It was suggested a budget committee was needed to accurately assess what our financial needs are. Such needs may include money to send reps to regional and world service business meetings, annual upkeep of the website, and other unknown needs since we haven't been up and running very long. A motion was made: **TO FORM AN OFFICIAL BUDGET COMMITTEE WITH OUR TREASURER SERVING IN AN ADVISORY CAPACITY TO THE COMMITTEE.** Motion was seconded and passed. Bonnie, Marcie, and Jean will serve on the committee with Marcie serving as chair man. This committee will determine what our actual expenses are and such things as what our prudent reserve should be. They will schedule a meeting soon, 3rd step prayer said

Motion made and passed to adjourn.

Minutes OA VIRTUAL INTERGROUP MEETING AUGUST 14,2021

The meeting was called to order at 6:30 pm EST.

Present: Betsy (Sunday 8am EST), Bob (Monday 8pm PST newcomer's meeting), Bonnie (Thursday 8am MST beginner's lit meeting), Caroline (visitor), Francoise (Treasurer),Jaqi C. (Monday 10 am For Today meeting) Jan (Saturday 8am EST meeting), Jean (Monday 8pm meeting), Lynn (secretary and Sunday 6am EST), Marcie (Vice Chair), Mary (Tuesday 930am EST women's meeting), Nikia (Chair), Stacie (Monday 830 am EST Traditions meeting - first meeting), Suzanne (Friday 6pm EST - first meeting)

Absent: April, Renee, Kimberly, Michelle (alternate)

Serenity prayer
Opening readings done
Introductions

Motion made and passed to approve minutes from 7/10/21 meeting.

OFFICER REPORTS

CHAIR: Nikia :PI/PO Committee met. A marathon is scheduled for 10/3/21. The theme is "New to OA" geared towards newcomers. Time frame to be determined depending on how many volunteers sign up. This is a great opportunity to introduce the 90 day format to newcomers. Jean and Bob volunteered for a time slot.

VICE CHAIR : Marcie: no report

SECRETARY: Lynn - working on updating email list for those currently in VIG

TREASURER: - no donations since last month, \$2,307.60 in account

AD HOC COMMITTEE REPORTS

WEB TECH COMMITTEE

WebTech Committee Report
OA90 Virtual Intergroup

Saturday August 14, 2021

A special thank you to the committee members for their hard work:

April D, Betsy FL, Jan B, Jean

We met 2 times all together since the last Intergroup Meeting and many times 1 on1 to complete our

project.

3 MAIN ARTICLES SELECTED AND APPROVED BY COMMITTEE

Window 1 What is OA90?

What is OA90? A Personal History Suggested Disciplines for 90 Day Program

Window 2 Taking the First Step

Powerlessness & Unmanageability, Lies that Our Addict Brain Tells Us, First Step Exercise, Questions Worth Asking, Compilation of Food Items Inventory, Compulsive Food Behaviors, Creating an Honest Food Plan, Self-Care Checklist

Window 3 How OA 90 Uses the Tools

WRITTEN BLOGS: We have 3 written stories and would like more so please keep announcing this at your meetings. Please email them to jblue@janblucpa.com. A special thank you to Amanda H, Eloise, and Nancy for their beautiful stories.

AUDIO RECORDINGS We have 4 very good audio recordings of personal OA90 Stories. A special thank you to Isa, Jean, Judy F and Nikitia. We need more! Please announce in your meetings.

How to record your story using Free Conference Call HD.com

Dial 712-770-5348 Enter Host Code 4580204 You will be the only person on that call, so you will hear the music. Press *9 to Record then 1 to confirm To stop recording Press *9 then 1 to confirm

The play back line number is 712-770-5088

Enter Participant Access Code 1217016

If you should mess up or want to try again, just hang up and dial in again, we can sort out which one to use. Please refrain from recording any personal information such as phone number and email.

Thank you so much for your service. Please touch the hearts of your fellow members with your OA90 Recovery story!

DONATE BUTTON – Paypal has been set up and \$1 was sent as a test. Françoise, the treasurer said she did not receive it. Heidi will work on this and to show the donate button on the Home Page.

LOGO Fellow member Rachel C., contributed her time to work with the Web Tech committee to arrive at our new logo. She writes, "I like the text "OA90" touching the scale. It not only reads well graphically but it works metaphorically. Our program starts with the willingness to put the first OA 90 food plan meal of the day ON the scale. Each time we do our 1% we gain experience, strength, and hope. I opted to have the scale numbers read 00:00 because we start each day at zero. We can't "get clean on yesterday's shower" - we can't be abstinent today on yesterday's weighed food. We start each day at zero. With prayer and willingness, we put our willingness on the scale. The colors are from the HTML code colors on

the website. We need to purchase the rights to a high resolution the image for the logo Approximately \$100. Off the web, for example, making t-shirts with the logo on them would require licensing on the image which comes with a more substantial fee. I'm not sure the dollar amount. I can find out if there's an interest to make merchandise. Thank you for giving me the opportunity to play a small role in the development and creation of this most valuable of 90 Day recovery resources, the website."

ENTER MEETING INFORMATION INTO WEBSITE Heidi made a special recording with the instructions of how to enter meetings in the inactive calendar on the Website. A special Thank You to Jaqi C who stepped and performed this service. So, now all the meetings have been listed and you can add them directly on your calendar.

Jaqi C has agreed to update these meeting when changes occur. She has also volunteered to update blog postings, audio recordings and email addresses. Thank you Jaqi!

INTERGROUP MEETING MINUTES AND OTHER DOCUMENTS

The meeting minutes that we had has been posted to the website. It would be good if we used this more as a library of information that would always be available to future board members. Budget and Treasury reports can also go here.

APPROVAL OF VIRTUAL REGION TRUSTEE

Jean had a discussion with the Virtual Region Trustee, Dora. She asked Jean several questions, such as: Have we listed the steps, Traditions and Concepts. Apparently that is all she needed to know. Because we are using a template that has been approved at least 7 times before, there should be no issue.

INFO@OA90.ORG

Nikia has volunteered to have this email address forwarded to her email and she will respond to the emails sent. Her email is: nikiaj@gmail.com

In loving service

Jan B

One position still needs to be filled - someone is needed to review and respond to emails that come to the website at info@oa90.org. Nikia volunteered to take on this service.

Please announce at meetings that the website is live and that donations can be made directly to the virtual intergroup. Please let Jan know if you find any typos or mistakes on the website.

Workshop Committee: Workshops are scheduled for October, November, and December on the third Saturday of the month.

Budget Committee: Marcie (chairman), Bonnie, Jean, and Francoise met. A budget was formed based on a hypothetical income which was developed by looking at our donation history to date. . One of the purposes of forming this budget was to determine a prudent reserve and to determine whether we want to maintain a fund to support representatives from our intergroup to be able to attend World Service Business Conference meetings (WSBC).

THE FOLLOWING MOTION WAS MADE: OUR OA90 VIRTUAL INTERGROUP WILL REIMBURSE A DELEGATE FOR EXPENSES INCURRED FROM ATTENDING WSBC UP TO A MAX OF (*AMOUNT TO BE DETERMINED*). Motion was seconded and passed.

The budget committee will meet again to discuss how much money should be reimbursed. Over time, as our donations (hopefully) increase, and we have a better feel about what all our expenses are, this amount could be amended.

OLD BUSINESS: We had voted that each of us would complete part 2 of the group inventory on our own and come prepared to share on that this meeting; however, the reports on webtech committee and budget committee were rather lengthy this time as there was a lot of information that needed to be shared, so we did not have time to do this. The consensus was that since as a relatively new group we have so many irons in the fire at this time and that at this point it is somewhat difficult to evaluate how well we are fulfilling the mission of this group that we wait until we have some time and experience under our belt and until some of our new operations are sailing a bit more smoothly before we tackle the group inventory. Everyone was in agreement.

NEW BUSINESS: Nikia brought up the need for volunteers to do the service readings at the beginnings of our meetings. Volunteers signed up:

SEPTEMBER- MARCIE

OCTOBER- JEAN

NOVEMBER- BOB

DECEMBER- NIKIA

JEAN WOULD LIKE TO DISCUSS HOW TO GET MORE PEOPLE TO VOLUNTEER TO DO SERVICE AT MEETINGS. THIS WILL BE KEPT IN MIND AS A TOPIC TO BE DISCUSSED IN THE FUTURE.

MOTION MADE TO ADJOURN.

MINUTES OA VIRTUAL INTERGROUP MEETING SEPTEMBER 11.2021

The meeting was called to order at 6:30 pm EST

Present: Bob L (Monday Pacific Newcomer's mtg), Bonnie (late) (Thursday beginner's lit meeting), Francoise (treasurer), Jan B ((Saturday 8am EST), Jean B (Monday 8pm meeting), Lynn K (Sunday 6am EST mtg, Secretary), Marcie (Vice Chair), Michelle (AZ Alternate for Monday 10 am EST mtg), Nikia (Chair), Stacie (Monday 830am EST Traditions mtg)

Absent: April, Betsy, Renee, Kimberly, Jaqi, Mary, Suzanne

Serenity Prayer, Opening readings, Introductions were done

Motion made and passed to approve minutes from 8/14/21.

OFFICER REPORTS

NIKIA (CHAIR) E-mails from info@oa90.org are being forwarded to Nikia through the website. PI/PO committee - "NEW TO OA" marathon is scheduled for October 3rd from midnight to 11 pm. (EST). All virtual intergroups are invited to participate. Still need volunteers. It is an opportunity to share OA as a whole as well as the 90 day format to those who are completely new to OA. Time slots will be one to two hours. There will be only one meeting going on at a time. This is a great opportunity to carry the message. People will find their way to this event via social media bytes, social media ads with links to the site and will be targeting people who have never heard of OA or never participated in OA before. When people first call in they will enter a "welcome room" where volunteers will be waiting for newcomers. They will be referred to whatever meeting/workshop is going on at the time. The welcome center will be open the entire 24 hours of the marathon. There is no way of knowing whether anyone will actually attend at any particular time. Bob L, Nikia, Jean, Francoise, Amanda, Orah, and Ferro have all volunteered to chair a time slot.

MARCIE (VICE CHAIR) no report

LYNN (SECRETARY) no report

FRANCOISE (TREASURER) We currently have \$3,405.13 in our account. This is an increase of \$1,095.81 from August and September donations so far. It was noted that Paypal charges a processing fee on all donations, Venmo does not (and PayPal owns Venmo). Donations have come in through the contribute link on the website.

STANDING AND AD-HOC COMMITTEE REPORTS

WEBTECH COMMITTEE: Jan B is stepping down as committee chair as she will need to start traveling again. There is no replacement yet for her position.

Heidi's invoice has been submitted to Francoise for payment. Her bill came to \$707.00. This included the remaining \$600.00 owed, the \$95.00 domain fee, and the \$12.00 website registration fee. There were no extra charges for the training Heidi so graciously supplied.

The email address info@oa90.org is now working.

page 2 MINUTES VIRTUAL INTERGROUP MEETING SEPTEMBER 11.2021

Jaqi has entered all 90 day meetings on the website and will continue to update as needed.

WORKSHOP COMMITTEE:Nikia - As noted previously there will be workshops the third Saturday of OCTOBER, NOVEMBER, and DECEMBER at 12 noon est. The theme of the workshops is "DON'T EAT NO MATTER WHAT, NO MATTER WHAT, DON'T EAT."

The hope is to have a male and female leader for each workshop, the October leaders are already scheduled.

BUDGET COMMITTEE: At this time we will keep our contributions to WSO at \$250.00 per quarter.

There is a delegate support fund that can be applied for for WSBC to pay for approximately half of expenses up to \$750.00. The committee is continuing to work on and presented an excel spreadsheet that outlined projected income and expenses. This spreadsheet helps outline what our expenses could be and why we need to keep money in our account that we may need later to pay for the website as well as other expenses, and possibly for funding delegates to business meetings and conventions so that OA90 has representation. In the future, if we find we have excess money in our account we may be able to increase our donation to WSO and region. It may take a while to really understand what our expenses are and get a feel for what we can expect in donations.

OLD BUSINESS: None

NEW BUSINESS: Some concerns have been raised about content on the website. The webtech committee will address these concerns.

The webtech committee needs a new chair. So far no one has volunteered to fill that position.

The meeting was adjourned at 8:01 pm.