

OSPA Intergroup Minutes

Zoom URL: <https://us02web.zoom.us/j/89826297321> | Meeting ID: 898 2629 7321

Sunday, February 2, 2025 / 12:15 – 1:15 pm Eastern

IG Commitments - February 2, 2025

Chair: Mackenzie

Secretary: Kirra

Zoom Host: Cathryn

1. Open the meeting with the “we” version of the Serenity Prayer:

God, Grant us the Serenity to
Accept the things we cannot change
Courage to change the things we can
and Wisdom to know the difference.

2. Volunteer for the timekeeper: Mera

3. Reading of the [12 Traditions of OSPA](#)

4. Introductions

- a. Molly (Thursday meeting representative, IG Web Admin)
- b. Greg (Chair of Traditions Committee, IG Treasurer Emeritus)
- c. Cathryn (Zoom Host and current IG Treasurer)
- d. Mackenzie, IG Chair)
- e. Jamie (Vice Chair of IG, chip representative for US and CA, Tax and Legal Committee)
- f. Mera (IG Email Support, Monday night meeting representative)
- g. Isabella (early Sat meeting representative)
- h. Emily (Chip representative for UK and EU, early Tuesday meeting representative)
- i. Kirra (IG Secretary, later Tues meeting representative)
- j. Vex (fellow)

5. Last month's Meeting Minutes approved with 9 yea votes, 1 abstention. No objections.

- a. Social media discussion links inaccessible- Cathryn clarified that fellows may request access these documents as they are not public

6. Reports

- a. Treasurer

TREASURER REPORTS	JANUARY
Beginning of month's balance	4,742.02
Total contributions	51.63
Total fees and expenses	67.71
End of month's balance	4,725.94
Prudent reserve	1000
Remaining surplus	3,725.94

- \$61.25 payment was for our corporate annual filing
- Wix payment did not go through in Jan, has now been scheduled to go through next month

b. Web Administrator -

Website stats for January 5th to Feb 2:

- In the last 30 days the website had 690 unique visitors with a total of 1403 sessions.
- 79% of visits were from new visitors while 21% were from returning visitors.
- 64% of these sessions originated from mobile devices, 32% from desktops, and 2% from tablets.
- We had 3 form submissions from the website to OSPA support.
- Unique visitors by traffic source - 53% direct, 20% google, 16% wikipedia, 2% bing and the remaining 9% from other search engines and referral sources.
- Four meetings had updates posted to the website (meeting materials/slides) - Sunday Topic, Sunday All our Affairs, Thursday Literature Meeting, and the Saturday Meeting
- The Web Administrator was able to test the functionality of an APP with another fellow in December to see if meetings would show up properly in their respective and different time zones. It did work successfully. The cost per month would be **\$5.99 USD**. The Web administrator will bring it up for new business for possible consideration if time permits.
- The annual renewal for the website was completed on Feb 2, 2025 and cost \$216.85.
- Donation button has been fixed to allow one-time as well as repeating
- Motion to approve approximately \$5.99 USD monthly cost to allow meetings to be automatically displayed in the time zone of the viewer
 - There is a paragraph at the top of the page which explains that the time zones are displayed in the viewers local time. There is also a link to a pdf which lists the meetings in the time zone they were in
 - Motion **passed** with 9 yea votes and one abstention, no objections

- c. Tax & Legal Committee -
 - Jamie completed the corporate filing for this year. Was reimbursed by Cathryn. Looking next to doing taxes within the next couple months which, due in March.
 - Greg will be reviewing a draft of OSPA bylaws to be presented/discussed next meeting.

- d. Email Support -
 - received and responded to 3 emails for direct support

- e. Social Media Account Moderator -
 - Cathryn has hidden Facebook and Instagram accounts without deleting the accounts in case we wish to reactivate them.
 - Unable to find a way to hide the Youtube account without deleting it so instead wrote an explanation in the description "This channel is not being actively managed by OSPA. If you have questions please visit our website at www.osparecovery.org."
 - Discussion: best to delete the Youtube account to prevent skin pickers from seeking support from an unmonitored account
 - Makes sense to download the one uploaded video to preserve it for possible future use
 - **Motion** to download existing content for potential future use and delete the Youtube channel **passed** with 9 yea votes, 1 abstention, no objections. Cathryn volunteers to carry this out.

- f. Chip Representatives -
 - UK/EU no chips out this month
 - US/CA 1 chip sent this month

- g. Meeting Representatives: Are there any updates from the individual meeting representatives?
 - Monday 9pm EST: no updates
 - Tuesday 8pm CET: Noticed that the current meeting format is editable by anyone with access to the link. Will send a pdf version to Web Administrator to correct inappropriate access to editing privileges.
 - Tuesday 10pm EST: no updates
 - Wednesday 8pm CET: no representative present
 - Thursday 6pm UK (GMT) // 1pm EST: no representative present
 - Thursday 7pm EST: Literature links in group guidelines were previously not working, have now been corrected.
 - Friday 10am EST: no representative present
 - Saturday 7:30pm Indochina Time/Bangkok (UTC+07.00) // 7:30am EST: no updates
 - Sunday 11am EST: no representative present

- Sunday 7:30pm EST: no representative present

7. Unfinished Business:

- a. **Discussion** of questionable items in the “Our Story” portion of the website and updating it to reflect alignment with the reality of the group’s media relations and the 12 traditions.
 - Draft of updated “Our Story” text [here](#). This has been updated to be in line with the traditions and current OSPA media relations.
 - Discussion: questioned necessity of COVID-19 section
 - **Motion** to give members 1 month to review updated draft **passed** 9 yeas, 1 abstention, no objections. Suggestions for and comments on the Our Story draft moved to March unfinished business.
- b. Traditions committee tasked with integrating parts of [skinpickingrecovery.org](#) into [osparecovery.org](#). They are designing a Behavior Lists pamphlet. There is an opening in the committee as of today.
 - has not yet followed up on either issue of behavior lists pamphlet or committee opening.
 - Will discuss these in Traditions Committee report in March rather than Unfinished Business
- c. The Web Administrator was able to test the functionality of an APP with another fellow to see if listed meetings would show up properly in their respective and different time zones. It did work successfully. The cost per month would be \$5.99 USD.
 - This change was successfully adopted during the Reports section of this meeting.
- d. Robert’s Rules training for Intergroup Board
 - Emily originally suggested this when she was in the role of secretary
 - Bylaws are still a work in progress, may not make sense to train IG board on the details of Robert’s Rules if we are designing bylaws which may or may not align with this.
 - At this time, no individual members are seeking this training.

8. New Business

- a. **Discussion:** Allocation of excess funds.
 - Funds might be used for activities that support members being active such as workshops. This, however, does not require much funding beyond the Zoom fees to host.
 - Daily reader group does not currently need funds, just requests that IG reps announce that they are collecting submissions.
 - It may be beneficial to check in with smaller meetings on whether they require funds to support annual Zoom payment.
 - Discussion on the organization of how to make these types of decisions included: a committee on what to do with funds, a finance committee

which would allow meetings and fellows to apply for funds, and a process to request funds from IG Treasurer who would present a proposal to IG for approval. Jamie (vice chair) would serve as backup to Cathryn (treasurer) for this service. This last option seemed to be generally agreed upon, but no formal voting.

- Argument against committee which decides what to do with funds: projects are happening, they will require money at some point e.g. pamphlet and daily reader printing. The money will be used in the future and we don't need to search for ways to spend money. Generally agreed upon, but no formal voting.
- b. **Motion:** to add a section to the preamble that explicitly refers to meeting safety.
 - This section will acknowledge that each meeting's atmosphere remains safe and welcoming by practicing Tradition 5: "Each group has but one primary purpose – to carry its message to the skin picker who still suffers." Behaviors and statements that interfere in carrying the message will not be tolerated, and groups may ask individuals to exit the meeting for interferences including: sarcasm, vulgarity, shaming, demeaning, belittling, gas-lighting, bullying, and any usage of words or behaviors that would otherwise interfere with the traditions of OSPA and the recovery of OSPA members. Verbiage will be based on the "Safety Card for A.A. Groups" or N.A.'s "Safety Statement".
 - The fellow who would like to make this motion is not currently present, Mera is acting as proxy. This motion is deferred until IG formally decides on a proxy policy. The OSPA website currently states that one must be present in order to make a motion.
- c. **Motion** to allow proxies to present motions.
 - Seconded and discussed:
 - Website currently states that you have to be present in order to make a motion. This would have to be changed, so a motion regarding proxies is appropriate prior to actually moving forward with a motion for which the original writer is not present.
 - This motion has equity value because we are an international group and there are members who live in time zones who are not able to attend the IG meetings. This would be an avenue which allows the entire fellowship to participate in IG regardless of location.
 - The fellow making the motion would need to write out the full motion and preferably supporting arguments with responses to anticipated counterarguments in order for their motion to be properly represented
 - no arguments against
 - **Passed** unanimously. Molly will change this on the website.
 - **Amended** to specify language as approximately "You may send a proxy if you are unable to attend the IG meeting. Please write a motion and any

supporting thoughts or arguments which the proxy will present on your behalf.”

- d. Daily Reader group has requested to use the IG Zoom account to host writing workshops
 - Group widely agrees that this is acceptable so long as it does not overlap with scheduled IG meetings
 - Attendees agreed that this does not require a motion, no objections to this type of use. Kirra will share this message with the Daily Reader group.

9. Next Intergroup Meeting Date: March 2, 2025

10. Close the meeting with the “we” version of the Serenity Prayer:

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