

OSPA World Service Minutes – November

Zoom URL: <https://zoom.us/j/95212590470> | Meeting ID: 422 277 0079

Date: Sunday, November 2 2025

Time: 12:15 – 1:15 pm Eastern Time

Attendees:

- Kirra (WSO secretary, Tuesday Dancers meeting representative)
- Cathryn (WSO Treasurer)
- Jamie (Tax and Legal Committee, WSO Chair, US/CA chip representative)
- Amy L (Literature Committee Chair)
- Katie (Social Media Moderator)
- Mark (WSO Host)
- Emily N (Email support)
- Mera
- Emily K (Chip Representative UK/EU)
- Beck (Sunday meeting representative)

Absent:

- Greg (Tax & Legal Committee member)
- Mackie (Web Admin Assistant, WSO Vice Chair)
- Molly M (Web Administrator, Thursday Stepping Into The Solution meeting representative)

1. Opening

- The meeting opened with the “We” version of the Serenity Prayer at 12:16 pm ET.
- A timekeeper was appointed and The 12 Traditions of OSPA were read.
- October 2025 meeting minutes were approved.

2. Reports

- Treasurer
 - [Treasurer Reports](#)

	2025										
Chip Mailings	0.00	0.00	5.37	0.00	5.87	4.36	0.00	0.00	0.00	0.00	0.00
Legal & Taxes	61.25	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PayPal Fees	6.46	6.84	3.52	6.06	5.07	0.00	0.00	4.87	4.44	5.27	
Website		216.85	0.00	0.00	122.34		0.00	19.19	0.00	0.00	
Zoom			159.90	0.00	0.00	0.00	6.20	0.00	0.00	0.00	
Total Expenses	67.71	223.69	168.79	6.06	10.94	126.70	6.20	24.06	4.44	5.27	
Donations	51.63	117.19	37.45	78.40	51.84	45.45	113.13	50.16	58.10	47.10	
Difference	(18.08)	(108.50)	(131.34)	72.34	40.90	(81.25)	106.93	26.10	53.66	41.83	

TREASURER REPORTS	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
Beginning of month's balance	4,742.02	4,725.94	4,619.44	4,488.10	4,560.44	4,601.36	4,516.08	4,623.01	4,649.11	4,702.77	
Total contributions	51.63	117.19	37.45	78.40	51.86	45.45	113.13	50.16	58.10	47.10	
Total fees and expenses	67.71	223.69	168.79	6.06	10.94	130.73	6.2	24.06	4.44	5.27	
End of month's balance	4,725.94	4,619.44	4,493.47	4,560.44	4,601.36	4,516.08	4,623.01	4,649.11	4,702.77	4,744.60	
Prudent reserve	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	
Font Fund										25	25
Remaining surplus	3,725.94	3,619.44	3,493.47	3,560.44	3,601.36	3,516.08	3,623.01	3,649.11	3,677.77	3,719.60	
Font Fund	50										

- Paperwork needed to file as a non-profit with PayPal was acquired, not completed yet
- Web Administrator: Website statistics October 5th 2025 to November 1, 2025
 - Since the last report, the website had 604 unique users and 1436 site sessions.
 - 78% were new visitors, and 22% were returning.
 - Visitors came from 43 countries.
 - 65% were direct, 18% came through Google, 13% found OSPA via Wikipedia, and the remaining 4% through other search engines and links on other websites.
 - 64% came from mobile devices, 34% from Desktop, and 2% were on tablets.
 - Most visited pages were Meetings, Homepage, and Literature.
 - We had four form submissions directly from the website to OSPA support.
 - There were script and other updates to two meetings: the Saturday OSPA Neurodivergency Meeting and The Sunday in All of Our Affairs Meeting.
- **Tax & Legal Committee:**
 - Some recommendations on trademark in conjunction with Literature Committee
 - Filings and taxes do not need action at this time
- **Email Support:**
 - No emails this month
- **Social Media Account Moderator:**
 - Wikipedia update
 - Background: Emily K added some information to [the wikipedia page on excoriation disorder](#) under the treatment heading, and it was suggested in October WSO meeting to discuss alignment with traditions with social media moderator
 - Official recommendation: WSO as a whole should not make any decisions regarding publication on the website "Wikipedia." Any changes made to Wikipedia in regards to existing relevant articles (i.e excoriation disorder,

12 steps, BFRBs) or in creation of a new article for Obsessive Skin Pickers Anonymous should be left up to individual fellows that maintain anonymity or to the public.

- This recommendation is based on nature of Wikipedia website being controlled by public/volunteers. Ultimately anyone with access to the internet can change these pages. [Documentation of reasoning](#)
- Discussion:
 - There would be a question of who would perform ongoing monitoring of these pages if WSO officially took responsibility for this presence
 - We could make a WSO approved line but it is editable by nearly anyone.
 - there should be someone to monitor mentions of OSPA on Wikipedia for misinformation, maybe a monthly check by Social Media Account Moderator
 - Wiki represents a public relations outlet for OSPA- support for WSO creating official text for wiki (1 sentence or paragraph) to keep the message consistent
 - 'For now, the social media account moderator will monitor the page
- [Facebook posting schedule for Nov + Dec.](#) with focus on linking meetings and sharing extant OSPA literature from the website. All content will be taken directly from screenshots of the website so no old font/logo issues arise.
- note that this outreach work is very timely because TLC and [BFRB.org](#) are being absorbed by an OCD organization.
- **Chip Representatives:**
 - Reps plan to brainstorm alternatives to chips as last month's motion to destroy existing chips was approved
- **Literature Committee:**
 - Currently working on the Guidelines for OSPA Literature. These will include a suggested approval process for OSPA literature.
 - Next meeting is mid-November, will have monthly meetings in 2026
 - [Literature Planner](#) is available to view. Suggestions are welcomed.
 - Worked with the Tax & Legal Committee for next steps on Trademark. Motion is included under New Business.
 - Establishment of email address is in progress
 - Multiple items are ready for release, just awaiting the establishment of an approval process
- **Reports from Special Committees:** None
- **Meeting Representative Updates**
 - [Monday Recovery Behaviors meeting](#): no updates
 - [Monday Living Abstinent AA Big Book Study](#):
 - [Tuesday Meditation and Topic](#): no updates
 - [Tuesday Meditation and Writing](#): no updates
 - [Wednesday Topic or AA Lit Study](#):

- Thursday Special Focus Body Dysmorphic Obsession:
- Thursday Stepping Into the Solution: no updates
- Friday Easy Does It:
- Saturday Weekend Literature Study:
- Saturday
- Saturday Good Morning Europe:
- Sunday Topic or Speaker: no updates
- Sunday In All Our Affairs:

4. Unfinished Business

- **For discussion:** Who are the contact verification people on the OSPA Gmail account
 - Emily K has backup email, Molly's phone backup authenticator, account address listed in maryland?
 - Will revisit again to clarify this when Molly is present

5. New Business

- **Motion** (emailed in by Mera 9/30) To revise the “Meeting Representatives” section of the WSO script by removing the listing and inquiring about each individual OSPA meeting.
 - **Rationale:** Current WSO script has the Chair asking for updates from individual meeting representatives and naming each OSPA meeting one by one. This approach made sense when there were only a few meetings; however, I think as OSPA has grown, this method has become inefficient. Many meetings often do not have a representative present and updates are infrequent, resulting in unnecessary time spent on this portion of the agenda.
 - **Proposed Change:** Change the script to a single open-ended prompt: “Are there any updates from individual meeting representatives?” This would allow any representative who is present and has an update to speak up at that time while keeping the WSO meeting itself more efficient.
 - Motion passes unanimously 10 yea, 0 nay. Change to be carried out by secretary.
- **Motion** (by Literature + Tax/Legal Committee) Authorize \$810 for a Trademark search.
 - 4 possible items to trademark: “obsessive skin pickers anonymous”, “OSPA”, full logo (OSPA+text+heart+bandage), O icon (O + heart _ bandage)
 - Of the two wordmarks, recommend paying for search on “OSPA,” as “Obsessive Skin Pickers Anonymous” seems less likely to have overlap
 - Of the two design marks, recommend paying for search on the full logo which includes the O with the heart and bandage and the full name of the organization.
 - \$450 = initial one search. \$360 for each subsequent search. \$810 for two items.
 - while we have the trademark applications in process we are able to add a ™ to the images/text to indicate that they are under review

- Q: is there a time when the recommendations based on the searches might expire? A: we are likely okay for a while at least. The anticipated timeline would be 1 day for a search and then the ability to file for the trademark the next day.
- Motion **amended** to: Authorize \$810 for a trademark search for wordmark “OSPA” and the design mark of the full OSPA logo (OSPA+text+heart+bandage).
- Amended motion **passes** unanimously 11 yea, 0 nay
- **For discussion:** fundraising plan
 - important to note what we are fundraising for
 - If we move forward with all trademarking, we will have <\$1000 left in our treasury
 - **Postponed** to December meeting, 10 mins reserved after reports for this topic.

6. Closing

- The meeting closed with the “We” version of the Serenity Prayer at 1:14 pm ET.
- **Next WSO Meeting Date: Sunday, December 2, 2025**