

## OSPA Intergroup Minutes – March

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

**Date:** Sunday, March 2 2025

**Time:** 12:15 – 1:15 pm Eastern Time

**Attendees:** Kirra (IG secretary, Tuesday Dancers meeting representative), Cathryn (IG host, IG Treasurer), Molly M (Web Administrator, Sunday Group rep, Thursday group rep), Greg (Chair traditions committee, tax and legal committee), Isabella (Saturday group representative), Mackenzie (IG chair), Mera (Email Support, Monday Night Group Rep)

**Absent:**

### 1. Opening

- The meeting opened with the “We” version of the Serenity Prayer at 12:15 pm ET.
- A timekeeper was appointed and The 12 Traditions of OSPA were read.
- February 2025 meeting minutes were **approved**.

### 2. Reports

- **Treasurer:**

TREASURER REPORTS	JANUARY	FEBRUARY
Beginning of month's balance	4,742.02	4,725.94
Total contributions	51.63	117.19
Total fees and expenses	67.71	223.69
End of month's balance	4,725.94	4,619.44
Prudent reserve	1000	1000
<b>Remaining surplus</b>	<b>3,725.94</b>	<b>3,619.44</b>

- We paid Wix this month which is why our expenses were higher than usual
- Website is still on free trial as of today, will move to paid when trial is up (see web admin notes)
- **Web Administrator:** Website stats for Feb 3 to March 1:
  - In the last 30 days the website had 560 unique visitors with a total of 1335 sessions.
  - We had 4 form submissions from the website to OSPA support.
  - Most visited pages were meetings, homepage, and literature.
  - One meeting had updates to their script. One subpage url was corrected. SEO reviewed and updated for all pages; will take time to show up in browsers.
  - The Web Administrator was able to complete the meeting page update using a new app that allows the meetings to show up in the user's browser's timezone.

The cost per month is **\$5.99 USD**, and will be billed annually after our week long free trial.

- **Tax & Legal Committee:**
  - Jamie is continuing to work on the AI draft of 12 step bylaws, will have it reviewed by an attorney
  - Jamie has tax info for OSPA but has not yet filed for 2024
  
- **Traditions Committee:**
  - Developing a pamphlet from material on [skinpickingrecovery.org](http://skinpickingrecovery.org) to integrate this material into OSPA proper.
  - Expect text to be done in 2 months, OSPA can decide what to do with it when it is ready for review.
  - At least 5 people are currently reviewing
  - Will propose copywriting this literature when complete to tax & legal committee. Worth asking a lawyer if this is a worthy use of money.
  
- **Email Support:**
  - 4 requests for more information on OSPA, all of which have received a response
  
- **Social Media Account Moderator:**
  - Cathryn downloaded Youtube videos and deleted the account
  - Next step is to look at our relationship to social media in context of the traditions
  
- **Chip Representatives:**
  - no chips were sent out this month

### 3. Meeting Representative Updates

- Monday Living Abstinent AA Big Book Study: no updates
- Tuesday Meditation and Topic: representative not present
- Tuesday Meditation and Writing: no updates
- Wednesday Topic or AA Lit Study: representative not present
- Thursday Special Focus: Body Dysmorphic Obsession: representative not present
- Thursday Stepping Into the Solution: ensured they posted phone numbers to call in to the zoom meeting, encourages other meetings to check this.
- Friday Easy Does It: representative not present
- Saturday Weekend Literature Study: no updates, considering changing the name
- Sunday Topic or Speaker: no updates
- Sunday In All Our Affairs: representative not present

### 4. Reports from Special Committees

None

## 5. Unfinished Business

- **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.
  - Suggestions for and comments on the Our Story draft moved to March unfinished business.
  - **Motion** to accept the draft of updated “Our Story” text as written and update the website accordingly **passed** 6 yea, 0 nay.
- **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”.
  - **Discussion**
    - Recognition: the topics of safety and inclusivity are important (most speakers mentioned this)
    - Validity:
      - Not appropriate for IG to add to preamble. Acceptability is very subjective.
      - This would be a meeting-by-meeting decision and is better addressed at the meeting level rather than in the preamble.
      - The idea that the trusted servants enforce things on behalf of what’s written sounds like an overreach that puts trusted servants in a position that is not in line with traditions. Additionally, positions are so fleeting in this fellowship that it would be asking even more from those who do show up.
    - Wording: As-written is too broad, lengthy and detailed. AIAnon has a shorter version saying we don’t suggest feedback
    - Execution: Difficult to get meetings to use the preamble as-is. This addition would be too burdensome to execute.
    - Efficacy/Need:
      - The addition of a specific piece of text to the preamble is counterproductive to the intention to create a safe space
      - The traditions already create a safe place
      - There are already mentions of crosstalk and graphic descriptions that people use to moderate
    - Suggestions:

- This topic may be better addressed in a host training- cutting someone off when their share is going on too long, saying something triggering, muting, etc. but it would be a group-level decision
- Objective descriptions of service positions across meetings
  - Service position duties vary from meeting to meeting and couldn't be universal. If we did add something like this to the website, it would need to cite a caveat that each meeting decides for themselves what service positions do and these are only suggestions.
- Motion **rejected** 0 yeas, 6 nays.

## 6. New Business

- **Motion** to move the IG meeting to a Saturday instead of Sunday in an effort to increase attendance
  - **Discussion**
    - Current intergroup chair and email support volunteers would not be able to attend on Saturdays.
    - Having two OSPA meetings back-to-back on Sundays can be a lot, suggestion to find a different time on Sundays
    - Finding another time that everyone could attend would be challenging based on time zones. If it's too late in the North American day then no one in Europe would be able to attend in the middle of the night
    - 30 or 60 minutes later would give more of a break, especially as fellowship after the sunday meeting may detract from the IG meeting. Some members would rather keep it close so that the day is not further broken up.
    - Suggestion to put more effort into convincing people that attendance is important and worthy of their time. Options discussed include educating fellows on the function of intergroup, separating out responsibilities, renaming the meeting to world service board. Objection to split IG into multiple bodies with different responsibilities because we are already struggling to maintain this meeting
  - Motion **withdrawn**
- **Motion** to change name of IG to World Service Board
  - **Discussion**
    - Suggestion to remove the word "board"
    - Clarification that AA's intergroups are regional, their world service represents the entire organization and gathers representatives from regional intergroups. Our current IG is functioning as both.
    - AA's structure is extensive because it is huge. OSPA is not there yet, so we do not need to subdivide further.
    - Clarification that we would change the name, not the purpose of the group.

- Motion **withdrawn** to move to April's unfinished business

**Closing**

The meeting closed with the "We" version of the Serenity Prayer at 1:08 pm ET.

**Next Intergroup Meeting Date: Sunday, April 6 2025**