

DRAFT OSPA World Service Minutes – June 2026

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

Date: Sunday, June 7th, 2026

Time: 12:15 – 1:15 pm Eastern Time

Attendees:

- Kirra (WSO secretary)
- Molly M (Web Administrator)
- Amy L (Literature Committee Chair)
- Jamie (Tax and Legal Committee, WSO Chair, US/CA chip representative)
- Mark (WSO Host)
- Katie (Social Media Moderator)
- Mera (Thursday Meeting Representative)
- Roy
- Maria S

Absent:

- Mackie (Web Admin Assistant, WSO Vice Chair)
- Cathryn (WSO Treasurer, stepped down)
- Emily N (Email Support)

1a. Opening

- The meeting opened with the “We” version of the Serenity Prayer at 12:17 pm ET.
- A timekeeper was appointed and The 12 Traditions of OSPA were read.
- May 2026 meeting minutes were **approved**. 4-0 with abstentions

1b. Elections

- **Chair-** Jamie
- **Vice Chair-** Katie
- **Secretary-** Katie
- **Treasurer-** Amy L willing to do this for 1 year and revisit
- **Host/screenshare-** Mark
- **Website Administrator-** Molly M
- **Web admin assistant-** Mera
- **Chip representative/s-** Mera for Americas, no EU/UK rep at this time
- **Social Media Account Moderator-** Katie
- **Email Support-** Emily N (notified WSO in advance of willingness to continue position)

2. Reports

- **Secretary**

- Index of Motions effort is underway, 4 years of motions have been logged. Effort ongoing. Project is open to additional members if anyone else is interested.

- **Treasurer**

- [Tracking sheet](#)

- **Web Administrator**

Website Stats for May 2 2026 - June 5 2026

- Since our last report the website had 550 unique visitors from [41 countries](#), with a total of 1625 sessions.
- 72% of visits were from new visitors while 28% were from returning visitors.
- 60% of these sessions originated from mobile devices, 38% from desktops, and 2% from tablets.
- We had two form submissions directly from the website to OSPA support.
- Unique visitors by traffic source - 67% direct, 27% organic, 5% referral, 1% organic social.
- See detailed referral sites report [here](#) for the period.

- **Tax & Legal Committee**

- Taxes have been filed for the year
- Paperwork for FL corporation has been filed

- **Email Support**

- 4 emails
 - 2 newcomer/member questions have been responded to
 - Follow up email from BFRB Foundation not responded to
 - Business Manager partner request from Meta- I think this is more related to social media so I did not respond

- **Social Media Account Moderator**

- 4 posts on Instagram and Facebook
- Increase 1 follower on each platform
- In May, Facebook account had 278 views (51.8% were from non-followers)

- **Chip Representatives**

- No report given

- **Literature Committee**

- The Committee is attending to the Welcome and Preamble revisions.
 - A Feedback survey was posted and announced in the Friends of OSPA WhatsApp group as well as on the OSPA website.
 - Only 11 responses to date (194 in WhatsApp group) = 5% responded
 - Survey closes June 16
 - If survey format is prohibitive, fellows can directly email the literature committee with comments.
 - [OSPAs Welcome and Preamble Feedback](#)

- New Literature: *Guidelines for OSPA Literature* are ready for WSO approval, submitted as New Business: [Guidelines for OSPA Literature 12 - WSO Ready](#)
- Received measurements from Social Media Moderator for updated logos. Added to June tasklist.
- [Literature Planner](#) is available for viewing.
- Trademark Info: Application has been filed. No word as of yet.
- **Reports from Special Committees:**
 - Bylaw committee (Jamie, Molly M, Mera)- Have a working draft of bylaws and hope to bring voteable decisions in coming months.
- **Meeting Representatives:** No updates
- **10 minutes set aside for discussion of fundraising and outreach**
 - OA responded to refer to their website
 - RA's advice was ask your fellows for help
 - SAA gave a few ideas of fundraising that works for them
- **OSPA Ideas So Far**
 - **Friends of OSPA WhatsApp**
 - Send message to @all in the group to request donations
 - Announce once monthly day or week of giving
 - **Events**
 - Ask for a \$5-10 contribution for workshops with the caveat, "no one will be turned away for lack of funds."
 - One-time events can often generate more participation than the 12-week commitment of a Steps workshop - people to talk about the steps or the tools for 30 minutes
 - 3-speaker event with requests for donations interspersed between speakers
 - **Announcements**
 - Emphasize donations more in meetings
 - Brains are hardwired for negative feedback so a statement such as, "OSPA is running out of money" may generate more engagement
- **Discussion:**
 - Propose a small committee for this topic. The 3 speaker event seems like a very doable task.
 - Fellows may be willing to donate if there were a graphic explaining where money goes.
 - Weekly message to @all in Friends of OSPA group
 - Mera is willing to post something in the group but would like something which accurately describes where the funds go. Would need a description.
 - Donations pay for website, tax and legal, trademark and logo
 - Amy is willing to write a callout for funds with short descriptions of where funds go. Not able to do this until July.
 - Katie volunteers to plan an event and bring it back to WSO

4. Unfinished Business

- **Discussion:** Revisit “What is Recovery from Skin Picking in OSPA?” (Submitted by Roy Mar 2026)
 - Roy shared his personal story with picking (viewable as first story in the Obsessive Compulsive Anonymous big book). He has been well for years but not symptom-free and he counts that as recovery. In OCA he found that counting days and total abstinence weren’t helpful for people because they would get frustrated about the cyclical experience and feel discouraged with frequent date resetting.
 - OCA-style statement: “recovery through OSPA is defined as the relief obtained from skin picking as a result of working the 12 step program. we focus on ...”
 - Food addiction, sexual addiction programs are numerous and have different definitions
 - Would like to encourage dialogue on this topic by asking fellows: how long have you been in OSPA, what’s abstinence time today, how many times have you reset your sobriety date in OSPA?
 - Discussion:
 - Amy and the literature committee have received this feedback in emails from Roy they are taking this consideration as they review and revise literature for WSO approval
 - Idea to put out a survey on friends of OSPA whatsapp with above questions, bring a report back to WSO. Possible addition of a question about how people feel about the literature of OSPA commenting on the definition of abstinence
 - Connection with this idea because the black-and-white binary thinking on abstinence reflects a part of the speaker’s personal experience of the disease of skin picking
 - Disagree that this is WSO question because “abstinence” is defined at the level of the fellow and their sponsor

5. New Business

- Guidelines for OSPA Literature (new) - for WSO approval (Submitted by Literature Committee)
 - [Guidelines for OSPA Literature 12 - WSO Ready](#)
- **Discussion:** As we are working on the OSPA Index of Motions, what should we do when we find past “Passed” motions that are not used? (Submitted by Amy, Kirra)
 - Examples:
 - **Motion from 8/8/21 (#21-47):** “Each group be required to provide IG with an email address for the purpose of being contacted by IG. Groups are encouraged to provide an email address that preserves anonymity. (These email addresses won’t necessarily be published.)” Passed
 - **Motion from 10/3/21 (#21-59):** “Change from a physical chip system to a digital chip system.” Passed
 - List them all out and bring the whole list when done. Vote on whether to move them forward or reverse decisions when we have the whole list

- CLOSED FOR TIME

6. Other Business

- Not addressed due to time constraints

7. Closing

- The meeting closed with the “We” version of the Serenity Prayer at 1:24 pm ET.
 - **Next WSO Meeting Date: Sunday, July 5, 2026**
-

Action Items

- All WSO members
 - Read [Literature Committee Guidelines](#) so as to be ready to vote on them in July
- Amy
 - Add note to top of survey about option to email literature@osparecovery.org if this format is preferred
 - Write a callout for funds with short descriptions of where funds go (July task, unable to commit in June)
 - Index of Motions: List all “passed” motions that have not been implemented, when complete present to WSO for a vote
- Kirra
 - Index of Motions: List all “passed” motions that have not been implemented, when complete present to WSO for a vote
- Emily N
 - Share the form for listing OSPA on the BFRB Foundation website in WSO group chat
- Katie
 - Look into event planning for fundraising
 - Look at Meta’s business partner request in the email inbox
- Mera
 - Send a weekly message @all in the Friends of OSPA Whatsapp group, pending callout with descriptions from Amy
- Roy
 - Survey OSPA members regarding their experience with defining abstinence

Meeting representative announcements

- Literature!
 - WSO has approved an updated version of the OSPA prayer which is now viewable on the OSPA website. Please update meeting slides and scripts.
 - A survey from the literature committee regarding updated versions of the Preamble and Welcome is posted on the OSPA Literature page. Please take a look and provide feedback! Closes 6/16

- Other input regarding literature can be sent to the literature committee email address literature@osparecovery.org.
- Upcoming WSO agendas are finalized on the Friday prior to each WSO meeting and posted under the “Service” tab of the OSPA website. All are welcome.