

OSPA Intergroup Agenda

Phone Number: (605) 472-5674 / Access Code: 175945#

Sunday, January 7, 2024 / 12:15 – 1:15 pm Eastern

IG Commitments - January, 2024

Chair: Cassidy

Secretary & Google Drive: Emily K

Zoom Host: Kirra (Absent)

- 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:**
 - a. Give reminders at 30 minutes, then announce “time” when the meeting ends.
- 3. Reading of the [12 Traditions of OSPA](#)**
- 4. Introductions**
 - a. Cassidy (Chair)
 - b. Katie
 - c. Molly M (Email Support & Webmaster Assistant & Technology Support)
 - d. Brenda P
 - e. Amy L
 - f. Cathryn (Treasurer)
 - g. Mera
 - h. Greg
 - i. Dave (Webmaster)
 - j. Emily K (Secretary)
- 5. Last month's Meeting Minutes – Approved**
- 6. Reports**
 - a. Treasurer -
Opening balance for Month 12/2023: \$3,602.10
- \$ 12.53 PayPal fees (% of each donation)
+\$ 202.00 Donations
Closing Balance for Month 12/2023: \$3,791.57

- b. Webmaster and IT Status -**
During this past month as of 1/2/24 we had 821 site sessions (this is down 34% from the previous month), 1 form submission (down 50%), and 362 unique visitors (down 39%). The Google Analytics was updated.
- c. Tax Status Committee - No updates.**
- d. Email Support -**
Four people contacted OSPA last month, and Molly had conversations with them. Amy L resolved the email bounce issue, enabling replies from the OSPA support email.
- e. Social Media Account Moderator - Vacant.**
- f. Chip Representative -**
The US chip representative had no updates due to Jamie's absence. The UK chip representative, Emily, hasn't distributed chips yet but is announcing the availability of UK & EU chips in meetings. Emily also requested IG members to share this update in their respective meetings.
- g. OSPA Copyright/Intellectual Property Committee - No updates.**
- h. Google Drive Rep -**
Google Drive Rep role is redundant as it has been incorporated into the Secretary's responsibilities; thus, it should be deleted.
- i. Meeting Representatives: Are there any updates from individual meeting representatives?**
- Monday 9pm ET: No updates.
 - Tuesday 2pm ET: No updates.
 - Tuesday 11pm ET: No updates.
 - Wednesday 2pm ET: No updates.
 - Thursday 7pm ET: Molly M informed that the Thursday meeting, now independent like others, must independently raise funds for its Zoom slot. She emphasized that with March approaching, meetings intending to retain their Zoom slots must appoint a Treasurer and have a credit card to cover the Zoom fee.
- A discussion ensued, in which the following points were covered:*
- Zoom offers a free 40-minute option, allowing meetings to pause and resume, serving as a cost-effective choice for financially constrained meetings.

- Google Meets is a completely free alternative to Zoom, eliminating the need for paying fees and eliminating the need to designate a Treasurer role for each meeting.
 - To facilitate donations, meetings can set up individual Paypal accounts or personal bank accounts, with participants contributing directly via provided links or bank details.
 - Zoom membership costs approximately \$159 per year, prompting consideration of alternatives or the election of a Treasurer for each meeting continuing with Zoom.
 - Meetings can independently decide how to manage hosting and financial responsibilities, empowering them to elect their own Treasurer if desired.
- Saturday 3pm China time: No updates.
 - Saturday 7:30pm ET: No updates.
 - Sunday 11am ET: No updates.

7. Unfinished Business

- a. Final review of Friends of OSPA blurb - The finalized Friends of OSPA blurb was reviewed and motioned for acceptance. The motion was seconded and passed.
Action item assigned to Emily to post it on the Friends of OSPA group.
- b. IG to authorize Jamie to buy 9 month and 2 year chips – This item was motioned for acceptance and seconded.

A discussion ensued, in which the following points were covered:

- Cassidy noted concerns about the cost, citing \$118.25 for 25 chips and approximately \$236 for 50 chips.
- Amy L suggested exploring alternative vendors by obtaining 3 quotes to assess potential cost savings. She highlighted that in other fellowships, Chip Representatives simply replenish as needed without requiring a formal motion.
- **The motion was tabled and an action item assigned to Cassidy to update Jamie and ask for clarification on rates and exploring other vendors.**

- c. OSPA business cards - review existing brochure.

A discussion ensued, in which the following points were covered:

- Cassidy explained a Brochure exists as a PDF & a Google Drive file, but it needs to be updated, perhaps for the Literature Committee or Traditions Committee to review before bringing it to IG. **Action item:** Cassidy to pass brochure to Literature/Traditions Committee.
- d. Discussion / brainstorm of how we support members and share the solution and abstinence hope. (15 mins) **A motion to table this discussion and to move on with business items was proposed, seconded and passed.**

8. New Business

- a. Motion: A designated OSPA member will go into the OSPA Drive and "unshare" direct files with people who are no longer in OSPA IG positions or doing service in OSPA IG. Leave the files that say, "share with anyone who has a link" but remove the specific email address sharing. Motion seconded. A discussion ensued regarding action items, who currently has Google Drive access and how many files would need working on.

The motion was rescinded and an action item assigned to Emily to contact Dave F and request access to the OSPA IG Google Drive.

- b. Sarah, Cassidy, and Dawn are offering to collect, compile and edit OSPA's first daily reader in celebration of its 20th anniversary. We have written this call for submissions, and if approved, we can set up a Gmail email address specifically for collecting submissions, so there is no extra burden on the Intergroup email person.

Motions:

- 1) That intergroup approve this call (pasted below) as official OSPA-approved business, so it can be announced at OSPA meetings.
- 2) Cassidy, Sarah, and Dawn will be responsible for collecting, compiling, and editing submissions into a daily reader to present to Intergroup for approval when it is complete.

Call for Submissions for OSPA Daily Reader

Have you ever considered sharing your recovery experience, strength and hope in writing? Whether you are newer to Obsessive Skin Pickers Anonymous, have been around for a long time, or anywhere in between, your insights are valuable. Please consider contributing to OSPA's very first daily reader! We are seeking 366 submissions.

Some writing prompts might include your thoughts, feelings and/or experience of one of these:

- What brought you to OSPA
- Your early experiences in OSPA
- One of your favorite OSPA Steps or Traditions
- One of your favorite Tools (The Behavior Lists, Sponsorship, Self-Care Plan, Literature, Writing, Bookending, Telephone & Outreach, Meetings, Anonymity, Service, Prayer and Meditation, Travel Plan)
- The 12 Qualifying Questions
- Slips or Relapse
- Your relationship with your higher power
- Your Spiritual Recovery
- Abstinence
- Your progress and/or milestones
- Before and after doing the Steps
- An "aha" moment

- The Serenity Prayer
- Poetry inspired by your OSPA journey
- Or another topic related to skin picking/trichotillomania/self-mutilation/OSPA recovery.

If you refer to your higher power, please write (non-gendered) “higher power”, “hp” or “power greater than myself” to align with OSPA’s inclusivity, Steps and Traditions.

To preserve anonymity, please obscure personal and/or other persons’ details (if you reference someone else in your writing, e.g. a sponsor or family member) that could give away who you are, what you do outside of OSPA, and where you live or visit.

Your work may be edited or not included from the draft if Tradition issues are found.

Please send submissions of approximately 100-150 words to _____.

A discussion ensued, in which the following points were covered:

- It was highlighted there is an absence of literature on getting abstinent or finding a sponsor in OSPA. Is it timely to create a Daily Reader before these foundational pieces?
- What will be the abstinence requirements of those submitting to the reader?
- Daily Readers typically reference a Basic Text, which OSPA currently lacks. Will this daily reader diverge from that structure?
- A project like this can take considerable time – how does the group plan to undertake the project, including timelines and workflow? Are there contingency plans if someone drops out?
- Have members asked other fellowships how they embark on a project like this? What are the plans for facilitating the process with the fellowship, and how have other fellowships engaged the membership in the writing process?

A motion to table the discussion was proposed, seconded, and passed.

9. Next Intergroup Meeting Date: Sunday, February 4, 2024

10. Items to be Carried Over to the Next Business Meeting

- IG to authorize Jamie to buy 9 month and 2 year chips – update (clarification on quotes & shopping around for vendors)
- Daily Reader motions -
 - 1) That intergroup approve the call (pasted in last month’s meeting minutes) as official OSPA-approved business, so it can be announced at OSPA meetings.
 - 2) Cassidy, Sarah, and Dawn will be responsible for collecting, compiling, and editing submissions into a daily reader to present to Intergroup for approval when it is complete.
- Discussion / brainstorm on how we support members, share the solution and abstinence hope. (15 mins)
- Literature/Traditions Committee update on business cards

11. Close 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.