

OSPA Intergroup Agenda

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

Sunday, March 3, 2024 / 12:15 – 1:15 pm Eastern

IG Commitments Month - March, 2024

Chair: Cassidy

Secretary: Emily

Zoom Host: Kirra

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, 15 minutes, 1 minute, then announce “time” when the meeting ends.

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

4. Introductions

- a. Cassidy (Chair)
- b. Dave F (Webmaster)
- c. Greg
- d. Molly M (Email support)
- e. Katie
- f. Cathryn (Intergroup Treasurer)
- g. Amy L
- h. Kirra R (Host)
- i. Brenda
- j. Nina
- k. Mera
- l. Anna
- m. Emily K (Secretary)

5. Last month's Meeting Minutes – Approved

6. Reports

- a. Treasurer -

Opening balance for Month of February: \$3,747.55

- \$ 21.95 PayPal fees (% of each donation)
+\$418.00 Donations
Closing Balance for Month of February \$4,143.60

Treasurer reached out to the individuals who paid for their meetings last year to remind them that it's been a year and to flag their account will get charged again when that rolls over if no changes happen.

b. Web Manager and IT Status -

As of March 3, the last 30 days had: 1,020 site sessions (up 28% from prev. month); 475 unique visitors (up 37%); 22% of our traffic is from returning visitors.

Amy L raised that there's 2 places on the website for the IG agenda. She questioned whether we needed 2 places, and whether they are mobile friendly

Action: Dave F to look into it and bring it back to IG next month.

c. Tax Status Committee - No updates.

d. Email Support - Molly M updated there were no emails from individual members, no support requests this month. A few emails requesting access to docs but Molly M doesn't generally reply to them.

e. Social Media Account Moderator - Vacant

f. Chip Representatives - No updates.

g. OSPA copyright/Intellectual property Committee – No updates.

h. Meeting Representatives: Are there any updates from the 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 updated they have been collecting funds and have enough funds to pay for their Zoom account.
- Saturday 3pm China time: On hold
- Sunday 11am ET: No updates.
- Sunday 7.30pm ET: No updates.

● **Semi-Annual Elections** – Motion to postpone elections until next month once we've had a chance to discuss it. Motion seconded. Motion opened for discussion.

Discussion: Question asked whether it'll still be a 6-month term for positions. Motion amended to be that we extend the current positions for 1 more month so that we can announce we're doing elections and elicit volunteers, and have it be a 5-month rather

than 6-month commitment, so we stay on the same calendar going forward. Motion seconded. **Motion passed.**

Elections to take place next month (April) for 5-month term positions.

Current Chair Intro: Cassidy

Chairperson

- Acts as Chair for the Monthly Intergroup Meeting.
- Assembles the meeting agenda each month.
- Opens the meeting at the appointed time and calls the meeting to order.
- Announces business that comes before the group.
- States and puts to a vote all questions that come up as motions.
- Responds to inquiries of members relating to procedure or information.
- Familiarity of Robert's Rules of Order or willing to learn.

Current Meeting Host/Screen Sharer Intro:

Meeting Host/Screen Sharer

- Monitors the Zoom waiting room and admits OSPA fellows to the meeting. *[Zoom safety tips](#)
- Shares their screen when OSPA documents need to be viewed by the group.

Current Email Support Intro: Molly

Email Support

- Answers newcomer and support emails from website inquiries.
- Directs newcomers to the meeting schedule and provides general information.
- Responds to any newcomer or support questions in a timely manner.
- Familiar with Gmail and Google Drive.

Current Secretary Intro: Emily

Secretary

- Records the minutes of the Intergroup meeting and emails them to the webmaster.
- Maintains and organizes Intergroup records and documentation.
- Maintains the OSPA Recovery Google Drive.
- Familiar with Google Docs, Sheets, and Drive

Social Media Account Moderator

- Monitors social media accounts for any new activity.
- Uploads appropriate content based on the Traditions.
- Directs inquiries to the website or the support email.
- Familiar with popular social media accounts.

Current Treasurer Intro: Cathryn

Treasurer

- Monitors donations via a PayPal account.
- Tracks deposits and expenses.
- Pays bills as needed and reimburses group members for expenses.
- Presents current financial balance and transactions at the Intergroup meeting.
- Familiar with Google Docs, Sheets, and Drive
- Respond to OSPA Gmail Treasurer e mails

Current Webmaster Intro: Dave

Webmaster

- Updates and maintains the website.
- Updates and maintains all website email addresses.
- Responds to and directs website inquiries.
- Familiar with website building software such as Wix, Weebly, Squarespace, or WordPress, or be willing to learn.
- Familiar with Google Docs, Sheets, and Drive.

Chip Representative: Jamie (North America) and Emily (UK & Europe)

Vice Chair

Covers for the Chair

Tax representative

Webmaster Assistant & Technology Support

- Supports the webmaster as needed with technical updates.
- Issues new meeting codes and access to Intergroup conferencing accounts.

New positions elections

Service details: October '23 - March '24

- **Meeting Chair -**
- **Host and Screen Sharer -**
- **Email support -**
- **Treasurer -**
- **Secretary -**
- **Social -**
- **Web Manager & IT -**
- **Web Manager & IT support -**
- **Chip Rep -**
- **Euro Chip Rep -**
- **Vice Chair - Jamie**

- **Unfinished Business**

- a. **Motion:** For Intergroup to maintain a Zoom account accessible to all OSPA groups to use for meetings if they so choose. Motion seconded and opened for discussion.

Discussion:

- Nina explained her proposal of the motion was to provide a shared Zoom account for meetings to access if they want to, citing individual Zoom accounts and Treasurer positions as unnecessary expenses and burden for small meetings.
- Mera discussed how she'd investigated how other fellowships like Overeaters Anonymous, Debtors Anonymous, and Obsessive Compulsive Anonymous handle their meeting finances in relation to Tradition 7. Her findings were as follows:
- The General Service Office at Overeaters Anonymous informed Mera that some of their intergroups do provide Zoom accounts and conference call numbers for meetings. Since the pandemic, a "virtual intergroup" has been established for online meetings, handling funds and providing Zoom accounts to virtual meetings. Participants in virtual meetings can now contribute donations directly to this virtual intergroup.
- In Debtors Anonymous, face-to-face meetings continue with bank accounts, while virtual meetings do it in different ways. For example, there's a dedicated New York intergroup (because there's a lot of members there) that does share a Zoom account for virtual meetings.
- Obsessive Compulsive Anonymous uses one Zoom account for all meetings. They have a process where the Zoom login details are handed over to each meeting's leader for first-time use, which streamlines access for members, as they don't have to keep track of multiple Zoom links – just one. Donations go directly to the General Service Board, which then manages Zoom account funds.

- Mera suggested adopting a similar approach for OSPA to minimize expenses and administrative burdens, especially while the fellowship is small, with the possibility of reassessment as the group grows.
- Amy L suggested various free options and questioned the definition of "small" and the importance of personal accountability in recovery.
- Molly M emphasized the importance of how we're understanding size, clarifying we were discussing it in terms of the number of meetings rather than number of participants.
- Concerns were raised about the burden on individual members, for example, one "super volunteer" being required for each meeting to use their full name and bank details for a Zoom account. Concerns were also raised about the sustainability of this in the future, considering the spirit of rotation of service.
- Mera raised the point that she'd also inquired with OA about how their "virtual intergroup" maintains its 7th Tradition when it's the central place for donations for multiple virtual meetings. OA's approach to honoring the Tradition and being self-supporting is that those who wish to be part of the virtual intergroup donate to that directly, granting them access to the shared Zoom accounts if they choose.
- Amy L highlighted the need for forward-thinking regarding potential conflicts with meeting times and timezones in the future. She also asked how is OSPA Intergroup different from the single "super-volunteer"?
- Cassidy shared experiences of meetings she's attended in other fellowships where one person's financial support led to weaker meeting dynamics.
- Nina noted the differences between physical, "bricks and mortar" meetings and virtual meetings. She noted her interest in how other fellowships had been responding to the virtual world.
- Mera expressed she feels a lot of confusion around where donations go and where to log-in to host meetings. She cited there are a lot of variables that make it complicated for every meeting to have its own Zoom account. In the fellowships she investigated – where there is a centralized person who manages the single Zoom account – it simplifies and streamlines process, and everyone knows where to donate.
- Greg stated he supports Nina's proposal for two reasons: Firstly, it grants meetings autonomy, allowing them to choose whether to use an account funded by the OSPA Intergroup or not. Secondly, it ensures that each meeting has the freedom to decide its own course of action.
- Kirra pointed out that there were two conversations happening. The first was about whether each group should be entirely self-supporting. The second was that having access to a IG-funded Zoom account doesn't stop a meeting from having its own treasurer.
- Amy L: Are we creating a new IG service position to maintain the Zoom account? Would be more clear to know how this would happen

- Molly: Having a Treasurer helps us (individual meetings) grow up.
- **Motion to extend the meeting by 10 minutes. Motion seconded. Motion passed.**
- **Motion to extend meeting by 5 mins. Motion seconded. Motion Passed.**
- Nina gave an existing example of OSPA pooling resources. She cited the example of recovery chips. When meetings want chips, they request them from the chip representative in Intergroup, they don't have to print their own chips. She noted that none of the individual meetings are so self-supporting that they don't use shared resources.
- Nina: Amends motion to: Implementation of this motion will be addressed at the next meeting.
- Mera: Need to publicize the position. You can't have a what without a how.
- b. Discuss implementation of the removal of "OSPA welcomes those with the related disorders of Trichotillomania (hair pulling), and self-mutilation disorders" from the welcome.

- **New Business**

- a. Suggestion from Chair: Creation of a WhatsApp group for people with Intergroup service positions and meeting representatives to facilitate streamlined communication between meetings.
- b. Discussion / brainstorm of how we support members and share the solution and abstinence hope. (15 mins)

- **Meeting Ends:** 1:25pm EST

- **Next Intergroup Meeting Date:** Sunday, April 7th, 2024

- **Items to be Carried Over to the Next Business Meeting**

- **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.