

## OSPA Intergroup Meeting

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

Sunday, November 03, 2019

### Business Meeting Minutes

Meeting called to order: 12:17pm Eastern

1. Opened with the We Version of the Serenity Prayer
2. Service
  - a. Chair – Jamie
  - b. Secretary – Amy
  - c. Timer – Cassidy
3. Reading of the Twelve Traditions of OSPA – Molly
4. Introductions – 4 members in attendance Jamie, Molly, Amy, Cassidy
5. Meeting Minutes
  - a. Approval of previous month's Meeting Minutes
    - i. Seconded
    - ii. Motion passes 4 Y, 0 N

### Reports

1. Chair – Jamie
  - a. Question about the Intergroup Meeting Format on the website?
    - i. Clarification it should be the agenda.
    - ii. Webmaster will remove Meeting Format link on the Intergroup page.
    - iii. Will mention to regular chair about all making sure all service reports are listed in the agenda.
2. Treasurer – Greg
  - a. Starting balance as of 10/1/19: \$1,130.89  
Donations: \$22.00  
PayPal fees: \$1.57  
Distributions: \$0  
Ending balance as of 10/31/19: \$1,151.32
3. Webmaster – Molly
  - a. Google Analytic Statistics for October: 488 sessions, with 313 total users, of which 290 were new users. 23 countries were represented.
  - b. Review of most visited pages
    - i. Home –
    - ii. Meeting Schedule – 253 visits
  - c. Changed Meetings tab on website navigation to link to the Meeting Schedule, moved About OSPA Meetings to page underneath that.

- d. Question of what kind of statistics do we want to be tracking? What is the quality of the data?
  - e. Request again for Website Committee volunteers so not making changes and decisions on own. Asking for volunteers hasn't worked, no one has responded, will set a date/time for a meeting and report back next month.
4. Support Emails – Molly & Cassidy
- a. Sharing the position for the last two weeks, received two emails.
  - b. Question if the position is for one or two people?
    - i. For now sharing the position through December 31.
    - ii. With next elections looking for one person only.
5. Chip Representative – Jamie
- a. Still need to contact other 12 step fellowships and inquire how chips are made and distributed. Will follow up next month with another update.

### Old Business

1. Discussion on follow up support emails. Last IG we discussed whether we should follow up, after initial response to support emails. Including suggestion of auto reply a certain number of days after initial response. - Group agreed to review and reflect on Tradition 11, and to discuss at this meeting.
- a. Question of how auto-reply after the number of days would work?
  - b. Clarification it was for following up with newcomers after their initial inquiry.
  - c. Motion to discard suggestion of following up and to not do a follow up email, unless there is a follow up reply initiated by the other person.
    - i. Seconded
    - ii. Discussion
    - iii. Motion passes 4 Y, 0 N
  - d. Suggestion to instead explore carrying the message through outreach through phone lines, mailing information, treatment centers, facilities, physicians, public service announcements, etc.

### New Business

1. Discussion on suggestion from Amy to submit the Twelve Qualifying Questions as OSPA approved for use by the fellowship and on the website.
- a. Question about the title of Twelve Qualifying Questions?
  - b. Clarification the document states the title Are You and Obsessive Skin Picker.
    - i. Seconded
    - ii. Discussion
    - iii. Motion passes 4 Y, 0 N
2. Time check for meeting
- a. Motion to extend the meeting 5 minutes
    - i. Seconded
    - ii. Motion passes 4 Y, 0 N

3. Discussion on where to place the questions on the website.
    - a. Suggestion to explore how other fellowships list them on their website and place the links in the minutes and have all members review and bring suggestions to the next Intergroup meeting in December.
      - i. Seconded
      - ii. Motion passes 4 Y, 0 N
  4. Elections for all service positions in December, effective January 1
    - a. Chair
    - b. Secretary
    - c. Support emails
    - d. Treasurer
    - e. Webmaster
  5. Discussing an outreach committee and position
- Motion to close business meeting
  - Meeting adjourned: 1:07pm Eastern

**Next Meeting Date:** December 1, 2019 – 12:15pm Eastern

**Items Carried Over as Old Business:**

1. Discussion on where to place the questions on the website.
  - a. Suggestion to explore how other fellowships list them on their website. Below are examples from other fellowships to have all members review and bring suggestions to the next Intergroup meeting in December.
  - b. Examples:
    - i. A.A. - Is A.A. For You? Twelve questions only you can answer.  
[https://www.aa.org/pages/en\\_US/is-aa-for-you-twelve-questions-only-you-can-answer](https://www.aa.org/pages/en_US/is-aa-for-you-twelve-questions-only-you-can-answer)
    - ii. D.A. – Is D.A. for You?  
<https://debtorsanonymous.org/getting-started/da/>
    - iii. GA – 20 Questions / Are you Compulsive Gambler?  
<http://www.gamblersanonymous.org/ga/content/20-questions>
    - iv. OA - Are you a Compulsive Overeater?  
<https://oa.org/newcomers/how-do-i-start/are-you-a-compulsive-overeater/>
    - v. NA – Is NA for Me? / Am I an Addict?  
<https://na.org/?ID=IsNAForMe-content>  
[https://na.org/admin/include/spaw2/uploads/pdf/litfiles/us\\_english/IP/EN3107.pdf](https://na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/IP/EN3107.pdf)

- vi. SAA – Am I a Sex Addict? Self-Assessment.  
<https://saa-recovery.org/am-i-a-sex-addict/self-assessment/>
- vii. S.L.A.A. – 40 Questions for Self-Diagnosis  
[https://slaafws.org/download/core-files/The 40 Questions of SLAA.pdf](https://slaafws.org/download/core-files/The_40_Questions_of_SLAA.pdf)

- 2. Elections for all service positions
  - a. Chair
  - b. Secretary
  - c. Support emails
  - d. Treasurer
  - e. Webmaster
- 3. Discussing an outreach committee and position