

OSPA Intergroup Agenda

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

Sunday, February 4, 2024 / 12:15 – 1:15 pm Eastern

IG Commitments - February, 2024

Chair: Jamie (Vice-Chair), subbing in for Cassidy

Secretary & Google Drive: Emily K (absent), Cathryn subbed

Zoom Host:

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, 5 minutes then announce “time” when the meeting ends.

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

4. Introductions

- a. Brenda
- b. Kirra
- c. Nina
- d. Molly
- e. Jamie
- f. Amy
- g. Dave
- h. Agi
- i. Mera
- j. Greg
- k. Cathryn

5. Last month’s Meeting Minutes - Approved

6. Reports

- a. Treasurer -

Opening balance for Month January 2024: \$3,791.57

- \$ -8.43 PayPal fees (% of each donation)

+\$ 168.50 Donations

Closing Balance for Month January 2024: \$3,747.55

- Starting March the individual meeting Zooms will need to start paying for their accounts, need to make this announcement in meetings

- b. Web Manager and IT Status - Site Sessions: 769 (down 21%), Form Submissions: 3 (up 50%), Unique Visitors: 325 (down 27%),

- c. Tax Status Committee -
 - Having trouble working with the IRS, issue with finishing the 990N form
 - Working on it
 - After these taxes are filed Jamie needs to pass on this commitment
 - Amy: Question - have we considered using our funds to pay for help on this?
 - Adding to New Biz

- d. Email Support -
 - 5 email contacts and correspondences

- e. Social Media Account Moderator - Vacant

- f. Chip Representative - Jamie US, Emily Europe
 - Jamie sent Emily the EU chips in November
 - Sent one chip out in the US this month

- g. OSPA copyright/intellectual property Committee
 - We were recommended to copyright literature content first, no updates we're aware of

- h. Meeting Representatives: Are there any updates from the individual meeting representatives?
 - Monday 9pm ET:
 - Tuesday 2pm ET:
 - Tuesday 11pm ET:
 - Wednesday 2pm ET::
 - Thursday 7pm ET: Has a plan for raising funds
 - Saturday 3pm China time:
 - Sunday 7:30pm ET:
 - Sunday 11am ET:

7. Unfinished Business

- a. IG to authorise Jamie to buy 9 month and 2 year chips
 - Estimate was \$1200 for each chip
 - Shop around for cheaper option - Jamie

- b. OSPA business cards - The Traditions Committee has determined that it is a project based committee with a six month term. Its primary task is to review and edit existing literature pertaining to the Behaviour Lists and the Self-Care plan. Thus, reviewing the old OSPA brochure does not fall within the scope of the Traditions Committee.
 - They are meeting monthly, narrowing the focus of their committee, looking at the Traditions and how it impacts literature to start
 - Looking into bringing content from skinpickingrecovery.com over to the OSPA website
 - Are people able to join?
 - Currently it's not an official literature committee it's a project based committee that will only last 6 months, so it is closed
 - a. However we need a Literature Committee Chair to kick off a Literature Committee
 - i. Mera might be interested, will reach out to the last Chair
 - ii. Maybe Mera can join the Daily Reader group

8. New Business

- a. In the current OSPA preamble it writes: "OSPA welcomes those with the related disorders of Trichotillomania (hair pulling), and self-mutilation disorders".
Motion: Change to "OSPA welcomes those with the related disorder of Trichotillomania (hair-pulling) and other body-focused repetitive behaviors, such as nail biting, lip or cheek biting, and nose-picking."
 - Mera motion, Cathryn seconded
 - What is the goal for changing the wording?
 - Goal is to remove "self-mutilation disorders"
 - What about leaving it with "and other body-focused repetitive behaviors"?
 - Are we welcoming self mutilators to the program? Cathryn's understanding is that we are welcoming self mutilators as a related disorder in this program for recovery
 - Some think they are related, many of us have both and get recovery here for both
 - Important is the term "related" since trich and self mutilation are related disorders if not skin picking themselves
 - Personal opinion - cutting can fit into picking and/or self mutilation
 - Greg - not in favor of the motion
 - The name is Obsessive Skin Pickers Anonymous, being more specific is more problematic.
 - Nina - motion to keep this in unfinished business and discuss again
 - Amy - prefer to just eliminate the sentence "OSPA welcomes those with related disorders..."

- Looking at the 3rd tradition and the steps it says “desire to stop skin picking”... the important distinction is the individual’s definition.
 - Molly - more comfortable with making the sentence more simple per Greg’s suggestion
 - **Mera - Amend the Motion: Remove the sentence that says "OSPA welcomes those with the related disorders of Trichotillomania (hair pulling), and self-mutilation disorders".**
 - Seconded by Nina
 - Passes
- b. Motion: Create a single OSPA paid Zoom account which all meetings can use at different times.
- c. Discussion / brainstorm of how we support members and share the solution and abstinence hope. (15 mins)

9. Next Intergroup Meeting Date: Sunday, March 3, 2024

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

- a. Discuss implementation of the removal of "OSPA welcomes those with the related disorders of Trichotillomania (hair pulling), and self-mutilation disorders" from the welcome

11. Close the meeting with the “we” version of the Serenity Prayer:

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