

Greater Pittsburgh OA Intergroup Zoom Meeting Minutes

January 7, 2024 Minutes taken by Sheree C.

Reading of the Twelve Concepts of OA Service

ROLL CALL: (18 people present, 17 voting members)

4 Executive board: **Ro M.** (Chair), **Dee C.** (Treasurer), **Sheree C.** (Secretary), **Kristi K.** (Ex-Officio and Region 7 Rep)

2 Standing Chair(s)/Regional Reps/WSBC Delegates: **Liv S.** (Speakers), **Melanie G.** (Region 7 Rep)
(Outreach, VOR Editor and Special Events positions are Vacant)

Jessica F. (Webmaster) (Voice, no vote)

11 Reps: **Susan C.** (Mon 7:30p Brentwood), **Debbie B.** (Mon 7:30p Lower Burrell), **Linda C.** (Tue 7p Butler), **Beth A.** (Tue 7p Plum), **Gene M.** (Wed 5:45p Rostraver), **Ethel H.** (Wed 7p Greenfield), **Peggy L.** (Thu 5:30p Bellevue), **Jeanne H.** (Thu 6p Pleasant Hills), **Judy D.** (Sat 9a Pgh-Shadyside), **Elaine T.** (Sat 10a Monroeville), **Juanita K.** (Sat 10:30a Erie)

Anniversaries: Liv S. 6 months Abstinence

MINUTES: Motion made/accepted to approve December minutes as written.

REPORTS (Executive Board): All officer's reports reviewed.

Chair (Ro M): Best practices, colleges, Public Service Announcements to local TV stations were sent out

Vice Chair (Tricia S.) - Absent

Treasurer (Dee C.) - Financials Reviewed. Unrestricted funds are available for use.

REPORTS (Standing Committee Chairs): All chairs' reports reviewed.

12th Step Chair (Linda A.) Absent

Speaker's Bureau Chair (Liv S.) is updating Speaker's list and visiting meetings.

REPORTS (Other Trusted Servants): All trusted servants' reports reviewed.

Region 7 (Kristi K & Melanie G): Special Virtual Assembly was brief and covered 2 proposed amendments. Spring assembly will also be virtual.

WSBC (Tricia S): PSA was screen shared

Webmaster (Jessica): Please be sure to update your email addresses with Jess for the All-GPI list, and add them in your address book. Encourage active members to email her their addresses for inclusion.

DISCUSSION ITEMS:

- Operations
 - P.O. Box issue resolved. If you have sent contributions and had them returned, please resend.
 - **REQUEST:** Abstinent respondent to emails and phone calls to GPIOA needed. Jeanne is looking for someone to replace her as of January. Jeanne checks Verizon VM daily, and responds to inquiries and/or mails meeting lists by request. Email is checked as it comes in, since it is forwarded to her personal email.
 - Literature available for in-person meetings: Online meetings: Monday 7pm Sewickley, Monday 7:30 Brentwood, Thursday 10am Aspinwall, Thursday 7pm Pittsburgh-Oakland and Saturday 9am Pittsburgh/Shadyside all have literature available. Monroeville needs VOR 2nd edition and For Today books
 - Difference between Spirituality/Religion: short articles can be sent to RO for after-meeting newsletter.
- Attracting New Members
 - Requesting local TV stations' community/public affairs departments to air PSA. Request has been sent to the following stations: Please let Ro know if you're seeing them on local stations.

- Pittsburgh: KDKA, WTAE, WPXI, WPGH
- Johnstown: WTAJ, WJAC, WWCP
- Erie: WJET, WICU, WSEE, WFXP
- Bedford: WSET, WWCW
- Wheeling/Bridgeport: WBOY, WVFX
- **REQUEST:** Putting up posters in college student unions to attract younger members (list of local colleges at <https://gpioa.org/docs/gpimtgs/LocalColleges.pdf>). If you have or are a contact at these schools, please contact Ro with the college name and your home address and she will mail you the poster.
- Reminder to plan for newcomers at your meetings following the new year. Newcomer pamphlets are helpful to give/send to newcomers. There is a free download available from the OA bookstore.
- Encourage Service
 - Focus group on barriers to service, ½ hour discussion, let Ro know if you're interested in participating.
 - Open positions: Outreach, Voice of Recovery Editor, Events
- Provide Support for Online Meetings/Best Practices List (document at <https://gpioa.org/docs/gpimtgs/GPIOnlineBestPractices.pdf>)
- Establish More Face-to-Face Meetings
 - Criteria for successful Face to Face meeting launch (see <https://gpioa.org/mtgs.htm#start>)
 - **REQUEST:** Geographical gaps for in-person meetings: City of Pittsburgh, Route 8 North corridor, Route 28 North corridor to Armstrong County, Route 30 East to Westmoreland County, I376 West corridor, 19-79 corridor to Washington County. One person interested in starting a F2F at the addiction center in Harmarville. Contact Ro if you are in that area and interested in that meeting.

Other Workshops & Special Events

- 1/20 OA Birthday sponsored by Sat 10a Monroeville (flyer <https://gpioa.org/docs/events/24bday.pdf>)
- 2/24 GPI Unity Day Workshop on Zoom (flyer <https://gpioa.org/docs/events/24Unity.pdf>)
- May 7 Beaver 43rd Anniversary, Flyer is forthcoming
- Events by Region 7 & WSO events: Diamond State IG 45th Annual Retreat, OC, MD April 26-28
- Events sponsored by individual meetings
 - 1/11 Thursday 5:30p Bellevue 1st Anniversary Candlelight Gratitude Face to Face meeting (flyer <https://gpioa.org/docs/events/ThuBellevue1st.pdf>)
- **QUESTION:** What event topics do you want to see? A: Prevention of and Recovering from relapse, Different ways to do a Fourth Step; Group Anniversary celebrations; Overcoming shame
- Other Issues & Concerns: None mentioned
- Next Executive Board meeting is January 18, please submit agenda items before that.

Focus Group Volunteers: Email chair@gpioa.org if you are willing to join a 30-minute meeting in January to discuss your experience with GPI website and/or obstacles to service.

Post-Meeting Flyer: We are looking for 3 brief articles (2 paragraphs) on the difference between religion and spirituality for the Q1 follow-ups.

ITEMS TO TAKE BACK TO MEETINGS:

- Literature available from several meetings. If you have some available, send a list to Ro or Jessica.
- OA Birthday (See Upcoming Events)
- Posters at area colleges; Pick a school and we will send you a poster
- Online best practices list online
- Start a new face to face meeting: Areas identified needing meetings.

Meeting adjourned with OA Responsibility Pledge.

Next Meeting: February 21, 2024, 4PM same Zoom info.

GPI Reports for 1/7/2024

VACANT: Outreach, VOR Editor, Special Events, Region 7 Reps-2/ Alts-2, WSBC Delegates-2 / Alts-2

Chair (Ro M.): December Accomplishments

- Assembled list of best practices for online meetings
- Mapped gaps for in-person meetings in Allegheny and contiguous counties
- Identified universities and colleges for possible poster display.

Chair (Ro M.): January Goals

- Email PSAs to TV stations in our footprint
- Order posters for universities and colleges if members are willing to post
- Execute mailing to PCPs
- Hold focus group discussions on website experience and obstacles to service 1/13

Ex-Officio (Kristi K.): December Accomplishments

- All routine duties completed, nothing more to report.

Ex-Officio (Kristi K.): January Goals

- Meet with Ro and Jess to continue the work of switching our all-GPI emails to a more engaging email platform

Vice Chair (Patricia S.): December:

- Committee worked on several PnP manual amendments to present at later date.

Vice Chair (Patricia S.): January Goals:

- Committee to work on several PnP manual amendments to present at later date.
- Clarify duties and organize Vice Chair duties

Treasurer (Dee C.): December

- Current financial spreadsheet available at <https://gpiioa.org/docs/gpimtg/2312Financials.pdf>
- Financial Facts: Report Date: December 31, 2023, GPI - January 7, 2024 Meeting
 - Balance: \$10,041.70
 - Receipts vs Expenses: + \$ 450.00
 - December Contributions: \$813.00
 - 2023 Total Contributions \$8,983.50 Average Per Month: \$748.63
 - Unrestricted Fund Balance: \$ 5,257.70
- Note: I went to the East Liberty Post Office to find out why some of our mail was being returned to sender. Our Post Office Box was open but someone at the post office had put a sign on the box that it was closed. The sign was removed and mail service restored. Thank you for letting me know when your mail is returned.

Secretary (Sheree C): December

- All routine tasks completed in cooperation with Jessica

Secretary (Sheree C): January Goals

- Prepare meeting documents for February 2 upload to website
- Learn about the GPI emails and phone system and search for a volunteer to cover this task.

12th Step Within (Linda A): December

- Continued to work on Unity Day Celebration

12th Step Within (Linda A): January Goals

- Complete the plans for Unity Day.
- Brainstorm how to help those still suffering compulsive eaters in the rooms.

Speaker's Bureau (Liv S.): December Accomplishments:

- Attended two new meetings (Brentwood Sunday Evening and Cranberry Saturday morning) and talked about the Speaker's Bureau. One member to be added to the Speaker's List.
- Continued to work on updating the Speaker's List.

Speaker's Bureau (Liv S.): January Goals

- Monthly goal to attend two to three new meetings and to continue updating the Speakers List

Region 7 Representative (Kristi K. and Melanie G.): December Accomplishments:

- All routine duties completed, nothing more to report.

Region 7 representative (Kristi K. and Melanie G.): January Goals:

- Attend the Special (virtual) Assembly on January 5th

Region 7 ANNOUNCEMENTS to share with your Groups:

- **Special assembly January 5th, 2024 @ 7pm**
- *This Special Assembly is open to all members (*Reps and visitors) and it is free*
- *Here is the link to register if you have not done so already!*
- *Click here>>>>>*

<https://www.google.com/url?q=https://oaregion7.org/events/2024-region-7-special-assembly/&sa=D&source=editors&ust=1703302545451443&usg=AOvVaw3qoFb1cnA1xJnWKAYppn69>

- Free download on oa.org: Service, Traditions, and Concepts workshop
- To receive information on the events listed below, join Reg 7 email list at:

<https://oaregion7.org/forms/request-google-group-access>

Region 7 Assembly and Convention are listed on the 1st pg of Reg 7 website. Other events, including flyers, are available from the Region 7 email list.

World Service Business Conference (WSBC) Delegate (Patricia S.): December

- PI/PO meeting: November 29 at 2:30pm (4th Wednesday)
- Public Service Announcement (PSA) at:
<https://oa.org/service-bodies/public-information-and-professional-outreach/>
- PI/PO poster available in bookstore; QR code links to 15 questions quiz
- Military Documents: need committee approval; no one present
- Professional Presentation Packet: no response from MC
- Welcome Room: if change images, need committee approval in January
- Lifeline/Social Media: lost chair; to regroup with new chair: have 4 possible projects
- Document audit: Hope to vote on their work at Dec or Jan meeting
- Committee/Subcommittee structure: co-chair to email to members
- Jan 5: Subcommittee reports to chairs
- Jan 15: Chairs to review and forward to WSO
- End of February: All reports will be in binder for delegates
- December meeting canceled

WSBC Delegate (Patricia S.): January Goals

- Attend PI/PO Committee: January 17 at 2:30pm
- To approve Professional Presentation Packet, document audit report, military documents
- **ANNOUNCEMENTS:**
 - 2024 WSBC Conference: May 7-11, 2024 in Albuquerque, NM. Face to Face (F2F) only
 - MR8 (international region): TIPS series to answer "how to" questions: grow/develop new groups/meetings; use PIPO efforts to bring newcomers; host recovery events.

GPI Webmaster/Administrative Special Worker (Jessica F): December Accomplishments

- All routine duties completed, nothing more to report
- Jeanne H responded to email requests for meeting information
 - 2023-7 sent: 1 Jan, 0 Feb, 1 Mar, 0 Apr/May, 1 Jun, 2 Jul, 0 Aug, 0 Sep, 0 Oct, 1 Nov, 1 Dec
- Jeanne H is checking voicemail & sending out meeting packets:
 - 2023-10 sent: 3 Jan, 1 Feb, 0 Mar, 1 Apr/May, 2 Jun, 1 Jul, 0 Aug, 0 Sep, 0 Oct, 0 Nov, 2 Dec
 - Add'l 2023 legit vm-6: 5 in March re: PO box, 1 in December

GPI Webmaster/Administrative Special Worker (Jessica F): January Goals

- Finalize transition/rollout procedure for new MailChimp list
- Continue work on adding “search” function to GPI website, and ensure it can search within publicly available documents on our website
- Incorporate recommendations from website focus group as possible/appropriate
- Work with Exec Board & secretarial committee member on contingency planning & GPI Archive policy
- (future goal) restart work with Tech committee to keep WSO meeting list current & review our website
- (future goal) Move publicly available archive documents to GPI website from google as appropriate
- (future goal) review GPI physical documents & scan for online archive