

LOS ANGELES INTERGROUP OF OVEREATERS ANONYMOUS
DELEGATES MEETING AGENDA
DATE: 10/18/2025 at TIME: 10:30 AM

Meeting ID: 986 8413 8128

Passcode: 586561

Click to Join URL: <https://zoom.us/j/98684138128?pwd=Y3ExOGpML3o1VjREeWdaT0s5NTBIQT09>

1. At 10:29 Janet noted that a quorum had been reached
2. **Meeting Opened:** 10:30 by John K. "We" version of the Serenity Prayer was recited
3. **TRADITION OF THE MONTH: 10th Tradition**
"Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy."
 - Alison share on the tradition for 2 minutes.
4. **DELEGATE ROLE:** Hannah read
5. **ROLL CALL:** Janet explained sign in sheet procedures.
6. **BIRTHDAYS:** John K. Asked if there were any birthdays.
7. **REVIEW MINUTES: Timed 2 minute review.**
 - Alison noted that the spelling of her name only has one "L" — not two as shown in the September minutes
 - Marc noted the correct date of the Men's Retreat is October 31-November 2nd
 - Marc motioned to approve minutes. Pamella seconded. Minutes were approved.

8. OFFICERS REPORTS

CHAIR: John K

- Board Elections. John gave overview confirming that it was a two year commitment with 1 year of abstinence and the completion of the 4th and 5th step, have a sponsor & attend Delegates meetings (unless there is an exemption of religious reasons or a request to be excused due to travel etc.)
- There are currently 4 open positions.
- Leo was nominated by Matt, nomination was seconded, nomination passed.
- Dan was nominated by Matt, nomination was seconded, nomination passed.
- Hannah was nominated by Matt, nomination was seconded, nomination passed.
- Caroline C. was nominated by Matt, nomination was seconded, nomination passed.
- John introduced Matt & Vida to give update on merger and related documents.
 - Timeline was reviewed
 - "Pros & Cons" document was reviewed and it was noted that an emphasis was placed on the Principals when drafted
 - The virtual town hall will take place on November 1st.
 - Matt will post event on the website.

NEXT BOARD MEETING: 11/04/2025

NEXT DELEGATES MEETING: 11/15/2025

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DELEGATES MEETING AGENDA

TREASURER: Chaya/Karen (Chaya excused)

- The treasurer can be reached at treasurer@oalaig.org.
- Karen presented Financial Reports for September 2025

VICE CHAIR: Lillian M

- No report

SECRETARY: Kathy N.

- No report

OALAIG OFFICE MANAGER: Janet Z

- Office Update - out of office notice will go out while Janet recovers from surgery. She may be out for up to 6 weeks.

9. COMMITTEE REPORTS

NEW MEDIA: Matt S

- New website was reviewed and demonstrated.

BIRTHDAY PARTY: Vida I.S.

- Registration for both the birthday party and the hotel is scheduled to open the week of October 24th! We will email you as soon as it is ready! Please announce at your meetings. Flyer with QR code to follow!
- Boutique collection will continue through the birthday party!
- If you have not already, please have your meeting vote on if they will do a collection for the birthday party or donate an item to the prize drawing.

WORKSHOPS/FELLOWSHIP: Roberta L (excused). John announced:

- Save the Date! Thanksgiving in the Park, November 27, 2025. Recovery, Fun, and Fellowship (see flyer & announcements!)

COMMUNICATIONS: Lewis K (Excused)

- The latest issue of the 12th-Stepper is out, available at <https://www.oalaig.org/our-intergroup/the-12th-stepper-newsletter/>
- Please send your meeting's news, candles, etc. for the November issue. Email communications@oalaig.org
- Please ask your meeting fellows to check out the 12th-Stepper.

PUBLIC OUTREACH/INCLUSION: Nicole S

- No report

WSBC REPRESENTATIVE: Ransom M

- No Report

REGION TWO RESENTATIVE: Pamela W

- No report

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- 10. UNFINISHED BUSINESS:** vote on merger will take place at next Delegates Meeting.
- 11. NEW BUSINESS:** Delegates please announce the flyers for upcoming events and retreats in delegates package and print out one copy for in person meetings
- 12. ADJOURNMENT:** Motion was made to adjourn by Marc, motions seconded, meeting adjourned.
- 13. CLOSING PRAYER:** The **OA Promise** were ready by Karen.
- 14. Meeting concluded at 11:40 am.

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