

## **Las Vegas OA Intergroup Minutes September 14, 2024**

Present: Carole C. (Chair), Julie B., Ellen R., Maria L., Bernadette, Johanna, April, Karen S., Rose D., Victoria L., Amy S. (Quorum declared)

Old Business:

Minutes of August 10, 2024, were approved as presented.

- Treasurer, Karen:
  - The treasurer's report was approved as presented.
  - Motion was made and approved to add Zelle (no fees) to website as another alternative for members to make donations and receive reimbursements.
  
- Region III Delegate, Maria: Maria was very appreciative of the opportunity to attend the Region 3 Fall Assembly. Maria provided a report and it is attached.
  
- Corresponding Secretary and Zoom Administrator, Scott: Not in attendance.
  
- Board Adviser, Ellen:
  - The Bylaws Committee sent the bylaws to group reps for reps to get feedback from their meetings. Feedback is due Thursday, September 26, 2024.
  - Policy Manual will be the next item up for review.
  
- Voice Mail, Julie: Julie reported receiving 3 calls looking for in person meetings.
  
- Newsletter, Linda: The third quarter newsletter is now on the website.
  
- Literature, Johanna: All is good. No more free literature.
  
- Meeting Lists, Victoria: All group numbers have been updated on the meeting list. Kingman meeting closed.

- Fall Retreat, Johanna: A firm date of Saturday, November 16, 2024 has been approved for the fall retreat as well as a location. The location is Grace in the Desert Episcopal Church, 2004 Spring Gate Lane, LV, NV 89134.

Region 3 Vice Chair Judy will be leading the 4 topics chosen by Las Vegas OA for the retreat: Relapse Prevention; Traditions and Service; Steps 6 & 7, and Practicing the Presence of God.

Johanna also suggested that calls be made before the retreat to remind groups about the retreat.

Carole has graciously agreed to host Judy for the fall retreat.

Scott will receive flyers from Region 3.

- The following committees are in need of members to head them: PIPO, Ways and Means, and Twelfth Step Within.

#### New Business

- New location for the fall retreat has been approved as well as \$400 for the cost of the meeting space.
- Volunteers are needed to help set up (8am) and take down chairs for the fall retreat
- Permission for bingo prizes and literature pieces.
- Look into insurance for meetings. Reach out to Region 3 to see if they have any insurance we can use or suggestions.
- Please talk up intergroup at meetings.
- The next meeting will be at 12:30 p.m. Saturday, October 12, 2024, on Zoom.

Respectfully submitted in OA service by Rose D., co-recording secretary.

Attachment: Report from Maria on Region 3 Fall Assembly.

Region 3 Report, Fall 2024 Assembly (Sept. 5-8, 2024)  
Abilene, TX

1) MOTION PASSED: New areas officially added to OA Region 3:

Region III  
F24-BL01: ARTICLE III – COMPOSITION

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Move to Amend: Amend Region III geographic composition to incorporate Intergroups from other states.

Present Wording	Proposed Wording
Region III shall consist of Overeaters Anonymous groups and intergroups located in Arizona, Colorado, Southern Nevada, New Mexico, Oklahoma, Texas, and Utah.	Region III shall consist of Overeaters Anonymous groups and intergroups located in Arizona, Colorado, Iowa (excluding Eastern Iowa), Kansas (excluding Greater Kansas City), Nebraska, Southern Nevada, New Mexico, Oklahoma, South Dakota, Texas, and Utah.  Proviso: If BL-01, Article III, Composition, is passed, voting rights for Region Representatives from the new states shall be granted immediately.

Submitted by: Bylaws Committee

Intent: Adjust Bylaws to reflect the expanded geographic Region III boundaries due to the dissolution of Region 4.

Implementation: Update Bylaws

Cost: Zero

Argument: To accurately reflect expanded geographic Region III boundaries. This change will enable Region Representatives for these boundaries to have voices and votes at Assembly (Article V, Membership, A.)

History: None

2) TAKE DOWN ANY IMAGES FROM OUR WEBSITE THAT ARE NOT COPYRIGHTED. This **includes any images used in our newsletters**. Apparently, non-profit websites are being scoured for non-copyrighted images so they can be legally charged with copyright infringement and have to pay damages (\$2,500 for example). So please no non-copyrighted images on our website or any social media posts in regard to OA. (FYI: [Unsplash.com](https://unsplash.com) and [pixabay.com](https://pixabay.com) are websites one can use for free images.)

3) For our individual meetings, please let us focus on ATTRACTION and RETENTION. Attraction being what encourages people to come to OA meetings and retention on what helps them to stay.

[OA.ORG](https://oa.org) has a *Newcomers' First Twelve Days* document, which is a suggested structured format for working with newcomers. Document here:

<https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/>

Another example, Oklahoma City Intergroup does what they refer to as “F10”:

**First Ten Days (F10) meetings (online)**

**Program Boost OA First 10 Days Temporary Sponsor & Step Training**

<https://www.oaokc.org/local-meetings.html>

They run this 10-day workshop the first 10 days of every month to give newcomers a boost and an introduction to the program. (Something perhaps LVOA to consider doing in Jan. as part of our 12 Step Within?)

4) March 29, 2025, Region 3 Spring Assembly, VIRTUAL  
Oct. 16-19, 2025, Region 3 Fall Assembly, OKLAHOMA CITY\*  
Spring 2026 Region 3 Assembly – AVAILABLE!  
Fall 2026 Region 3 Assembly, PHOENIX, AZ

\*(Fall 2025 Oklahoma City hotel, Saddleback Inn, \$87/night, breakfast provided, pool, hot tub, restaurant on premises.)

5) Tablecloth for PIPO events if you are setting up a table at a local fair, convention, etc. R3 will pay for your “roundtrip” shipping to have the tablecloth for your event.

6) There is a speakers list you can request for speakers for meetings, workshops, etc.  
<https://www.oaregion3.org/oar3-speakers-list/speaker-list-request/>

They are also always looking for speakers if you meet the qualifications:

<https://www.oaregion3.org/speakers-list-application-form-wpforms/>

7) This pamphlet has been updated and is available on OA.org: *OA Handbook for Member, Groups and Service Bodies: Recovery Opportunities*  
<https://bookstore.oa.org/pamphlets/oa-handbook-for-members-groups-and-service-bodies-recovery-opportunities-120.asp>

- 8) Both R3 and WSO could use higher donations. If you donate directly, please make sure either the correct intergroup or group number is on your donation.
- 9) WSO has a new *Social Media Coordinator*, and they are doing more FB and Instagram ads for OA.
- 10) Financially, we are ok in Region 3, big transition to a new version of online QuickBooks. Region 3 had money for scholarships to the assembly this year because of leftover funds due to little travel during COVID. Those funds have been properly utilized and scholarship funds going forward will be evaluated as to the “true need for the funding” and to keep that in mind before requesting.
- 11) Elections for R3: New Chair – Marla D., Recording Secretary – Vicki W. will continue, Digital Content Coordinator, Rachel will continue.
- 12) LVOA R3 Alternate Rep., Karen, served on audit committee. She is also now co-chair of the *Ways, Means and Finance Committee*. Her overall skills as well as knowledge of QuickBooks were greatly valued. R3 Steering Committee was very appreciative of her contribution to R3 as a whole.
- 13) I joined the Ways, Means and Finance Committee and somehow, I will be creating a PDF for individuals to find their group number in the event they do not know how to get that information.
- 14) Abilene had 75 raffle items, so not sure we need to donate to raffles in the future.

I am deeply appreciative of this opportunity to serve as your R3 Rep.

Sincerely,  
Maria L.

**Bullet points for Intergroup Reps to share with individual meetings:**

- New areas added to R3 as a result of dissolution of R4.
- Please no non-copyrighted images on our website or any social media posts in regard to OA.
- Let us focus on ATTRACTION and RETENTION in our meetings.

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- Oct. 16-19, 2025, Region 3 Fall Assembly, OKLAHOMA CITY, Convention Oct. 17 (evening) through Oct. 19, 2025. Fall 2025 Oklahoma City hotel, **Saddleback Inn**, \$87/night, breakfast provided, pool, hot tub, restaurant on premises.

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