San Francisco OA Intergroup

Meeting Minutes

Date: Saturday, June 13, 2026
Time: 9:30–11:00 AM
Location: CPMC Davies Hospital, Room B1 & Zoom
Meeting Type: Special Intergroup Group Inventory
Facilitator: Mike K., former Region 2 Trustee

Rather than conducting the usual monthly business meeting, the Intergroup devoted the session to a group inventory facilitated by Mike K. Mike explained that the purpose of the inventory was to reflect honestly on how the Intergroup can remain strong, welcoming, spiritually grounded, and effective in carrying the OA message. He emphasized Tradition Two, trust in trusted servants, and the importance of bringing recovery principles into service and business meetings.

Intergroup Group Inventory

Meeting Structure and Timekeeping

The group discussed whether Intergroup meetings begin and end on time.

- Meetings generally begin within approximately five minutes of the scheduled start time. Any delays are usually related to the logistics of running a hybrid meeting.
- The group felt that meetings generally end on time and acknowledged the work required to make both in-person and Zoom participation possible.
- Mike commended the Intergroup for managing the hybrid format effectively.

Onboarding and Mentorship for New Representatives

The group discussed how new meeting representatives and incoming trusted servants are welcomed and supported.

- Board members and officers generally receive strong support and guidance from prior trusted servants during transitions.
- The onboarding experience for new meeting representatives is less consistent, particularly for those attending remotely.
- The existing meeting script includes an opportunity to identify new attendees and offer mentorship, but the hybrid format has made informal pairing more difficult.
- A newer representative shared that attending in person made it easier to receive support, while a newcomer joining by Zoom may not have the same experience.
- The group discussed assigning a specific mentor to each new representative and asking that person to follow up after the meeting.
- One suggestion was to create a rotating pool of mentors who would commit to serving for a month, quarter, or year.

Mike encouraged representatives to view mentorship as a personal service opportunity rather than a responsibility that falls only to officers.

Recovery Principles in the Business Meeting

The group discussed whether Intergroup meetings remain grounded in the Twelve Steps, Twelve Traditions, and the purpose of OA.

- Several participants described the Intergroup as organized, respectful, and focused on moving business forward.
- Jeremiah noted that OA SF produces an agenda, follows the agenda, and generally reaches decisions through substantial unanimity.
- Participants felt that trusted servants are given room to present reports, answer questions, and be heard.
- Kim shared that she has felt trusted and respected as treasurer and received a strong handoff from the previous treasurer.
- The group discussed the distinction between explicitly talking about recovery and practicing recovery through respectful, disciplined service.
- Mike emphasized that recovery principles should be reflected in how members listen, participate, disagree, and conduct business.

A participant suggested opening future meetings with a concise statement explaining the purpose of Intergroup and how its work supports OA groups and members. The group responded positively to the idea.

New Business and Group-Conscience Decisions

The group discussed how new business is introduced and considered.

- New business may be raised by officers, committee chairs, meeting representatives, or other members.
- Topics are sometimes discussed when they first arise and sometimes carried forward to a later meeting when more information is needed.
- The Intergroup generally allows time for questions, pros and cons, and differing viewpoints before reaching decisions.
- The group noted that it may be helpful to distinguish more clearly between informational reports and items requiring discussion or action.
- The weekly report-request email could more explicitly explain how members may submit agenda items or new business.
- The group discussed ensuring that new representatives are added promptly to the mailing list so they receive agendas and report requests.

Mike suggested that especially complex or divisive questions could be assigned to a small working group representing multiple viewpoints, including a neutral participant, before returning to Intergroup with a recommendation.

Respectful Discussion, Minority Viewpoints, and Anonymity

The group discussed whether members are heard fully and whether anonymity and respectful conduct are maintained.

- Participants generally felt that the Intergroup allows space for differing opinions and does not rush decisions.
- The chair described trying to create room for minority viewpoints while also maintaining an efficient meeting.
- Participants did not report a pattern of gossip, triangulation, or discussion of personalities after meetings.
- The group clarified that meeting representatives may report Intergroup business back to their groups, including items not included in the brief monthly highlights.
- The monthly highlights are intended as a concise reporting aid, not as a restriction on what representatives may share.
- Members agreed that reports should focus on business and principles rather than attributing comments unnecessarily to individual members.

Mike encouraged the group to continue placing principles before personalities.

Financial Health and Seventh Tradition

The group discussed the Intergroup's financial position and the ways meetings and members contribute.

- Participants described OA SF as financially healthy and well supported.
- The annual budget is approximately $25,000.
- Virtual meetings contribute substantially to the Intergroup, including two daily Zoom meetings that may be among its largest contributors.
- The availability of recurring digital donations has helped maintain consistent giving across virtual and hybrid meetings.
- In-person meetings generally manage their own contributions and determine their own allocations to Intergroup, Region 2, and World Service.
- The group remains attentive to passing along excess funds rather than holding unnecessary reserves.
- Jeremiah shared that OA SF ranks among the stronger Region 2 intergroups in average contributions per group and commended the Intergroup for supporting both its local work and the broader service structure.

A participant raised difficulty correcting a recurring donation. The treasurer offered to follow up directly and provide assistance.

OA Literature and Service Resources

Mike recommended that the Intergroup obtain a copy of the **OA Handbook for Members, Groups, and Service Bodies** as a reference for trusted servants and representatives.

- Jeremiah noted that the handbook can help newer members understand OA's service structure without requiring each Intergroup to recreate foundational guidance.
- The group noted that the existing literature budget could potentially be used to purchase a reference copy.
- Mike also suggested considering a brief reading from OA-approved literature or the full Concept of the Month at the beginning of future meetings.

Intergroup Participation and Open Service Positions

The group identified participation and service as its most significant ongoing challenge.

- OA SF was unable to send a delegate to World Service this year.
- Many local meetings do not currently send representatives to Intergroup.

- Several board and committee positions remain unfilled.
- Groups and Events and Outreach were identified as areas needing additional leadership and participation.
- The 12th Step Within Committee remains active and plans to hold its annual 12/12 event. The format has not yet been determined, although the prior year's hybrid event was considered successful.
- Participants noted that strong meeting-level participation does not always translate into Intergroup-level service.
- Mike observed that recruiting trusted servants is a widespread challenge across OA service bodies, not a problem unique to San Francisco.

Communicating Intergroup's Work to Local Meetings

The group discussed ways to strengthen the connection between Intergroup and local meetings.

- A form exists for updating meeting-representative information, but maintaining accurate records is challenging as representatives rotate.
- Some participants suggested more active outreach to meetings that do not currently send representatives.
- The group discussed a past practice of assigning Intergroup members to visit local meetings, explain Intergroup's work, and invite participation.
- Others suggested using the OA SF website more effectively rather than relying heavily on officers to visit every meeting.
- Jeremiah praised the OA SF website as especially clean and accessible.
- Suggestions included posting meeting highlights, open positions, service opportunities, and clear sign-up information on the website.
- Participants emphasized that members are more likely to volunteer when they understand what Intergroup does, how funds are used, and how service supports local meetings.

Hybrid Participation and Meeting Conduct

The group discussed the benefits and challenges of the hybrid format.

- Hybrid meetings expand access and allow participation from members who are not physically present in San Francisco.
- Remote participants may sometimes feel less connected to the in-person room or have difficulty hearing side conversations.
- The group reiterated the importance of asking participants to raise their hands and limiting crosstalk.

- The chair shared that she attempts to intervene when crosstalk occurs.

Strengths Identified

The inventory highlighted several areas in which OA SF Intergroup is functioning well:

- Meetings are organized, agenda-driven, and generally run on time.
- Trusted servants are treated with respect and are given opportunities to answer questions.
- The group allows discussion and does not rush major decisions.
- The Intergroup is financially healthy and has created accessible ways for members to contribute.
- Virtual meetings are well supported and make substantial contributions.
- OA SF maintains a strong website and has conducted visible outreach, including BART advertising.
- The annual 12th Step Within event remains active.
- Members bring seriousness, commitment, and recovery principles to service.

Mike encouraged the Intergroup to recognize these assets while continuing to address areas for improvement.

Areas for Follow-Up

- Add a brief explanation of Intergroup's role: supporting local meetings, coordinating shared services, and connecting groups with Region 2 and World Service.
- Assign each new Intergroup representative a mentor to answer questions and follow up after the meeting, especially for remote attendees.
- Update the report-request email to clarify how members may submit new business and ensure the chair is included.
- Improve the process for adding new representatives to the Intergroup mailing list.
- Consider purchasing the OA Handbook for Members, Groups, and Service Bodies as an Intergroup reference.
- Explore posting meeting highlights, open positions, and service opportunities more prominently on the OA SF website.
- Continue discussing barriers to sponsorship, participation, and service across the broader local fellowship.
- Follow up directly with Frances regarding recurring-donation correction resources.

Attendance

Attendee	Title / Role
Kenda	OA SF Intergroup Chair
Kathy	OA SF Intergroup Vice Chair
Zach Matheson	Secretary
Kim	OA SF Intergroup Treasurer
Chris	Sponsorship & Newcomer Committee Chair
Trish	eMedia Committee
Carol M.	12th Step Within representative
Nancy E.	Region 2 Assembly representative
Jeremiah A.	Region 2 Chair
Mike K.	Group-inventory facilitator; former Region 2 Trustee
Cecilia T.	Intergroup representative, Wednesday 8:00 p.m. Relapse & Recovery meeting
Virginia	Intergroup representative, Saturday 9:45 a.m. Writing meeting
Medini R.	Intergroup representative, Tuesday 7:30 p.m. Century Meeting / 100 Pounders
Jenny	12/12 12th Step Within event committee member
Frances	Attendee from Solutions & Serenity; not an official representative
Emma	Attendee / meeting representative; specific meeting not clearly identified in the transcript
???	Intergroup representative, Tuesday evening in-person Relapse & Recovery meeting

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Board List

Position	Name	Email	Phone
Chair	Kenda	chair@oasf.org	415-518-2485
Vice Chair	Kathy N.	vicechair@oasf.org	603-689-8215
Secretary	Zach M.	zmathesonsf@gmail.com	415-722-3967
Treasurer	Kim O.	kdosmer@gmail.com / treasurer@oasf.org	415-806-2407
Region II Rep	Nancy E.	nancyesteva@gmail.com	415-573-8679
World Service Delegate	???	???	???
Sponsorship & Newcomer	Chris M.	millschristine24@gmail.com	415-580-8480

Committee Chairs List

Committee	Chair	Email	Phone
Sponsorship & Newcomer	Chris	millschristine24@gmail.com	(415) 580-8480
Professional Outreach/Public Info	Open	N/A	N/A
Special Events	Open	N/A	N/A
Twelfth-Step-Within	Carol	cpkelly99@gmail.com	415-518-4501

Meeting Schedule

In-Person Meetings

Day	Time	Meeting Name	Location	Rep	Phone	Email
Mon	6p	Welcome All	Castro Country Club, SF	Alexander D.	(503) 260-2543	amcdemoulin@gmail.com
Tues	7:30p	Relapse & Recovery	CPMC Davies, Room B2	Emma A	(530) 277-8289	
Thurs	5:30p	Commitment to Abstinence	Calvary Presbyterian Church	Colleen		
Sat	9:45a	Writing	CPMC Davies, Room B2	Virginia	(415) 902-7302	
Sat	11a	General Meeting	CPMC Davies, Room B2	Scott	(608) 217-8351	

Virtual Meetings

Day	Time	Meeting Name	Rep	Phone	Email
Daily	7a	Solutions & Serenity	Toby		
Daily	7a	One Day At A Time	Mitchel B.	(510) 523-5166	dj2blair@gmail.com
Daily	12p	Mini-Meeting – Writing/Meditation	OPEN		
Mon	9a	Anorexia Literature	OPEN		
Mon	6:30p	Commitment to Abstinence	Cindy B.		
Mon	7p	SF LGBTQ	OPEN		
Tues	7p	Newcomer Meeting	OPEN		
Tues	7:30p	Century Meeting / 100 Pounders	Geena P.	(323) 301-9700	gaparnell@gmail.com
Wed	7a	Spanish Speaking	OPEN		
Wed	8:30a	Meditation & Writing	OPEN		
Wed	6:15p	Women's Meeting	Sol	(415) 754-5722	Sol.mirkin@gmail.com
Wed	8p	12th Step Within: Relapse & Recovery	Cecilia T.	(707) 472-6117	cecilia@mcn.org
Thurs	6:30p	LGBTQIIA – Body Image & Sexuality	Amy C.	(650) 534-6685	amycavoto@gmail.com
Thurs	8p	Speaker / Literature	OPEN		
Sat	9a	St. Francis	OPEN		

Sun	9:30a	Literature/Speaker Meeting	Allison		
Sun	6:30p	LGBTQ+	OPEN		