

Sacramento Valley Intergroup of Overeaters Anonymous (SVIOA)

Considerations for Groups in Choosing Meeting Format

This document is provided only as a resource, is suggestive only, and is not a directive or recommendation by SVIOA. It is not OA conference approved.

Below are questions and issues that may be helpful as your group considers how it will conduct meetings going forward. This decision may take careful and thoughtful discussion and consideration, including a review of OA's 12 Traditions. The four options discussed in this document are:

- A. Stay on Zoom;
- B. Go back to in-person;
- C. Split into two separate meetings (one on zoom, one in-person); or
- D. Implement a hybrid meeting where some people are in-person and others are participating via Zoom or phone.

The State of California has lifted most COVID-related restrictions, so groups can resume meeting in person if they wish. Groups considering resuming in-person meetings should know and follow CDC and local guidelines to protect the health and safety of its members, OA as a whole, and others with whom we come in contact.

SVIOA endeavors to honor and respect each of OA's 12 Traditions. It remains vigilant in protecting **Tradition Four**: "Each group should be autonomous except in matters affecting other groups or OA as a whole." Thus, Sac Valley Intergroup will not influence or interfere in each group's process to determine what meeting format it wishes to employ going forward, or how they will accomplish it. **Tradition 2** describes what a group conscience is, and how and why it is so valuable. The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Tradition 2, starting on page 99, may be helpful for the group members during the decision-making process.

Meeting Format Options

A. STAY ON ZOOM

Simply let the Intergroup Meeting List Coordinator know of the decision to remain on zoom (aka virtual) so the meeting can be properly listed on the SVIOA website and in the Valley Voice.

B. GO BACK TO IN-PERSON

1. Location

- a) Can the group return to its prior facility?
- b) Will rental payments remain the same?
- c) Does the facility have COVID or other restrictions? Is the group willing to abide by the facility's restrictions? Who will enforce and ensure compliance?
- d) If the facility imposes a restriction on the number of participants, how will the group handle any overage?
- e) How soon can the meeting resume at the old facility?

Note: There is a turnaround time of about two weeks to get the updated meeting information to appear on the SVIOA website, and up to a month for the Valley Voice. If needed, Evidence of Insurance can be obtained from the Intergroup Treasurer.

2. Physical contact considerations

- a) Is there sufficient room to spread out chairs for those who want to maintain a larger distance from their fellows?
- b) Will the group supply hand sanitizer?
- c) Does the group want to establish its own requirements for masks or social distancing? Who will enforce and ensure compliance?
- d) Will a basket be passed?

- e) Will literature be shared or passed to readers?
- f) Will chips be handed out?
- g) Will there be any suggested restrictions on hugging, handshakes, or holding hands during opening or closing recitations?

C. SPLIT BETWEEN ZOOM AND IN-PERSON

1. Are there enough regular attendees to support both meeting formats – including being self-supporting, and filling service positions?
2. Which of the two meetings will retain the existing World Service group number?

Note: The meeting not retaining the group number will need to register with World Service and then inform the SVIOA Meeting List Coordinator for posting on the website and in the Valley Voice.

D. IMPLEMENT A HYBRID MEETING

Note: The items under B. Go Back to In-Person – above - apply to hybrid meetings, as well.

1. Who will volunteer to lead the transition for the group? Should the group form an ad-hoc committee?
2. While the hybrid issue is investigated and implemented, will the group remain on Zoom or meet in-person?
3. Does the group have the technical capability for a hybrid meeting? Technical expertise is needed in setting up and running a phone or video option.
4. Does the facility have the technical capability for a hybrid meeting? For example, does it have Wifi and/or Ethernet availability? If not, will the meeting be able to support connections via cell phone?
5. What equipment is needed? How will this be funded?
6. Will all attendees (in-person and virtual) have the same opportunity to share and feel included? How will this be accomplished?
7. Does the group have enough members to simultaneously support the in-person and virtual attendees? Having someone to be the tech host/secretary in addition to the in-person secretary may be helpful.

All meeting types can remain part of the Sacramento Valley Intergroup and be listed on the SVIOA website and in the Valley Voice. Groups are responsible for notifying the Intergroup Meeting List Coordinator of any changes to the meeting format (i.e., Zoom, in-person, or hybrid) and updating the meeting listing on the World Service website.

The SVIOA website has a page with additional resources from a variety of sources that may be helpful as groups consider the hybrid meeting option. None of the documents on the web page, including this one, are OA conference approved. Furthermore, Sacramento Valley Intergroup does not endorse, recommend, or otherwise support any of the information contained in the documents, nor does it take a position on best practices, technologies, etc.