

Draft Minutes for Greater East Bay ACA Intergroup (GEBACA)

Monday April 26, 2021 5:30 p.m-6:50 p.m.

(Meeting time changed due to ACA Annual Business Conference taking place during the normal meeting time on 4th Saturday of April)

Zoom only meeting.

Join Zoom Meeting

Meeting ID: 116 286 465

Passcode: 103012

Meeting Agenda

A. Serenity Prayer and Introductions

Present -- Shari K. Chairperson, Marcus H. Secretary, Denise P-C. Public Information Officer, Stephanie Events & Activities Officer and H & I Officer, Carol L. Communications Officer and IGR for Brentwood Wed 6pm , Hannah J. Young People Liaison , Krystl IGR for new Oakland Tues 9pm AAPI/South Asians Safe Spaces, Mike R. IGR for new Berkeley Sun 10:30am A Breath of Fresh Air, Angela Monday Concord,

Present after introductions -- Samantha G. Vice Chairperson, Dean P. Literature Officer.

B. Standard Meeting Readings

- . GEBACA Mission Statement.
- . Concept III
- . Tradition III
- . Tradition III Meditation

C. Review and Approval of Agenda

Guest from new meeting will go first in the agenda

Meeting will end at 6:50pm due to this meeting being changed to Monday and another meeting starting on Zoom at 7pm.

add item about 3 new meetings starting to New Business

D. Review and Approval of March Meeting Minutes

Minutes approved as written

E. Trusted Servant's Reports

Krystal Intergroup Rep for new Oakland Tues 9pm AAPI/South Asians Safe Spaces meeting. They read from Strengthening My Recovery . It has been meeting for almost a month. They can have access to Start It Up new meeting fund.

1. GEBACA Chair Report. Shari K. chair@gebaca.org

. WSO April Board Meeting and thoughts on the ABC

Report was written up and emailed out with a brief highlight in the meeting.

Marcus H. was GEBACA delegate to the 2021 ABC.

Shari K. attended the 20 hr. conference.

All ballot proposals submitted to WSO recieved over 60% in favor of being carried to the ABC (from the fellowship wide group conscience) so there were a lot of proposals to deal with by the delegates.

6 Ballots were dealt with by the WSO Board prior to the ABC.

2. Secretary Report. Marcus H. secretary@gebaca.org

8 Proposals passed including those done by WSO board. One was about rewriting the Big Red Book which will take place in Committee over a period of years.

There was much discussion about changing our name to include Dysfunctional Families. The name change was not officially passed but will go to the Board to use the next year to prepare for a possible decision at the 2022 ABC.

3. Treasurer's Report. treasurer@gebaca.org

- . March Financial Report - written and submitted. Verbal given by Shari. Carmen unable to attend this Monday meeting.
- . \$68.00 in 7th tradition for April QSM.
- . no 7th tradition meeting contributions
- . Approximately \$7900 in account

4. Literature Report -Dean P. Literature Officer literature@gebaca.org

Problems getting authentication for literature purchase with WSO as GEBACA Literature Representative in part due to needing to change the phone authentication.

- . sales and inventory

The remaining 2 Traits Workbooks were distributed to members. Remaining inventory is many Ti-folds and Birthday Chips.

5. Communication Report Carol L. communications@gebaca.org

- . Update Contact List - 3 new meetings will be added

6. Website Report. webmaster@gebaca.org

Jeremy not present and had asked for permission to post on the website a reviewed recording of the QSM. Granted.

A previous QSM share by Barbara B. will soon be posted after review and signature of release.

7. Events/Activities Stephanie. eventofficer@gebaca.org

- . QSM -April 10th --
- . Workshops

June 12 , 11am-1pm on Inner Critic

Aug 14 11am-1pm on Inner Child meditation and activities

Sept. 11 11am-1pm Shame workshop

A flier on will go out the end of this week and be posted on the GEBACA and WSO websites. Content of workshop will be reviewed at the May meeting.

Discussion about whether to post on WSO website due to GEBACA's Zoom account limit of 100 people.

Stephanie offered the use of her 500 person Zoom account for these 3 meetings.

Approval by unanimous consent to use Stephanie's 500 person Zoom account and post workshops on the WSO website.

. Outcomes from workshop survey-- In order of popularity inner critic, inner child meditation and shame. They were significantly top choices from 15 votes then next closest of 6 votes.

8. Public Information. Denise P-C. info@gebaca.org.

. Health Professionals Tri-fold has been emailed to everyone by Shari. It can be printed and used.

10. H&I Stephanie

. Met and talked about bringing meetings into facilities.

Santa Rita jail said anyone entering for a meeting needs to be background checked.

Rehab facilities are less restrictive.

A rehab facility has been contacted and we are going to start with them.

Working on a mission statement to be posted on the GEBACA website.

Example as posted in chat: Organizing and/or providing outreach to hospitals and institutions by carrying the message of ACA through meetings and supporting the adult child in hospitals or institutions.

10. Young Person Liaison youngpeople@gebaca.org Hannah J.

We will start a Young Peoples meeting in May on Mondays at 7pm.

Members have come together and created a flier.

We are aiming at 18-25 year age group but will remain flexible and assure safety.

This could possibly be one of the first Young People's meetings ACA.

11. Intergroup Rep Updates

Brentwood Wednesday 6pm Carol The in person meeting space is opening up. We are considering how to open up to in person and how a hybrid meeting would work.

Discussion on Hybrid Meetings. Some experience was the use of a laptop/camera/device first pointed to main speaker then turned toward rest of the room when other members shared. There needed to be Internet access of course.

In general with Zoom be aware of being muted when not speaking.

F. Old Business

1. Raised hands function on Zoom We will have someone other than chair monitor the raised hand function as needed.

2. Previous Motion: To have a Diversity and Inclusion Subcommittee as part of IG.

This motion was made and seconded at the March meeting but tabled to this meeting due to lack of time for discussion. Neither the maker nor 2nd were able to attend this meeting. Motion was tabled to the May meeting.

Diversity is very important to IG and we will continue to work on it as a team, this is very exciting.

G. New Business

1. Communication Best Practices

For ACA email communication use the BCC addressing and use gebaca.org email address. This helps with anonymity and keeping a record of our work.

2. Support for 2022 SF WSO ABC/AWC

Motion: That GEBACA contribute 7th Traditions from our workshops to the 2021 ABC/AWC in San Francisco. M/S/C Vote: 7 Yes 0 No 0 Abstentions

3. Addressing Predatory Behavior – Chair sent out information on this for meeting support and education. A tent card is in fellowship mode for use by the Fellowship with feedback to the Literature Committee before final Fellowship approval. Other items are also available at WSO website. This subject was brought to attention due to the experience of a new ACA member who was the object of /uncomfortable interactions. When it was brought to the attention of the 2 Secretaries of the meeting the member was told they would have to handle it on their own. It is not easy to address predatory behavior but there are good resources available to incorporate into the meetings to provide more safety.

4. New meetings:

Online Mon. 7pm Young People's Meeting

Oakland Tues 9pm AAPI/South Asians Safe Spaces

Online Thurs. 4pm First Peoples of Turtle Island POC

Berkeley Sun. 10:30 am Breath Of Fresh Air

Tentative - Combination Meeting Women's predominantly ACA/AA/OCA Monday 6-7pm or 5:30-6:30pm

5. Spanish speaker meeting will be discussed at the May meeting.

Closed with the Serenity Prayer

Next GEBACA Meeting: Saturday, May 22, 2021

Zoom only meeting Meeting ID: 116 286 465

10:30am-12 noon <https://zoom.us/j/116286465>