

Ocean & Bay Intergroup

3.7.2023

Monthly Meeting Minutes for March 7, 2023, Distributed on April 4, 2023

I Called to Order:

- Nancy Called meeting to order 6:30 pm
- Attendees: Nancy, Ellen, Diane, Sandy, Mike, Eileen, Beth, Linda, Kara, Maggie, Amber, Pat D, Kathryn, Karen, Beth, Sema, Susanna,
- Beth read the 12 steps; Amber read traditions and concepts
- 7th Tradition can be made Venmo or PayPal. Mailing Address is: Ocean & Bay IG, PO Box 2243, East Greenwich, RI 02818
- Nancy asks for a moment of silence

II Board Reports

Chairperson (Nancy)-Nancy has items on agenda linked. OBI contact information is linked to our mail address, we have a Facebook page, and the OA phone line is on there with Kathleen answering our phone.

- Next IG meeting will be on April 4, 2023
- March 12, 2pm There will be a Zoom Security Meeting via zoom. Nancy is recommending everyone of this training.
- Every Sunday 2pm there is a phone meeting on Plan of Eating sponsored by the Footsteps Group
- Kara and Nancy attended the IG Forum- Next one is **March 26th at 4pm**. This one was general. Next one will be on service.
- Nancy has a call into Kent Hospital to see if we can rent their auditorium for her workshop on Abstinence. Please let Nancy know if you are interested in helping.
- Jean mentioned that if KCH doesn't work out we could look at having the w/s at YANA.
- Nancy commented re: Region Six Assembly -Diane & Kara will go going to represent us and will be able to post a vote on behalf of us.

Vice Chair (Kara)

No report as VC, however, she shares the WSBC will be taking place at the end of next month. No one has signed up to go but if anyone is interested, just ask your higher power where you need to be. Kara will be attending the Region Six Assembly as well and will be representing Ocean & Bay IG

Sharing about publications/communications: A group of people met with Kara and discussed journal we produced. It has seen some changes throughout the years and could still see some improvements. In the 10 years we received feedback and are creating a new and improved journal and will keep all posted as to the process. If anyone wants a journal, there are a few left, so if anyone wants to buy one, reach out to our literature team.

Recording Secretary (Diane)

Kara accepted meeting minutes from last month. Mike seconded. No recommended changes.

Treasurer Report (Sema)

WE received credit for fraudulent money that hit our account last month. \$183.25
We had 2 payments made to Alex for Jan and Feb. for webpage consulting.
Total donations: \$363.18 including w/s and meeting donations.

Money came in for 3 more journals. Not sure who sends these out but she will send information to Diane who will be happy to mail them out. One journal came back, so Diane needs to go back to post office anyway.

Rent: We should make the next quarter payment this month if all agree with this? No one disagreed. No questions for Sema. Sandy recommended Sema the buy gift cards and mail them to Diane who will submit the donations to the hospital. Rent does not require a motion or vote. It has been established. Motion to accept the treasurer report from Linda and seconded by Mike.

Sandy: Met with CPA who is helping us to restore our 501C3 Non profit status

- She has a lot of paperwork to fill out which she will work on
- A group reached out to Sandy needing liability insurance information. Sandy sent this to them. It is a group in Barrington, RI
- Re: Registered Agent: No action taken on this yet, but she will be working on this this month.
- Sandy closed the account with the Debit card that was affected with false charge
- PO sent it back to bank, so Sandy and she got another new card

Region Six Rep's (Nancy, Kara & Diane)

- No report currently.
- Kara and Nancy met with the monthly forum and Kara shared the work that Amber, Robin & Jean did. This team was working on to update our meeting list and they are being asked to share what they did to see if they could come up with an informational workshop to help others to learn the process and share their service.
- Nancy thanks the group for their remarkable service.

WSBC: Nancy is thinking about going to this to learn more about this process.

III Committee Reports:

Literature: (Susanna) Not sure if we should move the closet or do we need that service anymore? Nancy responded with agreeing to do an inventory of what's there and determine what do we have, what can we throw out and even maybe circulate a list of what is left to have people buy it out and determine if this should be phased out. If anyone has thoughts on this feel free to reach out.

Communications: Newsletter & Web Info (Mike) Feb Newsletter went out on time. Submissions from Kara and Eileen S. Great stuff. March should be going out on time.

Webmaster information: (Mike) – Doing well. Beth, Robin, and Amber helped to update the meetings information.

- We now have a Podcast page if people have recordings, they can be submitted to the web team and be posted.
- Mike wanted to clarify that we have an events page that mentions events from everywhere and the latest news runs alongside any page but the first page. The same events can be mentioned in both sites but there are dozens of events posted. Mike will keep them updated.
- Amber thanks Mike for his work with Podcast posted is there a permission form for the speakers because Eileen will likely ask for this.
 - Mike and Alex submitted podcasts, however, a person who wants to submit a podcast must send in a form that warrants permission to put your podcast on the website.

- Sandy is stating that if you have a podcast you want to post it is likely that permission has already been obtained so this shouldn't be an issue.
- If someone is curious about this, would they just go to the website and go to the podcast area? Mike says if you go to the website and click on the podcast and hold the key down it should pop up with a permission Speaker Release Form based on an OA Foot Steps Intergroup form.
- Beth asks, if we have a workshop and we have speakers, do they have to sign a release.
 - Mike responded: Yes, each person who is a speaker must sign off on the release form.
 - Sandy adds, only the speakers would be recorded and not the members who share.

Answering emails (Amber) Amber states the email is very clear and easy to use. Not many emails come in. She saves them all in a junk file if anyone would like to see them. She also has a journal folder but there aren't any emails received for that at this time.

Social Media Outreach (Michelle) absent. Nancy offers: The link takes you to Facebook .

- Things are being posted readily.
- **Beth** states she was at a meeting and person under 30 yrs old stated no one under 30 y.o uses fb anymore...If we are looking to get people involved, we may want to look at something else.
- Mike states: "The young lady was willing to work with Michelle to assist with more social media that reaches a younger population."

Events/Workshops (Eileen)

- Re: our workshops: Feb 22 e had our Abstinence workshop and had 38+ participants. Got good feedback.
- Next workshop is May 3rd Hybrid and being held in Mytstic,Ct.- St. Mark's Episcopal Church. This is **Relapse Workshop Rock n Rolling Relapse-How to Avoid and How to Get Back on Track**. Flyer coming out soon. Time: 6:30-8:30pm ET. If you have a location to mention, let Mike or Eileen know and they can place this on the flyer.
- Linda is asking where this information is on the website, however, this isn't posted yet. All workshops that are ready for posting are on the website and anyone who would like an email about workshops, Eileen is happy to add you to this list.
- Tab under Events on the Oceanandbay.org webpage posts the upcoming events.
- If anyone would like to have this w/s in more than one location, please let Eileen know
- April 10 at 7 PM Big 3rd Annual Book Birthday Bash being hosted by our Monday Big Book Celebration meeting.3rd Annual B-Day Bash Everyone is invited to this.
- Mike, Eileen and Amber are working on getting speakers posted to the website for our May 3rd workshop.
- We have been talking about a newcomer meeting, but Eileen is going to back away from doing this because she has too many commitments. This is open to anyone who would like to work on a team with this to please contact her and she can get you running on this.

PI/PO (vacancy) Reva is interested. Mary Jane is still taking Health Care packages out to Health Care Providers

12 Steps Within: (Diane) Will likely have more information about this when we come back from the Assembly.

Updated Meetings List Information: The work that Robin, Jeanne and Amber did, identified that most of the issues with meeting misinformation was on the OA.org website.

- All worked with Lorie who helped us to decide how to change the meetings. It's not perfect, but we did our best to make sure this is as up to date as possible. Since the last 2 weeks, there was one more meeting canceled.
- Why we did this? A newcomer was going to a meeting and found the door locked. Once we realized this was happening, they decided to investigate and update this process.
- One point that should be noted, if a meeting changes from phone/zoom/face to face or vica--versa, you must start a new meeting and get a new group number by going to OA.org and get a new number and register your group. The people at OA.org are very helpful and it's a fairly simple process. Nancy thanks the group. Amber offers to periodically look at the meetings changes- If a meeting only changes temporarily, would they have to go and change the meeting number? Changes that are temporary are listed as such. It is only if a meeting closes or ends in addition to permanent changes that must be renumbered.

Flyers: Nancy- Would like to send flyers to anyone who is interested to get these posted up around the state. Reach out to Nancy if you could please get some of these and post them up.

Unfinished Business:

- Online fb event to attract newcomers.
- Updating By laws still needs to be looked at.

New Business:

- Mike presented a new graph that is a break down of our IG meeting types. We are majority virtual 17 meetings are virtual and 7 are face to face. The rest are Hybrid.
- Sandy wanted to let everyone know:
OA Footsteps Presents
Practicing Step 11 Workshop
Featuring 2 Way Prayer
March 26, 2023
3:00 - 4:30 pm EST
Zoom ID 914 9995 6265
Password 1212
Direct Link:

<https://us06web.zoom.us/j/91499956265?pwd=Y09hVmkbmmtOTE9pOFpyd0c5M3Vadz09>

- Face to Face Convention Region Six this year will be held from 0.13 to 10.15, 2023 in White Plains New York.

Linda motioned to adjourn, and Robin seconded.

Meeting Closed at 7:32 pm with the OA Promise.

Respectfully Submitted by: Diane C.