

Ocean & Bay Intergroup

4.4.2023

Monthly Meeting Minutes for April 4, 2023, to be distributed on May 2, 2023

I Called to Order:

- Nancy called the meeting to order 6:30 pm
- Attendees: Nancy, Ellen, Diane, Sandy, Mike, Eileen, Beth, Linda, Kara, Maggie, Amber, Pat Beth, Sema, Susanna, Robin & Michelle
- Beth read the 12 steps; Ellen read tradition and concept
- 7th Tradition can be made through 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 We have a Facebook page, and the OA phone line is answered by Kathleen.

- Nancy thanked all who keep coming to IG
- Nancy checked with the OA Website and with Kathleen re: phone calls that average 4-6 calls per month. Kathleen takes care of the calls and sends out newcomer pamphlets as well.
- Nancy introduced Eileen for the Events Report as she needs to leave early
- April 10th is the 3rd Annual Zoom & In person meeting in Mystic Ct. It is a Big Book Bash Celebration
 - On April 22nd, the Room with a View meeting at the Yana Center is celebrating their 26th Anniversary.
 - May 3rd - a Rockin Rollin Relapse meeting- How to Get out of it and How to Avoid it. 6:30p-8:30p in Mystic Ct. and on zoom.
 - Mike will include the Birthday Bash in the April newsletter.,
- Both Kara and Nancy went to the last IG Forum
 - Topic was about service and attracting people
 - Nancy would like to add a new item in the agenda /section of "What's on your mind"
 - Next Region 6 IG Monthly meeting will be on Sunday, May 28th. Everyone is welcome. Sometimes there are themes and sometimes it is just an open forum. This is held from 4p-5p on the 4th Sunday of every month.
 - Anyone interested can contact either Beth at Region Six Website or ask Nancy and she can send the link. There were about 16 people at the last meeting.
 - Kara states that for the IG F forum July 2023, Amber, Robin, and Jeanne will be presenting their work with updating the meetings list. Robin explained the process of meeting ID information and working with OA.org in updating meetings. Robin and Jeanne worked with Laurie from OA.org and they were able to correct meeting information. Robin notes that the meeting list will need to be reviewed on-going for accuracy.
- In person Workshop on September 9th, 2023, will be held in the In the Doctor's Auditorium at Kent Hospital, Warwick tentatively 2-4:30 with suggested topic on Abstinence. On Tuesday, April 11th at noon we are going to have a zoom brainstorming meeting to discuss the title, program, where to get speakers, etc. anyone interested contact Nancy and she will send you the zoom link.
- If anyone would like OA newcomer flyers to post around the state, Nancy still has many. Please contact her at 401-447-6467.

Vice Chair - Kara

Kara did not have a Vice Chair Report but spoke about the Region Six Assembly she attended this past month. WSBC is coming up and we will have a good presence from Region Six. Nancy states she will not be able to attend this year.

Sharing about publications/communications:

Michelle, Mike, and Nancy met with Kara and discussed revising the journal. There have been changes over the years and it could use some updates. Over 10 years we received feedback and are creating a new and improved journal and will keep all posted on its progress. If anyone wants to buy one, reach out to our literature team, Susanna or Diane.

Recording Secretary - Diane

Diane announced the minutes were sent to everyone. Thank you to Sandy for recording the minutes in drop box. Robin questioned the minutes: She asked if this meeting could be put up on the website. Diane stated that the meeting recording is only for the secretary to use to type up the minutes. Sandy asked if Robin was suggesting we post the recording. But if we were to post just the recording not the visual, she thinks everyone would have to sign off on this a release for it to be posted. Mike thinks the podcast size may be too big. Kara agrees that we would need everyone to sign a release. The matter was dropped.

Kara asked for an amendment to the minutes. There are three small typo's, Jeanne's name is spelled wrong, On the meeting in October, the one was left off. The 3rd and was left off under events. In Eileen's information should say We instead of "e".

With these changes Kara made the motion to accept the minutes and Mike seconded.

Amber offered clarification/corrections: The old emails are not saved in a junk file, they are saved in a separate file under "done" or "journal" file or she sends emails that are considered "junk" to the trash. They are not saved.

Treasurer Report - Sema

Sema reported total donations 524.93 - out of this 90.00 were personal donations with remainder of balance from the individual meetings.

No journal sales in March 2023.

Question: How long will we be paying Alex, our web consultant? Mike said we will need her for the web without a stop date. Sema will continue to send her monthly payments.

Sema has not had a chance to get the gift cards, but she will work on this and get them out this month.

Motion to approve treasurer's report by Robin and seconded by Mike

Sandy: Has not had a chance to fill out the 11-page form she received from the CPA, but she will work on this with CPA who is helping us to restore our 501C3 Non-profit status

Region Six Reps (Nancy, Kara & Diane)

- This past weekend Diane & Kara went to the Region Six Spring Assembly in Albany, NY. These are held twice yearly in the Spring and in the Fall.
- There were 46 representatives. 14 New Reps at Assembly
- Every Assembly opens with Serenity prayer, traditions & Concepts
- There are seven committees- Kara is on the Bylaws Committee and Diane is on the 12 Step Within Committee. Anyone curious of the other meetings can reach out to Kara and she will be happy to give you more information.
- Board Groups provided their reports after lunch: PIPO - Strongly suggested that OBI consider applying as there are not a lot of IG's applying. Region 6 has set aside \$5000 for IG's to use for getting the word out. One group received \$4000 to spend on billboards for six months. We discussed this in our IG and this would be a good time to resurrect this idea.
- Also in the afternoon, a rep from each of these committees gave a 3 minute report on what their goals are for the next six months, before the next assembly.
- Motions were voted on: Region 6 adding language to bylaws-Choosing a WSBC Delegate to serve on a subcommittee at the WSBC level. If anyone is curious about the details of this topic, reach out to Kara and she will provide further details.

- Also, the R6 board has the right to change the date or place of the assembly should there be an emergency reason to do so.
 - Kara was happy to see everyone in person
 - The budget for 2023-2024 from Sept to August was adopted.
 - The dates were chosen for future assemblies- Fall assembly is 9.23.2023
 - Anyone interested in being a R6 rep is welcome to join Assembly in Fall. Let Kara know and she will be happy to help you get more information
 - Assembly dates: Spring is 4.6.24 and Fall September 21, 2024.
 - Assembly dates: Spring 4.5.2025 Fall September 20th, 2025.
 - Kara talked about the skit she participated in, and it was fun.
 - Beth, who is out R6 Trustee Liaison reviewed the Traditions and Kara would like to share this with us. Beth did a really great job on this.
 - This Fall 2023. There will be voting for the new Chair, New Coordinator and New Trustee Liaison. Deadline for these positions is in July 2023

Diane reported on the 12 Step Within committee. What we are working on is looking at documents and having them correctly translated from English to French. Three groups are entirely French speaking, so this is an important task to have the information correct.

12 Step Within committee is meeting monthly on the 1st Thursday of every month.

We would like to see each IG have a subgroup of the 12 Step Within.

If anyone is interested, please reach out to Diane and she can get you more information on this.

WSBC: Nancy is unable to attend this year.

III Committee Reports:

Literature: Susanna

Susanna has not been able to get into the cabinet to do an inventory

She does not have any further information about journals.

No journals were sold in March 2023.

Diane and Kara were talking about offering gift baskets with supplies from the cabinet.

Kara mentioned selling items at discount prices to move the information on.

Diane, Nancy, and Susanna might be able to meet before the next meeting and see what we have

Beth is hoping to get pamphlets "Where Do I Start?" Diane will grab 10 packets and meet Beth with them so she can have them available at the Anniversary Bash at YANA. Beth is happy to help with the inventory when needed.

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

Newsletter & Web Info. – Mike

March Newsletter went out. He will send April a day early to be in time for B-Day Bash.

56% is the open rate for the newsletter. There were five meeting changes on the Website this month (Mike was asked to change things so he is keeping track)

We have zoom security information in the latest newsletter. Mike wants to build this into the website so that updated zoom security information is always available. More to come.

Alex installed a file organizing app for storage of items on the site which has been very helpful.

1094 visitors this month. 378 are first time visitors. Each visitor sees an average of 8.2 pages.

Meetings - Robin

She is asking for meeting updates so she can be sure they are taken care of on OA.org. Mike said these have been updated on OA.org with screenshots of fb information. Mike wanted to learn how to do the changes so he took care of this.

Communications:

Re: Journals- Michelle & Mike & Kara have been involved with the new design of the journal. Michelle said the last time the journals were published was in 2012. We thought we would make it print on-demand, a self-publishing service on amazon called: Kindle Direct Publishing. It will be a 7 X 10 with lines further apart for easier writing. This means we do not have to pay to have them printed, store them, or mail them out. It will streamline the delivery of these items. Michelle states the convenience and cost will be much less work and the process of getting these out to people will be quicker.

Mike has been very diligent about keeping the OBI brand identity consistent.

Sandy requests that we order 20, sell them at the convention and begin to spread the news that these are available to order on the web.

Social Outreach/Media: Michelle

Lisa has been doing a good job on posting reminders and events in fb. We would like to post more events to increase visibility on the web.

Amber is willing to help with fb and Michelle has a contact to help with Instagram

Diane notes that the PIPO Blitz scholarship was awarded for social media. They were awarded funds to hire someone to help with their social media work.

Zoom Security Team has been formed - Robin

Robin has agreed to head this effort because she was on another 12 Step Meeting that was intruded upon. It was startling and disconcerting, so she decided to be a part of doing something to work with zoom security. She has attended zoom security training sessions and thinks it is especially important to maintain our security to honor our 12 traditions and to keep operating on a normal basis. Several of us are looking forward to being a part of this security committee. We will host a workshop with the OA Footsteps virtual intergroup. Their security team is willing to work on training us and to offer groups information on using these security suggestions.

- ✓ Always use the waiting room. If you have intruders, you can put them in the waiting room
- ✓ Take phone numbers off the main zoom screen and put numbers in the chat instead
- ✓ Assign a cohost to help monitor who is coming in. Chat them in the waiting room
- ✓ If anyone is interested in joining or learning more, please reach out to Nancy or Robin

PIPO – Chair vacant

Don C in Connecticut sent out an email and is looking for contacts to send a mailing so packets can be sent out to health professionals.

Mary Jane and Reva are willing to help with a similar outreach project to Health Care Professionals in RI. Nancy will set up a meeting with Mary Jane and Reva.

Nancy thought that R6 PIPO wanted to give funding to intergroups who are financially in need and feels we may not be one of them. Sandy stated that we should not let our reserves hold us back from applying for PIPO money from R6. There are substantial reserves at Region six. If there is a need/good project in our area, she encouraged us to apply.

Amber- Had a quick question. She was in IG in Ct and helped with the PIPO there. She is wondering if there is a way, or someone could tell her how to get a QR code? Diane states this is easy to do. Kara could help since she is the one who created the QR code for us.

Beth had a question about the money/funding. We are supposed to keep nonprofessional so if we did a billboard would we hire someone to track responses to the billboard? Nancy states good question and this is something that needs to be discussed with the “Billboard” Team that we do not have yet.

Robin had a question about social media for advertising for the YANA Center. We did make an OA Anniversary event on fb but it was not boosted by providing a demographic to reach people beyond our region. Michelle said that sending information out beyond the demographic area might attract a larger group than the venue could handle.

Table Business: Sponsor Bank

Bylaws- Anyone who would like to work on this, please let Nancy know.

Meeting Closed at 7:37 pm with the OA Promise.

Respectfully Submitted by: Diane C.