

Ocean & Bay Intergroup Meeting

5.2.2023

Monthly Meeting Minutes for May 2, 2023, to be distributed on June 6, 2023

I. Called to Order:

- Nancy called meeting to order 6:30 pm
- Attendees: Nancy, Diane, Sandy, Mike, Beth, Linda, Kara, Pat, Susanna, Robin, Michelle, MaryJane, and Eileen
- Linda read the 12 steps; Beth read traditions and concepts.
- 7th Tradition through Venmo or PayPal.
Mailing Address is Ocean & Bay IG, PO Box 2243, East Greenwich, RI 02818
- Members can also give through in person meeting donations
- Tradition Five excerpt read by Nancy in lieu of a moment of silence.

II. Board Reports

Chairperson

- Nancy is welcoming all to the next IG Forum on May 28 via zoom.
- In person workshop is being sponsored September 9. Will be held 2-4:15 pm. Open doors at 1:30 pm.

Main title of flyer: *Trouble with food, We can help...*

o Tuesday June 9, at 12 Noon is next planning meeting date

o Robin lined up a female speaker and Nancy has lined up a male speaker

- Vice Chair (Kara)

This year's Region 6 convention is October 13th to 14th. Information can be found on Region Six website <https://oaregion6.org/> It is in-person only. Kara shared her recovery with abstinence because of experiencing this type of in-person event.

Raffles baskets are accepted as donations and Kara would like to explore creating a

"Book Basket" to use up some of the material/books we have. Anyone who is good at this and would like to help with making baskets, please reach out to Kara.

- Secretary (Diane)

Diane is asking about ways to possibly get the minutes information out to the groups/website sooner than the next month when they are reviewed/amended. Nancy is asking if a draft copy could be sent out to those who attend the IG meeting and can be shared as a draft. Eileen states she thinks it would be a good idea to send out a draft to the members who attended the IG. Information from IG could be shared at meetings in a more timely fashion and makes it easier for reps to report.

Re: Approval of minutes, asking whether amendments need to be so formal. Nancy will continue to research this out. Nancy sends the minutes out to IG members. Eileen also states this is a great idea for alternate reps who could get the information in a timely fashion. It is decided that Diane will send the draft minutes to Nancy, and she will distribute the draft to IG members in a timely manner after Intergroup meets.

- Recommended amendments can be offered by all IG members re: the minutes. Will be discussed at the next Monthly IG meeting.

Minutes motion to accept April 2023 Meeting minutes: Beth motions to accept and Eileen seconded.

Motion carried.

- Treasurer Report (Sema) absent: Nancy provided report.

- Sema paid Alex for March, April and May and we will see this on next month's report
- Sema purchased the visa cards for donations and will mail these to Diane Costa
- **Robin motioned to accept treasury report and Michael seconded. Motion carried.**

- Sandy- When it's time to make the donation for the Sept 9, workshop, she suggests adding the \$25.00 donation.

Nancy suggests possibly putting out a 7th tradition basket at the Sept 9, workshop. Maybe we should just send the \$25.00 now. Nancy will take the initiative to make the \$25.00 donation from the 2019 workshop to Kent.

Sandy suggests a good use of funds would be to send 2 reps to the World Service Conference next year. If we could start accumulating an extra \$2500.00 to send an additional rep to next year's WSBC, that would be a great idea to start thinking about. Nancy agrees and asks others to think about this set aside.

- ANNUAL REPORT: Sandy was asked for an update, and she will be able to speak to this next month.

World Service Business Conference (Sandy) Sandy- reports feeling very lucky to have gone to WSC and enjoyed this very much. She is excited to bring us more information as she learns it.

- 176 Delegates from over the world attended. Did first interpretation in Spanish -it was a lot of fun.
- Hot Topics: Affiliation-Region 10 has National Service Boards that are language focused.

Lots of discussions around diversity with groups of people feeling they aren't counted/recognized. Looking at "not shutting down" outside issues (Gender issues.)

Kara- Literature was approved that speaks to Diversity. There was a collection of Diversity stories and there is an approval for literature that will be published.

Another piece of literature was unapproved and has gone back to the drawing board.

There was a delegate from the Ukraine and a delegate from Russia who held hands and said the Serenity Prayer. This was a beautiful moment sharing our foundational solutions not just with food but with each other for the world.

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

Diane and Kara attended the Region 6 Assembly in April. Diane reported on the 12th step within - 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 a very important task in order to have the information make sense to all. Meetings are held 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 in 12th Step Within work, please reach out to Diane and she can get you more information on this.

III Committee Reports:

Literature: (Susanna)

- We sold 10 pamphlets, 3 journals and spent \$8.45 on mailing with a total literature income for the month of \$ 89.25.
- We also haven't gotten together to do inventory yet but will do this soon.
- Beth offered to help with this inventory and asked if there any of the old "Before you take that first Compulsive bite" pamphlets left? Her group would like some of them. They are looking for old/archival pamphlets. Susanna stated there are many older/archival pamphlets. Eileen has this pamphlet in a pdf form and can send that along if anyone wants. Contact Eileen through her email.

Mike kindly recreated this in a pdf but due to it being discontinued and copywrite laws, we are not able.

to print new ones. Sandy suggested purchasing the new version of the pamphlets instead.

Communications (Michelle)

- Info on journals- She made the revisions talked about before and sent an updated version of the front, back covers and interior pages to Mike, Kara.
- She is in the process of developing a Kindle Publishing account with Amazon to determine How people will pay for this when they order it.
- Some of the questions being asked by Michelle are:

Are we a corporation? Sandy states, yes, we are.

Is the account they wanted our birthdate, so she called New Mexico and she was able to find our original letter which is April 2, 1991.

Michelle notes that maybe a history of Ocean and Bay Intergroup could be something neat to add to our website.

Update on Journal - Michelle

- Journal Working Title: 90 Day Abstinence Journal: Recovering One Day at a Time by using the tool of writing by Ocean and Bay Intergroup
- Journal Description: 90 Day journal designed for use by members of Overeaters Anonymous with prompts and daily prayers. For everyone who wishes to stop eating compulsively and who want to use the tool of writing to aid their recovery from food addiction.
- Going to the nonfiction section of Amazon: body mind, self-help, eating disorders and body image sections.
- We may not have to include a bar code on the journal.
- Mike downloaded a copy of the pdf and shared it with all.
- Binding choices for the journal: Spiral is no longer available. Will be perfect binding which is glued like a regular book.
- We only have the option of the 50lb paper so this may come out much thinner than what we had for a 90-page journal. Maybe we want to bump up the days a journal contains.
- Added topics: Sleep hygiene, times near daily food plan, metabolic, movement & exercise.
- Annotated from 12&12 she tried to put in the actual book titles.
- Also added an O&Bay logo and added a line for more information refer to pamphlet # 144 re: Plan of Eating and Spiritual Journey.
- Sandy asked for a correction to a letter H to be capitalized. Asked if the number of pages are the same?
- They are but the page weight may be a concern. She was thinking of a 93-page journal to have enough for 31-day months so an additional 5 pages for front and back covers.
- Sandy wanted to keep the cover simplified with a picture, our O&B IG Information and maybe a QR code?
- Robin comments that this is a great job and many people around the world may buy this. She asked if it is a 90 day or 30 day module. Response: 2 pages constitute one day. Robin states she would want at least a 90-day journal and nothing less.

Thanks to Mike and Michelle for all this great work.

Of note: Kara was the original designer of this and has the template on her computer.

- Social Media Outreach: (Michelle)

We have under 20 people who liked our page, and the views are 4-9 people. She would have liked this to be an event type of distribution, but she doesn't know if she is the person to create these events.

Lisa K continues to put inspiration messages on there and Mike adds items from time to time but Michelle would need some help with this.

Mike states: There is a "Timely" which is a plug in for the website and all you need to do is push a button and it posts it on fb. However, it distorts the graphics which could be worked on. All the flyers we get are vertical, but the application processes them horizontally, so this must be worked on and cropped first. This will be brought up at the next website meeting.

- Newsletter & Web Info (Mike) We accidentally forgot to ask Mike for his monthly report, so this is being added to the minutes as an addendum as soon as we get them. Sorry Mike! We definitely missed your update!

- Events (Eileen)

Eileen will be sending 2 emails out tonight for the event tomorrow:

5.3.2023 Rocking & Rolling Relapse with a great panel of speakers who will share how to stay out of relapse and recovery from relapse. She will send a second events email later in the month. Anyone who would like to be on the emails, please let Eileen know.

Eileen is sending out a few "Newcomer Meetings" list and Mike has put this on our website.

You can get more information on Newcomer Meetings on the OA.org website. What Eileen isn't sure about is if the one's listed on the OA. Org website are strictly for newcomers.

On July 24th

Eileen's home meeting in Mystic Ct. Monday Night Meeting: **Dinner and a Meeting** which is a hybrid group. There are some meetings that no one is attending in person, so by adding this as a hybrid it will hopefully result in more people attending.

- Zoom Security Team (Robin)

We started this because some of us have been a part of meetings that have been affected by zoom intruders. We developed a way to minimize the risk to others who don't know how to deal with removing these intruders. We have a virtual group that is sponsoring a zoom security training meeting soon.

Sandy requested people be sensitive to OA members that are.

in war zones, to refrain from the verbiage "bomber" and utilize "intruder" when discussing this topic.

All are in favor and support this vernacular.

PI/PO (Reva and MaryJane) absent:

Nancy offered report that she will be meeting with Reva and MaryJane regarding the reach out to HealthCare Professionals.

Nancy is thinking about applying for a Region 6 PIPO Blitz grant for a Billboard project in RI.

- Mike will work with Lamar billboard as well.
- The application must be submitted 60 days prior to the next R6 Assembly in September.
- Nancy and Michelle will work on the application and will likely ask Sandy for some technical information as needed.

Nancy asked if we need to ID our status as 5013c. Sandy states she is still working on this, so not yet.

- 12 Step Within (Diane)

- Having our first meeting since the Region Six Assembly on May 4th from 4p-5p via zoom.
- Anyone who might be interested in joining is welcome! Feel free to call Diane at 401-573-3489 for more information. We are working on translation from English to French on the Region Six Website.

Next IG Forum: May 28, 2023

Future IG Workshop will be held with Robin, Amber and Jeanne explaining how they went about doing the meetings update. Robin states both OBI Website and

OA.org should be 100% correct. There is very good collaboration with Mike and OA.org re: updating meetings.

- New Business:

- Starting May 10th

New Monday morning meeting starting again in Johnston from 10-11am at the Johnston Library. Only issue with this is the library isn't open on holidays so we can't have meetings on those days.

Robin verified with Susanna that this meeting has been deleted and will work with her

to re-register the meeting as well as update Ocean and Bay website with Mike and

OA.org websites.

Archives: Mike is offering to donate his 25-year set of newsletters from the 1990's to the archive collection.

Nancy will get these from Mike.

- What's on your mind?

Beth- Next month will be her last month as a group rep after 3 months. She is happy to do service but a new rep. will be joining us. Nancy asked if someone else would be coming and Beth feels someone would likely do this. We thanked Beth for her service all these years!

- Table Business:

Sponsor Bank

Bylaws- Kara and Nancy will get together regarding by-laws for Ocean & Bay and get back to us next month.

Meeting Closed at 7:48 pm with the OA Promise.

Respectfully Submitted by: Diane