

Ocean & Bay Intergroup – MINUTES

Monthly Ocean & Bay Intergroup Meeting MINUTES for **August 1, 2023**, to be distributed on September 5, 2023

I Called to Order:

- Nancy Called meeting to order 6:30 pm
- Pat D. read the 12 steps & traditions and Sandy read the 8th Concept.
- Minute of Silence
- Roll Call/Attendees: Nancy, Diane, Sandy, Mike, Kathy W., Susanna, Kara, Donily C. Lisa K., Ellen C., Eileen, Pat D., & Robin M.
- 7th Tradition can be made by Venmo (has a place you can ID what meeting your donation is from) or PayPal. Mailing Address for checks is Ocean & Bay IG, PO Box 2243, East Greenwich, RI 02818. Can also give through in person meeting donations.

II Board Reports

Chairperson (Nancy)-

- **Region 6 IG Forum** last one was 7.25 and Robin presented. She did a great workshop sharing how she Amber and Jeanne updated all our meetings with the Ocean & Bay and OA.org. This was terrific! Thank you, Robin.
 - The next forum will be on August 27. See IG Forums meetings *below.
- **Region 6 Convention** Oct 13-15. Nancy encouraged all to attend. Registration at this link: <https://oaregion6.org/>
- **Trouble with Food Workshop:** Volunteer Mtg. Tues. Aug. 15, 2023, via zoom at 12:15 pm. Zoom Login: 828 7215 9404 Pw: 664957
Will discuss in person workshop being held on September 9th Flyer is attached. Directions to Kent Hospital: <https://www.kentri.org/directions> Enter where it says: **Service Road**
 - Nancy encourages all to mention and take flyers to meetings. Nancy and other volunteers went to Kent Hospital to view the site. Theme is “Trouble with food, We can help.”
 - We need volunteers the day for the workshop. Contact Nancy if you are interested in helping. 401-447-6467
- **Region 6 Assembly:** September 23, 2023 in Albany, NY. Anyone is welcome to attend. Registration is open this Friday Aug 4. Here is the link to the Assembly: <https://oaregion6.org/r6-assembly-2/assembly-documents/>
- **PIPO Healthcare Outreach:** Please email your healthcare contacts so they can be sent an informational letter and OA literature. Please email your practitioners names/addresses, etc. It is not too late. Send to pipo@Oceanandbay.org We want “snail mail” contacts, addresses, and phone #s if you have them. Nancy thanked Mary Jane, Reva, and Lisa K for their work on this initiative.

Vice Chair (Kara)

2023 Region 6 Convention’s theme is “Welcome Home” and takes place in person in White Plains NY, Oct. 13-15. Early bird reg. by Aug 15 for lowest price. After that, the price goes up minimally. It is the first in-person conference since Fall 2019. They are looking for talent. If you are interested in providing entertainment, send Robin your information: Robinmcallister@verizon.net. Robin’s phone 401-741-2938. She will put you in touch with the entertainment committee.

***IG Forums Meet Monthly:** Last Forum held on 7.25.2023- Robin did a fantastic job presenting on How to do Meeting Updates and the information was very well received.

Forum Schedule:

- August 27 - The Next IG Forum
- October 1 - the September Forum
- October 22 – the October Forum
- November 26 – the November Forum
- No forum in December 2023

Secretary (Diane)

Diane & Nancy received feedback to withhold members' phone numbers and contact information from the minutes/agenda unless they receive prior approval to maintain privacy and anonymity. Any contact information in minutes requires pre-approval before being posted or the member needs to have shared at the Intergroup meeting in chat or by verbal approval.

We received positive feedback re: sending the draft minutes out early. The goal is to continue completing monthly minutes and submitting them to Chair in a timely manner for distribution within 12-72 hours. Eileen motioned to accept the July Monthly IG Meeting Minutes and Susanna seconded. MOTION PASSED.

Treasury Report (Kathy W.)

Thanks to both Sandy for revising the June 2023 treasury report and to Kathy W. from Connecticut who is taking over the treasurer position. They plan to meet tomorrow on zoom to "pass the torch" to Kathy W. taking over the position this month. Sandy will work with Kathy who states she is willing to learn what is necessary to fulfill this service position. The June 2023 Treasury report had some questions. Sandy was able to identify/clarify what the issues were and presented the revised June report. Sandy also noted that In September, there will be a consolidated report for July and August 2023 presented to the membership.

Eileen motioned to accept the June 2023 revised Treasurer reports with Kara seconding. MOTION PASSED.

Region 6 Reps (Nancy, Kara & Diane)

Nancy & Diane are planning to attend the Region 6 Fall Assembly on September 22 & 23.

Kara is still working w R6 Bylaws Group updating bylaws.

Blitz/PIPO application for \$1200 to help fund our OA billboard campaign was submitted. Nancy thanked others who helped her write it. The application was submitted along with an invoice, and other supportive information. We are waiting to hear if we will be awarded the funding. Kathy asked if the billboard is for one month? Nancy states it is for one month. Kathy noted that one time when they had a paper billboard, it was up for months... Robin asked what the billboard says? Mike shared an image of the billboard he created. It states: "Trouble with food? We can help." This billboard is going to run Sept.25 to Oct. 22, 2023, on Hartford Ave., Johnston, RI

Events (Eileen)

Nancy sends her appreciation to Eileen. Also, she thanked all who are working on the September 9th Workshop at Kent. July 24th **Big Book Celebration** meeting was a great success. About 25 in person and 25 on zoom. Planning to do this again next year and move onto an annual thing. It was fun and a great turn out. Ellen thanked Eileen for putting this in person opportunity together. It was like a reunion of people who love each other...a wonderful meeting.

Next event: September 9th at Kent Hospital. "Trouble with Food? We can Help."

"Abstinence Doesn't Take a Holiday." Hybrid Workshop in Mystic, CT.: November 8, 2023, 6:30-8:30 pm.

Planning meetings for this workshop are via email. If you are interested in joining the planning group, reach out to Eileen's email: EILRecovers@gmail.com

Trivia Event: Group had first meeting this month and it is planned for January 2024.

- Jeanne and Sandy to check with YANA to have it there again hybrid on zoom.
- Next mtg. for Trivia Event is 8.27.2023 at 6:30 pm following the Sunday Body Image Mtg. All are welcome to join.

Enders Island OA Retreat: Nov 15-17, 2024. First meeting was held recently to plan the Enders Island OA Retreat. The topic will be step 11 and we have secured speaker Kathy from Norwich. The speaker will lead the entire Retreat.

- Eileen asked that we please mention this upcoming Retreat.
- We are limited to 50 people, maximum capacity.
- At some time, Eileen would like to meet with Sandy and Kathy W/ treasurer to discuss how to manage funds for the retreat.
- If this becomes an annual event (which we hope will be), we will need to think about a deposit in January or February 2024. Retreat dates are filled quickly.
- Eileen asked if this should be an expected expense on the treasurer report.
Our next team mtg is Friday 8.18.2023 at 11:00am. Eileen can be contacted for zoom information on this meeting. Anyone who is interested in learning more, please reach out.
- Kathy W asked: When is the date on Enders Island – Nov 15-17, 2024. Kathy will try to attend the next planning meeting to help with finances.

Robin reiterates that Enders Island is an excellent venue for a Retreat. It is a lovely and spiritually based retreat center. She will also attend the next planning meeting.

Nancy stated that registration will open in January 2024 for the Retreat.

Literature: (Susanna)

Susanna went to the meeting place and rang the doorbell – no answer. She would still like to investigate the literature cabinet. She had one request for a journal purchase and that was sent out promptly.

Nancy stated we will get into the cabinet and use some of the supplies to make raffle baskets for the Sept 9 workshop.

Communications:

Social Media (Michelle absent) Lisa K has been very helpful in posting on FB information about our program. No new information to report re: Social Outreach this month.

Journal update: Journals are now available for purchase on Amazon.com. You can find information about journals by visiting Oceanandbay.org. They are available in small and large sizes.

- Nancy thanked A. Michelle, Kara & Mike who did an incredible job getting this project completed.
- We ordered 50 of each size for the assembly and the convention. Mike will make a QR code for others to purchase if we run out at the venues. Small is \$15.00 and large is \$17.00.
- Eileen: Will the journals only be available via website? Nancy explained that we are trying to get away from mailing these out along with the labor-intensive issue that is involved. Eileen also checked on the link for Trivia workshop that in January and asked where this can be found on the website? Mike reported it is on the latest news section for now. Eileen appreciated the information/link in the chat and that it is also in the latest news on the OBI website Oceanandbay.org.

Newsletter (Mike)

August is set to be sent and he is starting on September.

Web Site: Working well. No “bugs” this month.

- Eileen asked about the information link on the website for the Trivia workshop that is being discussed. Mike has listed it under “Latest News” and explained that there is only so much space on the page, so he has posted is a teaser headline. There will be more information attached to the link as the time comes closer.
- **Meetings List:** Robin and Mike continue to collaborate on any meeting updates/changes. No request to update meetings in the past month.

Email Correspondence (Vacancy)

- Mike has been helping with this until this position is filled. If anyone is interested in this service position, please contact Nancy.

Zoom Security team: (Robin)

Robin wanted to clarify that she is not an expert but wants the group to know she is willing to help with the workshop and learning. If people want additional training, we are prepared to connect them with others who can teach them more. Using the waiting room is a big part of managing security.

If anyone wants more zoom security training, please contact Robin, or check out the link on the agenda for more information and help with zoom security issues:

- Zoom security information go to: OA Foot Steps IG
<https://oafootsteps.com/security-committee/>

PIPO- Nancy applied to Region 6 for the Blitz PIPO funding in July 2023.

Reminder to send your information re: your health professional contacts. Information will be used to send an informational letter, meeting list, and OA literature, etc. to inform of OA's existence and support to them for their patients. If you have not responded yet, it is not too late. Send now to pipo@oceanandbay.org. Nancy, Reva, Mary Jane, and Lisa K are working on this project. Lisa has created the spread sheet. Nancy urged all to respond soon.

Twelfth Step Within: (Diane)

Diane was able to connect with the 12 Step Within Group. Our next scheduled meeting is moved from August 3rd to tentative date of August 8th at 8:00pm via zoom. We are working on correcting bilingual messages to our website, so it reads correctly in English and French.

Robin asked how the September workshop is being advertised? Is it going to be on facebook?

- **Nancy** responded that A Michelle knows how to advertise on facebook and we will choose specific areas/zip codes to attract new comers.
- **Lisa K** also explained the process. When you boost a fb post it will go to certain zip codes as well as people who are interested in certain weight topics/items. This will happen closer to the event. Otherwise, we have flyers spreading the workshop via word of mouth at meetings.
- **Eileen** offers another way to get the word out is to post it in a chat at your meetings.

New Business:

What is an Outside Issue? Sandy shared some information on "What is an outside issue?" In some areas across the country members are feeling shut down and not wanting to return to a meeting. If someone is discussing an experience that is happening to them, it is not an outside issue. Please READ this attached letter at your meeting. <https://oceanandbay.org/2023/07/17/what-is-an-outside-issue-are-we-being-open-minded-in-our-meetings/>

The link is also on the website and in our newsletter.

Nancy asked: How can we get more people to join our IG? We have a busy couple of months, but if we could invite more people, that would benefit the meetings. Maybe "bring a friend to IG" month?

- **Lisa:** Groups in general have forgotten to have an IG rep as a position. A lot of groups do not mention this at business meetings. We can keep this on our radar screen and start a small team to reach out to contact names on our meeting list, asking them to mention having an IG rep at their next business meeting.
- **Robin:** Service helps keep her abstinent. As a sponsor she encourages her sponsees to do service and she is impressed with the IG we have stating it is "fantastic." She enjoys doing service and said that our IG is doing great things.

Unfinished Business:

Prison Initiative in Ct. Kathy has a couple of emails and there are some people participating in training sessions at the Prison. They are interacting with volunteer coordinators for training. So it is proceeding but a bit slow. There was a question whether men can volunteer for this, but Kathy is not sure yet. She will keep us posted on further developments.

Bylaws: Kara and Nancy are recruiting another member to start reviewing OBI bylaws soon. Please contact Nancy if you are interested.

Reminder Re: New phone: Kathy got a new phone and service provider with a prospective credit to our account. The transition is not complete yet, but we are working on it. Kathleen will let Diane know when the land line can be pulled/notify Verizon to remove the equipment. This will result in a mobile phone without a landline. This service of OA phone volunteer will be vacant beginning January 2024 and we are looking for a volunteer to fill it.

What's On Your Mind? No comments.

Motion to close meeting by Susanna and seconded by Kara.

Meeting adjourned: 7:43pm closing with OA Promise.

Respectfully Submitted by: Diane C.