

## MINUTES

### Ocean & Bay Intergroup, Nov 7, 2023

Monthly Meeting Minutes for November 7, 2023, to be distributed on December 6, 2023

#### **I Called to Order: Started Recording**

- Nancy called meeting to order 6:30 pm
- Pat D read the 12 steps and the 11th tradition: Mike read the 11<sup>th</sup> Concept.
- Minute of Silence
- Roll Call/Attendees: Sandy, Donily, Margie, Pat D, Kathy W. Kara, Robin M, Nancy, Diane, Mike, Maggie, Michelle, Sandy G., Sandy C, Lisa K. Susanna & Eileen
- 7<sup>th</sup> Tradition can be made Venmo (has a place you can ID where your donation is from) or PayPal. Mailing Address for checks is Ocean & Bay IG, PO Box 2243, East Greenwich, RI 02818  
Mike updated this page with QR codes to simplify the process of offering a donation in honor of the 7<sup>th</sup> tradition. Can also give through in person meeting donations.

#### **II Board Reports**

##### **Chairperson (Nancy)**

We have several ways to honor the 7<sup>th</sup> tradition. Please take the time to utilize them.

We tried a one minute for the 7<sup>th</sup> tradition posting the venmo address in chat during this meeting tonight. Waiting a minute for members to give. PLEASE try this at your meetings.

**IG Forum-** Next Region Six IG Forum is 11.26.2023 at 4pm. All are invited. There is a link in chat & on website: oceanandbay.org. Setting up a successful newcomer meeting will be discussed at the next forum.

Our new chair Kimberly C. for Region 6 welcomed everyone and reported.

R6 April 6, 2024, is the Spring Business Assembly, all welcome.

Beth, R6 Trustee, and Chair Kimberly C are available to assist intergroups with workshops.

Kimberly will be taking a survey on what topics intergroups would like to discuss.

*How to Hold a Retreat* is one of the topics for a workshop mentioned at IG monthly meeting.

R6 is currently investigating four sites for the 2024 OA Annual Convention.

**Phone Service:** Lesley will be taking over Phone service January 2024. We may decide to use Google Voice for our phone service, but Nancy will first speak with Kathleen and work further with Lesley on how we can make this switch. Eileen offered assistance with this endeavor since she uses Google Voice.

##### **Vote for Exec. Board Positions IG 2024-2026**

Nominations: Kathy W was nominated and voted in for Treasurer

Kara M was nominated and voted in for Vice Chair

Voting for each position from members in attendance was reached with 100% yes votes.

There are: 0 No and 0 Abstain.

Nancy will submit the update of official positions for officers to Region Six.

### **Vice Chair: (Kara)**

**OBI Bylaws Team Update** - Next Thursday 11.16.2023 @ 6pm there will be a subcommittee mtg on the bylaws to include members Jay G, Kara, Donily, Nancy and Sandy G. Anyone interested in learning more please reach out to Kara and she will send you the link: [vice-chair@oceanandbay.org](mailto:vice-chair@oceanandbay.org).

**R6 Conference Oct. 13-15, 2023.** Linda B coordinator of conference from R6: 282 ticket sales include walk in sales 30. About 50 no-shows. Total attendance was approx. 262. Sonesta Hotel in White Plains N.Y. 3 Keynote speakers and the banquet speaker was one of our own, Sandy C was effervescent and shared her gift of recovery. Ocean & Bay IG members in attendance were Kara, Nancy H, Michelle H. & Eileen from CT.

**Abstinence for the Holidays:** Kara wrote an article in the October Newsletter, encouraging abstinence. The article has resources and great ideas to maintain abstinence during the holidays, encouraging each other to honor and express thanks for another day of abstinence. Kara is available to anyone who would like help.

### **Recording Secretary (Diane)**

Diane noted the minutes being reviewed are October 2023 not September 2023 (typo in the minutes) Kara asked about Timely and Mike responded that it is an expense for our calendar on the website. Mike requested to be added to the list.

Kara motioned to accept minutes with Susanna 2<sup>nd</sup>. Accepted without changes. MOTION PASSED.

### **Treasurer: (Kathy W.)**

We were fortunate to get \$1200. from R6 PIPO to help fund the billboard campaign.

Beginning balance: \$9,503.92 ending with \$10,960.96. More venmo and other donations over the past month. Plus, Journal sales at the convention. Details in treasurer's report.

Pat D. thanked Kathy W for straightening out a question she had in such a timely manner.

Kathy W pointed out that amazon sent OBI \$39.36 in proceeds from Journal sales.

Michelle explained the process: When people order the Journal print-on-demand from Amazon we get proceeds from the sale of each Journal.

Kathy W noted that after the 2wprayer workshop on Sunday we received many venmo donations. At the Sunday 7am Est meeting there is a pause for 1 minute with a post on the chat re: giving to 7<sup>th</sup> tradition. This has proved to be a supportive/successful way to increase the 7<sup>th</sup> tradition.

Nancy encouraged all meetings to do this.

Eileen made a motion to accept the treasurer's report Pat seconded. Treasury Report accepted. MOTION PASSED.

## **III Committee Reports**

### **Workshop and Events (Eileen)**

- **Two Way Prayer Writing Workshop** – Zoom, Nov 5, 1-2:30 p.m. went very well.
- **OA Retreat at Enders Island, Mystic CT** – Nov 15-17, 2024, Title: **New Beginnings at Enders Recovery with Step 11 and OA. A Weekend of Prayer and Meditation.**

Planning continues.

Set dates: Registration open May 1, 2024

Early bird registration ends on July 1, 2024

Registration closes October 20, 2024

Register early because there are 50 slots. 15 walkins.

Anyone is invited to attend the following committee meetings:

Retreat Committee: 11.17 @ 8am

Registration Committee 11.15 @ 11am

Content/Program Committee 11.29 @ 8am

Menu Committee - Not sure if they are meeting again. They have met with the chef re: our special abstinent needs menu.

- The title for the MetroWest retreat to bring to O&B on zoom is "Sometimes Quickly, Sometimes Slowly... The Miracle Can Happen!" This would run for 2 to 4 sessions on Saturdays or Sundays. Dates TBD

- Also planning "usual" workshop. Proposed date under discussion is Wednesday, January 31, from 6:30 PM to 8:30 PM. Topic TBD.

If anyone has any questions, please reach out to Eileen.

Nancy noted that Lisa is willing to compile all the evaluation sheets from the September 9, 2023, W/S.

#### **Literature: Susanna**

Nancy has the keys to the cabinet & Diane has the key and entrance key to 14 West St, Cranston where our IG meetings used to be held in person. The cabinet will be emptied. Journals sell themselves and there are plenty of literature/pamphlets to use at workshops or sell. We will thank the organization as we will no longer need the space. Nancy, Susanna & Diane will work on this.

Nancy will bring literature to a January workshop in CT.

OBI just donated literature to the York Prison in CT for a women's OA meeting- about 10 books and many pamphlets.

#### **Email Correspondence (Yael) absent**

Nancy noted that there are not many messages/questions coming to [questions@oceanandbay.org](mailto:questions@oceanandbay.org). Moving forward, Nancy will remove Mike from the questions email. He will no longer need to respond – just Yael.

#### **Communication/Social Media Outreach (Michelle, Lisa K.)–**

Journals can be purchased online through our website.

Michelle is pleased with the Newsletter being posted on FB. Michelle thanked Lisa K who has been keeping up with the Facebook page. Our Instagram page is up.

Nancy noted we have a lot of talent on this IG and thanked all for their contributions.

#### **Newsletter Editor/Webmaster & Web team (Mike)**

Nov Newsletter sent.

Dec is in the works.

Two meetings closed this month: East Greenwich Sat am in-person and Happy Destiny Hybrid meeting in CT. Sandy G messaged that there is a new meeting and Nancy gave her the info for listing it. Recovery from Relapse is the mtg name, but no further information is available yet. Not sure if this is within the O&B meeting area per Eileen. Nancy will investigate.

The Web team was so inspired by Sunday's 2w prayer that we now have 2w prayer meetings listed on the Oceanandbay website.

The Winner of the billboard photo contest is Kara, and she wins an OA book.

**Zoom Security Team** – (Robin) Nothing new to report.

**PIPO** (Reva R., Mary Jane, Lisa K. –)

**Health Professionals Outreach Project**- Nancy is working with Lisa to send this mailing. Reva and MaryJane stand ready to help. Mailings will be going out to nearly 50 HCP's who have been identified by OA members. Eileen asked re: packets for HCP – Can health care informational packets be sent to members to give to their doctors? Nancy is willing to send packets/info to members who are interested. In fact, any OA information a member has can be given to one's doctor or medical professional.

**12th Step Within** – Diane

12<sup>th</sup> step within. Diane requests that on Dec 12, we - as OA members - reach out by phone or email to someone that we have not seen or spoken to in a while.

**Meetings - Robin**

We lost two meetings and Robin is wondering why. One was due to poor attendance, and I was not sure of the other. Perhaps 5 or 6 meetings are being represented here tonight. Suggest we go to more meetings to stress the importance of meetings having reps that attend Monthly intergroup meetings to find out what is going on, like workshops, etc. We need to create excitement/interest about going to Intergroup meetings. If anyone has any ideas on getting more meetings involved in IG, please email, or talk to Robin.

Nancy noted she would like to put together a team to activate an action plan for this. We encourage individuals to avoid isolation and the same line of thought should apply to meetings – not to isolate themselves but stay involved with the larger body of OA information etc. provided by intergroup participation. Eileen notes some meetings do not even do announcements.

She added that getting the minutes out early was helpful in communicating information in a timely fashion.

**IV What's on your Mind?** No comments

**V Unfinished Business:** No comments

**VI Tabled Business:** Sponsor Bank. Tabled.

Motion to adjourn by Michelle & 2<sup>nd</sup> by Eileen. Mtg adjourned at 7:41pm with the OA Promise Prayer.

*Respectfully Submitted by: Diane C.*