

## MINUTES

### Ocean & Bay Intergroup

Monthly Meeting Minutes for December 5, 2023, to be distributed on January 2, 2023

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

- Nancy Called meeting to order 6:30 pm
- Pat D read the 12 steps and the 12th tradition: Sandy read the 11<sup>th</sup> Concept.
- Minute of Silence
- Roll Call/Attendees: Beth B., Ellen C, Kimberly C, Libby, Sandy, Margie, Pat D, Kathy W. Kara, Nancy, Diane, Mike, Maggie, Robin, Susanna, Linda, Ellen C., Sandy G, & 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. Another option is to go to the link in the chat to donate.

#### **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 one minute for the 7<sup>th</sup> tradition posting the venmo in chat during this meeting tonight. Please suggest trying this at the meetings you attend.

Warm welcome to Kimberly C, new R6 Chair, and Beth B, Trustee Liaison to Region 6 – IG.

Beth was happy to be here again. Her term will end in May 2024

Kimberly is visiting intergroup and recognized a lot of members in our group. She thanked the members in Ocean & Bay for their service in RI and at the Regional Level.

IG Forum: Most Recent IG Forum on Sunday 11/26/2023. Topic: Setting Up a Successful Newcomer Meeting. Kara, Sandy, and Nancy attended. There is no Forum in December 2023.

Continue discussion about Newcomer workshops/meetings and how we can improve services for newcomers.

**IG Forum-** Next Region Six IG Forum is January 7<sup>th</sup> at 4pm est. All are invited. The link is in chat & on website: oceanandbay.org. Discussion on future Forums based on the recent survey.

##### **Phone Service: (Kathleen) Absent**

Eileen asked about converting from Verizon to Google voice and wondering how that transition is going. Nancy mentioned that may end up getting a second phone from T-Mobile – the monthly cost is about the same as we pay now. Eileen mentioned a track phone as an option. Sandy G said that track phone is closing and switching to Verizon. This may help with keeping our phone number. Leslie from CT will be taking over Phone service in January 2024.

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

**OBI Bylaws Team Update-** Bylaws team met last month. Bylaws need updating and will be reviewed by each team member. The team will meet again in January 2024 to discuss what needs to be changed/updated. Updated bylaws will be sent to the Trustee Liaison for approval. If something major is found, it will be brought to OBI IG before submitting to the R6 Trustee

Staying Abstinent during the holidays is really challenging. The frenzy of this time of year and the wide array of foods can be stressful. Kara stressed that before we pick up a bite, please pick up the phone and call someone.

The 12 Step Within day is on 12 Dec and we can each do outreach by making calls/outreach to others on that day, especially someone we have not seen for a while.

Kara has written messages in the OBI Newsletter about staying abstinent during the Holidays.

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

Motion made for approval of November 2023 minutes. Kara made a motion to accept minutes and Kathy W seconded. MOTION PASSED. Diane will continue to submit minutes to Nancy the same night for others to be able to share with members at their meetings.

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

The beginning balance is \$10,960.96 ending balance is \$11,013.95. There is a payment that came out of checking account that cannot be immediately identified for \$65.51 with 1.52 processing fee. Mike will check with our consultant Alix to see if she might recognize it as being associated with our OBI website.

A donation from the Big Book Celebration OA Monday night meeting in CT asked to have their 7<sup>th</sup> tradition donation designated for the Enders Island Retreat for 2025 if we decide to have that retreat in 2025. Otherwise, it will be designated elsewhere.

Stable Point is the hosting company for our web site and our consultant negotiated a lower price of \$183.11 for a 4-year period. The payments for our web consultant Alix came in and she was paid. She included fees for extra work, but this will show up in the December 2023 treasury report. Susanna motioned to accept the Treasury report and Mike seconded. MOTION PASSED.

Kathy, our treasurer noted that having a minute of quiet at meetings for the 7<sup>TH</sup> tradition donation is proving successful, as donations have increased lately. **We encourage all meetings to try this out to help improve 7<sup>th</sup> tradition donations.**

Linda noted: She went to the link given in the chat and it does not go directly to the venmo site. Diane stated that the easiest way to donate is to go to your own venmo app and give that way. Nancy will discuss with the web team and get back to the IG next month.

**Sandy Update:** She plans to finish the paperwork for OBI to have nonprofit status by January 2024.

**Region Six Rep-** Diane, Kara, Nancy. The Assembly is in Albany, NY on April 6, 2024, in person. Anyone is welcome to attend.

R6 chair, Kimberly C, commented on her 1st Assembly and how she enjoyed the administrative work and members helping each other with recovery.

### **III Committee Reports**

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

January 13<sup>th</sup> 1-4 Happy 64<sup>th</sup> Birthday OA Hybrid Event sponsored by the Danielson Group. Quinebaug River Church, 32 School St., Jewett City/Griswold CT. zoom: 773 140 1935 pw:104473 Next committee meeting immediately following the next Body Image Mtg Sunday 12/10.

January 14th OA Birthday Bonanza 1:00 to 2:30pm. Great questions and great entertainment. Hybrid at Yana in Newport and via Zoom.

Upcoming workshop on *Abstinence One Day at a Time*. Contact Eileen or Nancy for further information.

Feb 24<sup>th</sup> a 2 Way Prayer workshop is being led by Sandy C.

Metro West IG Retreat: "Sometimes Quickly Sometimes Slowly, The Miracle Can Happen!" Stay tuned for more information on this. Contact Eileen or Nancy if you have any questions.

If anyone has any ideas for workshops, please reach out to Eileen.

**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. Dates to watch for: May 1, 2024, ticket sales begin with early bird registration ending 7.1.2024; final registration will end 10.20.2024.

Register early because there are only 50 slots. This is total for walk in /overnight.

The committees for this retreat are: Everyone is invited to attend.

- Steering/ Regular Committee: 12.15@ 8am
- Registration Committee 12.30 @ 11am
- Content Committee 1.3.24 @ 9am
- Menu/Meal Plan Committee Not sure if they are meeting again but they met with the chef to request abstinent menu.

\*\* Eileen is looking for assistance with Raffle basket coordination.

**Literature: Susanna**

Susanna and Nancy will get together to clean out the literature cabinet entirely and decide for the cabinet. Kathy states we have paid rent through January 2024. Susanna, Nancy, and Diane will meet to organize this action. Diane will let Sandy know when the gift cards/rent has been submitted to ESH for rent.

**Communication**

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

Mike sent a text to Alex about the unidentified expense. Kathy commented on the XULAY QR Code Generator dated 11.20.2023. 65.51 with a \$1.97 foreign currency fee. Mike can make the QR free on his Adobe account.

Newsletter for Dec. 2023 was emailed.

January newsletter 2024 is well underway. Subscribers to the Newsletter are increasing.

Only one meeting change noted this month. Our website is getting more "hits" each month.

**Email Correspondence- Yael**

Nancy reported that Yael volunteers to check our questions email correspondence weekly.

**Social Media Outreach** (Michelle, Lisa K.) – Not present. No report.

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

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

**Health Professionals Outreach Project**- Nancy and Lisa are still working on sending this information out to in early January. Reva and Mary Jane stand ready to help. Mailings will be going out to nearly 50 HCP's who have been identified by our OA members.

**12th Step Within – Diane -**

12<sup>th</sup> step within requests that on 12.12 we reach out by phone, email or anyway reaching out to someone that you have not seen or spoken to in a while to outreach as an OA member.

**Meetings (Robin)**

About a year ago Robin was one of the team of 3 individuals to review/update the OBI Meeting list and the meeting list at OA.org. She suggested we review the current meetings list and are looking for a volunteer to assist her. Please reach out to Robin. It should only take an hour or 2 for this task.

**IV What's on your Mind:**

Kathy mentioned someone in CT who goes to Saturday Morning Mtg and feels it is too early. So, she wants to start a meeting in Lisbon, CT but is asking for someone else to start it. Kathy suggested that she discuss this with her sponsor. Eileen will help provide literature if this new in-person meeting begins.

Nancy thanked the outgoing Meeting Reps for their service. She asked those present to continue announcing at meetings that being a Meeting Reps is great service. We need reps from EVERY meeting. Please discuss it at your next meetings' business meeting.

**V Unfinished Business:** No comments

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

Motion to adjourn by Diane & and seconded by Mike. Mtg adjourned at 6:32pm with the OA Promise Prayer.

*Respectfully Submitted by: Diane C.*