

Ocean & Bay Intergroup

January 2, 2024

Monthly Meeting Minutes for January 2, 2024, to be reviewed on February 6, 2024

I Called to Order: Started Recording

- Nancy Called meeting to order 6:30 pm
- Ellen read the 12 steps and the 1st tradition. Mike read the 1st Concept.
- Minute of Silence
- Roll Call/Attendees: Ellen C, Libby, Sandy, Maggie, Mike, Kara, Nancy, Diane, Kathy, W. Lisa, Michelle, H & Eileen
- 7th 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 7th tradition.
 - Can also give through in person meeting donations. Another option is to go to the link in the chat to donate.
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II Board Reports

Chairperson (Nancy)-

FROM THE CHAIR:

- **7th Tradition** . We have several ways to honor the 7th tradition. Please take the time to utilize them. We paused one minute for 7th Tradition
- **IG Forum:** Next Region Six IG Forum is January 7th at 4pm. All are invited. Link in chat & on website: oceanandbay.org. [Information from Nov 2023 forum on “newcomer basics”](#)
- **The newsletter has new PI/PO Team-** Lisa and Jeanne have agreed to work on this with Diane too. We are looking at a six-to-eight-month commitment. We want to announce PSAs on TV, Radio, etc. Monthly Magazines that are free publications are another option for taking out Ads which are some great ideas for our PI/PO IG volunteers to work on.
- **Phone Volunteer and Service:**

Kathleen is finishing phone service up this month and Lesley from CT will be taking over phone service beginning Feb 1, 2024. Eileen offered to help set up google voice. Nancy offers a big thanks to all who have been working on this service.
- **Newcomer Information-** There are 2 meetings for Newcomers 1) in Western Mass and a 2nd in Ct. We want to be sure we are circulating this information on website, Newsletter, and any other way. [Information from Nov 2023 forum on “newcomer basics”](#)
- **Voting on 2025 Retreat tonight:** We will be voting for whether we will put money/deposit toward the reservation for the Enders Island Retreat to be held in 2025.
- **PI/PO** Kathy W offers information that some local newspapers offer a calendar listing events in the area with dates and times. This is a good option for PI/PO to get some information out on this type of venue.

Vice Chairperson: (Kara)

- By laws committee team met on November 23 and will review by laws. Kara has sent an invite to the committee members. Next meeting to be held on 1.18.2023 6pm. She will report updates next month.

Recording Secretary: (Diane)

- Approval of minutes from December 2023. Recommended amendment from Sandy to read as follows: Sandy will be starting (not completing) the non-profit paperwork in January, 2024 and expect this to be a six month process.
 - Eileen asked if we would be subject to any penalties for not being nonprofit? Sandy already inquired and found out there are penalties. She will continue to work on this process.
- Kathy W motioned to accept the minutes and Mike seconded. MOTION PASSED.

Treasurer's Report: (Kathy)

- We started the month w \$11013.95 ended with \$ 11931.96.
- Donations increased. Journals sold through amazon.
- Motion to accept treasury report by Mike and seconded by Kara. MOTION PASSED.

- Kathy has been meeting with the sub finance committee. Next meeting is 1.10.2024 at 6:00pm via zoom.
- Diane received the donation of \$75.00 Visa Card for ESH/Rent from Sandy. Diane will submit the donation along with a letter thanking DCAMM for allowing us to use their space which is no longer needed.
- Sandy Update: As noted above in minutes amendment.

Region Six Representatives- (Diane, Kara, Nancy)

- Next Assembly is April 6, 2024, in Albany, NY. Anyone interested in attending visit the R6 website for details. Diane is planning to attend. Nancy and Kara are not sure.
- Sandy notes: Hotel, food, and travel expenses are covered for voting Reps only, but anyone is welcome to go. We often carpool and share rooms to keep the costs down.

III Committee Reports:

Workshops and Events: Eileen:

- 1.13.2024 1:00 – 4 pm Happy 64th BDay Hybrid on zoom and in person in Jewett City, Ct
- 1.14.2024 OA Trivia BDay Extravaganza coming up. Hybrid @ YANA and via Zoom. Music and a good time for all.
- 1.31.2024 Wednesday 6:30-8:30 pm *Abstinence One Day at a Time* Hybrid via Zoom or St. Mark's Episcopal Church. If you want to arrive at 5:30 pm, bring your meal and enjoy some fellowship.
- 2.24.2024 2:00 pm via Zoom **Step 11 2-Way Prayer W/S**
- Upcoming 3-part series: **S Metro West IG Retreat: Sometimes Quickly Sometimes Slowly Wonderful Things Could Happen...** Eileen states this was a great retreat and reached out to get a zoom event together for O&B. Runs for 3 sessions Sundays from 1-4pm. Speaker will guide us through 12 steps in 3 sessions being held on 3.3, 3.10 & 3.17.2024 from 1-4pm.

Eileen inquired about the following: The 3-part retreat has a handbook. Do we want to provide access to this workbook, if so, how?

The workshop is via zoom and there is no limit to the number of participants.

After discussion, the decision to ask for the workshop materials is: If a member wants the material, they should contact Eileen for the information. The flyer will be posted on the website, not the material.

We will not offer paper copies but if someone asks, Eileen will send the member an email with the materials.

OA Retreat at Enders Island, Mystic CT – Nov 15-17, 2024, Title: New Beginnings at Enders Recovery with Step 11 and OA weekend of Prayer and Meditation.

Retreat Coming up in November 2024. Flyer is coming out this month. Key things about the Retreat - Reg opens May 1 and attendance is limited to 50 people. Retreat committees are meeting. Anyone is invited to attend:

Content Committee 1.3.24 @ 9am

Registration Committee 1.13.2024? time

Steering/ Regular Committee: 1.19.2024

A trip to visit Enders Island is being planned in the spring.

VOTE: For Enders Island Retreat on Annual or Semi-Annual Basis: If so, deposit is needed for 2025.

Maggie asked if the vote is either to have the Retreat in 2025 or if we just want to put deposit down for 2025. Nancy comments that this is to vote for both.

Nancy asked for **3 Pro's and 3 Cons**

PRO #1: Eileen: We have the money to cover the deposit. People really want it. This is a good date, and the time is great.

CON # 1: Sandy - Only serves 40-50 people - she would like to see money go toward multiple workshops.

PRO # 2: Susanna- For people who are in program, a Retreat weekend is a powerful tool. Her first Retreat was helpful in making a significant difference in her program/changed her commitment to her personal program and service.

CON # 2: Diane comments: Too expensive and limited number of people can attend. This does not speak to diversity in membership due to cost and limited numbers. She would like to see retreats that are more affordable and offer the option of having more people attend.

PRO # 3: Ellen: For people who want more a prayerful atmosphere, this is a beautiful place to go. We could have scholarships for people who want to go to the retreat but cannot afford it. It is valuable and we don't do them often. It is another gem of OA that can be offered.

CON # 3: Nancy- Agrees that the bond and wonderful experience from a retreat but she would like to see it happen every other year and put more energy to outreach to newcomers. Put more money into PI/PO and investigate continued outreach.

Six votes in favor for Retreat every year

Six votes not in favor hold Retreat every year.

One Abstention

Eileen states if people want this retreat and are willing to have it, then it should not be an issue.

Nancy wants to offer tie breaker offering the Retreat every other year vs annually.

Mike offers Roberts Rules indicated if there is a tie in group conscience - the motion is lost. However, the vote can still come up at another time.

We took a break to state the serenity prayer followed by a moment of silence.

Nancy motioned to suggest tabling this to the next meeting and move on. Maggie 2nd motion. MOTION PASSED.

Literature: Susanna

Today Susanna went with Diane to pick up the literature from West Street. Brochures/pamphlets can be given away and any books people want can be purchased at regular price. Diane states cabinet is likely to be sold for \$50.00 and will be taken care of this month.

Communication

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

Members are buying journals. January 2024 Newsletter has been mailed. Feb is in the works. A new meeting starting in Warren, RI on Tuesday nights at 7:00pm. First meeting tonight.

Email Correspondence: (Yael) No report.

Social Media Outreach (Michelle, Lisa K.)–

- 127 Followers on FB page. Reached 128 people and got 8 new page likes and 7 new followers.
- The top performing post was the holiday season message. Thanks to Kara & Mike – 79 people looked at that and 7 people engaged.
- The runner up on the same day was reference to Roseanne's prayer 50 read and many people engaged on the prayer.
- OA NAAS group shared it with Ireland.
- Lisa reports that she enjoys the service and posting.
- Michelle thanks those who are helping with this endeavor. Posts have been going up with the OA.org website link which is a great idea. She does not know if there are new stats since Lisa and Mike have been adding the web URL to FB post, but this would be interesting to know.
- Nancy asked Mike to investigate this.

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

- Nancy will be reaching out to Robin to discuss/update new information.
- Maggie offered information on upcoming Security Meeting 1.7.2024 in – OA San Diego Intergroup. Information can be found on the agenda. Mike will add the Zoom Security Class on the Website.

PIPO

- Nancy is asking for volunteers to work on PI/PO Committee. As noted above: Lisa, Jeanne and Diane have agreed to work on this, however, we still need a chair or co-chairs for this committee.
- We are looking at a six-to-eight-month commission. Not ongoing. Goal is to distribute PSAs on TV, Radio, etc.
 - Monthly Magazines that are free publications are another option for taking out Ads which are some great ideas for our PI/PO IG volunteers to work on.
- Kathy offered some valuable information regarding local publications that announce nonprofit meetings for free. She will get information in local newspapers, etc.

12 Steps Within: Diane is hopeful to get back in touch with the 12 Step Within at Regional level during the Assembly in April 2024.

Meetings: Robin and Libby are getting together to go through the lists to ensure information in OA.org matches Ocean & Bay IG website information.

Unfinished Business: Will re-address the Enders Island Annual vs. Semi Annual Retreat decision.

New Business: No report.

Meeting Adjourned at 7:46 pm with the OA Promise Prayer.

Respectfully Submitted by: Diane C.