

Ocean & Bay Intergroup

MEETING MINUTES

6.4.2024

Monthly Meeting Minutes for June 4, 2024 to be reviewed on July 2, 2024

I Called to Order: Started Recording

- Nancy called the meeting to order 6:30 pm
- Kara read the 12 steps and 6th tradition & Mike read the 5th Concept.
- Roll Call/Attendees: Nancy, Kara, Diane, Sandy, Mike, Kathy W., Libby, Maggie, Susanna, Tricia, Linda, Libby, Maggie, Ellen, Michelle
- Minute of Silence
- 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 link in the chat to donate.

Venmo@oceanandbay.org

II Board Reports

Chairperson (Nancy)-

- IG Forum meets each month. June 23rd at 4pm ET is the next meeting. We were featured last month to share our experience with abstinence and our service. We had 5 people who volunteered, and we did a great job sharing how service supports abstinence. Link to the forum is on our web site. Nancy shared the message of one member who couldn't attend and read her written statement.
- EVENT CHAIR- PIPO open and we are looking for someone to fill it.
- Another Workshop next Spring 2025 from Ocean & Bay is going to be planned, around the topic of abstinence: Step One, or Powerlessness. Nancy is looking for some volunteers to work on this. Please let Nancy know if you are interested.

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Vice Chair Kara

The bylaws committee will be meeting again 6.13.2024 with goal of reviewing our bylaws and making sure they are compliant with OA guidelines. She will keep us abreast of that.

Region Six Assembly – Fall 2024-We need to start thinking about the Fall Assembly that is coming up in September 21, 2024. Kara is asking for others to consider serving beyond the IG level and join us in Albany for our next Assembly. Most of the work is on Saturday. Some folks prefer to take the drive early Saturday morning, then leave Saturday night when it wraps up or Sunday morning. It is fun and boosts your recovery. Kara asks all to consider serving above the intergroup level.

Region Six Convention

- Region Six encompasses all New England, New York, and the eastern part of Canada.
- 2024 OA Convention is being held October 25-27 in Nashua, N.H. Registration is open. \$60.00 through Oct. 18th. Walk in is \$75.00. Rooms are sold out. Hilton Double Tree in Nashua New Hampshire- There is a total of 371 that hotel can hold and we have already sold 200 tickets. There is a Friday night and Saturday night buffet. Any questions? Activities include workshops, OA meetings, fellowship and fun. There are keynote speakers, raffle baskets, recovery stuff and even money. There is a banquet on Saturday night with dancing and entertainment and great opportunity for friendship and invigorate your program. Contact Kara for more information.

- Registration is open, it is non-refundable and nontransferable. So if for some reason you cannot attend, as the date gets a little closer, consider your registration a donation to Region 6.
- Also, there are many hotels in Nashua, NH to consider.
- Sandy notes-We may not be able to accept walk ins so if you are thinking of going, buy your tickets now.

Recording Secretary Kara makes a motion with Kathy W. seconded for April and Kathy motioned with Kara seconded May 2024 meeting minutes. MOTION PASSED TO ACCEPT MINUTES FROM April and May.

- Diane and Nancy worked on trying to record the text for the meeting and not just the voices for accuracy and expedience in providing more accuracy. Improvements are in progress.

Treasury Report: (Kathy W.)

- \$13,809.48 We took in money for the retreat. There was one deposit of \$9970.00 and another for \$600.00 and she isn't sure what they are for.
- Kathy W asks if the deposits for 9000.00 and 600.00 were from Enders Island. Susanna reports that they were. Once check bounced and one check was changed from single to commuter, a 3rd canceled. Linda confirmed accuracy. The person who had the check bounced due to the person's account having been hacked. That person re-sent the check for \$300.00 plus a \$50 donation. We ended with a balance of \$24,075.42
- Susanna reports that a check that came to Kathy yesterday was to pay for one of those mentioned previously; two registrations were refunded for various reasons.
- Regarding reservations: All the singles are taken, with doubles and commuters spots available. Donations from various meetings.
- Sandy sold some journals at the WSB, and donations from various meetings.
- Michelle asks: Do we have any idea if we have covered the cost of the Enders Island retreat facility? Kathy states that enough people have signed up to cover our minimum cot, so the rest is profit.
- Linda will keep updates.
- Linda made motion to accept the Treasurer's report and Susanna seconded. MOTION PASSED.

Sandy Reports

- On June 15th, the new check signers are scheduled to go to the bank to get checks/banking settled.
- She will meet with tax accountant on July 15th to help reinstate the 501c3 nonprofit status.
- We ordered 40 journals and sent them to Albuquerque; 20 were sold in a boutique in Albuquerque, and the other 20 went to a fellow friend Beth in Texas to be sold at the Texas Convention that is coming up.

Region Six Representatives (Nancy, Kara and Diane)

Looking for a trustee Liaison in general.
Nothing new to report.

Committee Reports:

- **Events:** Nancy: We are looking for an Events Chair: This could be a 1 or 2-person service position. OA member Felicia, has been sending us OA events and resources in various places. Nancy is going to try and reach out to her to inquire a little more information. If anyone is interested in servicing this position, please speak with Nancy.

- Between Mike and Nancy if they hear anything we inform Mike who posting on OBI website and in the Newsletter
- **Enders Island Retreat-** Linda: As of today, we have six double rooms open. We have one room with a male, so we are looking for another male to join him. We have commuter spots – 10 places are open, and two scholarships are still available. She feels we are doing great. All the checks have been deposited and we have covered our minimum cost. We sent out emails to everyone who signed up stating we received their registration and checks.
 - In the fall we will need more people to step up for committees, finalizing the meals, will need a group to get information packets to be emailed out in mid-October and will need help with room assign, check ins, sign up, bulletin board for optional events that we will need coming up in the fall.
 - She mentions retreat and notes there are only six double rooms left.
 - There is an attached meeting form and information on this, or you can go to the website “The Latest News” to get information on this event.
 - Nancy reports having emailed all the attachments on retreat information to the IG members emails. There is an attached registration form and information.
 - Nancy thanked all who are working on this.

Literature:

- Nancy reports: We no longer require the service position for literature as we are not in the business of selling literature anymore.
- Jay took all the literature and is taking it to various workshops in Connecticut. He will send money as the items are sold. We will not order more literature.
- Our journals are available on Amazon and on our IG website.
- Michelle: Thanked Sandy for selling journals at OA Business Convention. And thank you to the organizers or various other OA events who have taken our Journals to sell. That's awesome.

Phone Service: (Leslie) absent: Google Voice Account is set up and is being utilized. *Ocean and Bay IG Phone number is now : 401-264-0606 .* No problems noted to date.

Communication

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

- **Newsletter:** Enders Retreat can be found under the latest news but is also on our home page so you can find a short cut to information on the Retreat right on the website. June newsletter went out on time and July is underway. There is a new in-person meeting: OA big book meeting at the Kingston Congregational Church in Rhode Island that will start June 20th Thursday nights, 6 to 7 pm. All are welcome!
- There is also a location change from the Monday 7pm Mystic hybrid meeting is now moved to Stonington.
- Susanna reported: at Monday morning’s meeting someone came up to her and said, I looked at the newsletter and the website. She was so amazed, said: They are beautiful. I just want to let you know that.
- **Webmaster-**The link to the 2-way prayer doesn’t work and Mike restored the information to correct the issue. Everything is up to date.

Email Correspondence: (Yael) Not much.

- Nancy reports, Yael checks our email and correspondence questions@oceanandbay.org. Gets a lot of spam that she deletes and continues to check emails regularly.

Social Media Outreach (Michelle; Lisa K. absent)–

Michelle reports that she hasn't been posting on a regular basis, but she did just update the header and made a post with the newsletter.

Lisa K has been great at making postings but she might be unavailable for now so anyone who is interested in helping out and posting please contact Nancy or Michelle. Our FB is Ocean & Bay IG of Overeaters Anonymous.

We have 131 likes and 156 followers. Michelle commented we may need to cross check information from other OA FB sites and she will try to keep up on this.

- Michelle H: States that cross posting from other OA communities, is exactly where we need to go in the future. Michelle is going to be accountable for Facebook stuff. That will be the challenge. Thank you.

Zoom Security Team – (Robin) absent. Nancy reports that there have been some intrusions at meetings. Nancy responded to a message by calling the phone number who immediately asked who she was and asked her to get onto a zoom link right away. This was a scam, and she advises if anyone has this experience, to avoid the call. It is strongly recommended that you DO NOT ZOOM with a stranger. These are scammers.

PIPO (Chair)

- Still looking for volunteers to work on PIPO Committee. It would be good to have a mix of Ct and RI members for this committee.
- We know that there is a concrete project that Nancy has ready to be executed. Just need some volunteers.
- Kathy spoke with her friend in Ct. and they had done stuff years ago and she asked if she wanted to participate in this committee. She is busy right now, but she will be available later this year. Kathy W and she would like to do something in Ct. there is a woman named Tanya who is interested as well as Lisa K so hopefully we can put a team together in a couple of months. Kathy W will keep in touch with her. If anyone else is interested, let Nancy know. Kathy W states, this committee is trying to get our members to reach out to others and it's a great way to brainstorm how to get the information out there and now that we have social media, we should be able to come up with some new ideas. We discussed giving hard copies to members (packets) to their doctors and sharing how they are remaining weight healthy with our program.
- Nancy states: Connecticut did mailings to health professionals. They sent out a letter to them asked their members from different names of help professionals, and we did that. Bringing healthcare packets to doctor's offices and discussing with our clinicians is a great way to get the word around. Nancy will contact Reva again to help get this out.

12 Steps Within: Diane Nothing new with 12 Steps Within.

Meeting Updates- See Mike's report above. No report this month. New meeting OA Big Book meeting strictly in person at the near URI starting June 20th Thursday nights starting at 6pm. All are welcome!

Meetings: Robin- absent. No news.

Kara notes that the next IG meeting is on **July 2nd** which is a holiday week.

What's on your mind? Nancy is happy to open the meeting to any questions, concerns, or comments.

Unfinished Business: None.

New Business: None

Meeting Adjourned at 7:27 pm with the OA Promise Prayer.

Respectfully Submitted by: Diane C.