

Ocean & Bay Intergroup of Overeaters Anonymous
Monthly Meeting Minutes for December 3, 2024 – to be approved on Jan 7, 2025

The 12 steps , 12 Traditions and 12 Concepts were read.

Tradition 12: Anonymity is the spiritual foundation of all these traditions.

Nancy: OBIG Chair - Welcomed Allison, Intergroup rep for the Welcome Home Group which meets Tuesday nights at 7 pm at the Warren Town Hall in Warren, RI. .

Announcements:

- No forums in December. The next forum will be Sunday, 4 pm Est, January 26, 2025. The list of forums for 2025 can be [found here](#).

- Ocean & Bay IG is sponsoring an in-person afternoon workshop on Sunday, May 18, at Kent Hospital, Doctor's Auditorium. Volunteers needed. Contact Nancy at: chair@oceanandbay.org or call 401-447-6467.

- Region 6 Convention is promoting their 2025 OA conference in October with the theme "[Imagine the Miracles.](#)"

Kara: OBIG Vice Chair - A member of the bylaws committee reviewing the bylaws. A draft of the bylaws will be submitted for approval to the IG members soon.

Diane: OBIG Secretary - Motion to accept the November minutes as written. Motion seconded. All in favor, none opposed. MOTION PASSED.

Kathy: OBIG Treasurer - Started the month with \$25,083.26. Various expenses included retreat, copies, web support. Income was from Amazon (journal sales) and the 7th tradition. We ended with \$18,665.35. Final payment for Ender's Island retreat was \$9,548.60. We have \$443 from Connecticut meetings for future retreats and \$600 collected for kitchen staff tips, a total of about \$1,000 intended for other purposes now in the OBI treasury for future programs etc.

The 7th tradition page shows contributions from meetings and individuals. We received \$593.69 in November received through PayPal, Venmo, and checks, etc. Motion to accept the report. Motion seconded. All in favor, none opposed. MOTION PASSED.

Finance Committee Discussion: Discussion about having a financial committee meeting in January 2025. Under discussion will be making donations to OA World Service and Region 6 and other financial concerns. Nancy, Sandy C and Kathy are on the committee. Anyone interested in serving on this committee please contact OBIG treasurer Kathy.

Sandy-OBIG Finance & Tech Support - The Connecticut meetings that needed a zoom room created an account. They are in a co-op now with a Zoom account. Sandy discouraged OBIG from having an

account because it comes with labor-intensive administration. Sandy is willing to continue to share her zoom account on the 1st Tuesday of every month for the intergroup meetings.

501c3 nonprofit status - OBI is now a 501c3 tax exempt organization in Rhode Island. This information will be shared with Mike and Alex, our website managers, so they can pursue nonprofit discounts on the expenses associated with the OBI website.

Sandy suggested that we need to file with the Rhode Island Department of Business Regulations. But our CPA thinks it is not necessary. Sandy will investigate this.

Committee Reports

Events -The website event module has been recently updated and made more user-friendly by Mike, who worked with our web consultant Alex to update it. There are two events of note coming up in January: first a happy 65th birthday to OA on Zoom and in person in Jewett City/Griswold, Connecticut. It is at the Quinnibug River Church at 1 pm.

Next, is taking a journey through the steps starting January 5th, Sunday, from 4 to 6 pm Est, for 15 weeks and is being led by Don C., who has done wonderful service for Region 6 as the chair, and he is served in many capacities. There is a requirement for abstinence, and you need to have a sponsor. If you are interested email Don C.

The Enders Island retreat led by Kathy from Norwich, Connecticut, was a success with 48 attendees. It took place on November 15-17, at the Enders Island Retreat Center in Mystic, Connecticut. Feedback was mostly positive, with some minor suggestions for improvement. Linda M compiled the feedback but was delayed due to illness. A steering committee meeting is scheduled for January 17th to discuss future retreats, possibly in 2026.

Gratuities collected for the kitchen staff were returned as Enders Island does not accept them. The funds will be used for future retreats or scholarships. Six scholarships were given for this retreat. An email will be sent to attendees from our chair, Nancy, explaining the decision.

A significant amount of literature and journals were sold at the retreat. Contact Jay for your literature needs to help save on shipping costs.

The Public Information Professional Outreach Committee, co-chaired by Diane and Trisha, meets monthly. They recently had a speaker, Jeanne D, discuss outreach to universities and colleges. Meetings are held on the third Monday of each month at 10 am. A new Zoom link was established for these meetings.

Nancy announced: The meeting to plan the spring workshop is on Tuesday, January 14, at 12 noon on Zoom. If interested, contact Nancy.

Mike: Newsletter & Web Update- December newsletter was sent December 1. Six meetings changed their Zoom ID and password. The Friday 9:30 a.m. meeting in Portsmouth has transitioned to in-person only. The Tuesday meetings use a different account.

The creative team should collaborate with PIPO to share creative ideas.

Lisa and Michelle: (not present) Social Media- No updates on social media outreach. There is an Instagram account and a Facebook page.

A young woman from the Saturday morning Middletown meeting may help with Instagram. She showed how to post the newsletter on Facebook and Instagram. 85% of our newsletter viewers use computers or laptops, indicating an older audience. This young woman might help OBI to attract a younger crowd.

Mike posted the newsletter on both Facebook and Instagram but could not find it on Instagram. It might only be viewable on phones. The Instagram account name might be Ocean Bay Intergroup. There are 3 or 4 administrators who log in as themselves and switch accounts to Ocean Bay. Further research is needed to understand the Instagram setup.

Yael: Questions Coordinator - An email correspondence involved a newcomer from Manchester, England, seeking a speaker's phone number. Sandy C was able to assist and answer this inquiry.

Robin: Zoom security – no updates.

Robin: Meetings - The Ocean and Bay meeting list and the OA.org meeting list are updated by Mike and Robin, respectively. After the holidays, Libby will work with Robin to help compare the two lists to ensure accuracy. This detailed work is appreciated.

Reminder: On December 12th, make a phone call or outreach to someone you have not seen in a while. The 12th Step Within Intergroup is working on a grief workshop.

Vasa joined the meeting via Zoom and provided her email, VasaM@comcast.net, to receive the minutes.

Any old business, any new business?

7th Tradition acknowledged.

Meeting closed with the O. A. Promise prayer.

Adjourned. 7:27pm