

OBIG Meeting Minutes

October 7, 2025, to be read/approved on November 4, 2025

Meeting Started: 6:31 opening with the Serenity Prayer

Members present: Kara, Valerie, Mike M, Diane C, Jay L., Sandy, Nancy D, Eileen, Susanna, Leslie, Tricia, Lisa G

Steps: Read by: Mike M

Trads & Concepts: Read by

Minute of Silence- led by Kara

7th Tradition- 1 minute to give by Venmo etc.

1. Chair (Kara filled in for Nancy)

A. Elections

- i. Nominations are being accepted for Treasurer & Vice Chair. Kathy has been nominated and accepted for Treasurer. No one has been nominated for Vice Chair. If this remains vacant, it will remain that way until someone is either called to do that service or is appointed.
- ii. Please feel free to reach out to Kara

B. Monthly Region 6 IG Forum- No comments regarding this. Next Forum will be on November 16, 2025, "Meet the R6 Board" 4:00pm. All are invited.

C. ByLaws

- i. We had a couple of people to read over the bylaws and we got back some good information. The committee met again, and they made some changes. They will meet again this Thursday to wrap everything up and present them as a full body of by-laws in November.

2. Vice Chair (Kara)

A. Next IG Meeting is November 4th via zoom.

3. Secretary (Diane C)

A. September Meeting Minutes accepted

4. Treasurer (Sandy assistant treasurer for Kathy)

A. Report We had a lot of expenses in September, and 3 members went to Assembly and the expenses for that are on the list. Jay brought journals and sold 3 at assembly.

- B. Donations page is going along well. Part of the Region Six Convention is a requested donation. Sandy motioned to donate \$200 to the Raffle Fund and seconded by Jay L. These funds will be allocated to the Convention Committee who will purchase prizes.

5. **Region 6 Assembly:** (Sandy, Jay & Diane C)

- A. Kathy, Sandy C, Jay, and Nancy went to the Assembly. They did this meeting Hybrid with Canada, and it was a good success. All motions passed. Kimberly termed out as chair and Chuck is now the Chair of Region Six and the Vice Chair is open – closes this weekend. If you are interested in this position, please reach out to Sandy. Jay shared his experience with how fascinating and meaningful the meeting was. He mentioned IGOR committee and next convention 2026 will be in Hartford, Ct.
- B. Next Assembly will be in the Spring 2026. We will provide more information as it posted.

6. **Workshop and Events** (Vacant)

- A. In Spring we may be doing a Spiritual Workshop-1 Day Seeking Conscious Contact with your Higher Power. Anyone interested in helping Sandy to do this is encouraged to reach out.
- B. O&B Website has a lot of great information regarding workshops and events. Please visit this.

7. **Literature** (Jay)

- A. Sold 3 journals at Assembly. If anyone knows of any events going on, please pass info on to Jay.

8. **PIPO** (Diane & Tricia)

- A. Diane C shared College Campaign progress- We are posted in 5 cent Cigar and already received 10 hits. We are waiting on the other two colleges
- B. Kara saw ad on placemat which we have discussed in our meetings, she will forward that information to Diane & Tricia for further investigation.
- C. Mike shared number of hits as noted above and offers information regarding website noting: Most popular page is events, 2nd is 2-way prayer page, 3rd is O&B meetings followed by O&B Journal.
- D. Our next meeting is Oct 20. We are in the preliminary steps for 2026 project outreach to Senior Centers in O&B Region. Anyone interested in helping to bring information cards to centers is encouraged to reach out. More information will be coming on this.

9. **Email** (Yael absent)

- A. Kara notes there are not a lot of emails and Yael is prompt in checking/responding to these.

10. Phone Service (Lesley)

- A. Lesley notes no calls this past month.

11. 2025 Convention Rochester New York (Kara)

- A. Journals will be available at our 2025 Convention in Rochester, NY
- B. Region Six is trying to do zoom for Key Note Speakers .. If you cannot get to the convention, you can see the key note speakers for a fraction of the cost \$20.00. Go to Region Six Website for more information

12. Social Media: (Michelle absent & Lisa G present)

- A. Lisa G will get back into the fb site and look at doing some posting

13. Newsletter/Webmaster (Mike)

- A. Newsletter went out for October 2025
- B. Mike notes attempted scam looking for money and Alex was able to recognize this. Alex worked on website.

14. Phone Service (Lesley)

- A. No calls this month

15. Zoom Security (Robin-absent) No report but all are reminded of being mindful of safety with zoom/strangers

16. 12 Step Within (Diane C). Diane would like to hold a 12 Step Workshop in 4 (2) hour sessions but needs another member who has been through the workshop to run this. If anyone is interested, please reach out to Diane C or Nancy for more information.

- A. Kara reminds us all to reach out to someone you have not seen in a while and to those who are still suffering with compulsive food behaviors.

17. Meetings – Cranston meeting on Friday's has been on hold until November 2025 with members who can commit to being present for newcomers.

18. Unfinished Business-Discussion about setting up at Farmer's Market- We are looking at this option to be considered in the Spring 2026

19. New Business- None reported

20. Tabled Business- None reported

Susanna motioned to close meeting & Mike seconded.

Meeting Adjourned: 7:16 with the Responsibility Pledge.