

# Ocean & Bay Intergroup

## Meeting Minutes, March 3, 2026 – To be read on April 7, 2026

Meeting Started: 6:30 opening with the Serenity Prayer

Members present: Mike M, Nancy H, Diane C, Sandy C, Diane NC, Jeanne M., Kathy W., Jay L, Libby, Linda, Nancy M., Eilleen S., Susanna, Mary Jane E

### I. Call to Order

Open with Serenity Prayer

1. Steps: Read by Jay
2. Tradition & Concepts: Read by Jeanne
3. Roll Call
4. Minute of Silence- led by Nancy
5. 7<sup>th</sup> Tradition- 1 minute to give by Venmo etc. Oceanandbay.org website

### II Chair Officer Reports

#### a. Chair (Nancy) Next OBIG meeting is April 7, 2026

i. Report on Forum – No immediate plans for Region Six Forums

ii. Guest- Chuck F. Chair Region Six will visit all IG's about 35 IGs. He visited our IG tonight to learn and help with the 5<sup>th</sup> tradition of spreading the message. He wants to learn from IG's and offer support. Chuck mentioned that the Region 6 calendar allows for adding OA events.

iii. Sandy shared flyer re: WSBC Young Adults committee workshop: *"Let's Talk About Young Adults in OA!"* Nancy related this committee is planning workshops about young people in OA, re: attracting and communicating/keeping young adults in our OA meetings. Upcoming are two workshops to attract OA members from around the world. **March 21, 10 am-noon Est. Workshop will be repeated on the following Sat 7 pm – 9 pm Est.** Featuring two young adult speakers; tool kits will be shared so meetings and IG's can learn ways to reach younger adults, how to accommodate them, and how to welcome them. Flyer will be emailed.

- Diane from NC noted that an OA Footsteps meeting she attended had many members that were 30 yr. old and younger.

iv. Meeting Updates Report from meeting reps – later on the agenda

v. OBI Vice Chair position still open; need six months abstinence. Nominations taken at any time. Contact Nancy at chair@oceanandbay.org

vi. WSBC: Update: April 20-25, 2026. Albuquerque NM- Nancy and Robin are planning to represent OBIG. Last month we voted on whether certain motions from Region Six should be on the WSBC agenda. Nancy submitted our answers on the OA.org website. Nancy and Robin as our delegates will report back to our IG important information learned at the WSBC conference.

vii. Tranquility Retreat in Ivoryton CT, June 19-21, 2026. Info at [Oceanandbay.org](http://Oceanandbay.org) for registration. It is reasonable and has a beautiful setting.

b. Vice Chair- N/A

c. Recording Secretary (Diane C.)

i. Review.

ii. Mike M and Kathy W made motions to accept minutes as written. MOTION PASSED.

d. Treasury Report

i. Short month. Venmo may not have gone through yet, but Venmo transactions will be posted next month.

ii. Starting balance \$11,514.69      Ending Balance: \$10,925.66

a. WSBC Registration for Robin and printing expenses have been deducted

b. Region Six Assembly paid for

c. Sandy requests that Constant Contact billing be clarified so we determine if we are paying monthly or annually? Sandy will look into this next month

d. Motion to accept from Sandy & Seconded by Susanna. MOTION PASSED.

e. Updates from Sandy - Step 11 Workshop: Join OBI for our One-Day OA Retreat!

*Seeking Conscious Contact - Transforming Our Relationship with Our Higher Power*

We found a space for our one-day retreat on Sat. May 2, Kingston Congregation Church, 2610 Kingstown Rd., Kingston, RI 02881 (near the University of Rhode Island) If you would like to be on the planning committee, please contact Sandy. Looking for help with registration and service coordinator to organize team of volunteers to set up and be available during the day. **First planning meeting is Wednesday March 11, at 6pm on zoom:** Reach out to Sandy [sandyrecovers@gmail.com](mailto:sandyrecovers@gmail.com) and she will send you link for zoom meeting.

Region Six Convention Oct 16-18<sup>th</sup> in Sanford Ct. Early bird registration is \$45.00 through March 6<sup>th</sup> then becomes \$75.00 after that date. WW Tree Lodge will be available, but it is not open yet for booking. It should be around 180 per night.

- Sandy mentioned the need for help with the literature table at the R6 convention and Jay offered to help. Sandy encouraged Jay to connect with convention co-chair Michelle for further convention-related coordination.

f. Region Six Reps.- Next Assembly on April 11 in Albany NY. We need a member to attend as an alternate delegate who will represent OBI and vote. Anyone who wishes to attend, your expenses will be paid. We will work out the opportunity for anyone interested in going. Contact Nancy at [chair@oceanandbay.org](mailto:chair@oceanandbay.org) if you are interested.

III Committee Reports:

a. Workshops & Events - Upcoming events listed on [oceanandbay.org](http://oceanandbay.org)

b. Literature: Jay - Jay mentioned working on a plan for remaining literature stock which he will present at the next IG meeting.

c. PIPO (Diane C & Tricia) Public Information/Professional Outreach

i. Cape Cod Intergroup - The 2026 Cape Cod Symposium on Addiction Disorders will be held in Providence RI, Aug 7-8. 2026, at the OMNI Hotel. 100 exhibitors, 1200 healthcare professionals from around the world. Our PIPO and IG members will participate in this event for CCIIG to staff the OA table. The team discussed logistics for the symposium, including volunteers to staff and potential giveaways, and planned to finalize details at the next PIPO meeting. Barbara, chair of the Cape Cod Intergroup, will be at **our next zoom meeting on March 16, at 10:00 am** reporting on continued updates for this collaboration. We need volunteers. Please contact Diane at [secretary@oceanandbay.org](mailto:secretary@oceanandbay.org)

ii. **We** are working on PIPO Blitz report form to present at Assembly to update on the results of our endeavor so far. Diane has the report.

iii. Mary Jane offered information for outreach to religious institutions' bulletins, community boards, etc. Wording you can use for your religious affiliation is the following: **"Do you have a problem with food? There is a solution. Overeaters Anonymous information is available at Oceanandbay.org. Call 401-264-0606."**

She is starting with houses of worship to ask if we can make posts in their bulletins. If you have any questions, please contact Mary Jane by text at: 401-499-9883.

iv. PIPO is moving forward with restaurant placemat outreach. We are actively searching for best, highest populated restaurants to place our message. Mike shared the ad he designed for the placemats.

v. Diane has outreached to Connecticut College but is still having difficulty getting the invoice billing. Diane subscribed to the college's newsletter but could not find our message. Will continue to research this.

e. Webmaster: Mike

i. Newsletter went out before March 1.

iv. Web: Mike accidentally deleted some information on our website. However, our web consultant Alex was able to recover/fix it.

f. Email Correspondence (Yael). Has been some interesting questions which have all been answered.

g. Social Media (Michelle & Lisa absent) No report.

h. Phone- (Lesley) This is a google phone. If there are no calls, it expires. Please feel free to call and remind Leslie to make outgoing calls to keep it active.

i. Zoom Security (Robin) – no report

j. Meetings List: Robin & Libby work on updates w/ Mike

k. New Business/Meetings Updates/Old Business

Sandy reported: There are four 2-way prayer meetings in the morning. The newest meeting is on Mondays at 8 am est. For information on these meetings email: [twowayprayeroa@gmail.com](mailto:twowayprayeroa@gmail.com)

Also, 2wp meetings are listed at: <https://oceanandbay.org/2-way-prayer-meetings/>

Meeting on zoom:

Meeting ID: 811 2161 6083

Password: Hope!

Direct Link:

<https://us02web.zoom.us/j/81121616083?pwd=aHhtZTdOZDBiWjI0DdnVpdmp1UDk0Zz09>

Intergroup meeting closed at 7:03 pm with the OA Responsibility Pledge.

Next OBIG Monthly Meeting April 7, 2026

Respectfully submitted by Diane C. 3.3.2026 8:21pm