

Central Virginia Intergroup
Minutes for June 7, 2020 Meeting at 7:00 PM
Meeting results in **bold**

1. Welcome by **Catherine: meeting opened at 7:03 PM with the Serenity Prayer. Mark read the 12 Steps, Susie read the 12 Traditions, and Catherine read Concept 6.**
2. Introductions: **Catherine, Mark, Susie, Alicia, Julie, Hope, Dianna, Susan, Sarah, Bob and Frannie**
3. Questions on these reports:

Chair—Catherine:

I am very pleased to announce that Hope has volunteered to be our Intergroup Secretary! We will vote on her election per our bylaws first thing at the meeting and she will begin her term of office at this meeting. **Proposal for Hope to serve as the CVIG Secretary was approved to begin immediately.**

The World Service Virtual Region is hosting its first Convention June 20-21. Here is the flyer: <https://oaregion7.org/wp-content/uploads/2020/05/062020-VR-Convention.pdf>

Check out OA Zoom workshops around the area at <https://oaregion7.org/events/>

A reminder from World Service about protecting anonymity when attending meetings via a virtual platform, e.g., Zoom, Facebook:
<https://oa.org/app/uploads/2019/12/Anonymity-Guidelines-V2-proof.pdf>

Vice Chair—Julie: no report- **none**

Treasurer—Sarah: Treasurer's Report:

Sarah shared that it was brought to her attention that the By-laws state “checks shall be cosignatory with a minimum of one (1) other board member or an appointee of the board and will only require the second signature for reimbursements that are not a part of customary operating expenses. Customary operating expenses are hereby defined as: the telephone line, directory listings, rent, the internet service, and dues to WSO and Region 7. “

Sarah will arrange to have Catherine co-sign the check to reimburse for the amount spent on the Facebook ads.

- As of 4/28, we started this accounting period with **4916.49**
- No incoming checks
- We spent \$385 on our annual insurance policy
- Leaving us with **\$4531.49** in our bank account
- Less \$1000 prudent reserve

- Leaves us with \$3531.49 in available funds.

Secretary—Hope to serve the remainder of the 2019/2020 term

Region Rep/WSO Delegate—Susie: Reported that she met virtually with the WSBC 12th Step Within committee. They are still in the planning stages.

Just reporting that I'm on a subcommittee of the WSBC 12th Step Within committee, and we are working on the possibility of setting up a regularly scheduled Zoom 12th Step Within meeting.

Internal Communications—Becky: no report not present

Telephone—Dianna: No report. none

Newsletter—Bob: Requested that members submit articles for the newsletter and that an e-Blast be sent out. He asked IG members for suggestions on how to encourage submissions. Some of the suggestions made were the following: those who are sharing their stories during Zoom meetings to submit their story to the newsletter and feature an article on the Step/Tradition that corresponds with the month number. Frannie and Julie volunteered to explore other ideas with Bob. The flyers about the upcoming local, Region and worldwide workshops will be announced in the newsletter. Intergroup praised Bob for doing a great job with producing the newsletter.

Website—Mark:

I have just been doing the usual updates to the web site; meeting notices and events as well as posting minutes and the newsletter. I had to fix the Area meeting notices to replace bookmarks that were lost somehow, most likely to an automatic update of WordPress. There is still one domain to transfer. I just haven't gotten up with Bob E. on that.

12th Step Within—Alicia:

"Step 0-Put Down the Food" had both great attendance & feedback! Thank you to Susan S. & Helen L.

Tidewater IG's 12th Step Within is presenting a zoom program entitled, "The Hardest Thing in OA...(and it isn't the food)" on June 13th, at 1pm.

Meeting ID: 829-3764-5798

Password: workshop

In the works:

July 18, 1-2pm -- "Relapse & Prevention" Workshop- **Alicia asked that the date be corrected to July 11**

August 16th, 2:30-3:30pm --"Sponsorship Day" (speaker)

Retreat—Susan: no report -**Susan reported that she is registered for the World Service Virtual Region Convention on June 20-21. She will use this opportunity to learn more about how to plan and implement a virtual retreat for CVIG. Julie offered to share her knowledge and experience with planning and implementing longer virtual workshops. It was asked of Susan if the committee was considering this option instead of having a face to face one day retreat locally in the Fall 2020. Susan shared that at this point it is hard to determine whether an in person retreat can occur due to social distancing requirements and members' level of comfort. That is why she would like to have the option of offering a virtual retreat.**

Public Information—Sandy: no report—see New Business

Fun and Fellowship—April: no report- **not present**

4. Old Business: none

5. New Business:

a. Public Information ideas: **Alicia reported**

1. Alicia, Hope and Sarah have been working on scheduling a series of newcomer meetings. The goal is to create a warm, welcoming, and informational environment for people who are struggling with food, especially during quarantine. **Two planning sessions have occurred.**

We want to host a series of 3 newcomer meetings. Each will have 2-3 speakers sharing their experience, strength, and hope. The meeting will be roughly half for speaker shares and half for newcomer Q&A. We encourage existing members to attend!

- Saturday, June 27, 2020 1-2 p.m. EST: Our stories (what it was like, and what it's like now)
- Wednesday, July 1, 7-8 p.m. EST: Abstinence and dignity of choice (focusing on physical recovery) **Susan and Catherine requested that the committee choose another date, as this day and time conflicts with the Charlottesville OA meeting. The committee will discuss and decide upon a new date at their next planning session.**
- Sunday, July 12, 2:30-3:30 p.m. EST: How we work the program (focusing on spiritual and emotional recovery and the steps)

Question was asked, “Why are the sessions scheduled so close to each other?” Answer: To keep the newcomers’ attention and take the opportunity of their readiness

Publicity: **reported by Sarah**

We will promote using all the usual channels (CVIG newsletter, email blast, website), but we also want to do Facebook ads.

We ask that CVIG authorize spending \$1000 on Facebook ads, to be divided between promoting the three meetings **Sarah reviewed the treasury funds, stating that CVIG has budgeted \$500 for the Public Information Committee and \$100 for the 12 Step Within Committee. If the proposal was approved, these funds would be used towards the \$1000, so only an additional \$400 would be needed. Sarah also stated that she estimated \$600 would be applied to publicize for the 1st Newcomers Meeting and then \$200 for each of the following sessions. A question was asked “Why spend so much on the 1st session?” The rationale for spending more on the 1st session is that it will attract return participants.**

For an example of an ad, see attachment.

For people wondering about how OA World Service feels about ads and Facebook, I did a lot of research when we did this last year. [Here is that memo.](#)

For reference, when we did Facebook ads last year, we spent \$449.93 on Facebook ads and reached 10,529 people with 132 link clicks.

Question asked: “Who will we be targeting and will there be a way to obtain metric information?” We will be targeting anyone who meets the following characteristics:

- **Male and female**
- **Ages 18-65+ (can go down to age 13 if we want)**
- **Live within 50 mile radius of Richmond, 25 miles of Charlottesville, 25 miles of Fredericksburg (although anyone across the region can participate in the Zoom meetings)**
- **Have “liked” or shown interest in weight loss, Weight Watchers, Jenny Craig, etc.**

Mark, Web Page Chair, confirmed that he can obtain metrics from Google Analytics. The desired result will be that Newcomers will participate in our Zoom or Face to Face OA meetings in the future. The committee believes that even if we carry the message of recovery to only a few, it is worth the investment.

Question asked, “What safeguards are being put into place to protect our OA Zoom meetings and keep intruders out?” A different Zoom Meeting ID number and password has been secured and there is the ability to “kick a disruptive person out” of the Newcomers Meeting.

After this discussion, a proposal was presented for “CVIG to spend \$1000 of which \$600 is already budgeted on Facebook ads.” Motion was passed

unanimously. Once the flyer is posted on the website, the Facebook ad will be submitted for posting.

2. Flashing highway sign saying: "Overeaters Anonymous, a 12-Step program OA.org" **Catherine brought this idea to our attention to discuss in a future meeting.**

- b. Reopening face-to-face meetings, when and how? **Susie reported that she checked into the possibility of hybrid meetings. Having a camera available to capture everyone at a Face-to Face meeting could be challenging. There could be audio via a call-in number. There were concerns expressed about the size of the meeting rooms not allowing for the ability to be socially distanced. Suggestions for safe practices included the following: meet in the park or outside of the building sitting in your own chair and registering to attend face to face meetings. It was stressed that any decision to meet face to face would be an individual group decision and would need to take into consideration facility guidelines. Dianna reported that Skipwith UMC (location where many of our meetings are held) has stated that the building will be closed to 12 Step groups until at least the end of the summer. Catherine suggested that each group discuss this topic in a business meeting to survey members' level of comfort with meeting face to face. This topic will be discussed again during the July Intergroup meeting**
- c. Approval of May minutes- **Motion made and accepted**
- d. Meet on July 5- **No one had a problem with this date**

6. Closing:

The meeting was closed, with thanks to all who attended, at 7:51 PM with the "We" version of the Serenity Prayer.

The next Intergroup meeting will be held on Sunday, July 5 at 7:00 PM via Zoom.