

Central Virginia Intergroup
April 5, 2020 Meeting via Zoom at 7:00 PM
Meeting results are in **bold**

1. Welcome **by Catherine: Mark** read the 12 Steps, **Susie** read the 12 Traditions, and **Susan** read Concept 4.
2. Introductions: **Susie, Catherine, Susan, Mark, April, Bev, Alicia, Dianna, Julie, Sandy, and Bob**
3. Questions on these reports:

Chair—Catherine: **none**

1. From the Region 7 Chair:

Dear Friends,

This is a difficult and uncertain time for us all as we see how the COVID-19 virus has affected us all. As we practice social distancing it is important not to isolate-maintaining connections is important to recovery. The thoughts below have been shared by other members of the fellowship. I hope they are helpful. I plan to choose one or more each day to focus on as part of my action plan.

- Pick up your phone list and call someone. Ask if they are open to a mini meeting.
- Pick a topic from an index that speaks to you and read the pages. Write a little on each entry
- Share with a buddy or two on the phone.
- Learn how to hold a conference call on your phone and do it.
- Don't eat over it. This too shall pass.
- Go to OA.org Find A Meeting to find virtual and other meeting options.
- <https://oavirtualregion.org/virtualmeetings/findameeting/>
- <https://oa.org/find-a-meeting/?type=1>
- Hold a meeting with a podcast, telephone meeting, or other online meetings with your OA Fellows or make your meeting online using a video conferencing service.
- Explore OA.org topics and share links with your OA Fellows.
- Update oa.org with any new information, even if it's temporary

In this difficult time please remember to continue financial support of your Intergroup, Region and WSO.

Above all, stay in touch. It's crucial to keep our fellowship alive.

Remember, friends don't let friends isolate.

Stay safe and guard your abstinence,

Love,

Terri, Region 7 Chair

2. Please check our website to ensure that your meeting information is correct.
3. Please also subscribe to Region 7's GoogleGroups email distribution if you don't already receive it. Region 7 sends out information about virtual meetings and other items that can be helpful to individual OA members or groups in Region 7. Region 7 does not share this list and only those items approved by a Region 7 Board member are sent. To join, go to OARegion7.org, scroll down on the right side and click on Email Loop! Fill out the form and that's it!.

Vice Chair—Julie: no report **none**

Treasurer—Sarah: **not present**

Here's the March treasurer's report

- Started the month with \$4423.96
- No income (though I deposited \$272.40 today that will clear in April)
- Expenses: \$207.19
- Ending balance: \$4216.77
- Less prudent reserve of \$1000
- Leaves us \$3216.77
- This is not enough to cover all our anticipated expenses for the year. However, since we will be collecting money for the retreat, I think we will be ok. But we should assume little to no money coming in for meeting contributions in the next 10-12 weeks. So we really need to watch our cash flow.

Region Rep/WSO Delegate—Susie: **Expecting any day to hear WSBC will be canceled but that World Service is working out a way to vote virtually on new trustees, approval of literature, and other items deemed critical.**

Just need to report that R7 Assembly is canceled and the decision on whether to cancel WSBC is pending. We can choose to get a \$50 refund on WSBC registration or just let it ride. See New Business.

Website—Mark: **Still trying to keep up with meetings switching to virtual. After discussion on privacy and harassment experienced in some circumstances, meeting secretaries/points of contact need to decide whether to have their phone numbers listed on the website and contact Mark as needed. Catherine will contact those meetings that have not told Mark whether they are meeting virtually to check on their status.**

Not much has been going on with the web site. Updates have been made to the meetings as information was made available. We still haven't gotten the last domain transferred. We have to start the process over again as there are some hangups at GoDaddy.

12th Step Within—Alicia: **There will be a workshop on fear featuring a speaker from Tidewater on Saturday April 11 at 1:00 PM on Zoom. There will also be a workshop on compulsive overeating on Saturday May 2 at 1:00 PM on Zoom.**

The "Step O - Put the Food Down" event scheduled for March 22 was postponed due to Covid-19; to be rescheduled.

We have other events to look forward to as soon as we're able to safely startup again.....Tidewater IG and CVIG will do a switch where they will do a program in RVA and we will do a program in Tidewater. And we are planning a program for "Sponsorship Day" in August.

Recently heard on AV4U live morning meeting....."If we can't go outside, then let's go deeper inside."

Retreat—Susan: Retreat Committee Report: **Susan polled her committee members on date preferences if IG votes to postpone the retreat, and most members preferred the Sept date, then the earlier Oct date. Discussion to follow in New Business.**

Through email, most people on the committee agreed with rescheduling the 2020 reservation at Massanetta Springs to 2021. The following dates were available in September and October of 2021: September 24-26

October 15-17

October 29-31

Through email, most people expressed a preference of the earlier date, then the later dates, in order. If agreement is reached, I will formally reschedule the reservation.

Later in the year, we will determine if a one-day retreat will be planned at a church in the Richmond area.

Internal Communications—Becky: no report **not present**

Telephone—Dianna: no report **none**

Newsletter—Bob: no report **Bob would welcome ideas on helping people find sponsors through the newsletter or online.**

Public Information—Madelyn: no report **not present**

Fun and Fellowship—April: no report **would welcome ideas on how to have fun and fellowship online!**

Secretary—vacant

4. Old Business:

a. PayPal account: From Sarah

Paypal is a bust. They require a EIN or SSN to set up an account not tied to an individual's name. There are other options we could explore (cash app, Zelle, but quick investigation doesn't make them look likely. I haven't done detailed research) **After discussion of the PayPal problem, Sandy will check on an AA meeting that has a PayPal account and report back. See also New Business on 7th Tradition.**

5. New Business:

a. Postpone/cancel retreat? **Susan recapped that if we reschedule retreat at Massanetta within one year, our first deposit will be applied to that retreat, minus a \$50 processing fee; if we cancel, we lose our deposit. The motion was made, seconded, and approved to reschedule the retreat for 2021. The meeting consensus was to ask for the Sept date first, then the Oct 15 date, and so on. Susan will check with Massanetta first thing.**

In addition, there was discussion about holding a one-day retreat later in the year or possibly one online. Julie mentioned that Zoom allows for participants to be broken into smaller groups while still in the same meeting. Sarah had previously mentioned her church as a possible site for a retreat, noting that the rental for the space is only \$50. The retreat committee will explore and discuss possible options for a gathering later in 2020.

b. How to do Seventh Tradition in your Zoom or telephone or online meetings?

From Sarah: We need to have a way for people to make contributions during the quarantine. One option would be people could just send money to my personal paypal and I could donate to CVIG. The other way is to encourage people to send checks to the PO box.

From Catherine: Also, there is the question of rent and donations to WSO, Region 7, as well as our Intergroup.

In discussion, some meetings have paid in advance for meeting space and their treasuries, minus a reserve, are now empty. It was agreed that 7th Tradition donations should still be collected even though most meetings are online/telephone. The meetings will need funds to pay for rent when physical meeting is again allowed, Intergroup still has expenses, and World Service and Region 7 still must operate. Catherine will compile a list of possible ways for each meeting to decide how to collect the 7th Tradition from those attending their

meetings and circulate it first to the Intergroup board and committee members and then ask Becky to send it to our email list.

c. Request \$50 refund from World Service in the event the Business Conference is canceled or should we just make it a donation to World Service? In anticipation of WSBC being canceled, the motion was made, seconded, and agreed that our Intergroup would donate the proffered \$50 to World Service.

d. The draft minutes from the March intergroup meeting were approved with thanks to Susie for taking them.

6. Closing: The meeting closed with thanks to everyone at 7:52 PM with the “We” version of the Serenity Prayer. The next Intergroup meeting will be on Sunday May 3 at 7:00 PM on Zoom.