

Central Virginia Intergroup  
Minutes for January 5, 2020 meeting--added to agenda  
Meeting discussions and decisions in **bold**

1. Welcome by **Catherine**: 12 Steps **read by Mark**, 12 Traditions **read by Susan**, Concept 1 **read by Catherine**
2. Introductions: **Mark, Susan, Catherine, Susie, Marva, Sandy, Sarah, Julie, Alicia, Beverly, Dianne**
3. Questions on these reports:

Chair—Catherine: **no updates**

Please check your meeting listings for accuracy on oa.org, richmondoa.com, and centralvaooa.org and order more newcomer material if needed. We want to be prepared for those whose holiday compulsive eating has them looking for help from us in January.

Vice Chair—Julie: no report **no updates**

Treasurer—Sarah: **Sarah reported the budget now reflects additional expenses for website**

### December 2019 Financials

- Started the month with \$3,667.32
- Took in \$24 in income
- Paid out \$ (407.82)--mostly in web hosting fees, PO box fees, and paying the rental fee for the birthday party
- Ending balance: \$ 3,283.50
- Less \$1000 reserve
- Leaves us with \$ 2,283.50

### 2019-2020 Budget (click [here](#) to see it)

I sent this out earlier in the month, but I think it's worth dedicating some time to discussing this together and answering question.

- On average over the last 18 months, we have \$404 per month in 7th tradition contributions. (you can see historical income and expenses on [the second tab here](#))
- I have budgeted for \$350 a month in 7th tradition income because I wanted to be a little bit conservative. Meeting size grows and shrinks, and many meetings have changed their contribution language to eliminate a reference to a specific amount.
- If we break even on the Retreat and average \$350 a month in 7th tradition contributions, we will have \$15, 654.73 in income for the year.
- If we add up all our expenses for the year plus our \$1000 prudent reserve, it totals \$12,691.23
- That gives us an estimated \$2,963.50 to play with. Possible options for this money include a retreat subsidy, digital advertising, WSO contributions, more 12 step within programming, IDEA Day programming, Fun and Fellowship programming, etc.
- I want to stress that our expenses are pretty well-known but the income is just an estimate.

Secretary—Tobi:

**Catherine repeated:** Tobi has resigned as our CVIG Secretary. Please ask your sponsees to consider this important but not very stressful position.

Region Rep/WSO Delegate—Susie: no report **no updates**

Public Information—Madelyn: nothing to report **not present**

Telephone—Dianna: nothing to report **no updates**

Newsletter—Bob: **not present**

Not much new to report. I've just sent to Rebecca for distribution the January 2020 newsletter. I would like to thank all of those who were so kind in their comments about last month's newsletter.

Internal Communications—Becky: **Catherine repeated: Becky** has been faithfully sending out all of our many holiday and event announcements. Thank you Becky!

Website—Mark: **Mark noted that two domain transfers are still going through (update: One came through Monday 1/6). Additional expenses with new website were forwarded to Sarah.**

The new web site is live at [centralvaoa.org](http://centralvaoa.org) running on the host InMotion Hosting. We are in the process of transferring the other existing domains ([centralvaoa.com](http://centralvaoa.com), [richmondoa.com](http://richmondoa.com), [richmondoa.org](http://richmondoa.org)) to the new host and pointing them to [centralvaoa.org](http://centralvaoa.org). Once all the domains are in one place, We will cancel the hosting at Enom and update all the registrant information for the domains listing CVIG as the registrant and using the P.O. Box, the info phone number, and [cvigweb@gmail.com](mailto:cvigweb@gmail.com) as the e-mail address. Mark E. will list himself as the administrative contact. Future web site committee chairs would be given the all passwords (approximately 8 at this point) for the CVIG web site e-mails and system logins. They can then change the hosting account and registration information for the admin contact. Before his term is up, Mark E. will, God willing, fully document the administration of the new web site. He will get the accounts and passwords to the board chair as soon as possible. Hopefully, we can get other people involved in creating content for and administering the new site. This is easy to do with the new content management system; WordPress. We can create various types of accounts for other administrators and authors. There doesn't need to be password sharing going forward except for the transfer of responsibility between committee chairs.

12th Step Within—Alicia: **Alicia reported that the Birthday Party committee is planning a great event. There is a decoration committee, the theme is the 60s, and participants are encouraged but not required to wear 60s attire. The committee has invited a speaker from Baltimore. The question about her reimbursement was discussed under New Business. There was general enthusiasm about the upcoming event.**

The 12th Step Committees from Tidewater IG & Central VA IG invite everyone to come together, in Williamsburg, to Celebrate OA's 60th Birthday on Saturday, January 18th from 2-4pm at the Williamsburg Presbyterian Church. Please join the fun & our "groovy" fellowship, and be sure not to miss a powerful speaker who will share her experience, strength, and hope.

**Retreat—Susan:** Susan noted that the first retreat planning committee meeting will be Jan 21 at 7:00 PM via Zoom and every third Tuesday of the following months, same time, and everyone is welcome to participate.

The 2020 retreat will be held October 23 - 25 at Massanetta Springs. The retreat theme will be a focus on OA-published literature.

Retreat planning meetings will be held on the third Tuesday of each month at 7 PM, starting on January 21. Meetings will be held via Zoom, using the same instructions as for Intergroup.

Everyone is welcome to be involved in planning. If anyone would like to volunteer but is unable to make the planning meetings, you may contact me at 804-286-0843 or [susanb@blackgate.net](mailto:susanb@blackgate.net).

4. Old Business:

a. Approval of 2019/2020 budget (see Sarah's report above) **Approved with Mark's additional website expenses. There were questions and discussion about website spam filtering, contact forms, and privacy.**

b. Purchase of a CVIG Zoom account **Julie agreed to contact Zoom and set up with Sarah.**

5. New Business:

a. Approval of December minutes – see attached draft **Approved with minor changes**

b. Messages to the website—go where? **Mark will forward messages on general OA questions to Catherine**

c. Reimbursement for Jan 18 speaker **After discussion, we approved offering the speaker \$0.14/mile plus gas and to take a Seventh Tradition at the Birthday Party.**

6. Closing: **At 7:43 PM with thanks to all who participated. Mark was thanked for creating our new website, and Sarah was thanked for creating our budget. The meeting ended with the Serenity Prayer.**

The next CVIG meeting is Sunday February 2 at 7:00 PM via Zoom