

Central Virginia Intergroup
Meeting Minutes for June 6, 2021

Results in bold

1. Welcome: **Catherine opened the meeting at 7:00 PM with the Serenity Prayer. Bob read the 12 Steps, Hope read the 12 Traditions and Catherine read Concept 6**

2. Introductions: **Catherine, Susie, Julie, Hope, Kathryn, Tiffany, Wendy, Doug, Mark and Bob**

3. Questions on these reports:

Chair—Catherine: **no updates**

Please remind meetings to update their meeting format to reflect the new definition of abstinence and that the definition of recovery has been eliminated as follows:

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of working and living the Overeaters Anonymous 12 Step program on a daily basis.

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

Treasurer—Sarah: Treasurer's report: link to [May treasurer report](#)

- We started the month with \$6203.25
- We got our refund from Massanetta Springs (\$1168.16) and also took in a 7th tradition donation of \$41
- We paid our annual insurance bill of \$425 to Selective Insurance
- Leaving us with an ending balance of \$6987.41
- Less \$1000 prudent reserve, that leaves us with \$5987.41
- We paid \$175 to the church where we are doing the one-day fall retreat; \$50 of that is a refundable deposit. This charge has not yet cleared our account
- We should probably discuss whether or not we want to make another donation to WSO since we are pretty flush, or if we want to do any advertising or other activities for local members—see Old Business.

Sarah was not present at the meeting. Email any questions about the report to her.

Secretary—Hope:

Approval of previous month's minutes. **Correct spelling of "dependent" on page 2. Motion to accept May minutes as amended was passed.**

Region Rep/WSO Delegate—Susie: **no updates**- Working on Region 7 and WSBC committee work

Internal Communications--Suzanne: no report- **not present**

Telephone—Dianna: not present- see New Business- **This item of business is tabled and will be discussed at the August CVIG meeting.**

Newsletter—Bob: no report- **updates-** The newsletter will be transitioning from a monthly newsletter to a quarterly one beginning in September. Bob requests that members send in newsletter contributions. The following suggestions were made for members: google “OA Intergroup Newsletters” and choose one that you like or inspires you and for a topic to write about assigned to a member. Julie offered to assist Bob with the latter suggestion. They will discuss further one on one. Bob also reported that he did find an OA newsletter that included cartoon captions.

Website—Mark: Routine updates to website. **Mark also reported that the critical error on the website was corrected. He anticipates that updates will be made to the website as groups transition to in person meetings. We also welcomed Doug as the Website Committee Co-Chair.**

12th Step Within—vacant

Retreat—Kathryn:

We've booked a venue at **Community West Church's pavilion** for October 2, 12-4pm. **The cost will be \$175 which includes the \$50 deposit. As of June 6, a copy of the signed contract has not been received.** Kathryn is putting together the retreat planning committee to flesh out the specifics. Still taking names of members who want to participate. I'm going to send out an email shortly and shop for dates for our first planning meeting in late June or early July.

Public Information: Alicia- **not present**

Professional Outreach Project--Update

Mark E and I successfully presented the OA informational PowerPoint slide presentation to Anthem on June 1st.

Our goals were:

Request that OA.org be put on the Anthem website (Employee Assistance Program) for their members. Done!

Request that the OA Outreach Presentation be virtually presented during an EAP leadership training. Done!

Seeds have been planted!

Alicia N

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

4. Old Business:

- a. Donation to World Service?- **We had discussed previously to make a decision to donate to WSO after the August Convention, yet a motion was proposed during the meeting to send \$500 to the WSO General Fund and \$500 to the WSO Translation Fund immediately. The motion passed.**
- b. Meet next month? In person? Zoom? **It was decided that we would skip the month of July and the next scheduled CVIG meeting will be Aug. 1. Any business needing a decision before Aug. 1 will be done via email.**
- c. Send out email re needing new officers? **Tiffany has volunteered to serve as the Regions 7 Rep for 2021-22. This will be voted on in Aug. per our By-Laws. Catherine will send an email asking for nominees and suggest asking members directly.**

5. New Business:

- a. CVIG phone line: Dianna- **Tabled discussion for Aug. meeting**
- b. **Are any local meetings ready to offer a hybrid format? The Fri. 11:30 meeting tried this once outside and was challenged with distractions. The Thurs. night meeting will be discussing the possibility in two weeks (from June 6). The Charlottesville Weds. Meeting is doing an outdoor meeting for a trial. Catherine will research what other area groups are planning to do. It is also suggested that each group create a "Technology" service position in which the member would be responsible for the setup and implementation of the technology needed for the meeting to be hybrid. It was also suggested that the CVIG create a committee to address this need.**

6. Closing:

The meeting closed at 7:45 PM with the "We" version of the Serenity Prayer. The next Intergroup meeting will be held on Sun. Aug. 1 at 7:00 PM via Zoom.