

Central Virginia Intergroup
Minutes for April 11, 2021 at 7:00 PM via Zoom
Meeting results in **bold**

1. Welcome by **Catherine**: **meeting opened at 7:00 PM with the Serenity Prayer. Bob read 12 Steps, Susie read the 12 Traditions, and Catherine read Concept 4.**
2. Introductions: **Catherine, Susie, Sarah, Bob, Mark, Alice, Dianna, Hope and Kathryn**
3. Questions on these reports:

Chair—Catherine: attached WSBC Agenda. All agenda items approved except for 13 and 14 on changing the wording of the 12 Steps to be gender-neutral.

Vice Chair—Julie: no report-**not present**

Treasurer—Sarah:**No questions**

[Here is the monthly treasurer's report.](#)

- We started out with \$5181.40
- We took in \$479 in 7th traditions
- Ended March with \$5660.40
- Less \$1000 prudent reserve
- Leaves us with \$4660 available funds.

Secretary—Hope:

Need approval of previous month's minutes. **A correction was noted and the minutes were approved as amended.**

Region Rep/WSO Delegate—Susie:

Region 7 Spring Assembly report:

There were 36 reps in attendance plus 5 voting board members for a total of 41 voters.

A motion to enable the calling of a virtual assembly in case of emergency was approved.

R7 trustee Karen B. announced that the World Service Convention will take place in person in August. This is because the state of Florida is open for such gatherings, so the hotel with which we have contracted is not required to return any funds to us or enable us to postpone. There was a potential for a \$250,000 loss. We expect to lose less money by holding the convention.

We have been receiving contributions from outside R7 due to members from elsewhere attending our meetings via Zoom and donating them.

R7 will be sending \$14K to WSO. R7 will be changing fiscal year to coincide with calendar year. Our books will be audited this fall.

R7 convention is in the works. Decision will be made this summer whether it will be virtual or in person.

I was on Twelfth Step Within. We continued work on a guide for how to hold a workshop on unity.

The assembly ended with a Power Point presentation of the way WSBC is going to work as a virtual meeting in April.

Susie was reimbursed \$44 for the expense of making a copy of the WSBC Delegate Binder.

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

Telephone—Dianna: nothing to report

Newsletter—Bob: no report- **Update- Bob intends to produce and post the newsletter by mid-month. He asked for opinions about the Recovery Humor section. The cartoons are copyrighted. Bob will check with OA.org about the use of cartoons. He reported that the links from the website to the newsletter are working out well. He encourages members to contribute content for the newsletter.**

Website—Mark: No updates

There is nothing new for the website; just routine maintenance. See Old Business
12th Step Within—vacant:

Retreat—Kathryn: see Old Business

Public Information--vacant: from Alicia

Update: Professional Outreach Project (POP)

I have sent out emails (sample below) to ACAC, YMCA, American Family Fitness (AFF), Commonwealth Counseling (CC), Altria, University of Richmond's CAPS (Counseling and Psychiatric Services), (3) medical practices, PartnerMD, Anthem, and VCU Health. I was hoping to reach out to Capital One, but I have not been able to speak with anyone nor discover a generic email that isn't associated with finance.

I have not received any responses from ACAC, YMCA, AFF, CC, Altria, or UR/CAPS.

However, two of the medical practices requested more information, which I sent out immediately; although there's been no response since the 2nd email.

Partner MD, Anthem, and VCU Health did respond. PartnerMD asked for more info which I sent, and then I just recently followed-up with another email re-stating our request for the opportunity to present our informational project to their doctors and/or patients.

Anthem's wellness program director granted Mark E. and me an appointment (30-mins) to virtually preview OA's PowerPoint slide presentation and to answer questions. He asked for another, more-detailed email and is referring our POP to Anthem's EAP (Employee Assistance Program). The director said he will get back to me in mid-April or I'll contact him.

VCU Health responded and asked if there is a professional, along with the presentation, who could lend credibility to OA. I said that that can be arranged. (I have spoken with our Region Trustee who confirmed that it is not a break in the Traditions to invite a clinical psychologist to provide their thoughts on the success that their patients have had with OA.)

If nothing more comes out of these email exchanges, I am hopeful that seeds have been planted :)

Many thanks to Mark E. and Debbie C. for their service and support.

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

4. Old Business:

a. **Retreat- Kathryn reported that she had talked with Massanutten. She was advised that if the IG decides to postpone the Fall 2021 retreat, we can either have the deposit refunded or have them apply it towards a contract for a 2022 Fall Retreat. Kathryn shared that only one of the five Retreat committee members was willing to assist with a 2021 weekend retreat. There are other considerations. An informal survey of local OA members revealed that people were uncomfortable with sharing rooms with others. After much discussion the following proposals were presented and voted on by CVIG members:**

- **Cancel having an in person Fall 2021 Retreat at Massanutten Springs Camp and Conference Center- This proposal was approved unanimously.**
- **Request that the deposit made be refunded- This proposal was approved by the majority, with one No vote (Person expressed concern about Massanutten financial wellbeing) Kathryn will contact Massanutten and request that a check be made out to CVIG and mailed to the P.O. Box.**

After these votes, we discussed the possibility of a one day or half-day local retreat to be held outdoors. Kathryn is willing to chair the committee to research options. Catherine and Hope volunteered to serve on this committee.

b. Backup for Mark- **Announce at meetings that this person to assist with the website needs to have some computer skills. Mark has documentation to share with anyone interested in this service.**

Question asked, "How long should we keep IG Meeting Minutes posted on the website?" It was agreed that two years is sufficient.

5. New Business:

a. **Alice suggested that we consider ways to make doing an internet search for the CVIG OA website easier. Mark responded that, although that is ideal, it would require extra work and time to do this. Sarah suggested that we could hire someone to do this. After discussion, it was decided to table this matter for a future IG meeting.**

6. Closing: **The meeting was closed, with thanks to all who attended, at 8:00 PM with the “We” version of the Serenity Prayer.** The next IG meeting will be Sunday May 2 at 7:00 PM via Zoom.