

Central Virginia Intergroup  
August 2, 2020 Meeting Minutes  
7:00 PM via Zoom  
Results in bold

1. **The meeting began at 7:05 pm with the Serenity Prayer.** Welcome: by **Catherine; Alicia** read the 12 Steps, **Mark** read the 12 Traditions and **Catherine** read Concept 8
2. Introductions: **Catherine, Mark, Susie, Alicia. Sarah A-S., Dianna, Hope, Bob and Susan B.**
3. Questions on these reports:

Chair—Catherine:

Many thanks to Sarah, Alicia, Mark, Susie, and Hope for organizing and presenting the CVIG Newcomer Workshops (see “Old Business”) and to Alicia for her 12<sup>th</sup> Step Within workshop on relapse. We are getting terrific feedback and attendance on all of them. Bravo.

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

Treasurer—Sarah:

Treasurer's Report, June 21-July 20,

2020: <https://docs.google.com/spreadsheets/d/1xjqACxuPypOI0I2h4nZ4bM6kY0UJcDdg6BBgknnXoPQ/edit#gid=806601921>

- Started the reporting period with **4695.49**
- Took in **\$205.95** in 7th tradition donations
- No outgoing expenses this month
- Balance as of 7/20: **4901.44**
- Less **\$1000** in prudent reserve
- Less **\$935** in checks expected to clear next month
- Leaves us with **\$2699.44** in available funds.

**Question- Should Group Treasurers or individuals send donations directly to the P. O. Box, through PayPal or deposit in the bank where CVIG has an account? Sarah prefers PayPal, yet is willing to go to the P.O. Box. It would be too challenging to keep track of groups/individual's deposits made to the bank account.**

**There was also discussion suggesting that each group have a business meeting to revisit how and when individuals make donations to the group, as it appears that we will not be having face to face meetings anytime soon. It is suggested that**

donations be sent to the group treasurer, so that group expenses can be paid first.

Secretary—Hope: no report- **An email motion was sent after the fact requesting approval of the July minutes. Approved.**

Region Rep/WSO Delegate—Susie:

***World Service Business Conference 2020/2021***: The results from WSBC 2020 are posted in the *Third Quarter 2020 issue of A Step Ahead*. The 2020 WSBC Minutes and Final Conference Report are also posted on the Conference page under Frequently Used Documents.

The World Service Business Conference 2021 is scheduled for April 19-24 at the Embassy Suites Albuquerque Hotel. Deadline dates are posted under Frequently Used Documents. The first set of e-documents will be available for download on August 27, 2020.

***World Service Convention 2021***: The Convention has been rescheduled for August 26-28, 2021 at the Renaissance Orlando @ SeaWorld. Check oa.org for future updates and join the Convention email list at conventioninfo@oa.org. In your email, include your full name, email address, state/province/territory, and country. Your information will be kept confidential to the World Service Office.

***NEW! PI Videos Resource***: OA has developed four public information videos in 8-, 13-, 14-, and 60-second lengths. Please share these videos with your members, groups, and service bodies. Link the videos to your websites, include them in your newsletters and at your public information events, share them with your healthcare providers.

Interested in translating the videos in your language? The WSO is developing instructions and will contact service bodies when this information becomes available.

***WSBC Virtual Component Survey***: The Board of Trustees is looking at the possibility of having part of the WSBC available virtually in 2023. We would like to know your service body's thoughts on this topic. The Survey will be available until September 30, 2020.

Please consult with your service body representatives. Below are the questions for discussion. **The CVIG decided to complete this survey during our meeting. Answers/comments are reported in bold at the end of each question. Susie will submit our answers to the BOT.**

1. Is your service body in favor of having a WSBC virtual component using technology? **Yes**

2. If your service body has difficulties in sending delegates or the full eligible number of delegates, please mark all that apply: Distance, Finances, Language, Qualifying Members, Travel Fatigue, Other. **We believe that lack of Qualifying Members has been a reason to not have sent a delegate to WSBC. There were times that finances were also a consideration.**
3. Would your service body be prepared to pay the delegate registration fee necessary to cover the added expense of conducting WSBC with virtual participation? **Yes**
4. If your service body is interested in sending a delegate(s) to WSBC virtually, would you support your delegate gathering in a central location in the area they live in order to have support (e.g., in their time zone, their language, or fellowship)? **The Intergroup desires more information to make a decision.**
5. Please give your service body's comments on any ideas that arise from this concept of attending WSBC virtually. **We believe that delegates having the ability to attend virtually will allow for those overseas to participate and more delegates to attend.**

**NEW BOOK! *Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*:** Long-awaited, OA's newest book—*Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*—is now available. In this book, OA members share stories about how our disease has affected the most intimate parts of our lives—impacting our relationships and even our identities. In these collected stories, hear how members have worked OA's Twelve Step recovery program, leaving behind confusion and anguish to live lives of acceptance, freedom, and serenity. *Body Image, Relationships, and Sexuality* (#950; #951 box of 25) is available in softcover format in the [OA bookstore](#). The book is also available in e-book formats sold by [Amazon Kindle](#) and [Apple Books](#) and will soon be available for Barnes & Noble Nook. OA receives a royalty share for e-book purchases from these third-party vendors.

**Professional Exhibits Fund:** The Professional Exhibits Fund has more than US\$13,000 available to help your service body participate in a trade conference or convention for professionals who may refer patients and clients to OA. Applications are reviewed the first week of each month, so talk with your service body about local opportunities and apply! Download the application from the [Document Library](#) on [oa.org](#) under category "Outreach to Professionals."

**NEW and/or Updated OA Literature:** Below is a list of new and/or updated literature. Click on the links to learn more.

- **NEW** [Twelve Step Workshop and Study Guide, Second Edition \(#960-2\)](#)
- **NEW** [Participant Guide for Twelve Step Workshop and Study Guide, Second Edition \(#966\)](#)
- **NEW** [Temporary Sponsors: Newcomers' First Twelve Days \(downloadable\)](#)

Internal Communications—Becky: no report- **not present Sarah A-S. has been sending out announcements while Becky has been on vacation.**

Telephone—Dianna: no report- **One phone call was received. It appears that the CVIG website is beneficial in helping others to learn about OA and meetings in the area. Alicia confirmed this by sharing her experience as a group's contact.**

Newsletter—Bob: no report- **Bob reported that the August Newsletter will be distributed in the next few days. A new feature, "Share Your Recovery" that first appeared in last month's newsletter is receiving article contributions. Workshop announcements are being included. Bob will ensure that the "Meeting List" links to the Zoom Meeting Table.**

Website—Mark:

The web committee has been processing the normal updates to the CVIG website. We have also finally gotten the last domain transferred. Now all the domain registrations and hosting is in one place at InMotion Hosting. We plan on using the new CVIG debit card to pay for services at InMotion Hosting in January. That should make renewals easier.

12th Step Within—Alicia: **Alicia completed (2) years as chair, and will not remain in this position for the next year. Everyone thanked her for her service.**

12th Step Within Committee presented "Relapse & Resilience". Well attended with 30 members zooming & positive feedback!

August 16th, Sunday, 2:30-3:30pm ET, is the OA 12th Step Within Committee's designated "Sponsorship Day!" This zoom program will include two out-of-town speakers with question & answer opportunities!

Retreat—Susan: no report- **Susan announced that she has resigned as Chair of this committee. Everyone thanked her for her service.**

Public Information: see "Old Business"

Fun and Fellowship: no report

4. Old Business:

a. Update on officers and chairs for 2020/2021 –**All of the current officers are willing to serve another term, so there will be no need for an election. We can have one more Region Rep. The following Committees need Chairs or Co-Chairs: Public Information; Fun and Fellowship [Update: April will continue as chair]; 12 Step Within; Retreat and possibly Internal Communications [Update: Becky will continue as chair]. Please start asking folks if they would be willing to serve. Catherine will create a job description for each committee and have this**

**distributed via email. It was suggested that Sponsors encourage their sponsees to do service.**

b. The CVIG OA Newcomers' Meeting Series held on June 27, July 6 and July 12 was a success! See attachment Thanks to all the Newcomers Meeting Committee and the speakers who gave service. Following are the results:

- Session 1- Our Stories- We had 39 participants
- Session 2- Abstinence and Food Plans- 43 participants
- Session 3- How We Work Our Program- 29 participants
- We added 14 new names to the CVIG email distribution list
- Although it was challenging to know who was a newcomer, we did have two individuals state this with their contact information in the Chat box. These participants were followed up with a personal email. One has been participating in Zoom OA meetings and workshops since then.
- Results of the Facebook Ad are attached.

**Question: “Does the activity of a Facebook page and ads fall under the category of Public Information?” The consensus was yes.**

**Question: “Does anyone know whether Julie is still planning to do Zoom Newcomer Meetings as she had proposed the idea in a past Intergroup meeting?” Catherine will reach out to Julie to find out the answer. [Update: Until school decisions are final, Julie will have to postpone working on a newcomer meeting].**

5. New Business:

a. Tidewater’s 12<sup>th</sup> Step Within Committee has issued a challenge for members to attend at least one meeting in every OA region, which includes the 2 regions outside North America and the Virtual Region. See attachment. They are offering a chance to win a copy of OA’s new “Body Image, Relationships, and Sexuality” book. Would we be interested in offering something similar? **The CVIG would be interested in doing something similar. Catherine will create a proposal and distribute to the CVIG for feedback.**

6. Closing: **Meeting closed at 7:48 pm with the Serenity Prayer and “I Put My Hand in Yours..” with thanks to everyone for attending.**

The next Intergroup meeting will be Sunday, September 6 at 7:00 PM via Zoom