

Central Virginia Intergroup
Minutes for March 7, 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. Alice read the 12 Steps, Mark read the 12 Traditions and Catherine read Concept 3**

2. Introductions: **Catherine, Susie, Mark, Sarah, Hope, Dianna, Alice and Kathryn**

3. Questions on these reports:

Chair—Catherine: **No updates or responses**

Did anyone else besides me completed the “Spread Your Wings” Challenge by Unity Day February 28? If so, please contact me at catwry@outlook.com to receive your free copy of the new OA pamphlet “A Lifetime of Abstinence.”

Forgotten what the Challenge was, go to our website and scroll way down in the Events listing for the details. While scrolling, please note all the wonderful special OA events happening around the country!

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

Treasurer—Sarah: [Treasurer's report](#)

- Started the month with \$5223.80 (this is an adjustment down from last month because I failed to account for a \$59 website fee in last month's report)
- Collected \$115 in 7th traditions
- Paid out \$157.40 for our annual zoom contract
- Ended the month with \$5181.40
- Less \$1000 prudent reserve leaves us with \$4181.40 available funds

Secretary—Hope:

Approval of previous month's minutes (attached). **Proposal was presented and approved to accept the February minutes as written.**

Website—Mark:

The web committee has mostly been doing regular maintenance to the website including updates to meetings and events. We have also been attempting to improve performance through better caching and the use of a Content Delivery Network using Mark's cloud storage account (Amazon Web Services (AWS) S3). We already use that cloud storage for automatic weekly backups of the web site. At some point, we will need to setup an AWS S3 account for CVIG. The cost is minimal; less than \$1a month.

There does seem to be some performance improvement on some pages. If other users could let Mark know about their experience with the website, he would appreciate it. The content delivery network will be most effective with graphics which mostly impacts the events.

The Internal Communications function (MailChimp e-mails) has been turned over to Suzanne G. and she is doing a wonderful job with it. The Web Committee and Internal Communications will be working closely on the dissemination of files such as agendas, minutes, and newsletters, as well as e-mails that require graphics (some

format conversion required). Those files must be first placed on the website as .pdfs. The graphics must be converted to .pngs or jeps to be used in the MailChimp e-mails. **Update: With Intergroup Board's prior approval, Mark has set up a new Amazon account for CVIG.**

Public Information—vacant However . . .

From Alicia: Mark E & I have been working together; Mark is working on the PowerPoint presentation & I am gathering a list of professionals to contact. Please email (agn21753@gmail.com) or text (804-564-4649) me the names of your physicians, counselors, psychiatrists, etc that I might contact. I plan to contact these professionals to ask if they offer any wellness programs for their patients and/or educational programs for their colleagues. (ex. Partner MD offers educational programs to their doctors.)

Please announce this project in your meetings & ask them to contact me with names.

Region Rep/WSO Delegate—Susie: no report- **Update: Susie shared that the WSBC Agenda Proposals were all approved except for items 13 and 17. Catherine will attach the approved proposal items with the April CVIG agenda.**

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

Telephone—Dianna: no report- **No updates**

Newsletter—Bob: no report- **Not present**

Retreat—Kathryn: no report- **No updates**

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

12th Step Within—vacant:

4. Old Business:

a. See Public Information above

5. New Business:

a. Sarah: We switched from monthly to reporting periods that end on the 20th of the month to make it easier for me. Now doing the monthly squaring up is harder because the statements are done on a monthly basis, so they don't match.

I'd like to propose we go back to monthly, but because of the timing, the reports will sometimes be a month behind. So for example, I'd share January numbers in March, etc. I will explain more. **Sarah shared more details and there was much discussion. It was concluded that at the beginning of the month the Treasurer Report would be sent to Board Members. During the Intergroup meeting, the Treasurer will share the current bank statement on screen share.**

b. Intergroups and Service Bodies: Take Our Survey about Outreach to Young Persons by March 15

OA world service recognizes the need to reach people at a young age so recovery can begin. OA's Public Information/Professional Outreach Committee and Young People Committee have commissioned a survey to better understand outreach efforts worldwide so we can learn from each other. Survey results will be shared with all intergroups and other service bodies to help everyone understand what works for

outreach, what we could do better, and ultimately how we can best reach young people. We define young persons as anyone age 18–30.

All intergroups and other service bodies are encouraged to participate by going to www.surveymonkey.com/r/AttractYP and completing the survey by March 15, 2021.

Susie briefly shared the questions asked in the survey. The CVIG discussed past experience with Young People. It was concluded that because no YP outreach activity has been done recently, our response to OA World Service would be “No” to the survey questions.

6. Closing: The meeting was closed, with thanks to all who attended, at 7:40 PM with the “We” version of the Serenity Prayer. It was decided by Intergroup that the next Intergroup meeting will be April 11 due to the fact that April 4 is Easter.