

Central Virginia Intergroup  
Minutes for May 2, 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. Mark read the 12 Steps, Susie read the 12 Traditions, and Catherine read Concept 5**

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

3. Questions on these reports:

Chair—Catherine: see Old and New Business

Vice Chair—Julie:

I'm sorry to have to miss another IG meeting. I am out of town this weekend. No report from me. Very exciting about Anthem. I have a friend at Cigna if we want to try to get in there too. [Alicia is following up with Julie]

Treasurer—Sarah: **Not present**

Treasurer: I won't have items in time for the agenda to go out, but I will be able to make a report at the meeting itself on our April financials. **Update: Sarah sent the below treasurer's report on the afternoon of the meeting:**

- **We started the month with \$5660.40**
- **We collected \$587 in 7th traditions**
- **We reimbursed Susie \$44.15 for printing costs associated with WSO.**
- **We ended with \$6203.25**
- **Less \$1000 prudent reserve**
- **Leaves us with \$5203.25**
- **We are expecting a refund of our retreat deposit within the next month or so.**

Secretary—Hope:

Approval of previous month's minutes. **A motion was made to accept the April minutes amended to include the April Treasurer Report. Update: the amendment was not needed due to the fact that the April minutes included a Treasurer's report.**

Region Rep/WSO Delegate—Susie: Report on WSBC 2021

The Conference was held over two weeks on Zoom, with most sessions live but a few that were recorded for later viewing. My sessions covered eight days, including one day for a committee meeting. **Susie was thanked by all for her willingness to devote the (unusual) time and energy involved in performing this service.**

There were 218 eligible voters present from 20 countries, including Australia, New Zealand, UK, France, Germany, Italy, Spain, Mexico, Colombia, South Africa, Poland, Russia, Latvia, Israel, Iran, Greece, Canada and Iceland.

In the past year WSO has received a windfall of donations, due to the influx of members into Zoom meetings. Meanwhile, WSO applied for and received PPP funding from the government. This was considered to be a prudent move, as the economic situation was so uncertain. The loan has been forgiven by the government, and there was discussion about whether we should attempt to repay it anyway, so we are not receiving outside donations. The Board of Trustees will continue to discuss this.

Three pieces of literature were approved: "A New Plan of Eating," which combines "Dignity of Choice" and "A Plan of Eating"; a newly updated "Tools of Recovery" pamphlet; and a slightly updated "Voices of Recovery" second edition.

I can cover the new business motions in detail for those who are interested, but I'll summarize some major points.

1. There was a new definition adopted for abstinence, but the motion to limit future changes to once a decade was defeated. **The new definition, which purpose is to be more inclusive, is the below:**

2. OA holidays like Unity Day can be celebrated on a Friday, Saturday or Sunday.

3. The Preamble will not be reworded at this time.

4. Several proposals regarding changes to the structure of the Board of Trustees were put off till a later date.

5. The proposal to limit trustee service to eight years total was defeated.

6. Groups may now affiliate both with a service body such as an intergroup and a special focus body such as the Men's Special Focus Body or the Black Special Focus Body.

There was one emergency new business item--a motion to require language interpretation services at next year's WSBC. It was defeated.

Three new trustees were elected, and an additional two trustees will be appointed.

I am on the Conference Literature Committee, which met on April 25. We will be taking up several projects, including two involving Traditions study, one on bariatric surgery, and the project I'll be working on, which will be an effort to combine three existing

pamphlets on sponsorship into one. I will be working on this committee until WSBC 2022.

**Many delegates had the opportunity to observe the ByLaws Reference Committee meetings virtually. The WSBC Delegate Binder is on a secure website. The final report will be available in the near future.**

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

Telephone—Dianna: no report-**Update: Dianna stated that she has not received phone calls in months.**

Newsletter—Bob: no report- not present- Newsletter has been posted on the website.

Website—Mark:

I have nothing particular to report except that I have found a backup for the website maintenance. **Update: Mark reported that Doug will be his backup. Doug's contact information will be provided.**

12th Step Within—vacant:

Retreat—Kathryn:

Our in-person retreat at Massanetta Springs for this fall has been cancelled. A refund of our deposit for 2020's retreat is in process.

Planning for a half day or day outdoor retreat is just beginning. We're considering the use of a pavilion at Community West Church as a venue, as Julie knows the pastor. Other suggestions for where to hold the retreat are welcome. Catherine and Hope are going to be part of the retreat committee. Anyone else interested in being on the committee, just let me know. **Catherine will follow up with Julie as to what contact has been made with Community West Church.**

Follow up: I spoke to Rachael at Massanetta early this week and cancelled our rescheduled retreat. I asked for a refund of our 2020 deposit. She requested that the finance department send us a check for \$1168.16. I subsequently sent her an email confirming our phone conversation. **If the CVIG Treasurer does not receive the refund in a timely manner, Kathryn will follow up with Rachael.**

Public Information—Alicia acting chair:

I followed up with Anthem's EAP program; sharing CVIG's two-fold vision:

- 1) To train EAP representatives with our (POP) presentation enabling EAP to recommend OA to employees.
- 2) To put [oa.org](http://oa.org) on Anthem's EAP website for employees to use as a resource for eating disorders.

Shortly, after our virtual meeting, I was informed that [oa.org](http://oa.org) has been put on Anthem's EAP website. The EAP executive said that she would contact me after meeting with her manager regarding a possible summer training for EAP representatives. Just received an email with great news from Anthem EAP. We will be put on a schedule, June 1st, to present OA's Professional Outreach Project to Anthem's EAP staff! Many thanks to both Mark E. and Debbie C. for their support and service on this project.

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

#### 4. Old Business:

Please ask members to consider becoming Intergroup Chair, Vice Chair, or Treasurer. Elections will be held in September. Specifics and duties are listed in our bylaws at <http://centralvaoa.org/wordpress/index.php/2019/11/02/bylaws-of-the-central-virginia-intergroup-of-overeaters-anonymous/>. **It is suggested that IG members ask individuals directly if they would be willing to serve in these positions.**

#### 5. New Business:

- a. Treasury: we have a fair amount of \$. Should we consider making a donation to World Service? **It was decided that CVIG would wait until after the WSO Convention in August to make a donation dependant on WSO's financial needs at that time.**
- b. Do we need a June Intergroup meeting? The first Sunday in July is July 4. What about an outdoor IG meeting on Saturday morning July 10 at Christ Church Episcopal, if available? **It was decided that we will meet virtually for the June Intergroup meeting. During the June meeting we will decide as to whether to have an IG meeting on either July 10 or 11 either virtually or in person.**
- c. **Search Engine Inquiries for CVIG OA- After much discussion about issues with doing a search for the CVIG OA website, Mark requested that members provide him with a list of search engine words that do not result in a link to the CVIG OA link. After which he will determine what action (if any) to take to remedy.**

6. Closing: **The meeting was closed, with thanks to all who attended, at 7:46 PM with the "We" version of the Serenity Prayer. The next Intergroup meeting will be held on Sunday, June 6 at 7:00 PM via Zoom.**