

Central Virginia Intergroup  
March 20, 2022 Meeting Minutes  
**Results in bold**

1. Welcome: **Susie opened the meeting at 7:00 pm with the Serenity Prayer Mark read the 12 Steps; Debbie read the 12 Traditions, and Susie read Concept 3 which is “The right of decision, based on trust, makes effective leadership possible.”**
2. Introductions: **Tiffany, Mark, Susie, Dianna, Kathryn, Alicia, Hope, Debbie and Jan**
3. Questions on these reports:

Chair—Susie: **Shared with us that she has been receiving feedback from OA members outside of the local area stating that they perceive that we have strong meetings. Susie is grateful that service is being given by local and outsider OA members to our meetings.**

Vice Chair—Alicia: no report

Treasurer—Jan: Treasurer’s report distributed separately. **No questions were asked.**

Secretary—Hope:

**The February minutes were approved as written.**

Region Rep—Tiffany: Is looking for a sub for the Region 7 Spring Assembly to be held virtually on April 1-3 as she has a conflict. **The last day to register is March 26<sup>th</sup>. No one volunteered during the IG meeting. It was decided that if no one volunteers before Mar. 25<sup>th</sup>, Tiffany will register and do the best she can to participate.**

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

Telephone—Dianna: no report

Newsletter—Bob: **Reported that the Spring 2022 edition will be posted on the website by the end of the month.**

Website—Mark: **Reported that activity has been slow with no new events other than a brief intro about the Spring Retreat were posted.**

12th Step Within—Wendy: no report—**not present**

Retreat—Kathryn: Retreat committee has had two meetings. Our retreat, Spring into Recovery, will be held on Saturday, April 23rd from 10am to 4pm, including lunch. **The committee hopes to have a flyer created and distributed by the end of the month.**

Topics covered include:

Self-Care Is Not Selfish - Step 3

Easy Does It - Writing on Steps 4 & 10

Spiritual Awakening: Finding Your Higher Power - Steps 2 & 11

Speaker Panel - How Do You Remain Abstinent from Unhealthy Behaviors?

We'll also have meditation, movement, and - since we're not a glum lot - silliness!!

Suggested donation \$10

Covered Outdoor Pavilion

Community West Church

2340 Pump Road

Henrico, VA

Public Information--Debbie: **Asked for clarification about what is considered our IG's territory? It includes Richmond Metro areas (Chesterfield, Hanover, Henrico) Albemarle, Caroline and Fredericksburg. Basically, all areas to the point of the NOVA and Tidewater IG's registered meetings.**

Fun and Fellowship—April: no report

WSO Delegate: **Tiffany is registered to represent our IG as a delegate at the World Service Business Conference to be held virtually on April 25-30<sup>th</sup>.**

4. Old Business:

- A. Should we suggest meetings hold group consciences about hybrid or in-person meetings? **Susie reminded IG members that Wi-Fi is available at Skipwith UMC. We have a Chromebook that can be used. After discussing, the IG decided that it is a matter for each group to decide.**

5. New Business:

- A. **The topic of "Using IG funds to support opportunities for Public Outreach activities" was discussed. Some of the suggestions and follow up actions are listed below:**
  - **Present a virtual Newcome series such as we did in June 2020. Alicia has possession of the scripts used.**

- **Advertise on Facebook. Debbie will contact Sarah A. S. to see if she can help with this.**
- **Use Yelp. Debbie will also ask Sarah about how this works.**
- **Create a Newcomer Facebook meeting- Susie explained what this is. It is a “non- real time” meeting that helps to direct people to OA resources to support their recovery. She also stated that it requires a lot of people giving service to maintain the Facebook page.**

**6. Closing: Since the next meeting is scheduled for Sunday, April 17th (Easter) it was decided by all that it be held on April 24<sup>th</sup> at 7 pm via Zoom. Members were asked to announce this change in date at meetings. The meeting adjourned at 7:30 pm with all reciting the Serenity Prayer.**