

Central Virginia Intergroup
March 19, 2023 Minutes

1. Welcome: Alicia called the meeting to order at 7 pm. We said the Serenity Prayer. Mark read the 12 Steps, Melissa read the 12 Traditions. Alicia read Concept 3: The right of decision, based on trust, makes effective leadership possible.

2. Present: Alicia, Susie, Mark, Melissa, April, Becky, Tiffany, Hope, Jan, Kathryn

3. Reports

Chair - Alicia N.—no report

Vice-Chair - Becky I.—no report

Treasurer - Jan S.— February's Treasurer's Report previously distributed; no contributions received yet

Secretary - Susie H.— February minutes previously distributed; Becky moved that they be accepted, April seconded; they were accepted as written.

Region 7 Rep - open -- If anyone would like to serve on the Region level, please contact Tiffany G. (202-321-1220)

WSO Delegate - Tiffany G.— no report. World Service, 4/26-29, Albuquerque, NM. She will be a member of the Bylaws and Finance committee.

Internal Communications - Suzanne G.— Reminder: Please send Fellowship announcements to Suzanne FIRST; and if she needs backup, she will contact Susie/Mark. At the moment, please send announcements to Susie while Suzanne is away.

Telephone - Melissa G.— no report

Newsletter - Bob E.— Bob welcomes submissions to the newsletter, as well as a co-editor

Website - Mark E.— Alicia spoke to Mark to clarify his needs for our centralva.org website going forward; backup support was requested.

Mark will set up Sarah A-S as an administrator for web development work for ongoing support. Mark said he could use another technically able person for backup.

Mark has served as webmaster since 2019! THANK YOU!

12 th Step Within - Anne C.— no report

Retreat - Kathryn N.— Spring Day Retreat scheduled for April 22, 2023, 10 am to 4 pm. We have the location from 9 am to 5 pm. First planning meeting was held March 19th, 2:45 pm. The theme is "Overcoming Obstacles to Recovery," and the draft format has been laid out. We'll have writing, dance, meditation, a speaker, a panel, and sharing. Committee members have taken on various tasks to prepare.

The Community West Church offered us a blessing, but we voted to decline.

Public Information - Debbie C.— no report

Fun & Fellowship - April M.— did not get a volunteer to host the Fun & Fellowship luncheon on March 17, so it did not take place.

4. Old Business: none

5. New Business: Host code security concerns—There are disruptors who imitate members and ask for the host code, which would enable them to do

considerable damage. There are three attendees that we know of who have our host code who are outside the Richmond area. The training given earlier today by the Virtual Region emphasized that we should thoroughly vet people before giving them the host code. Susie can change the host code if necessary. Alicia suggested that we add to our meeting formats that the meetings originate in Richmond.

Susie will ask Ellen L. from San Diego if there's a list of questions for vetting potential hosts.

Tiffany mentioned the Region 7 request for retreat/workshop formats. Kathryn will look for formats and forward them to Tiffany.

Kathryn mentioned the possibility of asking people to sign up to host or lead for a month at a time. We can suggest that meetings hold a group conscience about this. Or possibly the meeting secretary can attempt to book leaders and

hosts ahead of time. Jan suggested asking at the end of one month if someone is willing to lead each week for the coming month. Jan moved that we suggest to meetings that they get leaders/hosts for a month at a time. The motion passed. Please announce this at your meetings.

6. Closing: Motion to adjourn was made by Melissa and seconded by April. We adjourned at 7:43, followed by the We version of the Serenity Prayer. Next CVIG meeting will be held on April 16, 2023