

Central Virginia Intergroup
November 20, 2022 Minutes *in blue italics*

1. Welcome: Serenity Prayer, 12 Steps, 12 Traditions, Concept 11-Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staff, and consultants.

2 Introductions *Alicia, Susie, Mark, Bob, Debbie, Becky, April, Catherine, Jan, Hope, Kathryn, Tiffany*

3. Reports

Chair - Alicia N.— *no report*

Vice-Chair - Becky I.— *no report; she will lead the December intergroup meeting*

Treasurer - Jan S.— *treasurer's report was already distributed.*

Secretary - Susie H.— *Thanks to Becky for doing the October minutes. Minutes were approved.*

Region 7 Rep/WSO Delegate - Tiffany G.— Spring Assembly, Feb 17-19, Marriottsville, MD; World Service, 4/26-29, Albuquerque, NM. We are allowed (2) Region Reps, so if anyone is interested in doing service on the Region level, along with Tiffany, please contact me. *Over 100 attended the R7 convention; the 2023 convention will also be held the first weekend in November. Registration for Spring Assembly is open now. We can send a second rep to Assembly; anyone interested should contact Tiffany.*

Catherine W.— Region 7 - 12th Step Within Committee: Presents- “Surviving the Holidays: A Workshop on Relapse & Recovery”, **12/13**, 7pm. *Flyer is on our website. There will be 3 speakers, time for sharing and questions, 90 minutes.*

Internal Communications - Suzanne G.— *not present; please send flyers for distribution to her first, second choice Susie, third choice Mark. Marked trained Susie for MailChimp today.*

Telephone - Melissa G.— *got one call this month*

Newsletter - Bob E.— *planning winter edition of newsletter for January. Please send articles to him; he's also happy to hear from anyone who would like to assist him. He needs to submit expense reimbursement to Jan for our phone service, which is approximately \$5 per month. The Thursday 11:30 meeting will not take place on Thanksgiving.*

Website - Mark E. — *no report*

12th Step Within - Anne C. — *not present*

Retreat - Kathryn N.-- {"A Halloween Retreat: Find the Sweetness in your Recovery" brought together 30 participants & \$160 in donations!} *Kathryn received an email from Massanetta Springs; if we want to have an in-person retreat, we need to think about getting started planning that. And/or we may have another one-day retreat in the spring.*

Public Information - Debbie C. — *no report*

Fun & Fellowship - April M. — *Fun & Fellowship Friday was this past Friday; no one stayed for lunch, but people stayed to chat.*

4. Old Business: *none*

5. New Business: MailChimp Fellowship List -- I would like to propose that we suggest that the meetings change their format asking that "those who are interested in being added to our Fellowship List go directly to our website, centralvaoa.org, to fill out the **Contact Form** with their 1st name, email address, and **check the box** requesting to be put onto our Fellowship List".

This will put them automatically into MailChimp; eliminating a step for Suzanne and introducing more people to our website. *April moved that we implement this; motion passed.*

We have \$5,700 in the treasury; Jan said this might be the time to donate about \$2,000 to WSO.

Debbie asked if we have any income; Jan said we do, about \$50-\$60 per month, with only nominal expenses. Hope said that sending Tiffany to WSO would cost about \$1,500. Jan said that at any point we can stop directing contributions to WSO and redirect them to CVIG. Catherine suggested we first decide whether we will have a Massanetta Springs retreat. She further suggested reserving \$3,000 to send Tiffany to WSO and two region assemblies. Susie said she believes R7 is not in need of funds. Catherine suggested we table the donation proposal till December, and this was approved.

Tiffany announced that the Thursday in-person meeting will meet on Thanksgiving. We had talked about doing Call 5 to Keep Them Alive on 12/12. Catherine suggested that calls made on 12/12 can notify people about the 12/13 workshop. April offered to tally the calls made. Debbie will send the original flyer to Susie for distribution.

6. **Closing:** Motion to adjourn *made by Jan at 7:38*, followed by Serenity Prayer

Our next CVIG meeting will be December 18, 2022.