

## Central Virginia Intergroup minutes, October 16, 2022

Alicia opened the meeting at 7pm, with all reciting the Serenity Prayer. In attendance were: Alicia, Becky, April, Mark, Tiffany, Melissa, Anne, Suzanne, Hope, Debbie, Kathryn, and Lara (CA).

Mark read the 12-Steps; Suzanne read the 12-Traditions.

Chair--Alicia read Concept 10 then welcomed and thanked the new and returning CVIG members.

Vice-Chair—Becky-no report; took minutes in Susie’s absence.

Treasurer—Jan-absent; treasurer’s report attached.

Secretary—Susie-absent; September minutes attached & approved as written.

Region Rep—Tiffany reminded us about the 2022 Region 7 presents “Swimming the Seas of Recovery”; register: [www.oaregion7.org](http://www.oaregion7.org)

12-th Step Within Committee/Region—Catherine-absent; presents “Surviving the Holidays: A Workshop on Relapse and Recovery”, 12/12, 7-9p.

Internal Communications—Suzanne-Send announcements to her **first**; if she needs back-up, she will contact Susie/Mark.

Telephone—Melissa has the phone app and has already received a call.

Newsletter—Bob-absent; requested topics/submissions for newsletter.

Is anyone interested in taking over or co-editing?

Web Site—Mark-no report.

12<sup>th</sup> Step Within—Anne has received the 12<sup>th</sup> Step Within Handbook.

Retreat—Kathryn-“A Halloween Retreat: Find the Sweetness in your Recovery”, Oct 29, 10-4p, Community West Church.

Public Information—Debbie-no report.

Fun & Fellowship—April-no report.

Old Business: Book Donation has sent out (3) books.

New Business: MailChimp Fellowship List

Closing: Motion to Adjourn, followed by Serenity Prayer.

OUR NEXT MEETING WILL BE NOVEMBER 20, 2022