

3-9-22 Oregon Intergroup (OIG) Minutes

7:00 PM **Opening:** Serenity Prayer, Steps, Traditions. 17 in attendance (see bottom of report for names, positions and meetings present)

Chair and Attendee Welcome, Introductions and Meeting Rep Reports:

Attendees introduced themselves and shared how many members are in their meetings, and if they were face-to-face, virtual or hybrid. Several meetings are live once again, or are in discussions about returning to face-to-face. Others have decided to permanently remain virtual since they've got new members who live outside of the area.

The attendance of most meetings ranged from 5 - 15. However, the Sunday Serenity meeting averages 20 - 25 in attendance. Close behind, Freedom from Compulsive Overeating at 10 am Sat., has 25 - 30 attendees on average.

Review of Minutes from 2-9-22 Intergroup meeting – Approved.

Treasurer's Report: Attached is the spreadsheet for February. Good news... the annual audit has been completed! All records were found to be substantially in order. Thank you, Elizabeth, Jenice, Dorothy and Jean. Also good news... because of reduced expenses during Covid, Region 1 has informed us that they do not need their traditional share of OIG contributions. Instead, they recommend that we use it for our intergroup needs.

Unfortunately, Jean must withdraw from the treasurer position at the end of next month due to personal demands. Anyone interested in this service, please contact Jean H. treasurer@oregon-oa.org or Dorothy C. vicetreasurer@oregon-oa.org

World Service Business Conference (WSBC):

The WSB Virtual Conference dates are April 22 - 30. Michelle O. has volunteered to join Rosanne as a delegate. We interviewed her this month and, next month, will vote yea or nay on allowing her to be a delegate.

Although it is too late for anyone else to be approved to be an official delegate with full voting rights, we still have slots for two others to observe the Zoom World Service Conference. If you'd like to apply, please contact Pat or Rosanne.

Update on Billboard Campaign: We had three billboards running per month for January and February in greater Portland. During that time period, there were substantial increases in website visitors in most areas: Portland 26.5%; Salem 35.5%; Vancouver 25%. In addition, the "newcomers to OA" page on the website's popularity increased 110%. There has also been a significant increase in requests for the Sponsors List and requests for the Newcomers Pamphlet.

Given this, Pat O'C. wants to run a billboard campaign every future January and February.

Spring Garage Sale: NOTE: Our upcoming "garage sale" is NOT to sell used clothes, furnishings, etc. It is to clear out the dusty boxes of supplies that Pat has been storing for us in her garage for 2 years. Because of the pandemic, members have become accustomed to ordering their OA supplies online. Therefore, the sale will be to clear out no longer needed office supplies, OA books, pamphlets and CDs.

This sale will be a great opportunity for live meetings to stock up if they're still selling literature. It is also a great way for individual members to get discounts on literature they want for themselves, or to give to a sponsor or sponsee.

By the way, at this event, we will be giving out free OA pens. We've got 3000, and the goal is to help us promote OA. So come and grab a handful. Then lose these anywhere and everywhere you think that new OA candidates could find them.

The event will be held sometime after July 4th. Whatever isn't sold will be donated to local Goodwill type thrift stores and other places that will accept them (i.e., churches, schools and libraries). Don't worry... these books will come with a sticker on the fly page that will give readers information about where to find us.

Serenity Retreat: We have rolled the dice and reserved a weekend at Twin Rocks from September 9 - 11. Pending a new virus forcing us to don our masks again, our fervent hope is to finally have an in-person retreat. However, we will have to cancel unless we find some volunteers to help organize and run the event. We want to ask for a small team of willing souls to divy up the job so no one gets overwhelmed. FYI, registration is now all electronic, so it should be easy. Publicity requirements are that someone put together a flyer and then send it to all the meetings and members. If someone wants to organize some beach games or nature walks or meditation sessions, that'd be great. But... frankly, the important thing is that we get to practice food serenity together. And... really, is there any place better for that than at the beach? If you like sand and surf and WANT OUT of the hot city in September, please contact Pat O.C. (chair@oregon-oa.org.)

NEW BUSINESS:

In the hope that we get all our new people to keep coming back, we had a discussion about what it led us to return after our first meeting. The list was long but instructive:

Elizabeth and Mikki both said that, after their first meeting, they got a phone call from one of the regulars. It gave them the opportunity to ask questions. They no longer felt invisible. They had a new friend... Someone understood and cared for them.

Lisa said that a greeter gave her a big hug.

Michelle said that an OA member in her first group would buy used OA books from thrift stores and used bookstores. She'd then offered the books free to newbies.

Dorothy C. said her first OA event was a retreat. She stood up to speak and 65 people, in unison said, "Welcome, Dorothy". She has been coming back ever since.

Carolyn S. said that at her first meeting, they had an inspiring 200 pounder speaker who showed pictures of his success and failures. He's lost it all once, then regained it several times while learning the steps and keeping it off successfully. She realized that this isn't just losing weight, it's about a way of coping with life that allows for mistakes and serenity.

Closing Prayer

MEMBERS IN ATTENDANCE:

Board: Pat O'C., Chair, Rosanne K, Co Chair; Jean H., Associate Treasurer; Dorothy C., Treasurer Coach; Carolyn S., Secretary

Trusted Service Positions: Michelle O., Newsletter Editor; Kym L., Speaker Meeting; Jenice G., B'day Fundraiser; Phyllis H., Zoom Coordinator

Delegates: Rosanne K, Michelle O.

Reps: Kym L., First Sat. Speakers Mtg. and Sun. Anorexic/Bulimic Mtg.; Christy B., Monday New Beginnings, Vancouver Mon; Jenice G., Mon. night, Canby Recovery, Speakers Meeting and Thursday End of the Oregon Trail; Kristy, Mon. night, Vancouver, New Beginnings, Connie, Mon. & Wed. St. Paul's and Cezar Chavez;; Elizabeth B., Sat. & Sun. Freedom from Compulsive Overeating; Lisa D., Beaverton, Cozy Comfy Readers; Jean H., Temporary Rep. for 10 am Saturday in the Orchards, Vancouver Mtg.; Mary Kay, Sat. 7 am In the Solution; Missy W., Temp for Friday, St. Barnabas; Rosanne K., Mon. Night Newburg; Dorothy C., Noon, Beaverton, Welcome Home Meeting & Wednesday Noon Taste of Lifeline; Sarah L., Fri. night Green Shag Serenity Seekers; Pat O'C, Newcomers Meeting