

7-13-22 Oregon Intergroup (OIG) Minutes

7:00 PM **Opening:** Serenity Prayer, Steps, Traditions. 14 in attendance (see bottom of report for names, positions and meetings present).

Chair and Attendee Welcome

Review of Minutes from 6-8-22 Intergroup meeting – Approved. However, Dorothy clarified that she did not pay the cost of mailing out OA pens to those who wished them. That was covered by OA.

There was discussion that some things discussed in our OIG meetings didn't always make it to the minutes. Carolyn S., our secretary, asks you all to please understand that she can't always write as fast as you talk. However, you've all got a shot at amending the minutes afterwards if you read the Preliminary Oregon Intergroup Minutes sent out prior to our next OIG meeting.

Treasurer's Report: We are happy to report that Bob C. has volunteered and been approved to replace our wonderful Dorothy C. as Treasurer. Welcome to the board, Bob! And stoke up on vitamins. We need you healthy and happy in this position for the next two years.

Bob requests that we have a Treasurer back-up, just in case. This is a sound idea for all our positions since life is what happens while we're making other plans. So, if anyone was on the fence about becoming our Treasurer, this is your chance to be the understudy who, someday, may save the show.

Dorothy C. reported that our financials balance and we still have an excess of funds. This means it's time to consider how we can use this money next quarter to reach out to those who continue to suffer. All suggestions are welcome. Please contact Pat O'C. (Chair@oregon-oa.org) or Bob C. (Treasurer@oregon-oa.org) with your ideas.

Webmaster's Report: As an experiment, we decided to try reaching out with social media. We spent \$468.68 on Facebook and Craig's List to advertise OA in general and our book sale in particular. It worked. Niik reported we had the highest number of web hits that we've ever had. There were 407 local hits and 942 new users!!!

Zoom License Coordinator Report, Phyllis H.: *(NOTE: The following didn't make the deadline for get into our Monthly Reports so we're listing it here: We held 123 meetings, with 1382 participants. The largest had 23 members; the smallest 2. In addition, we received a couple of requests for host training.*

Serenity Retreat:

As of our monthly meeting, we have 52 people registered for the retreat! This is close to the highest number we've ever had for a retreat in the last 10 years or so and we still have two months before it commences. Of those who have enrolled, 17 - 18 are first timers, in no small part thanks to the \$50 cost of attending for those who are first timers at a retreat. We are

delighted at the response, but there is some concern that we are close to using up our retreat subsidy for first timers. Dorothy proposed that, if needed, we access our scholarship funds to add additional funds. We voted unanimously to approve this idea.

However, there are some concerns about what to do if Covid/Omicron looms as a serious health hazard come the retreat. Fortunately, Twin Rocks has been very accommodating in regards to Covid/Omicron. They held our deposit for last year, when we canceled, and they have said they will reimburse us if virus threats are sufficient to close down their facility yet again. BUT, in the great hope that Omicron will peter out by Fall, people are urged to enroll now so they can enjoy the Aug. 5th deadline for the early-bird discount. If you do decide to cancel, you have to Aug. 5 to get a full reimbursement. Additionally, we deliberately picked September for this event since the weather will be such that we can easily gather outside if needed. If people are concerned about bunking with strangers in the group cabins, they are welcome to stay at one of the several local motels so they have separate accommodations. If they opt to stay elsewhere, there will be a reduction in their registration fees. Bottom line, we advise you to register now to get the discount, and, if necessary, cancel prior to Aug. 5.

We also discussed the viability of continuing to have a 50/50 drawing, raffle baskets and a clothing swap. Since many meetings are no longer face-to-face, assembling a basket may be problematic. The consensus was to keep it simple. If any groups/members wish to take on any of these events, they are welcome to contact Jenice at serenityretreat@oregon-oa.org.

For those who were not able to attend our book sale, we have good news. We have retained some of our key books to offer to those who come to the retreat. And, of course, we have plenty of pens if you want them.

Elections/Service:

Please read the following carefully... this is important:

A few years back, one of OIG's most active board members died suddenly. Not only did we mourn the loss of this beloved person, we also had to struggle to find records she had maintained. Then we had to scramble to find a replacement. This was a major reminder that there is a reason that OA bylaws set term limits for key offices. We need to be continually bringing in new blood to renew our leadership circles. Minor positions introduce members to the process of maintaining our group successfully and prepare them for taking on greater service. As with all organizations, typically 20% of the people do 80% of the work. However, if that 20% continues to do all the heavy lifting, burn out is inevitable. That is a dangerous situation since, without new blood learning service positions, our OIG group could atrophy and perhaps even die.

At this time of year, several term limits have expired and we need to replace some positions. With that in mind, we are asking for you to volunteer yourselves or pester your sponsees into taking on the following service positions: co-chair, newsletter editor and group coordinator. Remember... service keeps us coming back. Please contact Pat for more information at Chair@oregon-oa.org.

Literature Parking Lot Sale Follow-up: We received \$368 in 7th tradition contributions for our book sale. In addition, Jenice has materials for our Birthday Party Program and also has inserts for Program in a Pocket boolets. If there is interest in assembling them into new booklets, please let us know.

OA Pens: We still have plenty of free pens. We urge you to get them and then “lose” anywhere you think they might be picked up by someone in need of our program. Contact Pat O’C. for more info.

New Business:

Group updates:

The Face-to-Face Thursday 10 am meeting that welcomes Infants and Children at Beaverton First Methodist Church is resuming!

The Monday Night Milwaukie Friends Meeting tried going hybrid. The sound wasn’t great but it’s a start.

The Sunday Men’s Meeting is switching over to the OIG license in August.

If your group has been meeting unofficially Face-to-Face and you are not ready to switch your listing online yet, please let Pat know (Chair@oregon-oa.org) We’d love to get you on our roster of meetings and so we can help support your members.

We Care List: We’ve created an online “We Care List” for our members. This list allows you to ask for help. The WE Care List is for members who are looking for material help, They may be recovering from an illness, or just out of the hospital or in hospice. They may need someone to help with food shopping, household help etc. As always it is all about asking “How Can I help?” Currently, Pat is organizing this but we are looking for, ready for this... a volunteer to be in charge of this.

Respectfully submitted,

Carolyn S., Secretary - Oregon Intergroup

Closing Prayer

MEMBERS IN ATTENDANCE:

Board: Pat O’C., Chair; Rosanne K., Co-Chair and Delegate; Dorothy C., Interim Treasurer; Carolyn S., Secretary; Christine U., Events Coordinator, Bob C, Treasurer

Trusted Service Positions: Michelle O., Newsletter Editor and Delegate; Jenice G., Chair - Serenity Retreat; Niik I., Webmaster, Phyllis, Zoom License Coordinator

Delegates: Rosanne K., Michelle O.

Reps: Pat , 10 am First Sat. Speakers Mtg., Freedom Friday, Welcome Home and End of the Oregon Trail; Christine U., Tuesday Salem, Events; Jenice G., Mon. Night Milwauki, Tues. night, Canby Recovery and Thursday End of the Oregon Trail; Jean H., 10 am Saturday in the Orchards, Vancouver Mtg.; Rosanne K., Mon. Night Newburg; Dorothy C., Monday Noon, Beaverton, Welcome Home Meeting & Wednesday Noon Taste of Lifeline; Pat O'C, Newcomers Meeting; Niik I., 10:30 Serenity Sunday; Martha, Friday Noon, St. Barnabas Episcopal Church; Elizabeth B., Sat. 9am Virtual, Freedom from Compulsive Eating' Allison G., Compulsive Overeater, Connie, Monday noon Step Writing meeting.