

1-8-25 Approved OIG Meeting Minutes

(NOTE: Information in this purple color is for Reps. It indicates these are action items to share with your meeting members.)

Welcome: Serenity Prayer, 12 Steps, 12 Traditions and one of the concepts of service

Introductions: We had 21 members at this month's meeting (all attendees are listed at the end of this document).

BIG welcome to Tom, our Region 1 Liaison. Also a big welcome to Tim C, who is our rep for the Sunday Men's Mtg and the alternative rep for the Monday Night Serenity Seekers. Nobody from the Men's Meeting has been at our OIG meetings for a while, so we are thrilled to have the guys once again represented. Also, warm greetings to Blair, a newcomer to our monthly Intergroup meeting. She represents the Sat. 9:30 St. Barnabas Face-2-Face (F2F).

Nov 13, 2024 Minutes were approved with one correction... our cancelled Newberg meeting was on Monday, not Tuesday. Thank eagle-eyed Rosanne for catching this.

FYI, if anyone else finds mistakes in the preliminary minutes, please let Carolyn know (Secretary@Oregon-oa.org) ASAP so she can amend the minutes before we send them out *en masse*.

Region 1 Assembly: Allison G. reported on her role as a delegate at the Region 1 Assembly in Bellingham, WA. According to her, the Assembly was run very smoothly, thanks in great part to our own Alice W., the Region 1 Chairperson (a former Chair for our Oregon Intergroup). Allison said there were lots of OAers from Canada and Alaska present. She described her committee's project, which is the "The Carry the Message Team". She will be taking turns with the other team members in replying to any requests. If any newcomer would like to request contact, they can go to (www.oaregion1.org) for either a call or email response. Good going, Allison!

Tom C added that the next Region 1 Assembly is Oct. 21 – 26, 2025. It is yet again to be in Bellingham. This should not be confused with the World Service Business Conference, which rotates bi-annually, one year in Albuquerque, New Mexico, the next is virtual.

Because of the size of our Intergroup, we have the funds to send multiple delegates to both the Region 1 Assembly and World Service Business Conference. Both events include OA business meetings AND enrichment programs for the attendees. Allison, and everyone else who has ever gone to one of these events, says they learned a lot and, oh yes, also had lots of fun. In fact, **if you or any of your members like to be considered as a delegate for one of these gatherings, and have held OIG service positions meeting rep level and above, contact Pat to fill you in on the requirements to be considered (Chair@Oregon-oa.org).**

Treasurer Update: Jean H. has been flattened with the flu, so couldn't make this meeting. She was very worried about the fact that she just has not had it in her to close out the books for

2024. Pat told her to take care of herself and we will share the information on Google Groups when she is up to finishing it. It will determine how much OA-Oregon will donate to Region 1 and World Service for 2024.

Speaking of which, Tim C., our Region 1 guy, added that the 7th tradition formula for yearly donations (60% OIG, 30% World Service and 10% Region 1) is being changed for 2025. This is because World Service has been running on the same amount of money since 2017 and wants to hire more staff and increase their resources. So, for 2025, the recommended formula for our donations should be 50% OIG (down 10%), 40% World Service (up 10%) and 10% Region 1. Got it? **Reps, do remember to tell your members that our 7th step contributions are no longer pooled together and split between our service entities. Ergo, please let your folks know that they need to donate separately to OIG, World Service and Region 1. They can easily do this online at:**

1. www.oregon-oa.org (our intergroup)
2. www.oaregion1.org (Region 1)
3. www.oa.org (World Service aka National)

Webmaster: Pat reported for Cynthia E, who has also been laid low by illness. She is working with Alex, our computer consultant, on the new website. Hopefully, it will be launching in mid February. This redesign involves a new host site that will be simpler for us folks who were born before the computer age took over everyone's lives. The goal is to also make it more easily useable on mobile devices.

Pat said she has sent an email to all reps saying that, unless they object (and object rapidly), she is including them in our Google Groups master mailing list of OA members. This will allow us to much more easily access them when needed. FYI, through Google Groups, we send out our minutes, reports, event notices, and anything else of note our members need to know about. It goes only to our members and is utterly anonymous. If you do not want to be in this master list, you need to contact Pat (Chair@Oregon-oa.org) ASAP. Otherwise, she's enrolling you. If you do need to opt out, please let Carolyn S. know so she can email you individually (Secretary@Oregon-oa.org). Right now, she's tearing out her hair monthly trying to find and contact all of you.

Update from the Serenity Retreat Committee, Dawn F., Co-Chair 2024 & 2025, provided the Final Report from our Sept. 2024 Serenity Retreat. It was sent to everyone in our recently released OIG Monthly Reports for Jan. 2025. Reviews were positive about most aspects, especially the improved quality of the food. The exuberant rock'n'roll played by a youth group that attended Twin Rocks at the same time has been addressed. We have been assured that there will be no loud music after 10pm for our next retreat. The finances were a huge victory, nearly breaking even. Oregon Intergroup ended up only having to pay \$124.77, which is a great step in the right direction. There were forty-nine retreatants in attendance, who all appreciated our guest speaker, the beautiful weather and the local squirrels.

The only negative was what it has been in the past... Twin Rocks is in a gorgeous location, but it was designed for 12-year-old campers, not our more elderly members. The camp cabins are a rustic challenge for seniors with stiff hips and knees, especially if you lose the toss and get the top bunk. Yet again, it has been recommended that we look for a new location in 2026, one with improved access to bathrooms and fewer bunk beds.

Reps, finding such a place will take time and effort, so we are requesting you to ask all your meeting members to consider volunteering to be on our campsite search committee ASAP. This is an ideal position for someone looking to get service credit above the meeting level. If you're interested in being part of this new group, contact Pat (Chair@Oregon-oa.org) or Dawn F. (SerenityRetreat@Oregon-oa.org).

Otherwise, congrats to the wonderful work of the Planning Committee and all our attending members.

Speaking of splendid work from the Planning Committee, Teresa, our Retreat Co-Chair, reported that they have ALREADY secured a woman from LA to speak in 2025. The topic will be **Working the 12 Steps around Body Image**. Folks, write it down in your calendar now. The event will be from Sept. 5 – 7, 2025.

Events Coordinator, Kathleen F.: “Promises by Candlelight” was a success. About 40 - 46 members took part. The 7th Tradition collected \$206 between 7th tradition donations and the sale of our final, final batch of Program in Your Pocket. Event expenses were \$215. The only negative we received was that the timing conflicted with the monthly Newcomers Meeting. Whoops. Sorry. We have not had a lot of live events since Covid and are a little rusty checking out things like this.

Currently, we are targeting to throw quarterly events all over the OIG service area. The Promises by Candlelight event will return again next December. **But if your group has ideas for future events and/will like to host them, contact Kathleen F. at events@oregon-oa.org.**

Where do we go from HERE??

Pat commenced a group discussion of directions OIG can take for 2025. Many good observations and ideas were offered:

- More in-person half-day workshops. Ideally, they should be spaced throughout our area so that all of us will at some time have an event nearby. It was recommended that we check out the general OA.org calendar for ideas of how other groups hold events. The oldies but goodies do work: 1) February is traditionally celebrated with a Unity Day; 2) Sponsorship events always draw; 3) The Steps and the Traditions Workshops are great for newbies and old-timers), 4) fun themed holiday and summer events prove we are not a grim lot.

- It was also suggested we consider events that attract more diversity among our attendees (i.e., Cinco de Mayo). To help this, we could include the Unity as Diversity Format found on our website so that groups can incorporate the suggested wording into their meeting format. Diversity might also include developing specific types of meetings (i.e., Young Mothers, LGBTQ+, 100+ Pounders). And our flyers should include the Unity with Diversity statement.
- Utilize the Region 1 Public Information/Professional Outreach KIT to set up a professional looking booth at Health Fairs and community events. The purpose is to make OA better known to both individuals and professionals. The kit includes a beautiful table cover, nice presentations, a banner and stand-ups. They are available for about \$200 if we purchase these, or we can borrow a kit for free for Reg. 1 (but will have to pay postage to return it).
- Tim C. said that one of the key goals this year is to reach out to the universities and colleges by sending out information through the Student Unions, etc. We want to create a Youth Committee that can approach various schools about OA and explain what it can offer their students. This would include flyers for OA meetings/events at local colleges and schools, etc.
- Zoom Meeting Host training (in-person for folks who need firsthand help).

Don't worry if you couldn't make this meeting but you or your meeting members have more ideas. Anyone is welcome to contact Pat with other suggestions for expanding our membership. She is reachable at Chair@Oregon-oa.org.

All current and future ideas need one caveat: We must have laser focus on a few ideas at a time, get some wins, and then try others. Ergo, our up-coming task is to decide which to do first.

Meeting Rep Updates:

Although we had no rep updates this month, we do have three key service positions in need of rotation. They include:

1. A new Coordinator for our First Sat. Speaker meeting (needed now)
2. Chair (rotation change due in July)
3. Board secretary (her position also rotates out in July).

NOTE: it is crucial that either the chair or the secretary positions not be replaced at the same time. Our more sophisticated online presence now creates a need to coordinate the duties of the Chair and Secretary quite frequently online. That necessitates that at least one of them has a functional working knowledge about our website and Google Groups. It will be a technical disaster to have both the Secretary and Chair be learning the ropes of these two positions at the

same time. **Ergo, anyone who would be interested in either of these positions should contact Pat ASAP.**

Formal Closing - Serenity Prayer

Attendees:

Board:

Pat O'C, Chair; Carolyn S., Secretary; Kathleen F., Events Coordinator; Dawn F., 2024 and 2025 Serenity Retreat Co-Chair; Teresa B. 2025 Serenity Retreat Co-Chair; Allison G., Delegate 2

Service Positions: Mikki Mc, On-line Coordinator (formerly OIG Zoom Coordinator), Jenice G, Speaker Meeting Coordinator; Karen R., Sat 10am Speaker Meeting Coordinator

Reps (in order, alphabetically, by first name; V = virtual; F2F = Face to Face):

Allison G. - Noon Mon and Noon Wed, Taste of Lifeline, V
Blair -Sat. 9:30 St. Barnabus F2F (First Meeting)
Candace – Sat 9:30 Alternate Rep McMinnville
Debbie S. - 10:30 am Thurs, Beaverton
Gladys H. - Tues. Noon, Beaverton, F2F
Kathy H. - Alternate Rep - Monday Noon Step-Writing Meeting
Kathleen F - Sat 10 am, Alternate Rep - Vancouver in the Orchards, F2F
Margie G. - Sun 2 pm McMinnville
Stephanie K. - 7am in the Solution on Wed., Sat. & Sunday, V
Tom C. - Sun Men's Mtgs. and Mon Night Alternate Serenity Seekers
Tru - Sat. 7am Unity - In the Solution, F2F

Guests:

Tim C.. Region 1 Liaison
Rosanne K. – temporarily not a rep for any meeting but we will fix that ASAP.