

## 9-10-24 Approved OIG Meeting Minutes

**Welcome:** Serenity Prayer, 12 Steps, 12 Traditions

**Introductions:** We had 21 members at this month's meeting (reps are listed at the end of these minutes). A big welcome to Julie and Laurie, two visitors from our Monday Night Recovery Together ZOOM meeting!

**Chair, Pat O'C:**

**Updating our Service Roster:** If you reps and service folks aren't receiving our emails about the monthly reports or minutes, please contact Carolyn S., [Secretary@Oregon-oa.org](mailto:Secretary@Oregon-oa.org). We are in the final stages of finally having a fully functional list of all you folks so you and your meeting don't slip between the cracks. Please include your first name and the initial for your last name, email, phone number and the specific meeting you represent, i.e, day of week, time, location if it's Face-to-Face and the meeting's name. If you don't have a meeting name, this is a dandy time to work with your people to create one. In addition, there are still a few reps who aren't listed in our Google Groups membership roster. This is the mass email list for everyone in Oregon-oa. Reps: Please not only sign yourself up if needed, but also urge your meeting members to also get on this master mailing list. To do so, send the information to Carolyn (address above). Don't fret, this information will not be publicly available, but it will be enormously helpful for us in contacting you about up-coming events.

**Jerk alert:** Warning to folks listed as meeting contacts: If a guy texts you with a request for more information via ZOOM, **DON'T DO IT!** He's trying to check you out. Yuck!. Refer him to the [Chair@Oregon-oa.org](mailto:Chair@Oregon-oa.org). That should scare him away.

**Updating changes online through our website:** For you who could never get the knack of registering changes in meeting information for the worldwide website OA.org, your prayers have been answered. Niik I, our Meeting List Coordinator now has a new helper, Terra, who will be doing this from now on. PLEASE send all changes (location, time or replacement of a representative) to her using the google form link on our website. It can be found on the FIND A Meeting Page. Niik gets the form and she will make all the changes local and in OA.org for you. Phew!

**Approval of minutes for 7-10-2024,** Carolyn S., Secretary: Minutes for the July 10, 2024 meeting were approved as written. FYI, if you ever want to review the minutes for any month, they are available via our website ([www.Oregon-OA.org](http://www.Oregon-OA.org)) under OIG Documents.

**New Meetings Announcements, Niik I.:**

- We have a new Monday Nighter Sober Meeting in Camas, WA that is Face-to-Face (aka "in person").
- The venue for our Monday Night Miracles as of next month will be at Leaven, on the corner of NE 20th Ave. and Killingsworth St.
- Our new 12 Step Study Workshop starts this week! Don't worry... all these updates will be included in our listing of meetings on the website AND we will be sending

reminder emails to all of you listed in our Google Groups Members Directory. See above if you need info on how to register.

**Webmaster Update.** After two years+ of being our Webmaster, wonderful Margie G. is ready to hand over the reins to someone else. If you like website management, this is your big chance to serve us in a highly needed (and appreciated) position. Your duties will include helping us list events and organizing the website. According to Margie, it's not that hard or time consuming. In fact, she thinks it's fun... if you're a techie. We aren't expecting you to know everything. In fact, we have Alex, our paid consultant, who can help you with the deep dive stuff and if you suddenly have no clue what to do next. In addition, Margie has promised to stay to train her replacement. For more information, contact Pat [Chair@Oregon-oa.org](mailto:Chair@Oregon-oa.org).

**Treasurers Update,** Jean H and Bob C: As Jean makes her transition into being our new treasurer, Bob C is at hand and, in the future, will continue as backup.

Our accounts as of August are as follows: The checking account has a balance of \$13,812.29, savings is \$13,177.27, checking had \$12,368.48 in deposits and \$4,277.91 in withdrawals. Still pending is the big payment to our Serenity Retreat site, Twin Rocks Friends Camp.

Jean, Bob and Pat invite anyone who would be interested to join them in doing a budget review in October. This will be used to create a draft of our 2025 Budget. That draft will be presented at our November Intergroup meeting. If this is something that rings your bell, contact Jean at [Treasurer@oregon-oa.org](mailto:Treasurer@oregon-oa.org).

**Serenity Retreat Committee Report,** Dawn F, Chair:

Dawn commended her amazing committee for a retreat that ran without a single serious glitch. This was extraordinary since four of the key committee members had never attended one of our retreats before. In particular, Dawn singled out Jody for doing an incredible job as the registrar.

The retreat just ended two days prior to our monthly OIG meeting, so Dawn, et al haven't had time to create a formal report yet. Attendees were appreciative of Joe, our speaker, who has done approximately 25 such retreats in the past and actually brought much of his own materials. Thank you, Joe, that saved us money on supplies.

As regards the numbers, the total income was \$9,386. Retreat costs were \$8,286. Thanks to clever Jody, we enjoyed various discounts of \$350. Supplies cost \$341.77. That made a profit of \$408.20. This is wonderful news since our objective was to have a self-sustaining retreat that covered its expenses. To do this, we increased the prices for attending so they reflected the actual costs. Fortunately, we received no push back on this choice, but Dawn did add that some members may not have gone because it was not affordable to them. As is, there were a total of 49 attendees. Of those, 15 were first timers who received a 50% discount on the weekend's costs. And we STILL MADE A little over costs!

There were no major complaints at the retreat although some members long for accommodations better suited for us with aging joints. This has been brought up in previous

years, so we'd like to start scouting around for another venue. If you have any thoughts on this, please contact Pat, our Chair.

We did have some issues with sound. One of the other groups at Twin Rocks was a young peoples' church group with a very loud, enthusiastic rock band (sure hope the kids were wearing ear plugs). Anyway, quiet time commenced at the camp at 10 pm, but the band was still in full swing. Dear Dawn and another member, in their jammies, intervened at 10:15, telling the kids sorry but to spare their ears and our sleep cycles, it was time to pull the plug. Fortunately, the youths immediately ended their concert and the only subsequent sounds after that were of squirrels doing what squirrels do at night.

For those of you who attended last year's retreat but not this one, this, we are happy to report that the food was MUCH better. It pretty much had to be...

Since camps book years in advance, we have put down a deposit to reserve Twin Rocks for next year from Sept. 5th - 7th. But don't let that stop you from scouting around for an alternative camp. Our deposit is refundable if we give them adequate notice. It was suggested that, if possible, we reschedule future retreats other than the first weekend in September. That is traditionally the weekend that most churches commence their new church season.

#### **Info Line Updates, Pat O'C, Chair:**

We spend \$26.50 per month (a little over \$300 per year) to have an info line phone. Pat is handling those calls now but... this woman already has too much to do.

Since we do not promote the Info Line, we considered scrubbing this number and, instead, providing instructions there about how interested people can access the meeting directory in other ways. However, some people just feel more comfortable speaking on the phone.

*Good News: After our OIG meeting discussion, a long time member has taken on this service. Thank you, Esther!*

#### **Zoom Meeting Planning, Pat O'C:**

Reps, the following may be worthy of discussion at your members next meeting:

We have 5 Zoom licenses that cost us about \$180 in licensing each per year. We currently need that many because Zoom won't let us have more than one meeting happening at the same time. This is no longer an issue except for a few times during the week when multiple meetings happen at or close to the same time.

The questions is... do we want to be competing with ourselves? Is it good to have two small meetings limping along with three or four members each if, instead, we could combine them with another group so we have one larger, stronger meeting?

The meetings where this might be most useful occur Monday noon, Monday night, Tuesday night and Saturday at 9am.

Perhaps we could have those meetings try it out going go on a "field trip" to attend the meeting of another group at the same time? (NOTE: to do that, they will need to have one person stay in

the original meeting so they can refer a late-comer to the other meeting). This might be a great way to improve access to the strong opportunities of a meeting with a larger member base, both newbies and seasoned old timers.

We recognize that different meetings have different personalities and some people feel very attached to their home group. We also recognize that meetings are autonomous, so it is up to your members to make a decision as to what's best for your people. But having a larger meeting provides the opportunity of greater strength and diversity.

If this makes sense to your group, please contact Mikki Mc at [OIGzoom1@oregon-oa.org](mailto:OIGzoom1@oregon-oa.org) and Niik at [MeetingList@Oregon-oa.org](mailto:MeetingList@Oregon-oa.org) about which meeting(s) are going forward and which are ending.

#### **Updates on Revisions for our By-Laws, Pat O'C:**

Please review the proposed changes that will be sent to you so we can will discuss this in more depth at our next OIG meeting. FYI, the majority of changes focus on updating our service positions, which currently include some positions that no longer are needed. We also want to increase our efficiency by limiting all committees to being *ad hoc* only. For those without a thesaurus handy, that means that all future committees will be formed to deal with a particular issue (i.e., the Serenity Retreat). Once that need is over, the committee will disband.

#### **Meeting Rep Updates:**

Niik I: The Tuesday Lake Oswego 5:30pm face-to-face writing meeting is great, but needs support. We know that 5:30 is tough for some people because of traffic but we hope you can make an effort to attend.

Pat O'C: Please members, if you're been only attending ZOOM meetings, treat yourself to a face-to-face once a month and see how it feels.

Gladys: The Tuesday noon Beaverton meeting is relatively new and started out limping. Good news... it has grown to about 10 people per meeting.

**9-9**

#### **Formal Closing - Serenity Prayer**

##### **Attendees:**

**Board:** Pat O'C, Chair; Carolyn S., Secretary; Jean H., Treasurer; Bob C. ViceTreasurer, Kathleen F., Events Coordinator; Dawn F., 2024 Retreat Chair; Allison G., Delegate 2

**Service Positions:** Jenice G, Coordinator for Sat. Night Zoom Speaker Meeting; Mikki Mc, OIG Zoom Coordinator; Niik I., Meeting Coordinator; Margie G., Webmaster

##### **Reps (in order, alphabetically, by first name):**

Allison G., Wed. Lifeline Meeting

Barbara G, Salem Sat. Serenity 9am

Connie C., Mon. Noon Step-Writing

Debbie, Beaverton 10am Tues.

Dvora R., 10 am Sat. Freedom from Compulsive Overeating, St. David of Wales Episcopal

Gladys, Tues. Noon Beaverton

Jenice G., Sun 7 pm & Mon Milwaukie Friends

Kathleen F., Sat 10 am Vancouver in the Orchards

Margie G., Newberg Monday 7:30 pm & McMinneville 2pm Sun.

Robert, Green Shag Serenity Seekers

Rosanne K., Mon 7:30 Newburg Zoom

Stephanie K, 7am in the Solution on Wed., Sat. & Sunday

**Visitors:**

Julie, Recover Together- Portland Zoom

Laurie, 7 am Mon. Recover Together Zoom