

North Coast Intergroup of OA #09434
Minutes -Draft
Saturday 21.Nov.15
HSU, Harry Griffith Hall, rm106 @ 11:05am

1. Serenity Prayer 11:07am

2. From OA Concepts pamphlet - read *Concepts of the Month*

- a. **10: Clarity** - Karen
- b. **11: Humility** - Kathy

3. Introductions

In Attendance: Ann G., Chairperson, Barbara P., Vice-Chairperson, Kathleen D., R2 Representative, Kathy S., Arcata Saturday Intergroup Representative, Karen S., Treasurer, Anne F., Eureka Tuesday Intergroup Representative, Marla W., visitor (& volunteering for Secretary).

4. Approve Agenda

- a. Kathleen and Barbara – table **10 Old Business** until last on Agenda.
- b. Approved, unanimous

5. Approve Minutes – 19.Sept.15

- a. 10.4 – typo. ‘hole’ change to ‘hold’ (Ann G.)
- b. 12.4.C – ‘abstinence requirement’? (Anne F.) (Kathleen) ‘abstinence’ defined per WSO guidelines
- c. Approved, unanimous

6. Treasurer’s Report – Karen S.

- a. **Balance: \$525.60** after contributions (Eureka Thursday - \$100; Service, Traditions, Concepts-Sponsorship Workshop in October 7th tradition - \$47) and disbursements (Google Voice phone number listing in AT&T phone book - \$35)
- b. Kathleen – submits expense receipts from Region 2 Assembly attendance
- c. Karen – out of town from 1.Dec.15 – 31.Jan.16. Barbara will cover Treasurer Position for 16.Jan.16 NCIG meeting.
- d. Three Newcomer Packets left @ \$3.20 each

7. 7th Tradition – collected \$13 from those in attendance

8. R2 Representatives Report – Kathleen

- a. R2 is larger region – AK, HI, NV, CA – in attendance at October Assembly. Focus on getting the message out to U.S. and abroad, including prisons. How? Publications, websites, newsletters, phone meetings, long distance phone sponsors, etc. Website is difficult to access info from, working to improve.
- b. **Lifelines** magazine to go to McKinleyville Monday meeting
- c. There is Intergroup Funding Assistance for Reps to attend conferences, etc.
- d. Passed around
 - R2 newsletter, **‘What’s New? R2, Fall 2015’** can get at www.oar2.org
 - WSO Flyer, **‘Extra, Extra’** sign up for WSO email updates at www.oa.org
 - OA Flyer, **‘Body Image, Sexuality, Relationships, and Recovery’** for new publication development. Submit personal stories to info@oa.org with subject line “Body Image”
 - OA Flyer, **‘Service and My Recovery’** for Virtual Workshops for 2016
3-4pm ET (-5:00GMT) 2nd Sunday each month
US phone bridge = 641-715-3818
Pin Code = 925619#

e. Kathleen is now a member of the **12-Step Within** committee

9. Meeting Representative's Reports

9.1 Eureka Tuesday – Anne F. Meeting is very small, could use support.

9.2 Eureka Thursday – Ann G. 8 to 16 members in attendance. Contributed \$100 to Intergroup.

9.3 Arcata Saturday – Kathy 6 to 11 members, x? = 9 in attendance.

9.4 McKinleyville Monday – Karen growing, paying rent. Mary is new Secretary

9.5 Fortuna Saturday – No Longer Meeting

9.6 Crescent City Thursday - ? (small?)

11. New Business

11.1 Elections of Officers for the coming calendar year: We are still operating under old by-laws so still on 2 year term of service, therefore no change to current officers.

11.2 Secretary

a. Marla volunteers

b. Approved, unanimous

11.3 Proposed/Purchased outreach materials – Use?

a. Originally for Health Fair at Bayshore Mall – unable to attend – no Liability Insurance

b. Karen offers to attach to her Home Owner's policy and submit the fee (~\$25?) for reimbursement to Intergroup. Approved, unanimous

c. Kathleen – R2 will talk to someone at Bayshore Mall about this arrangement.

12. What's On Your Mind?

12.1 Other Avenues for Outreach

a. Kathy – radio stations, KHSO Community Service Announcements for example. Will research format – PSA, interview with OA member, etc.

b. Kathleen – WSO has downloadable PSA on website for \$5 (about 30 seconds of 'on air' time); she posted flyer at weight scale at her health care provider (Open Door Health), suggested hospital emergency waiting rooms, etc.

c. Barbara – materials to HSU campus Health Center, doctor's offices,

d. Karen – newspaper article like the one she saw in the *Phoenix Sun*. Plus, she will distribute materials to people as opportunity arises (especially wallet-size ***Just For Today***)

e. Intergroup members to distribute materials among various meetings and to potential newcomers

12.2 Ann G. – do we need a 'Google Voice' workshop? This is general contact and rings through to all who've signed up to answer phone: **707-502-2512**. Table for next business meeting.

12.3 Delegate to WSO Business Conference in Albuquerque? Week-long, too expensive. No. Approved, unanimous

10. Old Business

10.1 Review draft By-Laws for approval and adoption. Postponed until January 16th.

10.2 Resume short, one-hour workshops on a regular basis (3rd Saturday of even-numbered months)?

a. Generic OA prefab workshops on topics and pamphlets

b. Barbara will reserve room starting in February 2016

c. Approved, unanimous

13. Next Meeting Date: 16.Jan.16

14. Closing: 'We' version of the Serenity Prayer