**Central Virginia Intergroup**

**Board Meeting Minutes**

**March 17, 2024**

**Welcome:** Serenity Prayer, 12 Steps, 12 Traditions, Concept 3: The right of decision, based on trust, makes effective leadership possible.

**Present:** Debbie C., Tiffiny G., April M., Susan H. Hope R., Jeri, Becky C., Aileen, Sarah K., Dusty, Sydney

**Agenda Review:** No additions or corrections

**Approve Minutes from February 2024:** Debbie C. motion, April M. second, passed unanimously.

**Board Member Reports:**

Chair: Debbie reported several CVIG vacancies: Intergroup Rep for Mon., Thurs., Fri. at 11:30am and Thurs., 7:30pm; CVIG Board Vice Chair and Public Information Chair. Debbie accepted the resignation of Sydney as chair of the Public Information Committee.

Vice-Chair: Open Position

WSBC Delegate: Survey questionnaire (voting on what CVIG would like discussed at WSBC) was completed and sent to World Service on 3/4/2024. Tiffiny thanks all who discussed with OA meetings and provided feedback.

Treasurer: April directed attention to Treasurer’s Report and Bank Statement included in meeting packet.

Secretary: Susan’s February Minutes included in meeting packet.

Region 7 Representative: Hope R. directed attention to several upcoming Region 7 events (included in meeting packet).

Intergroup Representative Reports: Becky C. requested use of CVIG ZOOM account. Debbie approved use if there are no conflicts with established meetings; and suggested Becky attend the ZOOM training offered by San Diego OA. Sarah K. and Susan H. reported they passed along group conscious for WSBC to Tiffiny.

**Committee Chair Reports:**

No reports from vacant positions (Fun and Fellowship, Newsletter Editor).

Public Information: Sydney has stepped down from chair position, but will contact committee members to ask if any would be interested in chairing committee.

Retreat: Terrie S. reports the following:

Retreat committee (Becky, Jan, Kathryn, Irene, and Terrie, committee chair) met to discuss the details of the upcoming retreat.

Date: May 18, 2024

Location: Community West Church

Time:  10:00 a.m. to 2:30 p.m.

Theme:  Moving from Fear to Faith

Program will include:

* Speaker (we have a commitment from a local member)
* Chair Yoga (confirmed leader)
* Meditation (leader confirmed)
* Time for writing, discussions, pitching and a beginning “ice-breaker” and a closing activity.
* Participants will be asked to pre-register (we have a registration volunteer on the committee who will keep a list so we will have an idea of the count), and bring their own lunches.

A flier is in the works, will be PNG friendly (for graphics) and will be sent to Suzanne G to be circulated on MailChimp. We ask everyone to spread the word. This retreat will go on, rain or shine!

Telephone: Melissa G. reports no calls this month.

Twelve Step Within: Dusty proposed a Zoom event on the issue of isolation and forming connections in recovery. Two speakers would talk about their experiences; “recovery buddies” and sponsors would be identified at the meeting. Potential dates – a Sunday afternoon in the summer (June).

Website: Sarah K. corrected the by-laws on the website – changed “AA” to “OA” in the Concepts of OA Service.

**New Business**

Discussion of length of term for WSBC Delegate. Tiffiny proposed electing a new delegate in October 2024, while Tiffiny finishes her WSBC committee service through April 2025. Debbie will check the CVIG by-laws to make sure this is possible. Tiffiny reported that WSBC service requirements are: One year of abstinence; and two years of service beyond the group level.

Sydney and Hope created a flyer with a QR code that links to the CVIG website meeting list. Hope moved that the flyer (with suggested edit) be accepted for Public Information Outreach; Tiffiny second; passed unanimously.

Action Items: Debbie will correct CVIG Officers document & review CVIG by-laws regarding WSBC Delegate; Hope and Sydney will distribute flyer and post on CVIG website for member usage.

**Closing:** Debbie moved, April second, unanimous vote to adjourn meeting at 7:57pm, closing with the Serenity Prayer.