**Central Virginia Intergroup**

**Board Meeting Minutes**

**November 19, 2023**

**Welcome:** Serenity Prayer, 12 Steps, 12 Traditions, Concept 11: Trustee administration of the World Service Office should always be assisted by the best standing committees, staffs and consultants.

**Present:** Debbie C., Susan H., April M, Tiffiny G., Terrie S., Hope R., Faye J., Helen L., Sydney, Aileen, Dusty

**Approve Agenda**: Terri S.-New Business add Newcomer’s information. Agenda approved.

**Approve Minutes from October 2023:** Debbie motion, Susan second, Motion passed.

**Board Member Reports**

Chair: Debbie reported that Sydney will fill Public Information Committee Chair; Intergroup Representative vacancies filled: Megan-Tues., 11:30AM; Aileen-Wed., 11:30AM; Terrie S.-Wed., 5:30PM; Sydney/Dusty-Sat., 10AM; Helen L.-Sun., 10:30AM. Work on website is in progress. Sarah A-S is overseeing a freelance web designer. Request to pay $300 to designer was previously approved via email. Working with Tiffiny to review request from Lynchburg OA meetings to affiliate with CVIG. Bob E. has resigned newsletter editor position.

Vice-Chair: Open position.

World Service Business Conference (WSBC) Delegate: Tiffiny attended Region 7 Convention. She thanked CVIG & Kathryn especially for assembling a beautiful basket for the raffle. Raffle raised $2000 for R7. Next convention is Nov. 1-3, 2024. Region 7 voted to provide $1000 scholarship to help fund WSBC delegate Tiffiny to attend World Service in 2024 (eliminating the need for the request to go to World Service for consideration).

Treasurer: April submitted reports that were distributed with the board meeting agenda.

Secretary: Susan. No Report.

Region 7 Representative: Hope R. reported the R7 convention was held as scheduled (see Tiffiny’s report). Twelve Step Within Committee meeting was held via Zoom on Nov. 12; Voted to approve four workshop and two flyer templates for Intergroups to download and utilize. Next meeting scheduled January 14, 2024 at 1pm. Upcoming events include R7 Special Assembly on January 5, 2024, 7pm to vote on Trustee Liaison Candidate; April 12-13 R7 Spring Assembly Zoom.

**Committee Chair Reports**

Fun & Fellowship: Vacant. No Report.

Internal Communications: Suzanne G. No Report.

Newsletter Editor: Bob E. has resigned position. No Report.

Public Information: Sydney. Getting settled in this new position.

Retreat: Terrie S. – Event successfully held as scheduled with 13 members attending. Rain may have affected attendance. Donations collected and deposited with CVIG. Terrie S. will work on potential Spring 2024 retreat.

Telephone: Melissa – One call received.

Twelve Steps Within: Dusty H. & Hope R. – Successful IDEA Day event held as planned with two speakers. 38 people participated.

Website: Vacant. Debbie reported that Sarah A-S has requested that CVIG consider a $50 tip for the web designer if the work is satisfactory. Discussion ensued. April clarified that the web designer is a “gig worker” and a tip is customary. The project is extensive, with the designer moving the existing website from host server InMotion to GoDaddy. Susan moved and Terrie S. seconded to authorize Debbie C. to assess the final product with Sarah A-S and make a final decision on the $50 tip. Motion passed.

**Old Business**

1. Debbie C./Tiffiny: Three OA meetings in Lynchburg have requested to join CVIG. Their intergroup – Agape – is in transition. A group conscience was taken at each (Lynchburg) meeting and all approved the move. Region 7 Trustee Bob L. advised that a meeting may affiliate with any intergroup as long as the IG by-laws do not prohibit. Debbie moved and Tiffiny seconded a motion to accept the OA groups to CVIG. One person dissented; all others voted in favor and the motion passed.
2. Debbie C.: Service opportunities include CVIG Vice Chair which Debbie has a lead on; Fun & Fellowship Chair; Newsletter Editor.
3. Webmaster: Duties & skills include: Maintenance work to keep meeting information up to date, posting events, CVIG minutes and World Service bulletins. Administer mail associated with various domains as well as renew the domain names. Provide support for Mailchimp which is use to send emails to the membership.
4. Intergroup representatives: Each meeting may have up to two representatives on the CVIG board. These are voting positions. Duties are described below (as per CVIG by-laws)

**Section 3-Intergroup Representatives**

1. Intergroup representatives shall be selected by the group conscience of the group they represent. Each IR shall be selected by any method deemed appropriate by their group. These IRs shall serve for a period designated by their group, always subject to recall by the group they represent. Each group shall be free to designate an alternative delegate when the necessity arises.
2. IRs should be selected for judgment, experience, stability, willingness and for their faithful adherence to the Twelve Steps, the Twelve Traditions and Twelve Concepts of Overeaters Anonymous.
3. The primary responsibility of the IR, or alternate is to represent the group at all meetings of the Intergroup, to act as a liaison between this Intergroup and their group, to see that all communications pertaining to Intergroup are made available, and, where requested, read aloud to the group.

**New Business**

1. Terrie S. – Newcomer’s Information. Terrie presented her findings regarding newcomer’s information on the CVIG website and World Service websites. In both sites, the information is outdated and the links do not function as expected. She also talked about a quarterly newcomer’s meeting. Terrie will work on a proposal to present to the December CVIG board meeting.

**Action Items**

Debbie will follow up with Becky regarding the 3 Lynchburg meetings.

Debbie will follow up with Sarah A-S about the $50 tip for the web designer.

Terrie S. will think about a Spring Retreat and present at a later board meeting.

Terrie S. will work on a proposal for attracting newcomers & present in December

**Closing:** Debbie C. moved to adjourn at 8:00PM. Meeting adjourned.

**Next CVIG Board Meeting – December 17, 7:00 P.M. - Zoom**