

North Bay OA Intergroup meeting minutes: May 17, 2025

Secretary absent; Lynn H. recorded the minutes for the meeting.

Call to Action/Shout Outs

★ **Service Opportunities**

○ **Speaker's List**

- Help to create a list of speakers that groups can call when a speaker is needed at a meeting!

★ This is a great opportunity to make outreach calls.
If you would like to help create this list, please contact
Deborah ds_swett@comcast.net

○ **Outreach Committee**

- This committee works on strengthening our fellowship as well as providing information about OA to the community.

★ This is a great opportunity to practice the 12th step.
If you would like to work with this committee, please contact:
Fionn fionn.robertson@outlook.com

○ **Retreat Committee**

- This committee is planning a retreat for next year.

★ This is also a great opportunity to practice the 12th step.
If you would like to work with this committee, please contact:
heyheylynn@hotmail.com

In Attendance:

Intergroup Officers Deborah Sw., Chair Fionn R., Vice Chair Gayl D., Communications Secretary Aida G., Treasurer Erica T., Region 2 Rep Lynn H., Region 2 Rep Robert M., WS Delegate	Group Reps Brenda B. Ellen Glo Kaaren G. Roberta W. Nan N. Cathy A. Sophia F. Abigail Z.
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Consent Agenda:

1. [April 2025 Minutes](#); moved and seconded: Fionn requested that the section reflecting that he agreed to work on the speaker's list be deleted as he did not agree to that. With that change, it was passed.
2. Treasury; it was moved that the treasurer's report be approved. It was seconded and passed with no change.

[Treasury Report](#)

[April 2025 Income & Expenses](#)

[April 2025 Donations by Group](#)

TREASURER'S REPORT: APRIL 2025

Checking Account Balance 04/30/2025: \$8208.09

Savings Account Balance 04/30/2025: \$5,000.21

Prudent Reserve: \$3600.00

Travel Reserve: \$1000.00

Retreat Reserve: \$8500.00

TOTAL RESERVE: \$13,100.00

Balance Over Reserve: \$108.30

No action required at this time

APRIL TRANSACTIONS

Expenses:

Website \$60

Income:

\$113.52 Member Donations

\$299.41 Meeting Donations (see attached detail list)

\$0.04 Interest Earned

Reconciled Balance 04/30/2025: \$13208.30

DAY IN OA FINANCIAL REPORT

Purchases:

Wallet Cards from OA (\$60)

Room Fee (\$472 [paid by NBOA] - includes \$300 deposit)

Donations:

\$141.00 Participant Donations

Contribution to NBOA: \$81 - received in May

ONGOING NOTIFICATIONS

Please include meeting ID # if donation is from a meeting, whether by zelle, paypal or check. Zelle is the preferred donation method. Paypal charges fees, and paper checks will take longer to process.

IRS misspelled the new name in their system. This is causing a delay in updating email accounts.

Additional filings still in progress for transition away from Sonoma & OA Marin.

Seeking Zoom Coordinator to assist me with management of the Zoom accounts. Minimal time commitment.

Seeking interested persons to shadow the treasurer position.

Yours in Service,
Aida Good
915-433-6412
treasurer@oamarin.org

Committee Reports:

1. Chair: Deborah S. – The speaker’s list is an ongoing goal. The names of speakers, any abstinence requirement, contacts would be included. April is willing to help in the near future but unavailable due to her moving.
2. Communications Secretary – Gayl said she is receiving and forwarding mail and is checking the website.
3. Treasurer: Aida – the old PayPal account cannot be closed at this time but all the funds were transferred into the new account. She has been treasurer for 4 years and needs to turn it over to someone else but is willing to help transition anyone who is interested into the position now. It is not a difficult position. Kaaren G. is willing to step up.
4. Region 2 Rep – Lynn: Erica T. is the new rep and will be attending the next Assembly at the 2025 Convention in Hollywood in July. Lynn H. will present information from the last Spring R2 Assembly in the June IG meeting.
5. World Service Delegate (Diane will change the agenda to read “World Service Delegate” instead of “World Service Representative”).
Robert went to the World Service Business Conference and is on the Public Outreach committee. The conference was 5 days and he learned a lot and enjoyed it, and gave a brief summary of the outcomes of the motions, which can be found on the website.
6. Outreach Committee – Fionn: the committee is now two people. In the first meeting they talked about service, the 12th Step and the 5th Tradition and what we are doing around these. They also looked at the website, and were happy to have their first meeting!
7. Retreat Committee – Lynn H.: There is no committee chair yet, but there are a small group of members in various Groups working on trying to find a location in Marin and Sonoma Counties. The Margaret Todd Center was mentioned and will be suggested to the group. All members are welcome to join the committee.
8. Group Rep Reports: (none given)

Ongoing Business

1. How are we strengthening the fellowship question below in New Business.

2. NBOA donation to the Convention: Lynn H. moved and Robert seconded to donate \$500 to the OA R2 2025 convention A discussion followed asking where the money would come from, is our budget financially able to do this, and why \$500. Aida said it could come from the Prudent Reserve, which would be replenished in the next few months of Group donations. The motion was passed with 2 abstentions.

New Business:

1. It was suggested that our Secretary create a roster for the Intergroup Members with contact information and publish it for IG use.
2. Update on the Day in OA – Abigail: About 25 members attended. The speaker was amazing, and “Just for Today” pamphlets were given out. The break-out groups were good for fellowship. IG discussion and feedback was very positive. The next Day in OA is already being organized for this Fall, possibly October. Abigail requests anyone to help out for possible venues in the southern IG area for next one; her email is az@sonic.net.
3. “How are we strengthening and supporting our fellowship?” discussion :
 - a. Abigail: put information/flyers on oa.org and oar2.org Events calendars and other social media to publicize our events.
 - b. Roberta: welcoming newcomers in Groups, slowing down the reading for them in meetings as our terminology is hard for them.
 - c. Brenda: suggest the “12 Day Sponsorship” pamphlet and send it to them in a link.
 - d. Nancy B.: Adding too much additional language to formats may take away from sharing time. Reach out to others is a basis of our program
 - e. Glo: have a volunteer in your Group to contact people and share your contact information. Have a list of sponsors and people to contact to talk about sponsoring.
 - f. Abigail: The purpose of meetings is to support newcomers and to help them find a meeting.
 - g. Kaaren: Staying after the meeting to chat with newcomers.
 - h. Abigail: It is a program of attraction; have people say their weight loss to inspire newcomers (it’s what they came for).
 - i. Nan: It is a spiritual program, not about losing weight. Weight loss is an added benefit.
 - j. Glo: Each Group and person is autonomous; some do mention weight loss and others don’t, and the primary focus is on spiritual recovery.
 - k. Roberta: testify that there are usually not dramatic weight gains or losses.

- l. Nancy B: At the Day in OA we heard the statement on abstinence. You can't quantify it, and weight loss is inspirational; don't neglect it. We want to have a healthy weight.
 - m. Abigail: physical recovery is not just weight loss.
 - n. Erica: We are learning about how OA works. Add information on help for finding a sponsor.
- 4. Lynn H. suggested that we add an Events Committee to the IG monthly report so we can be updated regularly and all can hear what is developing, and also invite others to join the committee. This would be an umbrella over the Days in OA and other events we organize, except for the Retreat (a separate committee). Deborah S. will add Events to the Committee Board Reports.

Closing: same old – ended at 9:30 am on the dot!!!!!!