

# North Bay OA Intergroup Meeting Minutes

July 19, 2025

8:30 am - 9:30 am via zoom

## Shout Outs - To be shared with meetings by group reps

### ★ **Day in OA - Supporting our Fellows**

- **Save the Date!**
- Saturday, October 25, 1:00 pm - 3:30 pm
- Episcopal Church of the Nativity, 333 Ellen Drive, San Rafael
- Speakers, sharing, fun!
- [Link to the flyer:](#)  
[https://www.northbayoa.org/uploads/1/4/1/7/141713214/flyer\\_for\\_october\\_day\\_in\\_oa.pdf](https://www.northbayoa.org/uploads/1/4/1/7/141713214/flyer_for_october_day_in_oa.pdf)

### ★ **North Bay OA Retreat**

- **Coming in March 2026!**
- A retreat is a weekend away to fellowship, hear and work with dynamic speakers, relaxation and FUN!
- More information on dates and location will be available in the future.
- Service is needed! Contact Andrea - Contact 707-484-0432 (call or text)
  - Registration Secretary
    - Takes and records participant registration information
  - Retreat Secretary
    - Opens and closes retreat sessions
  - Retreat Treasurer
    - Collects and tracks funds
  - Retreat Liaison
    - Contact with the retreat center staff during the retreat

### ★ **Zoom Hosting**

- **Do you want to support your online meeting but feel uncomfortable about being a Zoom host?**
- Don't worry! Help is available
- Online training is available at <https://oasandiego.org/zoom/>
- In addition, there are a number of North Bay OA fellows who can provide training as well.

### ★ **Intergroup Reps**

- **Does your meeting have a new intergroup rep?**
- If so, please [share this information](#) with the rep.

### ★ **Group Bank Accounts**

- **Does your meeting have its own bank account?**
- Please contact our intergroup treasurer, Aida, for information and support [treasurer@oamarin.org](mailto:treasurer@oamarin.org)

### ★ **Meeting Support**

- **The Friday, 6:15 pm online meeting is about to close**
- If you are able, please attend the meeting. Find the [meeting link here](#)

## In Attendance:

Deborah S.	Intergroup Officer	Chair
Diane G	Intergroup Officer	Secretary
Aida G	Intergroup Officer	Treasurer
Gayl D	Intergroup Officer	Communications Secretary
Erica T	Intergroup Officer	Region 2 Rep
Lynn H.	Intergroup Officer	Region 2 Rep
Andrea. N.	Other	Retreat Committee Co-Chair
Matthew L	Other	Retreat Committee Co-Chair
Nancy B	Group Rep	Monday 1:30 Corte Madera
Sophia F	Group Rep	Monday night 7 PM
Ellen N	Group Rep	zoom Friday 6:15 pm
Eleanor W	Group Rep	Napa Saturday morning
Dave O.	Group Rep	The Saturday Napa 0930
Cathy A	Group Rep	Tuesday Healdsburg 5:30
Glo	Group Rep	Friday 9 a.m. zoom Santa Rosa
Roberta W	Group Rep	San Rafael Thursday nights
Janet L	Group Rep	Wednesday night 7pm Sebastopol
Brenda B	Group Rep	#48662 Tues 9am zoom Literature
Brigid F	Group Rep	Saturday 10:15 am, Marin
Sherrill	Group Rep	Thursday 12:15 Santa Rosa

## Call to Order:

- 8:30 am by Chair Deborah Sw.

## Welcome and OA Readings (8:30-8:40)

1. Opening prayer - Deborah Sw.
2. Twelve traditions - Sherrill
3. Twelve concepts - Erica

## Consent Agenda:

1. Approve [June 2025 Minutes](#)
  - a. motion Nan, seconded Eleanor
  - b. Approved unanimously
2. [Treasury Report](#); [Income/Expense Report](#); [Meeting Donation Report](#)
  - a. motion by Diane, seconded by someone, approved unanimously

### **TREASURER'S REPORT: JUNE**

**Checking Account Balance 6/30/2025: \$10,018.09**

**Savings Account Balance 6/30/2025: \$5000.29**

Prudent Reserve: \$3600.00

Travel Reserve: \$1000.00

Retreat Reserve: \$8500.00

**TOTAL RESERVE: \$13,100.00**

**Balance Over Reserve: \$1918.38**

### **JUNE TRANSACTIONS**

#### Expenses:

Website \$60

#### Income:

Meeting Donations: \$458.33

Member Donations: \$204.44

**Reconciled Balance 6/30/2025 \$14,983.73**

*See attached report for additional details*

### **OTHER BUSINESS**

IRS name confirmation letter has been received. Mary is working on changing email domain address.

Please put meeting number on donation and/or send email to [treasurer@oamarin.org](mailto:treasurer@oamarin.org)

Zoom Coordinator position is still open.

### **Board/Committee Reports (8:40-9:05) 3 minutes each**

1. Chair - Deborah S.
  - a. Vice-Chair position open in October
    - i. Term is up, but now all positions turn over in December, someone will have to be appointed
    - ii. Chair position is also open in December
  - b. Support for new group reps?
    - i. Is there a list of responsibilities for group reps
    - ii. The bylaws are on the website and there is a list of duties in the bylaw
      1. Aida & Lynn have worked on a list like this.
      2. If anyone wants what Aida and Lynn have worked on, please reach out to Aida
2. Vice-Chair - None
3. Secretary - None
4. Communications Secretary - Gayl
  - a. Clarification on Intergroup Positions
    - i. See [North Bay OA website](#)
5. Treasurer
  - a. See consent agenda
  - b. From treasurer Aida
    - i. If there are meetings that have their own bank account, please contact Aida for clarification and support.
6. Region 2 (R2) Representatives - Erica
  - a. Assembly - July 2025
    - i. Region 2 - putting out a book: theme "Abstinence through life changes." Look for requests for stories in the future.
    - ii. Sales tax on literature
      1. Region 2 bookstore is being shut down
      2. This has not been resolved
      3. Lynn will speak with Kaaren G about this because she had a system in the past.
      4. Aida - it is a complicated and that is why there was an effort to have R2 take care of it

- iii. Chair of R2 has an event that happens every other month “Chat with the Chair”
      - 1. Intergroup Chairs are invited on the 3rd Wednesday of the month.
    - iv. What is our intergroup identity/mission statement
      - 1. Do we have one?
      - 2. This is something we might want to work on.
    - v. Service Sponsors
      - 1. Someone who supports new folks when they first start intergroup service
      - 2. Do we want to implement this?
    - vi. Results from R2 survey
      - 1. Social media presence was requested from R2
      - 2. R2 PIC committee is working on this
    - vii. R2 Email
      - 1. Do intergroups have intergroup emails for positions? This can help keep continuity.
  - b. Lynn is no longer R2 rep and Erica is now our rep
  - c. 12th Step Within
    - i. Lynn is on this committee
    - ii. There will be events in the future. The first will be on Meditation, December 13th
  - d. Convention
    - i. Strengthening our fellowship
      - 1. The “How to Stay Abstinent” brochure (purple) that was created by Sonoma is now being published by R2. There will be copies at the Day in OA in October
      - 2. Is this OA approved? It is not WSO approved, but it is approved by Region 2. It can be mentioned and shared in Region 2 meetings.
  - e. Future Assemblies - Summer will be with the convention, winter will be 100% online
7. World Service Delegate - None
8. Outreach Committee - None
9. Events Committee - Diane
- a. Saturday, October 25, 1:00 pm - 3:30 pm
  - b. Episcopal Church of the Nativity, 333 Ellen Drive, San Rafael
  - c. Speakers, sharing, fun!
  - d. [Link to the flyer](#)
10. Retreat Committee - Andrea - Contact 707-484-0432 Call or Text
- a. Andrea & Mathew are co-chairs of the Retreat Committee
  - b. Sonoma county has had a Spring Retreat for many years. After fires there was a pause and then again during the pandemic
  - c. The retreat will return! March 2026. Locations are being researched and scouted. Locations are designed for retreats like we would have.
    - i. Camp Newman in Santa Rosa
    - ii. Danville location
      - 1. Private rooms with private bathrooms
      - 2. Meals included
  - d. Andrea is going to a retreat in Tahoe and will be looking for leaders/speakers
  - e. Help is needed:
    - i. Registration
    - ii. Secretary at the retreat opens meetings
    - iii. Treasurer
    - iv. Retreat Liaison with retreat center
11. Group Reps
- a. Ellen - Friday Zoom 6:15 pm Needs Support

- i. It may be closing. Over the last year, a lot of regular attendees have stop attending, and the secretary now has a work conflict. There are really only 2 people attending.  
August 1st a decision will be made whether to close it or not.

### **Ongoing Business (9:05-9:15)**

1. How are we strengthening and supporting our fellowship? (Standing Agenda Item)
  - a. Deborah - Many examples of strengthening
    - i. Retreat
    - ii. Info to intergroup reps
    - iii. Day in OA
2. We need more zoom hosts
  - a. How do we encourage others to do this?
  - b. People are intimidated by this
  - c. San Diego has a training on their website - Find the link
    - i. <https://oasandiego.org/zoom/>
  - d. Meetings can provide training for folks
    - i. We can also provide a specific day/time for training - "Zoom Training Workshop"
    - ii. Aida can train folks
    - iii. Brenda can also train
    - iv. Erica
3. Create flyers to post at other meetings to promote a meeting
4. Cathy - 7th Tradition
  - a. How do we ensure that money goes where it is needed?
    - i. Her group posts WSO, region 2 sites, etc
    - ii. Groups can post intergroup info and can just have folks give to intergroup. Intergroup distributes from there.
    - iii. be sure to put meeting number on the donation

### **New Business**

1. None
- 2.

### **Closing**

1. Responsibility Pledge
2. Serenity Prayer

### **Adjourned:**

9:20 AM

### [North Bay OA Intergroup Contact List](#)

North Bay OA Intergroup Meets the 3rd Saturday of every month

<https://zoom.us/j/342376608?pwd=YzBNYjFic2lUNlErcDdKeTVOdVIPUT09>

**Next IG Meeting August 16, 2025 (Happy Birthday, Diane!)**