

## North Bay OA Intergroup Meeting Agenda

June 20th, 2026

8:30 am - 9:30 am [via zoom](#)

Meeting ID: 342 376 608 Meeting Password: 883177

| Intergroup (Officers, Committee Chairs, Group Reps, Members at Large) |              |                                             |                             |
|-----------------------------------------------------------------------|--------------|---------------------------------------------|-----------------------------|
| Lynn H                                                                | Present      | Chair                                       |                             |
| Nancy B                                                               | Present      | Vice Chair                                  |                             |
| Aida G                                                                | Present      | Treasurer                                   |                             |
| Sarah L                                                               | Excused      | Secretary                                   |                             |
| Gayle D                                                               | Stepped Down | Communications Secretary; Group Rep (cover) |                             |
| Erica T                                                               | Absent       | R2 Rep                                      |                             |
| Andrea                                                                | Excused      | Retreat Committee                           |                             |
| Juliet E                                                              | Excused      | Zoom Tech; Group Rep                        | Mon 7:00 pm #46306 - Online |
| Bobbie C                                                              | Absent       | Outreach Committee                          |                             |

|            |                                      |           |                                                              |
|------------|--------------------------------------|-----------|--------------------------------------------------------------|
| Jennifer I | Absent.<br>Replaced by<br>Gretchen L | Group Rep | Mon 1:30 pm #57603 - In Person                               |
| Brenda     | Absent                               | Group Rep | Tues 9:00 am #48664 - Online                                 |
| Celia      | Present                              | Group Rep | Tues 5:30 pm #54099 - Online                                 |
| Nan N      | Absent                               | Group Rep | Wed 6:00 pm #801432 - Online                                 |
| Suzanne L  | Absent                               | Group Rep | Wed 7:00 pm #12292 - In Person                               |
| Sherrill   | Present                              | Group Rep | Thurs 12:15 pm #26186 - In Person                            |
| Ellen N.   | Present                              | Group Rep | Thurs 6:30 pm #58060 - In Person &<br>Friday 6:15pm - Online |
| Amy J      | Present                              | Group Rep | Thurs 7:30 pm #28652 - Online                                |
| Glo W      | Absent                               | Group Rep | Fri 9:00 am #48662 - Online                                  |
| Kaaren G   | Present                              | Group Rep | Sat 8:15 am #38906 - Online                                  |

|          |         |           |                                 |
|----------|---------|-----------|---------------------------------|
| Eleanor  | Present | Group Rep | Sat 9:30 am #800035 - Online    |
| Brigid F | Present | Group Rep | Sat 10:15 am #22506 - In Person |
| Dondra T | Present | Group Rep | Sun 4:00 pm #57415 - In Person  |
| April D  | Absent  | Group Rep | Sun 4:30 pm #800318 - Online    |

Erica Thomas Present

Gretchen L Present

Sophia F Present

### **Welcome and OA Readings (8:30-8:40) Call to order: 8:30**

1. Serenity prayer ("We"): "God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference"
2. Twelve traditions
3. Twelve concepts

### **Consent Agenda:**

1. Approve April, 2026 Minutes **Approved**
2. Treasury Report **Minor Typo in Treasury Report (missing letter in email address). Change noted - corrected Treasurers Report will be sent out after the meeting.**

Request for Edits:

Motion to Accept; **Moved and Seconded**

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

1. Chair: Lynn H.

Lynn attended a Chair to Chair meeting and gave a report. She reports that there are resources available to help our Intergroup, including Special Topics that may be of interest in planning a "Day in OA" type event. It was also suggested that if Intergroups are having trouble filling positions, they look and see if the group really needs the position. Lynn noted that the Events Committee Chair position has been open for awhile and perhaps it;s not needed. The various events that have taken place or in the planning stages are doing fine with a member stepping up to coordinate. She also reported that the R-2 on-line convention has been cancelled. All registration that has already been paid will be offered a refund. Reasons for the cancellation include problems with the hotel and many members cancelling their registration after the decision was made to have a virtual convention. It was decided to have an in-person convention in 2027 in San Francisco. Lastly, Lynn reported on some of the decisions made at the WSO Business Conference. The full report is on-line at the [OA.org](http://OA.org) website. Large Print editions are going to be available for "Voices of Recovery" and "For Today" and some other books as well. The "Plain Language Big Book" is now Conference approved. A new book, "Recovery through Mental Health" was approved. A change was made in the suggested preamble with the words "compulsive eating" replacing "compulsive overeating" and a change in the language of the last line, Here is the new version:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive eating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Another suggestion for meetings is to close with one of the following: Serenity Prayer

7th Step Prayer

Serenity Statement (I seek the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.)

3rd Step Prayer

OA Promise

The motion to remove “God” from readings was not passed

2. Vice-Chair: Nancy B. No report

3. Secretary: Sarah L. - Excused  
Secretary@northbayoa

4. Communications Secretary:(open) Gayle has stepped down  
Handle all communications for the chair

Description of tasks (Corresponding Secretary):  
<https://www.northbayoa.org/positions-and-responsibilities>

5. Treasurer: Aida Aida is definitely leaving in 18 months, at the end of her term, She wants time to extensively train her replacement, so the group needs to start looking for someone now.

6. Region 2 (R2)Representative: Erica : Though the convention is called, the R2 Assembly is still taking place in July. Erica will attend.

7. World Service Delegate: (open): May 3-8 2027 Virtual

Next year will be on zoom . Though the Conference lasts a week, the representative doesn't have to attend everything. The commitment is a few hours a day. We need a representative to vote on motions.

8. Outreach Committee: Bobbie C. No Report

9. Events Committee: **(open)**

10. Retreat Committee: **Andrea (Excused)**

Andrea is back from traveling and is looking for volunteers to be on the committee. Retreat to be March 12-14, 2027.

11. Zoom Tech: Aida stepped in for Juliet

**Group Rep Reports:** welcome to new Reps, share information, ask questions & express needs of groups

Gretchen L is the new group rep for Monday 1:30 pm in-person meeting in San Rafael.

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

1. How are we strengthening and supporting our fellowship? (Standing Agenda Item)

Lynn- Day in OA- bringing people together, many people still on Zoom

There is a new R-2 trustee - Michelle D, located in the East Bay is available to help groups in whatever is needed.

North Bay Intergroup: look at dropping service positions that are hard to fill

Continue quarterly "Day in OA events" Lynn has some ideas from the Chair to Chair meeting, including "Intergroup Inventory"

### **New Business (9:15-9:25)**

1. IG openings: WSO rep and Communications Secretary [Contact Lynn](#)

[\(chair@northbayoa.org\)](mailto:chair@northbayoa.org)

2. World Service Business Conference 2026 Suggestions for Meetings: Kaaren G

[Kaaren's report is covered in Lynn's report.](#)

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

#### **★ Shout Out #1**

R-2 convention in July is cancelled. There will be an in-person convention in July in San Francisco.

**★ Shout Out #2**

**World Service is suggesting the groups adopt the new OA Preamble, and the suggested closings.**

**★ Shout Out #3 Intergroup needs a World Service rep for the 2027 Business Conference (virtual) in 2027. The group also needs a volunteer to be the next treasurer. Aida needs time to train her replacement.**

**Closing (9:20-9:21 Adjourn 9:23)**

1. Responsibility Pledge: "...Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."
2. OA Promise; "I put my hand in yours...."

**North Bay OA Intergroup Meeting** 3rd Saturday of every month

Link on <https://www.northbayoa.org/intergroup.html>

**Next IG Meeting DATE, July 18th 2026**