

North Bay OA Intergroup Meeting Minutes

March 21st, 2026

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

Meeting ID: 342 376 608 Meeting Password: 883177

Intergroup (Officers, Committee Chairs, Group Reps, Members at Large)			
Lynn H	Present	Chair	
Nancy B	Excused	Vice Chair	
Aida G	Present	Treasurer	
Sarah L	Present	Secretary	
Gayle D	Present	Communications Secretary; Group Rep (cover)	Tuesday and Friday 5:30pm
Erica T	Present	R2 Rep	
Andrea	Absent	Retreat Committee	
Juliet E	Present	Zoom Tech; Group Rep	Mon 7:00 pm #46306 - Online
Bobbie C	Present	Outreach Committee	

Amy J	Present	Group Rep	Thurs 7:30 pm #28652 - Online
April D	Absent	Group Rep	Sun 4:30 pm #800318 - Online
Brenda	Present	Group Rep	Tues 9:00 am #48664 - Online
Brigid F	Present	Group Rep	Sat 10:15 am #22506 - In Person
Celia	Present	Group Rep	Tues 5:30 pm #54099 - Online
Dondra T	Present	Group Rep	Sun 4:00 pm #57415 - In Person
Eleanor	Present	Group Rep	Sat 9:30 am #800035 - Online
Ellen	Present	Group Rep	Thurs 6:30 pm #58060 - In Person
Glo	Present	Group Rep	Fri 9:00 am #48662 - Online
Gretchen L	Absent	Group Rep	Mon 1:30 pm #57603 - In Person
Kaaren G	Absent	Group Rep	Sat 8:15 am #38906 - Online

Sherrill	Present	Group Rep	Thurs 7:30 pm #28652 - Online
Suzanne L	Present	Group Rep	Wed 7:00 pm #12292 - In Person

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

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 February, 2026 Minutes
- ***Erica: R2, Add** Motion at Assembly to combine Diversity Committee with Outreach Committee; Failed
2. Treasury Report:
Aida Motion; Sherrill Second; Passed.

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

1. Chair: **Lynn H.**

World Service: Looking for a World Service Rep, open to accept any rep from either for the week or just the days for business motions and voting. Please consider for yourself or bring to groups. 1 year abstinence requirement. See details in Shout Outs #2

2. Vice-Chair: **Nancy B.** Absent, Excused

3. Secretary: **Sarah L.** No report

4. Communications Secretary: **Gayl D.** No report

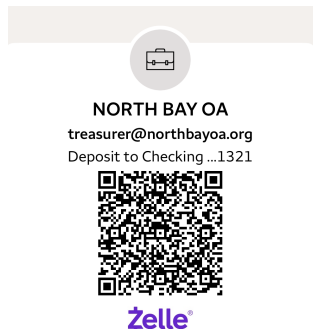
5. Treasurer: **Aida**

Check from Patty, not clear which meeting it is from, please help us find out who it is \$37

Form is online, Zelle is recommended, Paypal charges a fee

Juliet: Request for QR code, we do not have Venmo, though. We have Zelle, Paypal and Checks

Aida to look into QR code option for Zelle; found here:



Include Meeting # - This QR code can be used to make donations directly to North Bay OA Intergroup.

Aida is looking to apprentice someone for the Treasurer role

6. Region 2 (R2) Representatives: **Erica T No Report**

7. World Service Delegates (OPEN) **April 20 – 25, 2026**

8. Outreach Committee: **Bobbie C.**

Posted in local papers, 3 newcomers found out about via the paper

Dear North Bay OA Members,

**North Bay OA – Public Information & Outreach Share-Out
Free Event Listings for 2026 Calendars**

We have submitted free OA newcomer meeting info to the following local publications to help increase awareness of OA and newcomer meetings across the North Bay. Our goal is to help ensure OA is visible and accessible to people seeking support for the first time.

- **San Rafael Saturday Newcomer meeting** listed in *Pacific Sun / Marin Independent Journal*
- **Santa Rosa Sunday Newcomer meeting** listed in *The Bohemian / Press Democrat*
- **Napa Tuesday Newcomer meeting** listed in *Napa Valley Register*

How to get info to dietitians and specialists in our area. Making outreach calls.
Looking for contacts at County Hospitals, Marin Healthcare or Weight Loss Clinics

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Medical Professional Outreach

Fionn and Bobbie are collecting contact information for dietitians, endocrinologists, and weight specialists in Napa and Sonoma counties, with the goal of emailing OA information directly to medical professionals who may refer patients.

Call for Service

If anyone in the North Bay OA fellowship—especially fellows in Marin—is interested in being of service by helping carry the message to the still-suffering compulsive eater, we would love to have you join us.

Meeting Details

Sunday, April 12 from 8:30 a.m. – 9:15 a.m. PST

Via Zoom:

<https://us02web.zoom.us/j/89800776772?pwd=n7OQlqaLj4wSOgxeA9akdkHQnvyjs0.1>

Meeting ID: 898 0077 6772

Passcode: 436400

Thank you for supporting Public Information and Outreach and for helping carry the message to those who still suffer.

Warmly,

Bobbie C

Mobile: +1-415-412-1236

Email: bobbiecasey@comcast.net

9. Events Committee: Sherrill: Day in OA; April 18, 1:00 to 3:30p

Speakers are arranged, Details taken care of

Hoping to engage Marin members

Carpooling is helpful to engage

10. Retreat Committee: Andrea: March 12-14, 2027

Absent

We can use credit cards via Paypal

Looking for people to help with committee

11. Zoom Tech: Juliet, No Report

12. Policies and Procedures Ad Hoc Committee, Kareen, Absent
Lynn: Working on Policies and Procedures manual, merging Marin- Sonoma existing docs

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

Glo: Thank you to Aida and everyone else that helped for update the info on the World site website, getting more attendees

Brenda: Tues & Fri, New attendees too from out of country

Ellen: Fri Night meeting, looking for more attendance

Suzanne: IG Rep for Sebastopol Wed Night Meeting, Ensuring she is on the contact list for IG, confirmed, will check that email was received

Lynn: Mon evening Zoom meeting, well attended, Speaker Meeting

Ongoing Business (9:05-9:15)

1. How are we strengthening and supporting our fellowship? (Standing Agenda Item)
Outreach committee with newcomer meetings; Attend meetings regularly, be on time, be consistent, make it a priority, make connections with newcomers, taking numbers, making calls, answering questions, Commitment to OA and to yourself and your higher power

New Business (9:15-9:25)

1. Brigid: Who does website and do they need assistance,
We have a professional, Mary Higgins, supports R2 and other OA groups
Lynn: do we want to evaluate the website?
We have a website liaison, communications secretary: Gayle D.
2. Update IG contact list to remove meetings that do not exist anymore, Lynn,
Sarah and Juliet to meet: Juliet already scrubbed Zoom meetings.
3. Update website if new contacts for meetings
4. R2 Convention- [Registration](#) is down due to tech glitch, will be online
OAR2.org>2026 Convention, weekend after the 4th of July

Shout Outs - To be shared with meetings by group reps

★ Shout Out #1

[Day in OA](#)

Theme: In it for the Long Haul
Dates: April 18th 1p-3:30p
In Person: Petaluma Community Center
Please attend! Bring a Fellow!
Speakers and small groups

★ **Shout Out #2**

World Service Rep! We need you!

Looking for someone willing to attend the in-person Business Conference, April 20th through 25th, if you would be willing to step up and represent North Bay OA IG. It has been the tradition of both merged Intergroups to send a Delegate for the full conference, which is great, but if you cannot do the week, the most important days where business, voting and committee meetings take place, would be all day Thursday third 23rd through Saturday the 25th at noon.

Theme: The OA Solution is for Life

Dates: April 20–25, 2026

In-Person Attendance Only, Albuquerque, New Mexico

Requirements: 1 year abstinence

Please let your group rep know if you are interested. NBOA IG helps cover costs for attendance.

★ **Shout Out #3**

OA Region 2 Online Convention

Theme: LIMITLESS EXPANSION

Dates: July 10-12, 2026,

Virtual

No Requirements for attendance

Closing (9:25-9:30)

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

<https://zoom.us/j/342376608?pwd=YzBNYjFlc21UN1ErcDdKeTVOdVIPUT09>

Next IG Meeting DATE, April 18th, 2026