

BAIG July Meeting Minutes
Sunday, July 20, 2025 1-2:30 pm

ATTENDANCE: Connie A, Secretary; Karen B, Chair; Sue B, Region 7 Rep; Sue B-M, Monday Lutherville Rep; Benjamin D, Communications Chair; Janis D, Thursday Baltimore Rep; Joshua D, Wednesday virtual meeting in Columbia Rep; Alan H, Region 7 Rep; Karen M, Treasurer, Margret S, Friday Lutherville Rep; Mim, Thursday Ashton Rep

1. SERENITY PRAYER

2. INTRODUCTIONS/ARE THERE NEWCOMERS?

All attendees introduced themselves.

3. READINGS

- 12 Steps of OA – Sue B
- 12 Traditions of OA – Karen M
- 12 Concepts of OA Service – Mim

4. REMINDER ABOUT BAIG MEETING CONDUCT

- One person holds the floor at a time, recognized by the chair
- Robert's Rules of Order
- BAIG group conscience is no food during the meeting, drinks are okay.

5. REVIEW AND APPROVAL OF RECENT MEETING MINUTES

- June, 2025
 - Corrections
 - Refer to Sue B as Region 7 rep
 - Newsletter email should be SteppingStone@oabaltimore.org
 - Minutes adopted as amended

6. ONGOING BUSINESS-BOARD REPORTS

- **Chair report:** Karen B.: very quiet, only questions received were regarding email list
- **Vice Chair report:** Lina: No Report
- **Secretary:** Connie A. No report other than June Minutes
- **Treasurer:** Karen M.:
 - All expenses related to website hosting have been paid; over \$4,000 in available funds; Not all groups have representatives or send funds to Intergroup
 - Karen suggested that this Intergroup hold off on adopting the the Region 7 model of prudent reserves until a full year has passed so she can see what a regular year of expenses is and Alan H, who had initially suggested the model, agreed with her.
- **Region 7:** Alan H, Sue B:
 - Region 7 Convention Committee and Subcommittees have met and need help with marketing
 - The Save-the-Date flyer will be going out in August to be put on websites and shared at meetings
 - Looking for Keynote speakers: one from Region 7 and one from outside the Region; keynote speakers must have 5 years of abstinence
 - Looking for workshops. Workshops will address the physical recovery, emotional recovery and spiritual recovery fromcompulsive eating. Workshop leaders must have 6 months of abstinence
 - Region 7 Assembly will be in-person, the first week of October at Bon Secours in Marriottsville. Workshops are available for visitors to attend.
- **World Delegate:** n/a

ONGOING BUSINESS - COMMITTEE REPORTS

PI/PO: Jane: No Report

12th Step Within: Vacant

Communications: Benjamin D:

- The website has been successfully transferred to Hostinger; Blue Host is gone
- He does not use a Google list for emails
- No articles were submitted to SteppingStone, therefore there will be no July issue. Karen B suggested the newsletter might need to go quarterly instead of monthly if no submissions are being received
- Karen asked if we could add a phone number to the website; Benjamin will figure out the cost and add it to Brevo
- Benjamin was asked about the signup process and explained that signup had a checkbox to receive emails, a checkbox to receive SteppingStone, and an unsubscribe
- Karen B suggested a review of the operating instructions on Google drive; Benjamin will send the most updated version of the operating instructions to her.

Local Meeting Rep Reports (each meeting rep can share for 1-2 minutes)

- Thursday night Columbia meeting will resume next week and is considering moving to another location. Since it is currently held at a private home, the location cannot be publicized the way a public location can.
- Janis D reported that the Thursday Baltimore meeting has changed its time to 7:30pm with a changed format with a monthly rotation that includes Tradition, Steps, Speaker, OA reading, and on the months with a 5th week, secretary's choice. This meeting has given me the idea that in order to expand the service rotation, the same volunteers should hold off on stepping up, let the silence get uncomfortable, so that new people will step up. I always thought of the 7th tradition in terms of money but it's just as important in terms of service.
- Joshua D reported that the Wednesday virtual meeting in Columbia will be holding a workshop on Recovering from Relapse on July 30th

OLD BUSINESS – none

NEW BUSINESS

- Mailing lists
 - How many?
 - Intergroup messages
 - Steppingstone
 - Internal list for Intergroup agendas/meeting – committee chairs, IG reps, officers
 - How to use – self-subscribe for messaging and Steppingstone, internal list worked on by Communications Chair and Secretary third list can be unsubscribed from with a link, but a request needs to be made at intergroup to be added.
- Request to use BAIG zoom room for Region 7 Program Committee meetings (Sundays @ 7:30pm).

Abstinence Anniversaries:

Key Takeaways:

- Please remember to send Intergroup Representatives and support BAIG financially.
- If you are interested in continuing to see a Steppingstone newsletter, please contribute your OA-related writings and creative work.
- Consider joining us for our August hybrid meeting and Sponsorship Workshop August 17th at the Serenity Center. Meeting from 1-2:30pm, Workshop from 3-4:30pm.
- World Service Convention will be held in Orlando August 21-23.
- Region 7 Virtual Convention will be held November 1. Watch for more information!

The Next BAIG Meeting: Sunday, August 17th 1-2:30pm (Hybrid – live @ Serenity Center; virtual on-line). Meeting will be followed by a Sponsorship Workshop from 3-4:30pm.

ADJOURNMENT