

BAIG August Meeting Minutes
Sunday, August 17, 2025 1-2:30 pm

ATTENDANCE:

Connie A, Secretary; Karen B, Chair; Sue B, Region 7 Rep; Sue B-M, Monday Rep; Benjamin D, Communications Chair; Joshua D, Wednesday virtual; Alan H, Region 7 Rep; Nancy K, Saturday Columbia; Karen M, Treasurer; Margret S, Friday Lutherville; Lina Z, Vice Chair

1. SERENITY PRAYER

2. INTRODUCTIONS/ARE THERE NEWCOMERS?

All attendees introduced themselves.

3. READINGS

- 12 Steps of OA – Lina
- 12 Traditions of OA – Nancy K
- 12 Concepts of OA Service – Alan H

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

- July, 2025 – Minutes adopted as amended

6. ONGOING BUSINESS-BOARD REPORTS

- **Chair report:** Karen B. met with the Vice Chair regarding the workshop that followed the meeting. There have been scheduling problems at the Serenity Center so the Chair will reach out to the Center
- **Vice Chair report:** Lina is planning to go to local meetings and talk up the November workshop. Karen M. suggested including Baltimore locations for the workshops next year, Joshua D suggested the Helping Up Mission, and Lina said there were already plans to use a variety of locations next year
- **Secretary:** Connie A.
- **Treasurer:** Karen M.: August was a good month in terms of donations with few expenses and a healthy prudent reserve. Upcoming expenses: Region 7 Reps as Region Assembly. She mentioned that the donate page on the website needs to be updated as well as the contact information for the Thursday meeting.
- **Region 7:** Alan H, Sue B: the first flyer for the Region 7 November 1st Convention is out, a more detailed flyer will be coming out soon; 7 keynote speakers have been selected and the workshop leaders have been confirmed. The Convention Committee still needs people with marketing experience but they seem to have enough security volunteers
- **World Delegate:** A new World Service Delegate will be elected in December but that person will need to have been a Region Rep

ONGOING BUSINESS - COMMITTEE REPORTS

PI/PO: Jane: Unable to attend but wanted the meeting to know that B'More Healthy Expo will be held in February of next year instead of March. We can hold a discussion on that later in the year. Alan H pointed out that Region 7 has money to help with that kind of outreach, if needed.

12th Step Within: Vacant

Communications: Benjamin: SteppingStone is coming out this month, it is the 2nd edition of the newsletter. Lina mentioned she had found a handout of OA sponsorship that she will submit to the newsletter. Benjamin announced he will be putting Brevo costs on the group card if there were no objections – no objections were raised.

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

- Saturday Columbia meeting purchased a computer, Alan H is helping on technology issues

OLD BUSINESS - none

NEW BUSINESS

- BAIG provides \$50 to new meetings for expenses; the Ellicott City Thursday meeting requested. The meeting is looking for a new, more public location and the \$50 will help in the search.
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Abstinence Anniversaries:

Key Takeaways

The **Region 7 Virtual Convention** will be held on November 1, 2025. More information will be available on the Region website (www.oaregion7.org) later this month. Registration is free.

The **Region 7 Assembly** (semi-annual business meeting) will be held at Bon Secours Retreat and Conference Center in Marriottsville October 3-5. There will be workshops, meetings and presentations that might interest any OA member. In addition, if you have any interest in serving as a Region 7 Representative, this is an opportunity to observe the activities and see if this is something you would consider doing.

The **Steppingstone** always needs written contributions! If you use the tool of writing and would like to share that with others, please send your contributions to steppingstone@oabaltimore.org.

Financial Support is always appreciated to help spread the message of recovery from compulsive eating. **Please consider supporting Baltimore Area Intergroup** with an individual contribution and make sure your meetings are supporting the intergroup too!

Four times a year we hold our **monthly intergroup meetings** in a hybrid manner, following it with a workshop. September and October meetings will be virtual in our Zoom meeting room. **November's meeting will be hybrid followed by an Abstinence Workshop** to celebrate the International Day Experiencing Abstinence (IDEA) focused on abstinence through the holiday season.

Elections are coming! Elections are held annually at our November meeting. The following positions need to be filled:

- **Officers** – term of office 1 year (requirements – attended at least 6 meetings within past 2 years, six months current abstinence, practicing the principles embodied by the 12 Steps, 12 Traditions and 12 Concepts)
 - Chair: Presides at all BAIG meetings and interfaces with all Officers, Committee Chairs, representatives, and delegates as well as the general membership. May also serve as a Region Representative and/or WSBC Delegate.
 - Vice-Chair: Serves as chair in the absence of the Chair. Is the primary liaison between the intergroup and affiliated OA meetings.
 - Secretary: Takes and disburses minutes and other materials.
 - Treasurer: Maintains the BAIG bank account(s), reports on income and expenses and prepares the annual budget.

- **Representatives & Delegates** – term of office 2 years (both positions require attendance at a minimum of three BAIG meetings in the year prior to election)
 - Region 7 Representative (requirements: six months abstinence).
 - WSBC Delegate (requirements: 1 year current abstinence, two years of service beyond the group level and have served as a Region 7 representative) Attends the WSBC in April/May. Serve on a WSBC Committee. Report activities to the intergroup.

- **Committee Chairs** (requirements: 3 months abstinence, attendance at three intergroup meetings):
 - Communications: Interface with webmaster, oversight of Steppingstone.
 - Finance: Support Treasurer in developing financial policies and budget.
 - Public Information/Professional Outreach: Coordinate health fair and other events to inform professionals as well as individuals about OA.
 - 12th step within: Support of members having issues finding a personal recovery.
 - Special Events: Develop and present workshops and other events.

The Next BAIG Meeting: Sunday, September 21st 1-2:30pm (Virtual).

ADJOURNMENT