**MINUTES - Region One Board Informal Meeting -Thursday, March 30, 2017—7:30pm PST**

The meeting opened with the Serenity Prayer, reading of the 12 Steps, 12 Traditions, 12 Concepts, one item from “How to be an Effective Trusted Servant,” followed by introductions.

**Present:** Beverly M. (Chair), Sue B. (Vice Chair), Deborah R. (Treasurer), Margie G. (Trustee), Pat O’C (Acting Secretary), Kevin C. (visitor) and Richard G. (visitor).

**Maintaining Balance in Service**: Margie gave a brief presentation on how to maintain balance in service, while practicing self-care, having fun, and spending important time with family. One key idea she shared was that there are many, many great ideas in service, but it’s important to let some things go and not just keep adding more! Setting priorities and maintaining boundaries are important to balance. Attendees, including visitors, were invited to share on this topic or other topics relevant to their personal recovery.

**Reflections on the past year - Accomplishments, Strengths and Gratitude:**

* Intergroup Renewal has created excitement and a feeling of teamwork, at Assembly and into this year. We are inspiring recovery!
* It is helpful to have a plan / process for helping intergroups in place and accessible on our website.
* Our website is becoming a resource for our intergroups.
* Posting podcasts from convention is real value-added material for our members.
* It seems people feel Region is listening, and are starting to ask “what can Region do for my intergroup?”
* We are building connections through intergroup liaisons.
* Intergroups are reaching out to each other for support.
* Monthly IG Chairs call is a dynamic way to connect.
* We now have convention hotel contracts two years out!
* Calgary convention was good outreach to Canada.
* Green envelope fundraiser response was very good.

**Reflections on the past year –Struggles:**

* We have “dropped the ball” with some of our Project Teams; momentum from Assembly has not been maintained. It is important that the projects be completed, as this is what representatives at Assembly set as goals, and a demonstration of how Intergroup Renewal (at the Region level) works. The good news is we have time to correct course.
* Convention financing was difficult to manage; the committee was not able to set up a US account, and the R1 Treasurer could not be on the Canadian account. The system for convention accounting needs to be simplified.
* We could be reaching out to past R1 Board members for history.
* We have been inconsistent with posting minutes on the website, and letting members know they can attend Board meetings.

The meeting closed at 8:45pm with the OA Promise.

Respectfully submitted, Pat O’C – Acting Secretary

**MINUTES - Region One Board Strategic Planning Meeting - Friday, March 31, 2017—8:45am PST**

The meeting opened a three minute timed meditation, followed by the Serenity Prayer, a reading of the Purpose and Mission of Region One, and one item from “How to be an Effective Trusted Servant.”

**Present:** Beverly M. (Chair), Sue B. (Vice Chair), Deborah R. (Treasurer), Greta H. (Member-at-Large), Cayley W. (Communications Coordinator – via Skype), Margie G. (Trustee), and Pat O’C (Acting Secretary).

**Primary focus for morning session:** identify ongoing needs and/or unmet needs in Region One. Use various tools to identify possible areas for better serving our membership

**TOOL: “State of the Region”:**  We discussed each of our 25 intergroups, noting areas of strength and areas of struggle and looking for patterns. Elements we considered included:

* Represented at R1 Assembly? WSBC?
* Number of meetings
* Distance from population centers and other intergroups
* Service positions filled?
* Information from surveys (for those intergroups which have participated in intergroup renewal)
* Able to contribute to R1
* Other information from Liaisons and/or Trustee

**TOOL: Survey Results:** Sue shared information on items she sees as trends in survey results. Sponsorship, nurturing / retaining newcomers, and recovery come up regularly.

**TOOL: Intergroup Chair Input:**  How do we mentor people for service in our intergroups?

**TOOL: OA’s Strategic Operating Plan (SOP):** We considered the elements of the current and past SOP’s.

**Tour of 2017 Assembly and Convention Rooms:**  Diane Waddell, Director of Catering at the DoubleTree, gave us a tour of the rooms we will be using this fall. Note: Our previous hotel contact is no longer with the DT; Diane Waddell will be our contact until someone new is hired. Overall the Board felt it was very helpful to preview the Assembly and Convention facilities by having the Board Strategy session onsite. Recommend that practice be followed in future whenever possible. It is also a boost to the hosting IG to have a workshop with the Board to demonstrate our support of their efforts and to be a resource.

Lunch Break – Noon to 1:15pm

**Primary focus for afternoon session:** Bringing the information gleaned from the morning discussions together to create a strong focus for the coming year, and for Assembly 2017.

**List of ideas brought up in the morning discussion:**

* Assembly: Keep it simple—be focused and effective in approach to Assembly
* Connection for Unaffiliated Groups: Be sure they know about Assembly and Convention—especially those groups around Seattle might attend.
* Connection for Unaffiliated Groups: Reach out to our 37 unaffiliated groups? They are isolated and need sponsors.
* Connection: create a men’s contact list.
* Connection: Create email address to connect Reps prior to Assembly - [2017RegionReps@oaregion1.org](mailto:2017RegionReps@oaregion1.org) and Delegates prior to WSBC [2017WSBCDelegates@oa.region1.org](mailto:2017WSBCDelegates@oa.region1.org).
* Connection: Sister intergroups? Mentoring intergroups?
* Connection: Speaker list. Help isolated or struggling intergroups connect with speakers.
* Connection: Strengthen connections in Region.
* Connection: Unity with Canada – be sure we are reaching out. Conference call line can be used if someone doesn’t have international calling.
* Connections / Recovery: “Traveling Hopefuls” group that would attend meetings in person or virtually. Connect recovering OA members who are traveling with meetings / intergroups in the area they will be visiting. See if they could be available as a “traveling hopeful” speaker. R1 Board would do this and also help find others.
* Encouraging Service: Gratitude = Service.
* Encouraging Service: Mentoring, Service in Small Packages
* Encouraging Service: Mobilize the Gratitude—Thank You, OA project!
* Encouraging Service: Start sharing the JOY of Region service.
* Financial: Allow all intergroups to bring ways & means items to convention? Let intergroups know they can bring items to WSBC to sell at the boutique.
* Intergroup Renewal: Ask Intergroups to act out an IGR short-form at Assembly to demonstrate how it works.
* Intergroup Renewal: Create an IGR banner for use at Assembly and give to IG’s, too.
* Intergroup Renewal: Intergroup inventory in packet at Assembly
* Intergroup Renewal: Small group activities at Assembly on modules of IGR.
* Intergroup Renewal: testimonials at Assembly and on website.
* Intergroup Renewal: Use the “Leadership” pages of the IGR document to create a self-check inventory of how to be in the best place to lead in OA—handout and/or small group activity at Assembly
* Intergroup Renewal: workshop at Convention?
* Recovery: Focus on Primary Purpose.
* Recovery: focus on steps, abstinence, and sponsorship.
* Recovery: 12th Step Within for R1.
* Recovery: Increase awareness of the Virtual Sponsorship program
* Recovery: Sharing tangible successes.
* Recovery: Virtual workshop on “Attract, Retain, Regain.”

**Focus for 2017 Assembly:** Theme - **“**Connections for Recovery!” A variety of activities aimed at connecting our intergroups, individual members, project teams, and members in service to strengthen Region One as a whole. Emphasis on connecting for personal recovery and for the vitality of our service bodies. Building strength through connection, including with our unaffiliated groups.

**Ideas we want to carry forward:** We will be discussing this list at future Board meetings to determine priorities and action items. There are many items on the list that are easy to implement and can happen immediately; others will require more thought and planning. See action items and future minutes for assignments. The “Traveling Hopefuls” idea is something we are sure we want to implement.

**Convention Finances:** Deborah gave an overview of difficulties with Convention financing. Several years ago, R1 established a bank account that contained $3,000 “seed money” for Convention. The idea was that this account would transfer to each new Convention committee. This didn’t work well this year, since the Convention committee was in Canada. It also creates some confusion with financial reporting for Convention, since some expenses come out of the Convention accounts, and others come from the general account. It is also sometimes difficult to find a person from the hosting intergroup to be the Convention Treasurer, and it was noted that our Bylaws do not allow for a non-Board member to be a signer on Region accounts. The Region One Treasurer is elected by Assembly to that role. After discussion, we decided that after the 2017 Convention, the Region Treasurer will maintain the Convention account. The Convention Committee will submit receipts for reimbursements, which the Treasurer will handle promptly. If an advance is needed for a particular expense, the hosting intergroup may request that from the Treasurer. We believe this system will be easier for the hosting intergroup and easier for the Region One Treasurer. However, since the 2017 Committee has already arranged for a Treasurer and set up a bank account, we will not implement this system for the 2017 Convention, but will start with the 2018 Convention.

**Region One Board Vacancy – Secretary:** Loretta Y., from Catch the Wave Intergroup, has applied to be interim Secretary, from now through Assembly 2017. Loretta was available via conference call to answer questions from the Board. It was moved and seconded to appoint Loretta as interim Secretary, and the motion carried via unanimous vote. Pat O’C has agreed to mentor Loretta in her new service position.

**Assembly 2017 Timeline:** Because of time constraints, we were unable to discuss this agenda item. Beverly will begin revising last year’s timeline, incorporating our “Connections for Recovery” focus, as well as including elements of Intergroup Renewal.

**Pre-Assembly 2017 Timeline:** It was agreed that the Budget Q&A sessions via conference call were invaluable in 2016, as well as the more general info calls for Green Dots and other Reps. We will hold those sessions again this year. Since the format for the budget has changed, based on Deborah’s consultation with an OA member who is an accountant, it may be necessary to hold an extra session for Budget Q&A.

**Workshop for Greater Seattle Intergroup:** We reviewed logistics and roles for the Saturday Service and My Recovery workshop.

The meeting closed at 4pm with the OA Promise.

Respectfully submitted – Pat O’C, Acting Secretary