

Mid-Continent Intergroup Meeting Minutes

The January 12, 2010 meeting of Mid-Continent Intergroup was opened with the Serenity Prayer

ATTENDANCE: Kirsten, Gay, Deb, Andy, Barb H, Eva and Mary M

PARLIAMENTARIAN: We did have quorum.

RECORDING SECRETARY:

- The minutes of the November meeting were accepted as read

TREASURER:

Treasurer's Report as follows:

November 30, 2009 Checking Account

Beginning Balance:	\$ 245.66
Total Donations:	\$ 279.55
Total Expenses:	\$ 7.44
Net Change	\$ 272.11
Ending Balance:	\$ 517.77

December 31, 2009 Checking Account

Beginning Balance:	\$ 517.77
Total Donations	\$455.13
Total Expenses:	\$587.64
Net Change	\$-132.51
Ending Balance	\$385.26

As per the attached Treasurer's report, the December expenses included January and February rent and phone bill

December 31, 2009 Prudent Reserve account balance of \$2810.72

PILOT: New Pilots were distributed.

LITERATURE: December 31, 2009 balance of \$847.27

VICE-CHAIR: Kansas State Convention will be September 11, 2010 still being held at Emporia State University. Intergroup is handling booking rooms and arranging for lunch. Topeka Intergroup is handling the program and speakers and Kansas City Intergroup is handling registration.

OLD BUSINESS:

New office:

- Barb reported that the individual thermostat had not yet been installed.

Region IV 2010 Convention. Gay reported that Intergroup had received \$100 to offset cost of decorations Intergroup is providing. Included with the minutes is a registration form for the Region IV 2010 Convention to be held in Topeka, Kansas June 18, 19 and 20. Please copy and distribute among members. Discussion about committee for the decoration, please contact Kirsten if you are interested in helping with the decorations.

Insurance Current insurance renews in February. Gay contacted other companies for a cost comparison but didn't receive any responses as of the Intergroup meeting. Unless she received a better offer from another insurance company by the February due date, she would renew with State Farm.

NEW BUSINESS

Contact from Newton Intergroup received a request from an individual in Newton who needed a ride to a meeting. Anyone willing to provide this service should contact Barb at 316-733-2136.

Proposed Office Use. Deb is starting an 18 week step study group, starting January 14 and requested the use of the office on Thursday from 7:30 to 8:30. There would be a seventh tradition basket with all amounts collected being paid to Intergroup as the group would have no literature or other expenses. Motion made, seconded and approved to allow use of the office for this Thursday evening step study.

Resignation Andy reported that he needed to resign as Parliamentarian effective immediately so Intergroup will be looking for another individual to perform this service.

It was motioned and seconded to adjourn the meeting. The meeting was closed with the Serenity Prayer. The next Intergroup meeting will be on February 9, 2010 at 7:30 pm. Hope to see you there!

Respectfully submitted,
Mary Mourning, Recording Secretary

OVEREATERS ANONYMOUS
Mid-Continent Intergroup
TREASURER'S REPORT
November 30, 2009

CHECKING ACCOUNT

BEGINNING BALANCE \$245.66

Donations:

Furniture Donation	\$ 10.00
Furniture Donation	\$ 25.00
Monday 7:30 p.m.	\$151.55
Wednesday 7:30 p.m.	34.00
Friday Noon	\$ 21.00
Saturday 9:30	<u>\$ 38.00</u>

TOTAL RECEIPTS: \$279.55

Expenses:

Barb Hartness (Keys)	<u>7.44</u>
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TOTAL EXPENSES: \$ 7.44

NET (Donations minus Expenses) + \$272.11

ENDING BALANCE \$517.77

OVEREATERS ANONYMOUS
Mid-Continent Intergroup
TREASURER'S REPORT
December 31, 2009

CHECKING ACCOUNT

BEGINNING BALANCE \$517.77

Donations:

Monday Morning	40.00
Monday 5:30 p.m.	25.00
Monday 7:30 p.m.	254.13
Wednesday 7:30 p.m.	30.00
Friday Noon	7.00
Saturday 9:30	19.00
Saturday 1:30	<u>80.00</u>

TOTAL RECEIPTS: \$455.13

Expenses:

12/7 - AT&T (Nov. 19-Dec.18)	16.37
12/7 - Marketing Parking, Inc. (Jan. 2010 Rent)	260.00
12/30 - Marketing Parking, Inc. (Feb. 2010 Rent)	260.00
12/30 - AT&T (Dec. 19 - Jan. 18)	<u>51.27</u>

TOTAL EXPENSES: \$ 587.64

NET (Donations minus Expenses) - \$132.51

ENDING BALANCE \$385.26

PRUDENT RESERVE: SAVINGS ACCOUNT

BEGINNING BALANCE 9/30/09	\$2,609.66
Transfer from Checking (10/14/09)	200.00
Interest (10/30/09)	.35
Interest (11/30/09)	.35
Interest (12/31/09)	<u>.36</u>
ENDING BALANCE 12/31/09	\$2,810.72



JANUARY 2010

“Misdirection”

Last week, I saw two TV shows that dealt with magicians. I felt like HP was trying to tell me something. The theme seemed to be about misdirection...that something distracts you with this over here, meanwhile, the important stuff is happening over there, where you are NOT looking. If you could keep from getting distracted by the misdirection, and pay attention to scene as a whole, then you would easily see the key to the puzzle...the real thing that was going on under the surface.

This week, I got some real world experience in misdirection - I fell for an internet scam. If I had been looking at the scammer's website as a whole, I would have seen the terms they posted, instead of just focusing where they were misdirecting me to focus. I fell for internet sleight-of-hand. My spouse has pointed out to me that this is not by any means the only example of my impulsivity, and that I am doing it even more than I realize.

As humiliating as this experience was, a couple of great things came out of it. First was a motivation to release the character defect of impulsivity. Not out of fear, but out of fascination: How much more interesting might Life be if I allow myself to be more aware? Would I rather keep falling for the tricks, or see the truth? The truth is always far more interesting.

Even more importantly, in regards to food, I feel like HP has given me a new tool to deal with food cravings. For instance, if I have a food craving, I can stop and think: What is it that my disease is trying to distract me from? What is really going on here? Am I mad? Am I sad? What feelings do I have that need to be addressed? If I pause before taking an action, if I *reflect* instead of *react*, then I will be far less likely to put my credit card number in places where I shouldn't...and I also will be far less likely to eat compulsively. I will be living *actively*, and not *reactively*.

Of course, my willingness to actually do this is a big factor. I suppose that is where daily surrender comes in. I have often had trouble with daily surrender, because I didn't know what I was surrendering exactly. But now I can surrender my need to REACT, and ask HP for the willingness to REFLECT. It is a place to start, anyway.

~Kirsten W, Wichita

Literature Selection: "Distinctly OA" (Lifeline, Jan '81, p16-18)

I don't care how much I substitute the words food and compulsive overeating for alcohol and alcoholism, it's different being a compulsive overeater.

It's that last abstinent bite that gets me. Sometimes I'm not even hungry, but I eat because it's mealtime (and because I love to eat). When I come to that final mouthful, I feel ravenous! Often my portions look gigantic and I fantasize being unable to finish, but when it's all gone I feel as if I could go on eating forever.

Sometimes I get to the end of my allotted food and I am so turned on that I feel as if I'll go into orbit. (Thanks to this program and the grace of God, I don't—one meal at a time.)

And you should see me shopping for my lovely food. (Or maybe you shouldn't. You'd probably find me hilarious—or pathetic, depending on where *you're* at.) Broccoli or peas? Peas, I decide, and scoop them into a plastic bag. On second thought, those stringbeans look beautiful. Dump out the peas, grab a few handfuls of beans. God, that okra is tempting. I haven't had it in ages. Another quick exchange. Maybe I should splurge on artichokes instead...

Finally, I'm so mixed up I feel like walking out. If I can't have it all, I don't want any.

"Keep it simple, silly," I tell myself. "Take broccoli. It's the cheapest. It's the easiest. And you love it."

I won't go into such dramatic detail about my tizzies over muenster or cheddar, apples or melon—or about my shenanigans to ensure that I get the biggest eggs. (I switch them around a bit, getting the best of several boxes.)

Et cetera.

Sometimes, I feel guilty about all this. "The obsession hasn't been lifted," I cry in dismay, and I despair of ever qualifying for the ranks of the spiritually fit. When in such a morass, I remember how it was when I was compulsively overeating and suddenly this behavior seems mild by comparison.

I also remind myself that whatever it is I'm doing has allowed me to be abstinent in OA for six years, maintaining a 60-pound weight loss.

"Thank God I'm using all that energy constructively now," I think.

In the back of my mind, though, I am convinced that other OAs would be utterly horrified and would disqualify me as a true-blue-and-recovering member of our Fellowship.

At times, I just plain accept myself. I'm grateful that I care about myself enough to give myself the best. Remembering my tendency to feel more comfortable with deprivation and suffering, I endorse myself for allowing myself the pleasure of my wonderful food. And if the obsession has not been completely annihilated, so what? My pretending it's gone when it isn't will not help me one bit. On the contrary, recognizing what I'm still capable of doing with food enables me to choose not to act on the obsession but to continue taking the options OA offers me instead.

In fairness, the craziness I have described (if it *is* craziness) is not a permanent state. When the food tizzies hit, I remind myself that they come and go, that they won't last forever—and they never do. When I am free of the obsession I remind myself that this freedom also comes and goes, that I shouldn't be surprised if it doesn't last forever—and it never does.

Most of the time I'm somewhere in between these two extremes. And that's what is important for me to recognize and accept so I can just live with it and quit fighting it. If I think of myself as either totally food-crazy or totally food-free, I'm passing unfair judgment on myself on the one hand and placing unrealistic expectations on myself on the other.

(cont'd on page 3)

(cont'd from page 2)

The point I'm trying to make is that compulsive overeating is different from alcoholism. And we all know why: we *have* to eat. We handle dynamite three times a day.

AAs don't have to take just three moderate drinks a day, nor do they have to choose between a daiquiri and a whiskey sour, or decide whether it will be Red Label or Black.

I used to envy alcoholics because they could totally abstain from alcohol and be done with it.

I envy them no more. Thanks to Overeaters Anonymous, I now enjoy my food to the hilt. Abstinence has given me back the pleasure of eating. And, occasional tizzies notwithstanding, I love every abstinent bite—especially the last!

~C.D., Redondo Beach, CA

**When driving down the road of life,
rarely do you know how good you have it,
until you see it in the rear-view mirror.**

**Which is not to suggest that you
should look back now, but to remind you
that where you are today is more
awesome and amazing than you probably
realize.**

(Notes from the Universe, Mike Dooley)

“I Am Truly Powerless” (Unity Intergroup Society Pages, Jan 2009, p5)

I am truly powerless over food. I've been fighting this every day during this holiday season. Maybe I could try the sugarless chocolates? I pre-arranged the experiment with my sponsor, no secrets here. Lo and behold, I can binge on them, too. I have a temper tantrum. Why can't I eat like normal people? So I tried the sugar-free hard candies the next day. Oops, the whole bag is gone. I am angry and feeling sorry for myself. It's not fair that I can't have just one chocolate goodie. I was doing pretty well. Having come to believe that a power greater than myself could restore me to sanity, I was contemplating what it would look like to really turn my will and life over to the care of god, as I understand god, who I don't understand. (I give credit for that last phrase to the angel with skin on that led me to OA...thank you.) I am very hard on myself, my sponsor tells me. “Be gentle with you,” she says. But I am not sure I know how to do that. I know how to work very hard to overcome hurdles and have successfully overcome many of them. It is hard not to feel like I have to work hard in OA. Being gentle with me feels like I am not working hard enough. That is the point though, isn't it? To stop working so hard, release all of that desire to control, overcome, and fight. To let go of my will-power, accept that I am powerless, to become willing. Perhaps someday I could even be grateful for my powerlessness. For today, I surrender. I am truly powerless.

~Cathy C

REGISTRATION

Please print clearly

Full Name _____

Address _____

City _____

State/Prov _____ Post Code _____

Telephone _____

Email _____

Badge Name _____

FEES AND MENU SELECTION

Mail in deadline May 17th

Early Registration	\$25.00
At the Door	\$35.00
Saturday Lunch	\$15.00
Saturday Dinner	\$25.00
Vegetarian Dinner	\$25.00
T Shirt	\$15.00
Total Enclosed	\$ _____

Make checks payable to:

Region IV Convention

Send registration form and check to:

Maggie Rein

Region IV Convention

1855 Silver Bell Rd #306

Eagan, MN 55122

Questions? 651-405-0698

MEAL OPTIONS

Lunch 6/19/10—\$15.00

Mixed green salad with assorted dressings
Potato salad, Vegetarian pasta salad
Cold meats: roast beef, turkey, ham
Cheeses: Swiss and American
Garnish tray for sandwiches
Assorted breads and buns
Fresh fruit tray
Coffee (reg. and decaf), iced tea

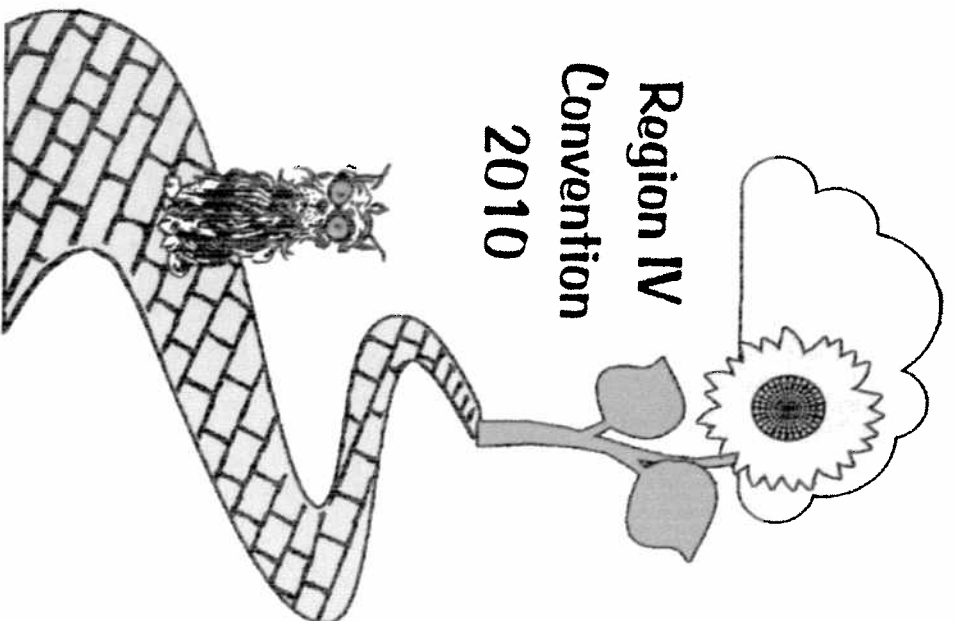
Dinner Buffet 6/19/10—\$25.00

Mixed garden greens
Ranch or Raspberry Vinaigrette dressings
Vegetable tray, Fruit tray
Chicken Piccata, no breading, sauce on side
Beef Medallions, sauce on side
Chef's selection of seasonal vegetables
Appropriate starch
Rolls and Butter

Vegetarian entree can be ordered in advance, just indicate on the front.

- **Convention Highlights**
- **Workshops**
- **Hospitality Room**
- **Literature for Sale**
- **Region Key Note Speakers**
- **Lunch and Dinner Speakers**
- **Saturday Night Entertainment**
- **Fun and Fellowship**

OVEREATERS ANONYMOUS



12 steps down the
yellow brick road

JUNE 18, 19 AND 20
TOPEKA, KANSAS

Come celebrate 50 years

In 2010 OA is 50. Please join us in this celebration of recovery at the Region IV Overeaters Anonymous Convention in Topeka. Attend workshops and hear speakers from other Intergroups throughout our 10-state and 3 province region. Come and share your experience strength and hope with other OA members, and renew your own commitment to recovery. Whether you're new to program or an old-timer, we want to see you there.

FRIDAY, JUNE 18

- 5:00—9:00 pm Registration
- 7:00 pm Grand Opening
- 9:00 pm Workshops

SATURDAY, JUNE 19

- 7:00 am Registration Opens
- 8:30 am Welcome/Opening Workshops
- 12:00 pm Lunch Break
- 1:00—5:00 pm Workshops
- 6:00 pm Dinner, Speaker and Entertainment

SUNDAY, JUNE 20

- 9:00 am Workshops
- 11:00 am Closing

HOTEL INFORMATION

Holiday Inn

605 SW Fairlawn Road
Topeka, KS 66606

Sales@topekaholiday.com

Web:

www.topekaholiday.com

Reservations can be made by calling 1-800-822-0216. All rooms are \$90.00 per night and some rooms have micro fridges, which can be requested for no additional cost.

Reservations must be made by
Thursday, May 17, 2010

When reserving your room please
reference Block RE2.

If you are flying in, KCI is the nearest airport. The Greater Kansas City IG is providing transportation to and from the convention as a service. Contact Debbie L., 816-797-9250 to make arrangements.



SERVICE OPPORTUNITIES

Please check at least one...

- Speaker Hospitality
- Timer Registration
- Hugger Where Needed

MEMORABILIA

T-shirts with color convention logo
are available for \$15.00.

Shirts must be ordered in advance
and will be delivered at the
convention.

Please indicate color and size

- White Up to 5X
- Lime Up to 3X
- Lt. Blue Up to 3X
- Ash Up to 5X
- Tangerine Up to 2X

Size *Be sure and mark one

- Sm Med Large
- 1X 2X 3X 4X 5X

