

## Mid-Continent Intergroup Meeting Minutes

**The May 10, 2011 Meeting of Mid-Continent Intergroup was opened with the Serenity Prayer.**

**ATTENDANCE:** Deb, Laura, Barb, Gay, Eva, Kirsten, Phil, Mary M

**PARLIAMENTARIAN:** We did have quorum

**RECORDING SECRETARY:** April 11, 2011 minutes were approved as read.

**TREASURER:** Treasurer's Report (detailed report attached)

### April, 2011

Beginning Balance	\$953.01
Total Donations	\$379.98
<u>Total Expenses</u>	<u>\$312.42</u>
Net Change	+\$ 67.56
Ending Balance	\$1020.57

**PILOT:** April and May Pilots were ready

**LITERATURE:** Balance in account as of April 30, 2011 was \$659.30. Literature sales at Sharathon were \$127.00

**VICE-CHAIR:** We cleared \$316.80 at Sharathon (detailed report attached)

### **OLD BUSINESS:**

**Sharathon:** Most people liked the location at Newman, having the tables, the size of the room, the white board, and ease of access. Motion made, seconded and passed to hold 2012 Sharathon on April 28 at Kansas Newman. Gay will contact them to see if we can book the same room this far in advance.

**Region IV** – Discussed following attached reports:

1. Deb's report of Region IV Spring Assembly
2. Sample of letter sent to weight loss surgery physicians by the Unity Intergroup in Minneapolis, Minnesota and
3. Information available electronically from World Service Office

As part of the discussion about Region IV Spring Assembly Report, Deb noted that the Unity Intergroup also has an OA hotline where people seeking information could call and leave a message including their contact information and a member called the person back. We also discussed the idea again about looking into having the ability for people from outlying groups be able to attend Intergroup meetings via a telephone conference call. Which then lead to discussion that we would need to update our telephone equipment, our current rotary phone and donated answering machine are all outdated for any such options. Barb and Kirstin will look into improvements to current phone system and equipment.

**Publicity** – Phil reported that he had placed ads in 2 separate Tuesday Wichita Eagle newspapers and ads in 5 Wichita State University Sunflower papers.

**NEW BUSINESS:**

**Region IV Resources:** Deb provided information about the following resources provided by Region IV:

- Region IV provides information and presenters for workshops on Traditions, Service and Abstinence which could be provided to Intergroup officers and reps or to anyone who wanted to attend
- One of the raffle items at Sharathon was a journal that had been assembled by Region and is now available to purchase on the Region IV website

**Sharathon proceeds** – Motion made, seconded and passed to have the Vice Chair write a check to the Treasurer of \$300 from the Sharathon account and the Treasurer would then send \$150 to World Service Office and \$150 to Region IV.

Motioned, seconded and passed to adjourn the meeting. The meeting was closed with the Serenity Prayer. The next Intergroup meeting will be June 14, 2011. Hope to see you there.

Respectfully submitted, Mary Mourning, Recording Secretary.

OVEREATERS ANONYMOUS  
Mid-Continent Intergroup  
TREASURER'S REPORT  
April 30, 2011

CHECKING ACCOUNT

BEGINNING BALANCE \$ 953.01

Donations:

Monday 5:30 P.M.	43.28
Saturday A.M.	24.00
Sharathon Reimb.	50.00
Monday 10:00	40.00
Big Book	24.75
Fri. Noon	10.00
Monday 7:30 P.M.	<u>187.95</u>

TOTAL RECEIPTS: \$379.98

Expenses:

AT & T (Mar. 19-Apr.18)	52.42
Marketing Parking, Inc. (May 2011 Rent)	<u>260.00</u>

TOTAL EXPENSES: \$ 312.42

NET (Donations minus Expenses) + \$ 67.56

ENDING BALANCE \$1020.57

Balance for Publicity Funding: \$106.27 (Carry Forward)

SHARATHON ACCOUNT

2/22/11 \$592.00 START FIDELITY ACCOUNT  
5/10/11 \$381.50 TOTAL INCOME FROM SHARATHON  
\$ 50.00 FACILITY CHARGE  
\$ 14.70 LITERATURE EXPENSE

TOTAL 2011 SHARATHON \$316.80

TOTAL IN ACCOUNT \$908.80

## REGION 4 REPORT

I attended the Region 4 Spring Assembly on April 15 and 16 in Overland Park, Kansas. The meetings I attended were the business side of OA and the Region in particular.

The first meeting was held the evening of April 15 and was a gathering of the various delegates for an introduction and discussion of what was going on in the different Intergroups represented. We started off by introducing ourselves and where we were from, followed by a discussion of the Standing Rules and what they meant for the benefit of the new people there, like myself. We then followed with people sharing what their Intergroups were doing to get the word out about OA. I found this to be helpful and it gave me several ideas how we might better approach our publication projects.

On April 16 the business of Region 4 commenced and there were several reports by the secretary, treasurer, and various committees.

Several motions were proposed and voted on, one being on a new logo and motto. The new logo will be depicted as described below. Each square will have a different color.

heart in the background and the letter O	hand in the background with the letter A
American flag depicted in the background with the letter R	Canadian flag depicted in the background with the number 4

The new motto will be - Region **4** Abstinence Freedom Recovery.

There was a motion regarding Region IV speakers. This consisted that funding be available to assist Intergroups in obtaining speakers for events and to approve the Funding Application developed for that purpose. This form will soon be available on the Region IV website.

We later broke into committees with Mary M and I attending the Outreach committee. I volunteered to be vice chair. We were handed a list of groups that did not appear to be associated with Intergroups and the list was divided among the committee members to contact and encourage them to join the closest intergroup. We have Kansas, Nebraska, and South Dakota. This is to be accomplished by July 15 with our progress to be reported to Lance, the

Chair of this committee. We were also given speaker and sponsor signup sheets and encouraged to have people either fill them out and returned to me or preferably filled out online. This is for Region 4 and the list will be provided upon request.

Upcoming events - Region 4 Fall Assembly is being held September 30 and October 1, 2011 in St. Louis, MO. The next Region 4 Convention will be held in Omaha, NE on July 13, 14, and 15, 2012.

As the DC Metro Intergroup's delegate to the recent OA **World Service Business Conference**, here are a few highlights. I will be writing a report as well.

Meanwhile some of you may wish to share the following with your groups/meetings.

1. There was an addition to **the definition of abstinence**.

#### *Statement on Abstinence and Recovery*

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors **while working towards or maintaining a healthy body weight**.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

2. The **new tool** voted in last year was retained and also retained its original name of Action Plan, rather than being switched to Plan of Action. The **text for Action Plan that will be put in the brochure Tools of Recovery** when it is reprinted (placement before Anonymity and Service) - and that will be added as an addendum to current copies - is as follows: (sorry, had to copy it underlined with line numbering from the conference binder)

#### **Action Plan**

117 An action plan is the process of identifying and implementing attainable actions,  
118 both daily and long-term, that are necessary to support our individual abstinence and  
119 emotional, spiritual and physical recovery. While the plan is ours, tailored to our own  
120 recovery process, most of us find it important to work with a sponsor, fellow OA  
member

121 and/or appropriate professional to help us create it. This tool, like our plan of eating,  
may

122 vary widely among members and may need to be adjusted as we progress in our  
recovery.

123 For example, a newcomer's action plan might focus on planning, shopping for  
124 and preparing food. Some members may need a regular fitness routine to improve  
125 strength and health, while others may need to set exercise limits in order to attain  
more

126 balance. Some of us may need an action plan that includes time for meditation and  
127 relaxation or provides strategies for balancing work, personal interactions with  
family

128 and friends, and our program. Others may need help to organize their homes; deal  
with

129 their finances; and address medical, dental or mental health issues.  
130 Along with working the Steps on a daily basis, an action plan may incorporate use  
131 of the other OA tools to bring structure, balance and manageability into our lives. As  
we  
132 use this tool, we find that we develop a feeling of serenity and continue to grow  
133 emotionally and spiritually while we make measurable progress one day at a time.

3. The pamphlet called **Recovery Checklist was revised**, mostly by changing the word "you" to the word "I" - which I found really personalizes the list.

Here's a url where you can see the changes:

<http://www.oa.org/pdfs/Recovery%20Checklist%2011.pdf>

4. The delegate body **voted not to eliminate an early brochure called "If God Spoke to OA"**. While the language is somewhat archaic and certainly religious, many felt that it still speaks to enough of us to be valuable. It's also worthwhile to look at another OA pamphlet, "Person to Person" - which some feels is a good replacement: Person to Person speaks of the value of service. Currently the sales of both of these are low. You might want to order copies from the World Service Office to share at your meetings.

Here's a link to a pdf of "If God Spoke to OA":

<http://www.oa.org/pdfs/If%20God%20Spoke%2011.pdf>

5. The delegate body voted **NOT to provide videocasting/webcasting of the 2012 WSBC meeting**, with the major reasons for opposition being that there is no way to assure anonymity and security 100%. Some delegates who work in the information technology field spoke about this.

6. Inspired by a wish expressed by Rozanne S., the delegates voted to change her title from cofounder to **founder of OA**.

7. **A new brochure - A Common Solution: Diversity and Recovery** - was approved.

Here's a link to a pdf of the text: <http://www.oa.org/pdfs/A%20Common%20Solution.pdf>

8. There was also a lot of discussion about **whether or not to retain an OA approval**

**label for a lot of AA literature** that some meetings like to use in their formats; **the decision was to continue to allow** this rather than narrowing down just to the OA Big Book and the Twelve Steps and Twelve Traditions.

*Professional  
Outreach*

September 12, 2005

Dear Weight Loss Surgery (WLS) Physician:

Overeaters Anonymous (OA) is a fellowship of individuals who support one another in solving their common problem, compulsive overeating, and is patterned after Alcoholics Anonymous. In your capacity as a WLS physician, you may have contact with compulsive overeaters in a patient relationship. Because you are working with people who may have food issues, we wanted to familiarize you with our program and let you know that we have groups meeting in your area. Perhaps our group can be of some assistance to your patients.

*Unity*

We are not professionals. In OA, we believe we have a threefold illness – physical, emotional and spiritual. There are no requirements for membership, no dues or fees, and no weigh-ins. We are not affiliated with any other organization, nor are we in competition with any professional services or weight loss programs. We simply want to work in cooperation with you, and share our recovery experience with others who desire to stop eating compulsively. Many people have achieved their desired weight loss and have maintained it by following this program of recovery.

The OA program has improved the quality of life for all of us, and in some cases, saved lives. Please see the enclosed comments from OA members who have had WLS. If you would like more information about OA, please call Minnesota's Unity Intergroup Information Line at (612) 377-1600 or (888) 540-1212. To print a catalog of OA brochures and order forms, visit the OA World Service web site at [www.oa.org](http://www.oa.org). To print copies of our local OA meeting directory, visit our local web site at [www.overeaters.org](http://www.overeaters.org). The OA meetings on this list are affiliated with the OA Unity Intergroup and are located in the Minneapolis/St. Paul metro area and southern Minnesota. We look forward to hearing from you.

Sincerely,



Anne M.  
Outreach Committee Chair  
Unity Intergroup – Overeaters Anonymous

Enclosures:

- "Quotes from OA members who had weight loss surgery"
- "Introducing OA to the Health Care Professional"
- "About OA"
- "Dignity of Choice"
- "15 Questions"
- "Local meeting directory"

**Unity Intergroup • 3208 West Lake Street #45 • Minneapolis, Minnesota • 55416**

## PI Posters on OA Web Site



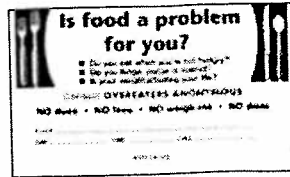
Catch the attention of still-suffering compulsive eaters with two colorful PI posters available for download from the OA Web site. The "fork" poster asks the question: "Is your eating overwhelming you?". The "pizza" poster is headlined "Sometimes the more you eat, the more empty you feel." Both posters then say, "We stopped eating compulsively and so can you" and list

oa.org and the phone number for the WSO. The posters are professionally designed, full color, and 8.5 x 11 inches. To find the posters, go to the PI Suggestions page at [www.oa.org/services-for-members/public-information-suggestions.php](http://www.oa.org/services-for-members/public-information-suggestions.php) and scroll down to "PI Posters."



Bulletin Board Attraction Sticky Notes Spread the OA message with these 3x5 inch sticky notes. Adhesive strip on the back allows you to stick them on most surfaces without leaving marks.

#440W \$1.50 plus shipping\* (Pad of 25) [bookstore.oa.org/products/440k-bulletin-board-sticky-notes](http://bookstore.oa.org/products/440k-bulletin-board-sticky-notes)



\* US Shipping: \$5 for orders up to \$24.99; 20% for orders \$25 to \$59.99; 17% for orders \$60 to \$99.99; 12% for \$100 and up.  
Email [info@oa.org](mailto:info@oa.org) for shipping charges outside US.

## Many Symptoms, the OA Solution (Betacam)



Carry the OA message that there is a solution to compulsive eating with the television PSA in 60-, 30-, and 15-second spots. Betacam is the format most used by television stations. Comes in eye-catching packaging with color story board and cover letter.

Item #622, \$22.00 plus shipping.

\* US Shipping: \$5 for orders up to \$24.99; 20% for orders \$25 to \$59.99; 17% for orders \$60 to \$99.99; 12% for \$100 and up.  
Email [info@oa.org](mailto:info@oa.org) for shipping charges outside US.

Available online at

[bookstore.oa.org/products/622-many-symptoms-the-OA-solution-beta](http://bookstore.oa.org/products/622-many-symptoms-the-OA-solution-beta)

# New!

## PDF Books

Three popular OA publications are now available electronically.

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*—Comprehensive work provides a detailed, moving exploration of how OA's Steps and Traditions help members recover and how the Fellowship functions as a whole. PDF book works best on a PC or Mac computer with Adobe Reader. Also compatible with most mobile devices, but not e-readers. #990V/\$6.50

*The Twelve-Step Workbook of Overeaters Anonymous*—Thought-provoking questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. PDF book gives you unlimited space to type answers to the questions. You can save your answers and reopen the file to make future additions or changes. Works best on a PC or Mac computer with Adobe Reader. Not compatible with mobile devices or e-readers. #992V/\$5

*Fourth-Step Inventory Guide*—In-depth questions drawn from the OA "12&12" will guide you through a Fourth-Step inventory based on specific character traits. PDF book gives you unlimited space to type answers to the questions. You can save your answers and reopen the file to make future additions or changes. Works best on a PC or Mac computer with Adobe Reader. Not compatible with mobile devices or e-readers. #491V/\$3

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous* and *For Today* books are now also available on Kindle.

