

Mid-Continent Intergroup Meeting Minutes

The November 10, 2009 meeting of Mid-Continent Intergroup was opened with the Serenity Prayer

ATTENDANCE: Kirsten, Gay, Deb, Andy and Mary M

PARLIAMENTARIAN: We did have quorum.

RECORDING SECRETARY:

- The minutes of the October meeting were accepted as read

TREASURER:

Treasurer's Report as follows:

October 31, 2009 Checking Account

Beginning Balance:	\$ 742.69
Total Donations:	\$ 277.61
<u>Total Expenses:</u>	<u>\$ 774.64</u>
Net Change	\$ -497.03
Ending Balance:	\$ 245.66

As per the attached Treasurer's report, the expenses included November and December rent and putting \$200 back into Prudent Reserve Account

PILOT: New Pilots were distributed.

LITERATURE: October 15, 2009 balance of \$856.70

VICE-CHAIR: No report (not present)

OLD BUSINESS:

Termination of current lease:

- Deb had sent a copy of Gay's Rent Payment tracking from 2005 to Present to the landlord with no response so far.

New office:

Move and Settling In

- Move went well.
- Everything that had been earmarked for disposal was gone
- Pictures and wall hangings still needed to go up.

- Benchmark, the management company in the new office location, knows the old landlord and would return any old office keys that we turn in. Anyone who has a key to the old office can leave it at the new office.
- Gay will set up a folder at the office so that mail or notes can be left for intergroup.
- Groups are asked to be mindful of who has access to the door code to protect the security of the building

Region IV Decorations Cost offset. Gay had submitted Intergroup's request of up to \$100 to offset cost of decorations Intergroup is providing for next year's Region IV meeting, but the Region IV meeting to handle such request has not been held yet.

NEW BUSINESS

Insurance Current insurance renews in February. Gay will contact other companies for a cost comparison.

WSO Convention Intergroup received a notice from WSO that the 2010 convention may have a change of location as the current hotel may be having labor issues.

It was motioned and seconded to adjourn the meeting. The meeting was closed with the Serenity Prayer. The next Intergroup meeting will be on January 12, 2010 at 7:30 pm. Hope to see you there!

Respectfully submitted,
Mary Mourning, Recording Secretary

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

CHECKING ACCOUNT

BEGINNING BALANCE **\$742.69**

Donations:

Furniture Donation	\$ 10.00
Monday 5:30 p.m.	\$ 15.00
Monday 7:30 p.m.	\$175.50
Wednesday 7:30 p.m.	42.11
Friday Noon	\$ 15.00
Saturday 9:30	<u>\$ 20.00</u>

TOTAL RECEIPTS: **\$277.61**

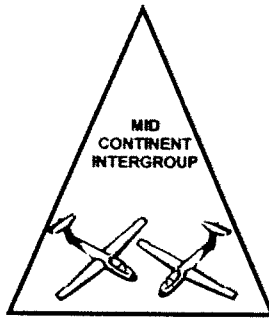
Expenses:

AT&T (Oct.. 19 - Nov. 18)	\$ 54.64
Market Parking, Inc.	\$520.00
(Nov. & Dec. Rent)	
Transfer to Prudent Reserve	<u>\$200.00</u>

TOTAL EXPENSES: **\$774.64**

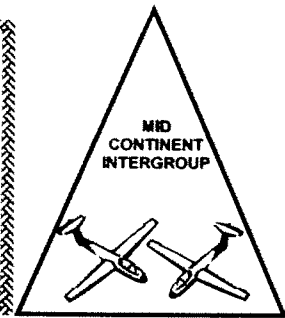
NET (Donations minus Expenses) **- \$497.03**

ENDING BALANCE **\$245.66**



THE PILOT

MID-CONTINENT INTERGROUP
7701 E KELLOGG DR STE 635
WICHITA, KANSAS 67207
WWW.OAWICHITA.ORG



DECEMBER 2009

Affirmation:

"I know that food provides fuel for my body and nothing else.

Food does not provide emotional stability.

Food does not provide self-esteem.

Food does not provide a sense of accomplishment.

With my higher power's help, I am learning how to access the power within me to fulfill my needs."

Suggested Questions for Journaling

1. How do I feel today?
2. What important thing happened to me today?
3. What change have I seen in me today?
4. What bothered me most today?
5. What am I afraid to say out loud today?

Literature Selection (Lifeline, Jan 2000 p8: "Unconditional Welcome")

One and a half years ago, I walked into a room and found myself among six or eight middle-aged to senior white Americans who looked like moms and housewives. Great! I'm a 31-year-old, feminist, dread-locks-wearing, black American. I thought to myself, "Why am I here, and what do I have in common with them?" Since the day those women welcomed me in unison, I've never wondered why or what again. They saw me, not my blackness or my dread-locks, but me. To me they extended unconditional regard, positivity and hope.

For me to feel welcomed and positive in that setting was truly a first. The result is that today I am alive. I truly had lost all hope. I told myself before I went to my first OA meeting, "If this doesn't work, I'm going to kill myself when I get home." I will never be able to express my love, gratitude and thankfulness to my Higher Power, my OA sisters and brothers and the program itself. Today I am alive, healthy, happy and hopeful about life.

Since joining OA, I've done things I never thought I would do. I put on a bathing suit this summer and got into a swimming pool. I rode a bike and learned to jog. I'm alive because it didn't matter if I was black, brown, purple or blue. It didn't matter that I was different. After a long, hard journey, I had found a home. Whenever I think of my homecoming, gratitude for Tradition Three fills me, and I pray that I will always remember to make newcomers feel welcome when they walk through that door.

If I make food an option,
it will be the only option.

Ask Anna Nimity

Dear Anna,

If your sponsoree is an agnostic or atheist, how do you discuss God with him?
Walking on Eggshells

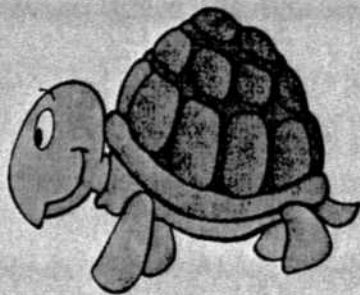
Dear *Walking*,

Explain exactly what happened to you. Stress the spiritual freely. Let him know he does not have to agree with your concept of God. He is free to choose any conception he likes, provided it makes sense to him. Encourage him to just be willing to believe in a power greater than himself and live by spiritual principles.

Yours in OA service,
Anna

**MYRTLE THE
TURTLE:**

It's the first bite,
not the last one,
that causes the
bingel!



December Big Book Reading List

- | | | |
|------------|-------------|-------------|
| 1. 136-145 | 11. 50-57 | 22. 17 |
| 2. 145-150 | 12. 268 | 23. 208 |
| 3. 219 | 13. 458 | 24. 122-129 |
| 4. 182 | 14. 309 | 25. 129-136 |
| 5. 544 | 15. 258 | 26. 398 |
| 6. 369 | 16. 561-574 | 27. 535 |
| 7. 246 | 17. 359-364 | 28. 407 |
| 8. 301 | 18. 364-368 | 29. 104-113 |
| 9. 281 | 19. 512 | 30. 113-121 |
| 10. 44-49 | 20. 338 | 31. 295 |

ANNOUNCEMENTS

Next Intergroup Meeting, January 12, 2010
NOTE: No Intergroup meeting in December
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!

Come and see our new space!
We have a new office, and a new website:
www.oawichita.org
We are so grateful for this opportunity to grow.

**Mid-Continent Intergroup
Treasurer's Report as of 09/30/09**

Checking:

Beginning Balance	\$516.22
Donations (\$595.85)	
Monday 10 AM	\$ 20.00
Monday 5:30 PM	\$ 67.35
Monday 7:30 PM	\$261.50
Friday Noon	\$ 17.00
Saturday 1:30 PM	\$ 30.00
Hutchinson	\$100.00
Kansas Convention	\$100.00
Expenses (-\$369.38)	
September Rent	-\$260.00
Phone (2 payments)	-\$109.38
Net (Donations minus Expenses)	\$226.47
Ending Balance	\$742.69

Savings:

\$2608.68



MID-CONTINENT INTERGROUP OFFICERS

(Terms are 2 years in duration, and are limited to 2 consecutive terms per position)

- | | | |
|---------------|------------|------------------------------|
| CHAIRPERSON: | Deb S. | 316-734-6790 (1st term, '09) |
| VICE CHAIR: | Eva K. | 316-684-5013 (2nd term, '08) |
| SECRETARY: | Mary M. | 316-619-8142 (1st term, '08) |
| TREASURER: | Gay | 316-260-5945 (1st term, '09) |
| LITERATURE: | Barb H. | 316-733-2136 (2nd term, '09) |
| PILOT EDITOR: | Kirsten W. | 316-214-9144 (1st term, '09) |
| PARLIAM.: | Andy M. | 316-613-9907 (1st term, '09) |

All officers are willing to lend an ear for your concerns, comments and questions! Please thank them for their generous service to OA!