

Mid-Continent Intergroup Meeting February 9, 2021

The February 9, 2021 Mid-Continent Intergroup meeting was opened with the Serenity Prayer at 6:04 p.m.

ATTENDANCE:

Barbara H. (Chair), Stephanie T. (Secretary/Interim Communications Chair), Donna C. (Treasurer), Marilyn F. (Parliamentarian), Lovina (Region Rep), Ginny F. (Immediate Past Chair), Russell B. (Thursday 5:45 mtg rep), Laura L. (Monday 10 a.m. mtg rep), Stephanie N. (Literature), Bertie (guest), Muriel W. (Vice-Chair), Mary R. (Sat 9:30 am rep).

PARLIAMENTARIAN/QUORUM:

Quorum met.

SECRETARY:

The regular January 12th, 2021 meeting minutes were approved as distributed.

TREASURER'S REPORT:

Beginning Balance: January 1, 2021 -- \$6,980.11

Total Cash In -- \$132.66

Cash Out -- \$150.00

Net Increase/Decrease -- \$17.34

Ending Balance January 31, 2021 -- \$6,962.77

PHONE MESSAGES:

Lea received one call from young woman confirming meeting information on website was correct, not updated since May. No messages for January, but one call for February so far.

SITE COMMITTEE REPORT:

No report. West location unable to open at this time due to COVID.

SPRING ASSEMBLY 2021 COMMITTEE REPORT:

Region 4 voted to hold SA 2021 virtually. The hotel has been notified that we have cancelled. Guests are encouraged to attend in addition to our rep, Lovina. Register by going to Reg4 website registration link. Free to attend.

SHARATHON:

Beginning Balance: January 1, 2021 -- \$1,710.75

Total Cash In -- \$0.00

Cash Out -- \$0.00

Ending Balance January 31, 2021 -- \$1,710.75

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VICE CHAIR:

Leta has volunteered to conduct Zoom meeting. Received quote via email for use of Mt. Vernon downstairs activity room. \$450 for use of space. There is ample room for social distancing and an elevator. In the email, it is mentioned that adjustments can be made if needed due to regular use/non-profit, possible to be able to reduce amount to \$150 or so. Discussed the possibility of Newman University as an alternate location. Discussed scheduling Sharathon for 04/24/21, location TBD. Discussed white elephant gifts for raffles is historically a part of Sharathon.

Kansas Day is in September this year. Timeline indicates we should be working on a theme beginning in March.

LITERATURE:

Beginning Balance January 1, 2021	\$1,052.58
Total Cash In --	\$17.40
Cash Out --	\$452.76
Ending Balance January 31, 2021	\$617.22

Stephanie N. made significant order of new pamphlets. New books for 2020 include Body Image, Relationships and Sexuality (\$13), participant guide for step study (\$8), and new pamphlets -- In OA, Recovery is Possible: About Compulsive Eating (\$2.25) and the OA Program of Recovery and A Lifetime of Abstinence: One Day at a Time (\$1.25), and the 2019 pamphlet Where Do I Start? is now available as E-book (\$1.00).

PUBLIC OUTREACH CHAIR:

Ginny Y. has agreed to be Public Outreach Chair through end of September 2021. No objections, slate elected.

IG COMMUNICATIONS CHAIR/WEBSITE:

Discussed training class for additional people to update the website, \$125/hour for two people.

WSBC DELEGATE:

Lee Ann does not feel she will be able to take time off this year for WSBC with her work schedule. Bertie R. has agreed to serve as delegate at WSBC (term to end September 2021). No objections, slate elected.

REGION 4 REPS:

Region 4 meeting on February 6th. Discussed health of OA and Intergroup. Action meeting leading to recovery while working the program, and fellowship meeting discussing problems. OA as a whole has been declining over the years. Discussed how to build healthier intergroup and have our intergroup support more recovery with stronger meetings.

Lovina has been registered for SA, April 2-3, 2021, which will be a virtual event again. Guests are welcome and encouraged. If you might like to find out what you might be doing if you became a Region 4 rep, consider signing up and go online and check out a few things

OLD BUSINESS:

No old business to discuss.

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NEW BUSINESS:

WSBC Questionnaire - many motions carried forward from the PY when the meeting was held by email. No one voiced having a particular question or issue with any of the motions. Summary Questionnaire reviewed. MSP to allow all motions in the Summary Questionnaire to be heard at WSBC meeting. Barb will complete the form.

Discussed posting the minutes on the Website within a few days after meeting instead of being distributed with Agenda email, and ask members of IG to read them online and bring issues to following IG meeting. Also discussed also posting the General account Treasurer report online and treasurer would not forward in separate email. All treasurers would read their treasurer report at the IG meeting.

Discussed new WSO Instagram account, "overeatersanonymous_official".

Region 4 Board Secretary service opportunity available. Review R4ward January 11th for more information or discuss questions w/ Ginny who has previously served in this capacity.

Discussed asking people to fill service positions, and Take Away's for Meeting Reps:

- 1) Spring Assembly has been changed to a virtual-only event. Guests are welcome. Guests signup at oaregion4.org. Sharathon will be held separately on a different date (potentially 04/24/21).
- 2) Sharathon report
- 3) Open positions include Region 4 Rep (6 mos abstinence required), Public Outreach chair (1 yr attendance at regular meetings), and Region 4 Board Secretary (6 mo abstinence required).
- 4) Writers for Pilot Lead article needed for August or October.
- 5) Website training available if anyone is interested.

ANNOUNCEMENTS:

R4 Community Conversations 3rd Sunday of each month via zoom 4-5pm (<https://oaregion4.org>).

New Virtual Recovery from Relapse Meeting, Thursdays 6-7 pm CST, see info at <https://oaregion4.org> and click on "view all events".

YP (Young People) Retreat March 6, 2021, support volunteers needed.

Reg 4 OAR meeting, April 13, 2021 at 7pm – 8PM Central Time.

2021 World Service Convention, Orlando FL August 26-28, 2021, see <https://oa.org/world-service-convention/> or email conventioninfo@oa.org.

Contact our literature chair if you need books and pamphlets: Stephanie N. 316-393-0996.

Meeting adjourned at 7:08 p.m.

Next meeting 6 p.m. March 9, 2021. Call (515) 604-9871 and use Access Code 177680.