

## July 2021 Mid-Continent Intergroup - July 13, 2021

The July 13, 2021 meeting of the Mid-Continent Intergroup was opened with the Serenity Prayer at 6:00 pm via telephone.

**ATTENDANCE:** Barbara H (Chair), Muriel W (Vice-Chair), Stephanie T (Secretary), Donna C (Treasurer), Marilyn F (Parliamentarian/Friday 6:00 pm Rep), Ginny F (Public Outreach), Stephanie N (Literature), Kirsten W (Website/Communications), Judy D (Saturday 1:30 pm Rep).

**PARLIMENTARIAN:** We did have quorum.

**RECORDING SECRETARY:** The regular June 8<sup>th</sup>, 2021 meeting minutes are adopted as posted online.

### **TREASURER:**

The report is adopted as posted online.

Beginning Balance June 1, 2021	\$7,505.35
Total Cash in	\$190.00
Cash out	\$710.08
Ending Balance June 30, 2021	\$6,985.27
Decrease for June, 2021	-\$520.08

Prudent reserve balance: \$2,930.23

**OFFICE PHONE MESSAGES:** None, per Lea.

**SITE COMMITTEE REPORT:** Wilco has been sold. We will need to move our tables, chairs, and other items as soon as possible, and Muriel suggests before Thanksgiving. A committee has been established to look into the cost of another storage facility for our assets and to look into the possibility that we may not again have an office where we will need our tables and chairs, so to look into selling our things. Lee Ann and Ginny have agreed to serve on this committee. Choices include renting an office for OA Intergroup, renting a storage space, or find someone to store them. These take up a LARGE space and their quality deteriorates with time. Committee's recommendation is to sell/give away chairs and tables. It would be best to determine their permanent home before we remove them from the warehouse as they are bulky and need lots of strong people to move them around. We need more committee members (or workers to help) to help move the items (regardless of where they are going), people with pickup trucks, and people willing to take on the task of advertising/selling the items. Discussion was

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held and the board is in agreement with the committee's recommendation to sell/give away the chairs and tables. Lee Ann desires to purchase one of the black folding chairs for the Saturday 1:30 meeting. Others may wish to purchase one for their meeting. Muriel volunteered to help.

**VICE CHAIR:** KS Day is scheduled at Emporia Univ on September 25th. Save the date flyer posted to website. Our speakers have titled the workshop Commitment to Abstinence. They will cover Hands on Activities, Living the 12 steps, Tools of the Trade: Plan of Eating – Action Plan and How do you live the definition of Abstinence. They plan to have a 45- minute lunch hour to get everything in! They have also requested we let people know they would love to eat dinner out with anyone after the event. No change to Sharathon account. Balance remains \$1,875.55.

### LITERATURE:

Beginning Balance June 1, 2021	\$785.42
Deposits	\$0
Expenses	\$0
Net increase	\$0
Ending balance June 30, 2021	\$785.42

**PUBLIC OUTREACH CHAIR:** Designs approved for bookmarks/stickers. Bookmarks and Stickers will be distributed to members at no cost to them so they can give away/post as they see fit. Have distributed to members at the Saturday afternoon meeting. Will be reaching out to the rest of the groups soon (will mail to those not in Wichita). Plan to take to the KS Day Convention in September. Will also give them away at health fairs. Bookmarks purchased from Quick Print (200) at price of \$0.37 each, total \$73.10. Stickers were purchased from Signs Now (100) at price of \$1.48 each, total \$148.22. Received 50 Professional Outreach folders. Affixed labels with our contact information. Distributed at the Saturday afternoon meeting and to several committee members to distribute to their meetings. Will reach out to the rest of the groups to see if they want some of the literature & posters. Will mail to meetings not in Wichita. Mary B. has made contact with the Guadalupe Clinic and will be meeting with them on Monday. We hope to set up a table at their clinics on a regular basis. Will also research upcoming health fairs.

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### **WEBSITE/COMMUNICATIONS CHAIR:**

Lee Media put in a different situation for print list. It doesn't have frames/pictures from regular website, only data, looks better when printed. Work on SEO to make our website pop up when people search for weight loss, etc. is ongoing effort and research shows it will take some time.

**WSBC DELEGATE:** Discussed applying for funding for the Delegate to the 2022 WSBC in Albuquerque NM April 25-30, 2022, which is due to R4 by August 2, 2021. Mary C indicated R4 put into their budget \$3600 to fund 3 delegates. MSP to apply for funding through R4.

**SPRING ASSEMBLY 2022:** The Wyndham is available for SA April 1-2, 2022 and price is lower than contract from prior year. They did let us know that no shuttle or food service is available at this time, and is subject to change.

**REGION 4 REPRESENTATIVES:** Mary R resigned as RR effective 6/12/21. R4 is creating a Speaker Resource List. R4 is looking for members who are willing to speak at events. And they are looking for "Sponsors" (not the traditional type, but just those members who are open to accepting newcomer and Outreach calls). As a speaker, you could identify your abstinence date and if you are just willing to speak or if you can speak about certain topics like 100+ pounder, Relapse, Anorexia, Bulimia, Over-exerciser, LBGYQ, Bariatric surgery, Men, Women, English, Spanish. Please let all members of OA in Wichita know of this potential service and ask them to reach out to Lovina with their willingness.

Fall Assembly is in St Louis October 1-2, 2021. It will be held f to f. Potential cost for sending 2 RR is around \$1100. Registrations are due by 8.15.21. MSP to apply for funding to send reps to Fall Assembly.

### **OLD BUSINESS:**

August elections are drawing nearer. We need to fill the following positions: Chair (we have one volunteer), Treasurer, Region 4 rep to fill the 2nd year of Lovina's term, Region 4 rep to fill 1st year of two-year term, WSBC delegate.

Several updates to the service manual have been received. Please update your section of the Service manual asap and email to the chair.

### **NEW BUSINESS:**

Will need to put new treasurer and new chair as signors on our bank accounts as soon as possible after elections are held in August so that they can begin their term October 1st. Chair plans to reach out to all signors on the account to ensure they are willing to stay on as a signor.

As received from R4 in June R4ward: "It is a copyright infringement to post OA literature on screens in your meetings. We know it is convenient, but it hurts the fellowship in that

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one piece of literature serves the many, when a book or pamphlet is for one person to use. If there are pdf documents on the OA website, they can be shown, such as our 12 steps and traditions, tools, preamble, and the meeting opening. Therefore, ask all of your members to read from their own literature.

### **TAKE AWAY:**

- 1) Let your group meeting know about Ks Day September 25th in Emporia. We will likely carpool again from the Equity bank building, Kellogg and Rock Road.
- 2) Let all OA members know of the R4 Speaker Resource List looking for both members willing to speak at events and members willing to receive/make calls to newcomers.
- 3) Ask members to serve in the open positions for our intergroup. The position will start October 1st, 2021. This is done best by direct request, not just an announcement at your group meetings.

### **ANNOUNCEMENTS:**

R4 Community Conversations – July 18, 2021 4-5pm via zoom.  
<https://oaregion4.org/wp-content/uploads/July-18-2021.pdf>

2021 World Service Convention, Orlando FL August 26-28, 2021, See  
<https://oa.org/world-service-convention/> or email [conventioninfo@oa.org](mailto:conventioninfo@oa.org).

Kansas Day F to F at Emporia University, Emporia KS 8:30 registration, 9am – 3 pm meeting. Workshop presentation by Region 4.

2021 Virtual Iowa State Convention: “Body Image, Relationships and Sexuality”;  
Saturday September 25, 2021 9AM – 4PM CST

Region 4 Fall Assembly – October 1-2, 2021. In person, Hosted by St Louis Bi-State IG

Region 4 2022 Convention: Mark your calendars July 15-17, 2022, in Omaha, NE.  
Details coming soon. We can carpool to this convention!

Adjournment / next meeting 6 p.m. August 10, 2021.