

Mid-Continent Intergroup Meeting March 9, 2021

The March 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), Ginny F. (Public Outreach Chair), Russell B. (Thursday 5:45 mtg rep), Bertie (guest), Muriel W. (Vice-Chair), Marilyn F. (Parliamentarian), Judy (Sat 1:30 rep).

PARLIAMENTARIAN/QUORUM:

Quorum met.

SECRETARY:

The regular February 9th, 2021 meeting minutes are adopted as posted online.

TREASURER'S REPORT:

Beginning Balance: February 1, 2021 -- \$6,962.77

Total Cash In -- \$260.00

Cash Out -- \$268.65

Net Increase/Decrease -- \$8.65

Ending Balance February 28, 2021 – \$6,954.12

PHONE MESSAGES: – One per Lea in January as reported last month.

SITE COMMITTEE REPORT: No report. Mt. Vernon United Methodist Church has rented Founder's Hall where Mon morning/Saturday morning meet full-time. We are moved into church starting April 1st.

SPRING ASSEMBLY 2021 COMMITTEE REPORT: Windham Hotel has cancelled our reservations. Will consider them in the future as they had the best flexibility/pricing.

VICE CHAIR:

SHARATHON:

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

Total Cash In -- \$0.00

Cash Out -- \$0.00

Ending Balance February 28, 2021 -- \$1,710.75

Sharathon April 24th, 8:30 – 3:00 pm at Mt. Vernon United Methodist (SE corner Edgemoor/Mt. Vernon) “Growing in Faith and Trust (Step Three and Step Eleven)” – debating on 4 versus 6

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speakers. Face-to-face and Zoom. Volunteers needed for various positions. We need a number for reservations for Spears.

LITERATURE:

No report.

PUBLIC OUTREACH CHAIR:

Committee of four people. Will ask at least one other person to join. Ginny, Lovina, Mary B. and Mary Beth. Will discuss how to spend \$1000 that's approved. Two ideas, one is bumper stickers designed and made, can give them away or sell them. Another idea is having the bumper stickers be magnetized. Will get multiple quotes for pricing. Another idea is possibility of billboards. Discussed also putting together packets for health fairs. Committee will meet with discuss proposals.

IG COMMUNICATIONS CHAIR/WEBSITE:

Kirsten/Barb met with Lee Media and discussed updates/fixes needed. Requested new estimate, including security and advertising. Lee Media has quoted \$125/hour for training for 2+ people and possibility of learning SEO (search engine optimization). We will utilize some of the \$1000 that has already been voted on to do training for the website.

WSBC DELEGATE:

WSBC will be April 21-24 virtually. Bertie is our delegate.

REGION 4 REPS:

Lovina is registered for Spring Assembly. Open for guests, please announce at meetings. We can have two reps from IG.

OLD BUSINESS: Continue looking for members in your home group to consider service either as R4 secretary or MCIG Region 4 Rep. (6 months abstinence requirement).

NEW BUSINESS:

Kirsten G. has agreed to serve on the website, which under our bylaws, falls under the PO chair. Please use the website. Please note what can you do there and what you can NOT do that you need/want to do and report those issues to Barb or Kirsten. On the website, there is a menu item called Intergroup with items that are PW protected. Bylaws have been added to the website. Officers/chairs have also been updated, and meeting information for the IG has been updated to state phone only. Kirsten will be responding to people who login for the first time so that they can get in and help those who need to reset their PW's.

INTERGROUP RENEWAL: Barb went to IG Renewal hosted by Reg4. This event looked at the health of OA by asking "Am I personally doing everything I can? Am I living the program and passing on the gift to others who suffer from the disease? Are we as an intergroup doing everything we can to help our members strengthen their recovery and meetings? To help keep OA strong and growing? To spread the word?" The results from Don's surveys indicate OA is

struggling. Don stated that Intergroups are the only part of our structure that can quickly provide opportunities for grassroots change (Regions and World Service are invisible to the average member). He suggested that intergroups become a training organization to supplement more recovery in members. First, Don suggested each of us look at our own recovery. He used this: Recovery (you) + Passion (you) + leadership (you) + process (I'll show you) = Intergroup renewal and OA Revitalization. He believes Intergroup's greatest service is to show people how to strengthen their personal recovery. Show people how to work the program. The new intergroup would have a vision of helping, serving, attracting and strengthening. This would be done by creating training/educational activities and opportunities to help members recover or strengthen their recovery, supplement sponsorship, help close sponsor gap. Complete ongoing IG admin tasks, and train/teach/assist meetings. For Intergroup, Usefulness is our main product. There is much more to consider that Don spoke to. For tonight, I wanted to bring this much to our attention, and suggest that we begin the process with hosting a training workshop either by zoom or in person in the summer of 2021, led by our Region 4 chair, Mary C and our Region 4 trustee, Meg. They have requested we hold this workshop in conjunction with Greater KC, Sunflower and Greater Ozarks intergroups. Discussion was held and there was no objection to August, the month R4 suggested. Discussed what topic would we be interested in having them present, and 12th Step Within was brought forth.

Our Region 4 chair, Mary C, and trustee, Meg M, plan to attend our June 8, 2021 MCIG meeting. We may meet via zoom using the new Region 4 zoom account. No one responded negatively to the question of is there anyone who would be unable to access zoom on a computer, smart phone, or laptop. As the chair had mentioned at February intergroup meeting, Don also suggested the format used for the Feb meeting to keep the business part of the meeting strong, but less time consuming. So, in the areas where the chair can, they will just ask if there are any questions/concerns and if none are heard, the chair declares the item "adopted, accepted, adjourned". If anyone has any questions or issues with using this form of parliamentary procedure on any item, please speak up and we will discuss/use motions/call for a vote.

Susan W has started an OA meeting where there have been a couple members attend with her in Ashland, KS. The meeting is Friday at 11a.m. Barb has joined them a few times. Susan would appreciate other members who can call into her personal phone number and help her to continue the meeting. Barb can provide her phone number to anyone willing to call in or it is on the Sign-in form emailed with the agenda. You may give this information to your home meetings also! A great way to reach out to still suffering compulsive eaters, and help a recovering member keep a meeting open.

Take Aways:

- 1) Let your meeting members know that Spring Assembly, April 2-3, 2021, has been changed to a virtual only event. Guests are welcome. Guests are to signup at oaregion4.org.
- 2) Update your group meeting members about the Sharathon report
- 3) Directly ask someone to serve as Region 4 Rep (6 months of abstinence), and Region 4 Board Secretary (6 months of abstinence)

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- 4) Let your group meeting members know about the discussion held about the workshop to be held this summer, most likely in August.
- 5) Let your meeting members know about the Public Outreach report.
- 6) Let your meeting members know about the phone in meeting in Ashland, KS at 11 a.m. on Friday's.

ANNOUNCEMENTS:

Service Opportunity: Region 4 Board Secretary. Check out duties and eligibility requirements in the R4 bylaws, or just ask Ginny! She served in this position in the past!

Service Opportunity: MCIG Region 4 Rep. Check out the duties and eligibility requirements in the MCIG bylaws at oawichita.org.

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

New zoom New zoom invite:

<https://zoom.us/j/91896335029?pwd=anM0WHQ4aDFhMGxjUnBHeMFDU5tZz09>

Meeting ID: 918 9633 5029 Passcode: 182172

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

WSO – Instagram account, another way to connect: Look up “overeatersanonymous_official”
Recovery during Covid 19, Sunday April 15 th 3pm – 5pm, St Louis Bi-State (oaregion4.org)
Corrected date, see below.

Reg 4 OAR meeting, April 13, 2021 at 7pm – 8PM Central time (flyer attached)

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

Super Sunday April 25, 3–5 PM CST; Hosted by St. Louis Bi-State IG (oaregion4.org)

“It Works, It Really Does” 2021 Virtual Day of OA, May 15 th 9am – 3:30 pm CDT
(oaregion4.org)

Contact our literature chair if you need books and pamphlets: Stephanie N. 316-393-0996. There are two new pamphlets available for purchase: In OA, Recovery is Possible: About Compulsive Eating and the OA Program of Recovery, A Lifetime of Abstinence: One Day at a Time

Meeting adjourned at 6:52 p.m.

Next meeting 6 p.m. April 13, 2021.