

October 2023 Mid-Continent Intergroup - October 10, 2023

The October 10, 2023 meeting of the Mid-Continent Intergroup was opened with the Serenity Prayer at 6:00 pm via Zoom and in person at Mt. Vernon UMC.

ATTENDANCE:Lee Ann Y (President), Mary B (V Chair),Cyndy C (Secretary), Melissa O (Treasurer), Mary Beth H (Lit. Chair),Marilyn F (Communication Chair),Laura L (Mon. AM Rep.), Bertie (Parliamentarian), Tabitha (Thurs. PM rep, Eldorado), Judy D. (Sat. PM rep.), Barb H. (Region Rep.)

PARLIAMENTARIAN: We did have a quorum.

RECORDING SECRETARY: August and September minutes approved as circulated

TREASURER:

Mid-Continent Intergroup Inc.

Treasurer Report - September 2023

Beginning Balance September 1, 2023 (From 8/30/2023) \$ 7,986.60

Deposits - September, 2023

Wichita, Sat AM 56.00

Wichita, Sat AM 30.00

Kansas Day- mistakenly made to us, I gave \$20 cash to Topeka

Total Receipts \$106.00

Disbursements - September, 2023

No disbursements this month

Total Expenses \$0.00

Total increase For for September, 2023 \$106.00

General Checking Ending Balance September 30, 2023 \$ 8,092.60

Prudent Reserve ending balance September 30, 2023 \$ 2,933.45

VICE CHAIR - (Mary B)

Vice Chair Report - No report for October

LITERATURE: (Mary Beth H)

Literature Chair Report September 2023

Beginning Balance as of August 1, \$782.24

Deposits

Reward Deposit Sept. 1, \$0.05

Check Deposit Sept. 1, \$28.00

Expenses

Total Expenses \$00.00

Net Increase/Decreases \$28.05

Ending Balance as of August 31 \$810.29

Region 4 Representative (Barb H)

Region Rep Report on Virtual Fall Assembly

September 29-30, 2023

The Assembly opened Friday evening with very few in attendance. Mary C, Chair, and Meg, Trustee Liaison, spoke about what to expect on Saturday and answered questions.

Saturday morning at 8:30a.m. 16 participants joined. By 9a.m. There were 18. Five of the participants were Region 4 officers or long-time Region personnel. Region 4 has 13 intergroups now, down from a high of 19 intergroups. The need to disband Region 4 is obvious.

On the upbeat side, there were 7 new RR's at this assembly! They asked questions and provided new insights. And during the time Region 1,3,5 and 6 spoke, we had 56 participants! Everyone is eager to learn about realignment opportunities.

For me, the most exciting decision was to hold a final Region 4 Convention! It will be held during June 2024 in Minneapolis, MN. The convention chair is Amanda A. from Unity intergroup. Barb H volunteered to keep the records for Registration again for convention. There will be jobs for each of us to do at this convention: speaker, greeter, registration, hospitality. A final date will be forthcoming as soon as a venue is confirmed. Mark your calendar and plan to attend this "Hurrah!!" event! We will celebrate with the theme of "Gratitude, Gatherings, and Goodbye's." Your leadership is VERY optimistic about this final gathering. I expect a fantastic turnout from MCIG. Personally, I will fly

there in June.

The reports from the various intergroups who are excited to have all the Region 4 Intergroups join them was heard by several members in attendance from MCIG. I was grateful to hear many positive things about the different places MCIG may choose to affiliate with. Geographics make it likely that we will affiliate with either Region 3 or Region 5. Here are a few highlights:

Region 3 has 20 intergroups presently. Geography: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, Utah. The first Assembly that we would attend (S24) will be held in Las Vegas, NV (a long distance, but flights are reasonably priced). They hold Assembly (on Friday) and Convention at the same time. They support funding of a Region Rep to attend up to \$600. And can fund WSBC up to \$750 for new delegates. This is less than we have received from Region 4 in the past and we are stronger financially now, so it seems possible.

Region 5 has 24 intergroups presently. Geography: Indiana, Kentucky, Michigan, Ohio, Wisconsin and the greater Chicago area, Champaign-Urbana, Bloomington-Normal, Rickford areas of Illinois. They have 3 Assemblies: 2 are F to F in Spring and Fall.

Spring assembly is in the location of their next convention. Fall Assembly is generally in one city that is centrally located. The third is a zoom in the summer just to check in with the committees. Their Fall Assembly is 10/27-29/2023 in Edinburg, IN (703 mile from Wichita) and Spring Assembly is March 8-10, 2024 in Cleveland OH (992 mi from Wichita). Flights are reasonable to both locations, ranging from \$350 to \$485 RT. Region 5 has ample reserve to help fund intergroups who cannot afford to attend region

assemblies and WSBC. They have one convention per year: 2024 will be in Cleveland, OH; 2025 in Indianapolis, IN. They also provide Intergroup renewal.

Neither Region 3 nor Region 5 host intergroup websites.

The MCIG Ad Hoc Committee on Realignment will consider all the information received. We welcome your comments. Check out their websites for more information.

The timeline for Region 4 was presented. After voting to hold a final convention, Region 4 plans to disband by September 1, 2024. They have a plan to help each intergroup through the process and will present that to the chair so that protocol can be followed correctly.

All intergroups were reminded to update their bylaws to remove any language about Region 4 prior to moving to a new Region.

Region 4 plans to invite other regions to present at our Convention in June 2024.

Before alignment with a new Region, all intergroups are requested to perform an audit on their meetings listed on OA.org. This process was started on September 23, 2023 and as of October 3rd, 5 of the 11 meetings in MCIG have responded and updated their

meeting information. The remaining 6 will be contacted again.

The Assembly business included a motion to remove the limitation of \$300 for support of Public Information and Professional Outreach (PIPO). This is an opportunity for all intergroups to brainstorm what use we might have for up to \$20,000 of funding offered from Region 4. This opportunity might well be what is needed to reach the next suffering compulsive eater. I recommend discussion of this opportunity at the next intergroup meeting. I believe we must move quickly to request this funding for our projects and dream big! Billboards! Google Ads! Facebook Ads! For information from people who have had success in each of these areas: billboards, Christi, Central Iowa; Google ads: Elizabeth, St Louis Bi-State. I can hook you up with people in the know. I attach a copy of the motion for your information.

Region 4 has contracted with Alex Carlson at DigitalPop and Region 4 will pay the cost for our website to be hosted by GoDaddy via DigitalPop through July 2024. DigitalPop will provide website security upgrades, performance upgrades, handling of WordPress core and Plugin updates, provide regular backups and restore downed websites. MCIG is discussing these options and will make a decision soon.

Spring Assembly for Region 4 will be March 23, 2024 and will be held virtually. Guests are welcome.

Your intergroup has a lot to tend to this year. Please consider stepping forward with your time and talents by attend intergroup meeting, volunteering for open positions (Communications chair/website; Public Outreach), and just generally "getting involved!" It makes a big difference.

I am also attaching a copy of the map where the different Regions are located.

Together We Get Better.

Barb H, MCIG Region 4 Rep

R4 Fall Assembly 2023

MOTION 3

MOTION: To remove the \$300 limit for Public Information Scholarships. The change will be noted by striking as shown.

Public Information/Professional Outreach Funding Assistance Purpose: The R4 Public Information

Fund has been established to aid any Intergroup in facilitating our primary purpose - to carry the

message to the still suffering compulsive eater.

- a. Requests from any Intergroup should be mailed to the R4 Fundraising/Finance Committee.
- b. To be included:

- 1) Description of the project or event for which the funds will be used (500 words or less);
- 2) A time frame for the money to be spent - estimated completion date of project;
- 3) Estimated cost of project and amount of funding requested (up to \$300.00);
- 4) Intergroup treasury balance, prudent reserve and upcoming expenses;
- 5) Project Coordinator information.

c. On completion, a report on the project will be sent to R4 in time for the next assembly. This includes:

- 1) Success and recommendations.
- 2) Receipts and how the funds were spent.

d. Funding requires a majority vote of the Fundraising Committee within thirty (30) days of the receipt of the application.

e. Disbursement of funds will be immediately following the committee approval.

SUBMITTED BY:

Amy D.
Vice Chair
Region 4 Board

INTENT: To allow Intergroups to request larger amounts of assistance for Public Information Projects.

IMPLEMENTATION: Remove the limit and the Ways and Means/Finance committee will determine what amount is available on a case-to-case basis.

COST: Unknown

RATIONALE: There is an excess of funds available and R4 would like to help the Intergroups with a Public Information/Awareness project if they are interested. Removing the \$300 limit would allow for a larger project.

It was suggested we request \$2,350.00 for our radio ad.

COMMUNICATIONS CHAIR, (Marilyn F)

Marilyn stated she would be getting a hold of people.

WSBC DELEGATE:(Mary B)

No report.

COMMITTEE REPORTS

PUBLIC OUTREACH CHAIR (Vacant)

No Report

AD HOC NEWCOMER CHAIR (MARY B)

No Report

AD HOC REGION REALIGNMENT COMMITTEE (LEE ANN)

Realignment Committee

Oct 10, 2023 Report

Web site Host(Lee Ann)

I haven't contacted Region 4 person yet, but I will before the next meeting. I will change over our website to GoDaddy (no cost) and find out how much it will cost next year.

Bylaws (Barb)

Subcommittee is set up (Barb, Ginny, Laura, Lee Ann)

It must be finished and voted on NEXT MONTH.

Adjusted Bylaws must be submitted by 2/8/24.

Bring back 1st draft to the Intergroup before the November meeting.

10 day notice sent to all groups to be voted on in Jan. 2024.

Reg 4 Assembly (Barb)

Will report to the committee today. There will be a Reg 4 Convention NEXT SUMMER.

Several of us were there for the other Regions to talk to us.

Communications w/in Midcontinent

Pilot has had information about the Realignment.

The website has the Region Info page updated

All of the groups in Midcontinent have been contacted (kudos to Barb) and their info on the oa.org website and oawichita.org are updated (except for Newton, which is in process).

Report to Region 4 is just about ready to send.

Research other Regions Pro and Cons

In process

Communications w/Region 4

In process

UNFINISHED BUSINESS:

Radio Ad

(Barb's address, Ginny's telephone number), pay in early Dec. Bill will come to Ginny or Barb and they will turn it into Melissa who will mail it. A check is ok.

We got a lower price because we signed up in their 2 week window of lower prices. If we want another radio ad we need to do that next year. Barb H. volunteered to follow through.

Need a volunteer to record a short message (Mary B can tell us more) need a volunteer to follow through.

Region 4

We need someone to follow through with the paperwork.

It is too late to sign up for The Diabetes Health Fair which was Nov. 4th.

We need someone to sign us up, set it up, and find people to work the WSU Wellness Expo that is held in late February or early March.

The use of the OA logo on our booth will need to be renewed before February 13, 2024. Barb H. is working on this.

We have sufficient quantities of pamphlets, bookmarks, etc., so we will not need to order more for a while. Ginny is holding on to the PO stuff until we have a new chair. She will copy the inventory and give that to Mary Beth.

New Business:

No new business

The meeting adjourned at 6:46 PM. We closed with the OA Promise. The next meeting will be at 6:00PM, on November 14, 2023, via Zoom and in person at the Mount Vernon Methodist Church.

Submitted,
Cyndy C. Secretary

