

April 2024 Mid-Continent Intergroup – April 9,2024

The April 9th meeting of the Mid-Continent Intergroup was opened with the Serenity Prayer at 6:00 pm via Zoom and in person.

ATTENDANCE:

Lee Ann Y (Chair), Mary B (V Chair), Cyndy C (Secretary), Melissa O (Treasurer), , Marilyn (Communications Chair) , Barb H (Region Rep.), Mary Beth H (Lit, Chair), Bertie (Parliamentarian), Russell B (Thursday PM El Dorado), Amanda D (Newton), James T. (Public Outreach)

Parliamentarian: We did have a quorum.

Unfinished business: James has indicated he is willing to step into the Public Outreach position, Russell B. made a motion to nominate James as the Public Outreach Chair. There was a second by Barb H. The motion was passed and James is our new Public Outreach Chair. This is to fill the current term that runs until Fall of 2025.

RECORDING SECRETARY: The regular March 12, 2024 meeting minutes are accepted as posted online. Lee Ann, No corrections, approved as circulate.

TREASURER: The report is accepted as presented and posted online.

Treasurer Report - March, 2024

Beginning Balance March 1, 2024 (From 2/9/2024) \$ 8,671.47

Deposits March, 2024

None

Total Receipts 0.00

Disbursements - March, 2024

Ck. 1055-MVUMC, Saturday AM/Intergroup 4/2024 Rent \$50.00

Total Expenses \$50.00

Total decrease For March, 2024 (50.00)

General Checking Ending Balance March 31, 2024 \$ 8,621.47

Prudent Reserve ending balance Dec 31, 2023 2,934,17

Vice Chair Report:

Vice Chair Report for April 9, 2024

Sharathon

We have enough help for Sharathon positions as we have had several volunteers step up.

We will meet on Sunday, April 14 at 5:00 on a conference call as usual.

Mary Beth and I will finish the program and then get copies made.

As a reminder there are a few items we need to gather for the day of Sharathon:

Reminders: Have members call or text my number as soon as they can for Sharathon and Spears Friday night dinner.

Bring white elephant gifts as well as raffle items.

Money to make change for the welcome table and literature table.

I will need someone to finish the day for me as I have just had a function scheduled that I will need to attend in the early afternoon.

New Comers Packets and distribution

Mary Beth has ordered materials for 50 more packets as I currently have only 4 packets left. I will take those 50 packets to Sharathon to distribute to MidContinent Meetings.

Literature Chair Report-- March 2024

Beginning Balance as of March 1 \$837.26

Deposits

ATM Check Deposit 3/22 \$96.00

Total Increase \$96.00

Expenses

OA Bookstore 3/4 \$241.50

Net Increase/Decreases \$145.50

Ending Balance as of March 31- \$691.76

Communications Chair Report

Barb H. will continue to post The Pilot

Region Rep Report on the Pilot

04/09/2024

I have received two responses back via email from sending the Pilot out in March and April where the OA TODAY Newsletter from St Louis Bi-State was attached. Both were positive responses.

I have had no reply to my request for someone to take duties to keep the Pilot going. We have voted to disband the Pilot on June 30, 2024 if no one steps forward.

St Louis Bi-State is willing to “give” MCIG a page in their newsletter. If someone would volunteer to do Anna Nimity and the BB reading list, I believe some of our members would like to see those continued. Lee Ann

assures me that it is not difficult. And, I would be willing to get it to St Louis Bi-State editor if those items would be emailed to me. The due date for OA TODAY is the 20 th of the current month for distribution on the 1 st of the following month.

Ginny F will update the Mid-Continent website when needed,

Region Rep Report

Region 4 2355 Fairview Ave N Region 4: 4 Our Recovery
PMB 338 Roseville, MN 55113

(Send your events to admin@oaregion4.org to get listed on the R4 Calendar of Events)

April 8, 2024

www.oaregion4.org

R4 Updates

- Community Conversations
 - Sun April 21 (5PM Central time)
 - Sun May 19 (5PM Central time) Final R4 Community Conversation
 - The Zoom link information for Community Conversations is emailed a couple days prior to all who are signed up to receive the R4ward

Action Items

- All Intergroups will transfer to their new regions on June 1, 2024
- The Region 4 Board will have their final board meeting in the middle of June and will finish up legal, financial, and administrative tasks by June 30, 2024

- It is expected that Region 4 will be officially disbanded no later than July 31, 2024. Timing is dependent on clearing out checks, and legal document processing.

- 7

th Tradition donations will no longer be accepted by Region 4 after March 31, 2024. The donation button will be disabled on the region website. Any checks dated April 1, 2024 or later will be returned. You can start giving donations to your new region starting June 1, 2024.

- The Region 4 website and all emails associated with it will be dismantled as of June 30, 2024.
- The Region 4 board is going through all files in Dropbox determining which ones will be archived with WSO.

Region 4 Intergroups New Regions 06-01-24

Central Iowa 3

Greater Heartland 3

Greater Kansas City 5

Greater Ozarks 8

Heart of Canada 1

Mid-Continent 3

Northern Serenity 5

Promises of Eastern Iowa 5

Red River Valley 5

St. Louis Bi-State 5

Sunflower 3

Two Rivers 5

Unity 5

Please share this information with your groups.

Report from final Region 4 Assembly

I was both teary and thankful as Mary C opened our final Region 4 Assembly on Saturday March 23, 2024. It was held via Zoom and 8 out of 13 intergroups were in attendance, along with four Region 4 board members and several guests.

We found out that effective on June 1, 2024, four intergroups will realign with Region 3, including our intergroup. The other three are

Central Iowa (Des Moines +)

Greater Heartland (Nebraska and Western Iowa) and

Sunflower (Topeka and NE KS).

One intergroup, Heart of Canada will move to Region 1.

Seven intergroups will move to Region 5:

Greater Kansas City

Northern Serenity

Promises of Eastern Iowa

Red River Valley

St Louis Bi-State

Two Rivers

Unity

March 31, 2024 is the last day that Region 4 will accept any 7th Tradition donations.

On June 30, the Region website will be discontinued. Vital records of the region's history, including the dissolution process will be housed through the World Service Office.

During the zoom meeting, a RR from Topeka, the chair of Heartland and I committed to driving to Region 3 Fall Assembly and 2 nd Texas State Convention in Abilene, TX September 6-8 th , 2024! The transition begins.

Here is the contact information we have received from Region 3. Feel free to reach out to them and visit their website: <https://www.oaregion3.org>.

Region III Steering Committee:

Trustee Liaison: Neva S, r3trustee@oa.org

Chair: Elaine L. r3chair@oaregion3.org

Vice Chair: Judy R, r3vchair@oaregion3.org

Treasurer: Beth M, r3treasurer@oaregion3.org

Recording Secretary: Vicki W, r3recsec@oaregion3.org

Digital Content Coordinator: Rachel S, r3dcc@oaregion3.org

The Recording Secretary will be sending out an email blast to MCIG chair (Lee Ann Y) and Region Rep (Barb H). I have inquired if there is a way for individual members to receive these email blasts also. I received a reply stating Region 3 sends them to the chair and Region Rep only. They are responsible for forwarding to our members.

Region Rep Report of R4 Funding Available

The Region 4 board had their board meeting immediately following the Assembly. I stayed for that meeting.

Region 4 has approximately \$12,000 to give to Region 4 intergroups for PIPO (Public information/Professional Outreach). These funds must be requested by 4/30/24, but the sooner the better.

This is a once in a lifetime opportunity for MCIG to request money that can be spent later on for public outreach. Some groups used funding for a Health and Wellness expo. Some found out they could hire a firm to place their PSA's (Public Service Announcements). Some used this funding for Google ads. Another intergroup said they had great success with their first highway billboard.

If MCIG wishes to attract the still suffering compulsive overeater, here is a way to do that. What we need is someone to apply for the funding. We do not have to actually use the funding before R4 closes!

Is anyone interested in pursuing this?

Barb H

MCIG Region Rep

Barb made a motion to investigate projects and request funding for PIPO, Second by Mary B, Motion passed.

WSBC: Open

COMMITTEE REPORTS

Public Outreach Chair-James

James has contacted the VA Referral For Community Care about listing OA on their website.

New Business:

Mary B made a motion that we send \$300.00 a month to our new region, Region 3. Seconded by Barb H. Barb H. amended the motion to change the amount to \$50.00 a month. The amendment was seconded by Mary Beth. The amended motion passed with one opposed.

The meeting was adjourned at 6:45 PM. We closed the meeting with the OA promise. Next meeting will be on 5/14/24 at the Mt. Vernon UMC and on zoom.

