

## August 2021 Mid-Continent Intergroup - August 10, 2021

The August 10, 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), Bertie (WSBC Delegate), Ginny F (Public Outreach), Kirsten W (Website/Communications), Lovina (RR); LeAnn Y, Peg T, and Judy (Sat 1:30 Rep).

**PARLIMENTARIAN:** We did have quorum.

**RECORDING SECRETARY:** The regular July 13<sup>th</sup>, 2021, meeting minutes are adopted as posted online.

**TREASURER:**

The report is adopted as presented and posted online.

Beginning Balance July 1, 2021	\$6,985.27
Total Cash in	\$41.00
Cash out	\$271.32
Ending Balance July 31, 2021	\$6,754.95
Increase/Decrease for July 2021	\$230.32

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

**SITE COMMITTEE REPORT:** Bertie has been liaison between group in Ark City and Site Committee. Ark City group has agreed to purchase the tables/chairs. People will be needed to help deliver all the tables/chairs. Discussed coordinating team to pick up/deliver furniture. Miriam is taking inventory of what we have at Adorer's site and will give to Barb as soon as possible.

**VICE CHAIR:** \$1875.55 Sharathon account balance, no activity in/out. Kansas Day is September 25th in Emporia, Kansas. We are responsible for Program. Two Reg 4 board members will present the workshop. We need to supply emcee, reader of 12 steps/12 traditions, and provide printed program.



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### LITERATURE:

Beginning Balance July 1, 2021	\$785.42
Deposits	\$310.50
Expenses	\$70.20
Net increase	+\$240.30
Ending balance July 31, 2021	\$1,025.72

Overeaters Anonymous, Second Edition is available at a bargain price of \$5.00 + shipping. Included are 251 pages of recovery stories. Also, free to read at [OAlifeline.org](http://OAlifeline.org) are all stories published in Lifeline magazine from 2016-2020. "To the Young Person" is now a free download which can be emailed to any newcomers age 18-30.

**PUBLIC OUTREACH CHAIR:** Ginny presented the cost, number purchased and remaining of items the PO committee has created. Ginny is going to purchase more "Is Food a Problem for You?" pamphlets and PI posters since we don't have many of those left. Ginny has emailed most of the outlying groups to ask if they would like any PI materials mailed to them and will follow up with phone calls as needed. \$546.29 remains of \$1,000.00 budget that was allocated to Public Outreach. Ginny reported that Mary B has met with Guadalupe Clinic who were eager to help with informing the public and having OA Wichita team up with KU Docs students from KU Medical School, to share the 12 steps, 9 tools of recovery, and program, after or during KU Docs presentation. We will need to wait until the Fall when the new semester begins to receive approval from the director of the KU Diabetic Education Classes. No conflict is expected at this time. Opportunity to also set up a table on Wednesday evenings at a church located in Wichita to share material and information about OA where the community meets to take walks together weekly in NE Wichita. We will not need to be at each weekly session but could plan on one each month. We will need to be ready to commit 2 people to these activities monthly once they are approved. The intergroup will need to discuss the practicality and commitment we are ready for. It is important that the commitment of volunteers be made for the Wednesday evening walking sessions before commitment with the church. Of the 2 ventures Mary B suggests she believes we would reach more people through the Saturday morning diabetic classes than through the Wednesday evening walking sessions.



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Date	Item	Vendor	Quantity	Unit Cost (each)	Item Total	Quantity Left
April '21	Attraction Sticky Notes	WSO	10	\$ 2.10	\$ 21.00	5
April '21	New Prospect Card	WSO	150	\$ 0.10	\$ 15.00	90
April '21	PI Posters	WSO	20	\$ 0.36	\$ 7.20	2
April '21	Is Food a Problem for You pamphlet	WSO	50	\$ 0.24	\$ 12.00	8
May '21	Return Address Sized Labels	Office Max	600	\$ 0.03	\$ 17.19	200
May '21	Full Sheet Labels	Office Max	20	\$ 1.72	\$ 34.38	19
Jun '21	Bookmarks	Quick Print	200	\$ 0.37	\$ 73.10	150
Jun '21	Stickers	Signs Now	100	\$ 1.48	\$ 148.22	74
Jun '21	Professional Outreach Packets	WSO	50	\$ 2.40	\$ 120.08	19
Aug' 21	Postage - Barb H.	UPS Store	1	\$ 5.54	\$ 5.54	N/A

TOTAL: \$ 453.71

**WEBSITE/COMMUNICATIONS CHAIR:** \$500 spent of \$1000 on SEO training, being able to print the meeting list, etc. Still not getting hits with "weight loss Wichita". Adding more SEO terms. Domain oawichita.org is up for auto renewal on October 4th.

**WSBC DELEGATE:** Barb applied for funding through R4 for our delegate to go to Albuquerque in April 2022. R4 funding is expected to be \$1200. The expense is estimated to be \$2150, although we do not know the cost of room, flight, or food.

**SPRING ASSEMBLY 2022:** Hotel reservation are confirmed with more favorable rates for Spring Assembly April 1st and 2nd, 2022.

**REGION 4 REPRESENTATIVES:** Lovina reported no responses to R4 request speakers. It was requested that meeting reps speak to their groups that Reg4 wishes to create this speaker list and people should reply with their willingness to Lovina.

Fall Assembly is in St Louis October 1-2, 2021. It will be held face to face. Barb applied to R4 for funding in the amount of \$800 (maximum per intergroup). Funding request was due by August 2, 2021. Estimated expense if sending two delegates is \$1430. Jean T from Sunflower IG has asked if we have RR traveling to FA via car, to contact her and she would like to carpool. Bob S from Unity Intergroup is serving as program chair for R4 convention and wishes to have contact with someone from our intergroup for a list of possible speakers. Barb has his contact information if anyone is willing to work with him on a list of potential speakers from MCIG. He needs our help and wants to have a good cross-section of volunteers and speakers from around our Region. Please contact him if you are interested – Bob S

### OLD BUSINESS:

WSO convention in Orlando scheduled for August 26 – 28, 2021 has been cancelled. WSO has taken a hit on this cancellation. Please consider this when sending contributions to WSO.



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Barb asked for everyone to send any updates to the service manual for their positions to her as soon as possible.

### NEW BUSINESS:

#### Elected positions:

Leann Y -- Intergroup Chair. 1<sup>st</sup> Term effective 10/1/2021

Ginny Y -- Public Outreach Chair. 1<sup>st</sup> Term effective 10/1/2021 (had served filling unexpired term, which according to our bylaws does not count towards regular 4 year maximum term)

Peg T -- Reg 4 Rep, 1<sup>st</sup> Term effective 10/1/2021

Open: Treasurer, Reg Rep (2nd year), WSBC Delegate

Lovina announced the annual El Dorado BBQ will be held on Thursday, September 9<sup>th</sup>. Bring a chair. All are welcome.

### 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 (treasurer, Region 4 Rep to fill the unexpired one-year term of Lovina, WSBC delegate) for our intergroup. These positions will start October 1st 2021. This is done best by direct request, not just an announcement at your group meetings.

### ANNOUNCEMENTS:

R4 Community Conversations – August 15, 2021, 5-6pm via zoom.

Stepping Up to Sponsorship-St Louis Bi-State Area Intergroup August 21 @ 8:00 am - 12:00 pm CDT a Sponsorship Day event; see oaregion4.org

Celebrate Sponsorship' Hybrid Workshop August 21 @ 9:30 am - 2:00 pm CDT by Unity Intergroup, See oaregion4.org

OA Quick Steps Workshop – sponsored by Unity Intergroup, September 18-October 2; 2-Part

Quick Steps Workshop on zoom, hosted by Unity Intergroup, Sat 9/18 and 10/2, 9am to 12:30 pm. To register, contact [info@quicksteps.org](#)



## **August 2021 Mid-Continent Intergroup - August 10, 2021**

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 – 2:45 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. September 14, 2021.