

November 2023 Mid-Continent Intergroup - November 14, 2023

The November 14, 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), Laura L (Mon. AM Rep.), Bertie (Parliamentarian), Barb H. (Region Rep.)

PARLIAMENTARIAN: We did have a quorum.

RECORDING SECRETARY: October minutes approved as circulated

TREASURER:

Mid-Continent Intergroup Inc.

Treasurer Report - October 2023

Beginning Balance October 1, 2023 (From 9/30/2023) \$ 8,092.60

Deposits - October, 2023

Wichita, Sat AM 100.00

Newton 34.00

Total Receipts \$134.00

Disbursements - October, 2023

Ck. 1045- MVUMC, Saturday AM/Intergroup 9/2023 Rent 50.00

Ck. 1046- Lee Ann Y- Internet Security 40.00

Ck. 1047- MVUMC, Saturday AM/Intergroup 10/2023 Rent 50.00

Total Expenses \$140.00

Total decrease For for October, 2023 (\$6.00)

General Checking Ending Balance October 31, 2023 \$ 8,086.60

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

VICE CHAIR - (Mary B)

Vice Chair Report for November, 2023

This month I would like to solidify the reservation for Sharathon 2024. As usual it will be held in the month of April, 2024.

The Saturdays in April are April 6, 13, 20, and 27. The weekend of Easter is 21-22. At this time I have no preference except that having the Sharathon later in April gives us more time to prepare..

I will reach out to Newman University to see what dates are available as we decided last year to use the same room. Mary will choose the date.

LITERATURE: (Mary Beth H)

No changes from September/ No activity

Literature September 2023

Beginning Balance as of September 1, \$ 810.29

Deposits

October-\$ 0.00

Expenses

Total Expenses \$00.00

Net Increase/Decreases \$0.00

Ending Balance as of October 31 \$810.29

We need to let everyone know that we have the Region 4 Journals for sale.

Region 4 Representative (Barb H)

No report

COMMUNICATIONS CHAIR, (Marilyn F)

No Report

WSBC DELEGATE:(Mary B)

No report.

COMMITTEE REPORTS

PUBLIC OUTREACH CHAIR (Vacant)

No Report

AD HOC NEWCOMER CHAIR (MARY B)

At this time I have nothing to report except that we have 4 packets left. I would like to ask for another 50 packets so we can be ready for our Newcomer Ad Campaign that happens at the first of the year.

Barb H made a motion for 100 packets.

Second by Melissa O.

After some discussion Barb amended her motion for 50 packets.

Motion as amended was passed.

AD HOC REGION REALIGNMENT COMMITTEE (LEE ANN)

Realignment Committee

November 14, 2023 Report

We will be voting on Bylaws in January.

Proposed changes for Service Manual due to Region Realignment

But this does not need voted on.

Service Manual (Effective May 2021)

ARTICLE I - INTERGROUP BOARD MEMBERS

Chair

A. Time Commitment: 5-15 hours per month

From: Mid-Continent Intergroup Bylaws, Article IV, Section 6A.

1. Shall preside at all regular and special meetings of this Intergroup.

2. Shall be responsible for establishing the agenda for all Intergroup meetings.

a. Recommend e-mail agenda at least 3 days in advance of the meeting to the IG board, committee

chairs, intergroup reps, and any other regular attending members and any meeting contacts that agree to receive same.

b. Suggested monthly agenda items based on Sharathon, KS Day Convention, **Region 4**, and WSBC deadlines:

January • Vote on funding for **Region 4** Spring Assembly (in April) and whether to apply for funding from Region 4 Rep(s) should bring estimated costs for transportation, hotel, & meals.

- Sharathon theme, location (perhaps this should be done sooner?)
- KS Day Prep (if Scheduling Committee) – arrangements for venue
- Consider donation to **Region 4** and WSO
- Create signup list for Pilot Lead article
- WSBC delegate registers for WSBC, Chair signs, usually due early February
- Unity Day is a day to celebrate the connection of all members and groups of OA to one another. It occurs the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. local time. It is encouraged that all members of OA take a moment of silence to express their gratitude for the OA Program.

February • Vote on items for WSBC agenda. The IG votes on whether each item should be included in the WSBC agenda, not whether they agree with the proposal

- KS Day Prep (if Program Committee) – choose theme

March • Sharathon prep

- Vote on whether to purchase literature at WSBC (no shipping cost)
- KS Day Prep (if Registration Committee) – create & distribute flier

April • Sharathon prep

- **Region 4** Spring Assembly report from rep(s) if Assembly held before the April IG meeting. Otherwise, move to May.

May • Sharathon recap report

- KS Day Prep
- WSBC report from Delegate
- Corporate annual report form NP50 due by 6/15
- Check on all meetings and update WSO when necessary
- Ask for people to volunteer for nominating committee for August elections

June • KS Day Prep

- Consider planning an event for Sponsorship Day Celebrated the third weekend of August, this is a day set aside to acknowledge the importance of sponsoring in our fellowship.

July • KS Day Prep

- Ask board members and committee chairs to update their section of the

Service Manual each year

August • Elections / give copy of their section of the service manual to each officer/committee chair/meeting rep/perform banking duties to get new signatures on bank accounts as needed (chair should be controlling person and sign on all accounts)

- Parliamentarian gives copy of bylaws to each new member (or all).
- Vote on funding for **Region 4** Fall Assembly (October) and whether to apply for funding from Region 4. Rep(s) should bring estimated costs for transportation, hotel, & meals.
- Vote to apply for **Region 4** funding for next WSBC (held each year in late April). Delegate should bring estimated costs for transportation, hotel, & meals. *
- KS Day Prep
- Consider planning an event for Twelfth Step within Day 12/12/xx
- Send letter to Shanna Carver, Adorers site administrator, for new chair contact when applicable. Send letter to Mt Vernon UMC regarding new chair/contact information for meetings.
- Update officers/chairs at oawichita.org.

September • KS Day Prep or recap if held before the September IG meeting.

Otherwise, move to October.

- Delegate support funding request to WSO by October 1 if Reg 4 request insufficient/unavailable
- Transfer permanent file and copies of records to new chair, when applicable. Also transfer _____ to new chair, when applicable. Submit intergroup Registration/change request to WSO when applicable. Update officers list on oawichita.org to reflect new positions filled.
- Check that permanent address for receiving mailings is still current
- Outgoing chairs need to notify their contacts (i.e. health fairs) of new contact name and address
- Update bank records for each checking account with new signatures and new controlling person if chair is changing.
- Outgoing chair transfers to the new chair the generic email _____ with the password and transfers Fidelity bank user name and pw information for online bank statements. (see permanent records file.)

October • New chair leads meeting, if applicable

- **Region 4** Fall Assembly report from rep(s) if Assembly held before the October IG meeting. Otherwise, move to November.

November • International Day Experiencing Abstinence (IDEA), celebrated the third weekend in November, encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

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December • No IG meeting.

* The deadline to apply for **Region 4** funding is 60 day prior to Fall Assembly. Region 4 votes on their budget for the next year at Fall Assembly, which is why the funding for WSBC is done so early. If Region 4 funding for WSBC is denied, the Delegate can apply for WSO funding. The deadline is November 1st.

3. May cast the deciding vote to make or break a tie.

4. Shall serve as ad hoc member of all standing committee meetings.

5. Site liaison committee. No current rental leasing agreement. Informal annual agreement.

Rental

agreement with Mt Vernon UMC.

6. IG storage at Wilco building at 3502 W. Harry (Muriel is the contact). Tables, chairs, filing cabinet (?),

wall decorations. Two-year agreement started December 2018.

7. Storage in cabinet by kitchen – office supplies, Sharathon items

8. Service Manual Guidelines (Note – Ginny took these from the Unity IG Service Manual)

a. Insure that all accounts of the IG are audited annually and that the results of the audit are reported at the annual meeting.

b. May appoint another member of the IG to be delegate to **Region 4** and World Service in the event that the Representative/Delegate or Alternate is unable to attend according to the following order:

order:

i. A designated Alternate

ii. An IG Officer

iii. An IG member-at-large

c. Communicates with Region 4 Board (Chair, Vice Chair, etc.) if there are questions about OA and IG.

d. Be open and available to talk with members about concerns and dissatisfactions.

e. In case of emergency the Chair may speak in the name of the IG.

B. Vice Chair

1. Oversees special events

o Include info for Kansas Day rotations and any and all info from Sharathon/special events

o Special events treasurer

o Makes a report on attendance and income after each event

2. Bank accounts: The chair shall submit the entire original copy of the reconciled monthly bank statement

containing any transactions with original paid invoices attached for reading and initialing/dating by

another IR for the purpose of strengthening the separation of duties principle of good business practices

and protection of the both the chair and the Intergroup as a whole at the monthly Intergroup business

meeting.

3. Other than recurring items, no purchase will be made by an individual for Intergroup purposes before a

obtaining the consent of a majority of Intergroup voting members.

C. Secretary

1. Receives agenda from chair and uses that to create preliminary format for taking minutes at the meeting.

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2. Minutes: Send draft copy to chair. Chair reads and makes suggestions/corrections. Chair returns "final"

copy of unapproved minutes to secretary who posts them online within a week of the intergroup meeting

for all officers and chairs to read before the next intergroup meeting.

3. If there are any corrections at the intergroup meeting, the Secretary corrects and re-posts the minutes to

website after they are approved at the board meeting.

D. Treasurer

New Treasurers will normally meet with the outgoing Treasurer to collect the blank checks, check

register and notebooks of previous monthly Treasurer reports, and to have a chance to ask questions.

New Treasurers will need to sign the bank signature card(s) so they can sign checks. The Chair is

normally the person with the best/most relationship with the bank and will probably get the necessary

cards/forms for signature. There are 2 accounts managed by the Treasurer, the main account and a

prudent reserve account. The prudent reserve account has little activity, usually only interest income

deposited from the bank quarterly.

The Treasurer collects monies coming in (mostly donations collected at meetings-can be cash or checks)

and deposits those to the bank's main account, preferably in the same month as received.

Donations are

kept track of separately by meeting. The current bank, Fidelity Bank, does not use deposit slips.

Forms

found in the Treasurer 3-ring binder are used to keep track of each deposit, by group. Attach the bank

deposit receipt to these forms.

The Treasurer also prepares and distributes requested payments throughout the month from the main

bank account. If there are any monthly rent payments made by Intergroup, prepare and mail that check

on the first day of the month. For other payment requests, per our Service Manual, other than recurring

items, no purchase will be made by an individual for Intergroup purposes before obtaining the consent of

a majority of Intergroup voting members. Office supplies the Treasurer may have to purchase from time

to time (such as stamps, envelopes, notebooks, sheet protectors) to complete their job would be considered recurring items. Documentation must be provided to support the payment being made by the

requestor. Sometimes a copy of Intergroup meeting minutes is the documentation. We have been getting

free blank checks from the bank. We are allowed 8 per month, but we don't usually use that many. You

have to go in person to a Fidelity branch and request the checks. You will be required to show your photo

ID so they can verify that you are a signer on the account.

There is a check register to keep track of the main bank account running balance and to use to reconcile

the monthly bank statement.

After month end, the Chair will download the bank statement(s) from the bank website and forward to

the Treasurer. Print the statement(s). Reconcile the main bank account statement, either on the page

provided by the bank in the statement or using an Excel spreadsheet. If the month end was also a quarter

end, there will be a bank statement for the prudent reserve account too. We do not currently reconcile

this statement, but do keep a printed copy in the Treasurer notebook.

Once the main bank account is balanced, prepare the monthly Treasurer's Report. This is an Excel

spreadsheet that shows all of the activity in the general account for the month: the beginning balance of

the account at the first of the month, carried forward from the previous month; details of all of the deposits, by group or person if something besides meeting donations; and checks written, in detail showing the Payee and the purpose of the check; the ending balance. If it is quarter end, the balance of the reserve account is shown on this report as well.

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The Treasurer's Report is forwarded to the Chair and the Secretary prior to the monthly Intergroup meeting. The Treasurer's Report, bank statement(s), bank reconciliation, deposit details with bank receipt attached, and check stubs with attached documentation are kept in the Treasurer's notebook, currently in a page protector pocket for each month. The check register and blank checks are kept in the notebook too. Another Intergroup Rep should review all of this paperwork as a doublecheck and initial and date the Report at each Intergroup business meeting. This strengthens the separation of duties principle of good business practices and protection of both the Treasurer and the Intergroup as a whole.

The Treasurer presents the report at the Intergroup meeting. This is a detailed verbal report of all deposits, by group, and all expenditures made. After the meeting if there are no changes needing made, the Report is loaded onto the Wichita OA website. Please see separate instructions for this.

Annual payments made by the Treasurer:

Liability insurance payment in February. An invoice will come in the mail, probably to the Chair who will forward it to the Treasurer for payment.

A Kansas Annual Report is due on or before June 15th each year. The report is filed online with the Kansas Department of Revenue and payment is made online at that time, no check is written. The report and payment information should be printed at the time of the report submission. The Chair (or outgoing Chair) will receive a reminder email before this report is due, which includes login information, and will forward it to the Treasurer. Look at previous year(s) Treasurer notebook in June to see how the report has been completed.

From time to time, usually twice a year, Intergroup will approve contributions to **Region 4** and the World

Service Office. Forms to be used for both are in the Treasurer notebook, which show the Remit To addresses.

Sometimes a member will make a purchase for the group (this is often done with our annual web address

renewal) and wants the expense to be a donation to the group, they do not want to be reimbursed. If

possible, obtain documentation from the person as if you were going to reimburse them. On the Treasurer Report, show the amount as both a deposit and an expense, showing the person's name and the

reason for the payment, and label both as a donation in kind.

Instructions For Loading Reports on Mid-Continent Intergroup's Website

Make sure your Report is a PDF and that you know where it is on your computer.

Login to the website oawichita.org with your personal login information.

Click on The Pilot (Newsletter) on the left.

In Intergroup Links on the lower left, click Treasurer's Report.

This is on the private side and you will need to enter the special password. Make sure you do not save

it when the computer asks because it will change your main password.

Click on Edit Page on the black bar at the top of the page.

Put your cursor where you want the report link to be.

Just above the white box that says "paragraph" is "Add Media". It has music notes and a camera in the

box. Click it.

After a second or 2 the Media Library will show up. Right under where it says Add Media there are 2

tabs. You are on Media Library. Click on "Upload Files".

In the middle of the page it says to "Select Files". Click on that.

Then your regular computer's file system shows up and you choose your file.

In the lower right hand side will be a box that says "Open". Click on that.

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You will be back on the site on the tab that says "Media Library" and you will see that your document

has been added. Make sure it has .pdf on the end of the file name.

In the lower right side of the page you will see "Insert Into Page". Click on that.

Click update on the right side of the page. Log Out of the OA website

E. Parliamentarian

1. Provides a copy of By-Laws to each member of IG Board yearly at the beginning of each board

member's term.

2. Maintains a current copy of by-laws (found on the oawichita.org website).
3. Provides copy of by-laws to the board, group contacts & IG reps.
4. Keeps groups (via meeting contacts and/or IG reps) apprised of any updates and/or changes
5. Is available as an "Ask it basket" contact for the IG.
6. Attends all committee meetings if possible/when necessary to ensure steps & traditions are being followed.

F. Literature chair

1. Shall submit the entire original copy of the reconciled bank statement monthly with original paid invoices attached for reading and initialing/dating by another IR for the purpose of strengthening the separation of duties principle for good business practices and protection of the both the treasurer and the Intergroup as a whole at the monthly Intergroup business meeting. (When meeting virtually, chair compares the monthly report to the transaction on the literature bank statement.)
2. Define and keep on hand an adequate amount of literature at IG office or another location.
3. Provide literature to Public Outreach chair for health fairs and is reimbursed from General checking for same.
4. Other than recurring items (i.e. book and pamphlet purchases), no purchase will be made by an individual for Intergroup purposes before obtaining the consent of a majority of Intergroup voting members.
5. Write a brief overview for our monthly newsletter, The Pilot, featuring one or more pieces of literature.

G. Public Outreach Chair

1. Oversees health fairs
 - a. Determines 'return on investment' for health fairs, explores/researches new ones, and enrolls our IG as a vendor
 - b. Works with literature chair to get materials as needed
 - c. Appoints a committee or chair for each health fair to ensure representation; collects a list of names of attendees/anyone interested and provides this list to parties interested in outreach
 - d. Provides an AAR (after action report) for each health fair
 - e. Requests a budget from general account for payment of materials and supplies at health fairs.
 - f. Requests funds for each outreach before committing to the plan.
2. Professional outreach – develops a plan to reach out via:
 - a. Newspapers
 - b. Psychologists
 - c. Psychiatrists

- d. General Practitioners
- e. Nutritionists
- f. Treatment Centers

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3. Other than recurring items or items purchased within an approved budget, no purchase will be made by an individual for Intergroup purposes before obtaining the consent of a majority of Intergroup voting members.

Here's some information from the Unity Intergroup's Service Manual for their Public Information &

Professional Outreach Chairs that we may consider including in our Service Manual:

1. Provide information about the Fellowship to the local community through the media including local

newspapers, magazines, radio and television

2. Interpret anonymity guidelines to media representatives

3. Inform those who are involved personally with practicing compulsive eaters

4. Represent OA at non-health related gatherings such as Gay Pride Festival, Women's Expo, etc.

5. Assist groups and members within the Fellowship of ways to carry the message more effectively

6. Get the word out through public venues such as county and state fairs, public libraries, public transportation

7. Assist groups in planning open meetings

8. Outreach Committee Chair solicits committee members.

9. Coordinates volunteers to staff booths at events, order and transport materials, transport and set

1. Inform people in the Health and Human Services community, such as physicians, nurses, therapists, dentists, registered dietitians, health club managers, medical students, nursing students, social workers, etc.

2. Inform clergy: ministers, pastoral ministers, priests, religious communities of sisters and brothers, rabbis, etc.

3. Inform educators: teachers, guidance counselors, school nurses, college campus ministers, college counseling offices

4. Represent OA at exhibits at health fairs and local professional trade shows

5. Solicits committee members to assist with campaigns.

6. Coordinates volunteers to implement initiatives and act as liaison with other committees & coordinators such as Literature Coordinator, Newsletter Editor, Secretary, Treasurer, Website Coordinator

and Public Outreach Committee Chair.

H. Intergroup Communications Chair

4. Appoint a registrar or acts as the registrar, who maintains various lists including:

- a. All members in our IG (collect from each group)
- b. Members who attend special events
- i. Work with VC to ensure that these people are also contact about the same event the next year and years to follow. Maintain an ongoing list that keeps growing (e.g. "Sharathon Attendees", "Kansas Day Attendees")
- c. Meeting Contacts/Members & IG reps – so that meetings/groups can be emailed to pass along information. Submits any changes to web master.
- d. How to contact groups about special and annual meetings.
- e. Newcomers – collect these from each group by emailing the contact/IG rep weekly/monthly (whatever frequency) to keep adding to the list.

5. Appoint a newcomer chair

- a. Obtain newcomer list from registrar each week
- b. Maintain constant contact/outreach to newcomers, and appoint a committee if necessary

6. The Pilot

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7. Other than recurring items, no purchase will be made by an individual for Intergroup purposes before a

obtaining the consent of a majority of Intergroup voting members.

8. As Updated by Lee Ann Y email 09292020

9. Communications Chair

10. Purpose: to coordinate and maintain communications between Mid-continent membership

11. 1. Maintain a contact list of Mid-continent Members

12. 2. Maintain Meeting List and update meetings on oa.org website

13. 3. Coordinate The Pilot

14. 4. Coordinate website, oawichita.org

15. 5. Sits on Website Committee

16. This is a link to the administrator's page:

17. Melissa, Stephanie N, Lovina, Ginny, Barb H & Lee Ann are Pilot editors. Lee Ann is still doing the

Pilot unless you want it.

18. Kirsten [redacted] is domain name owner (She was past Web editor) She normally pays

the domain registration annually (approx. \$20) as donation in kind.

19. Tabytha Rourke is the Web Site Creator with Lee Media.

20. Chair, Donna & Muriel have access because of being IG Officers.

21. You will notice that Mary B and I have 2 accounts. That is because we helped set up the website

and would use one of the accounts to try out stuff.

I. World Service Business Conference Delegate(s)

1. Must comply with abstinence requirement as per the bylaws: Shall have one (1) year of current

abstinence and two (2) years of service beyond the group level.

2. Shall serve OA and the WSBC until the following conference

3. Reports to intergroup any information received at WSBC and any information from WSO.

4. Registers as Delegate for WSBC 70 days before the WSBC. Chair must sign registration. Delegate can

pay the fee and be reimbursed, or if time allows, ask MCIG treasurer for a check to include with paper registration.

5. If a first time Delegate, it is suggested to have an open mind, not be afraid to ask questions, not be

hesitate to relying on the guidance of your mentor, get to know and interact with many people about

their experience, strength and hope. You can expect to find attending WSBC will be a heart and eye-opening experience. You may find you have more gratitude and awareness of all that happens

related to the dealings and business of our fellowship.

6. Other than recurring items, no purchase will be made by an individual for Intergroup purposes before a

obtaining the consent of a majority of Intergroup voting members.

J. Region Representative(s)

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1. Must comply with abstinence requirement as per the bylaws: Shall have one (1) year of current abstinence

.2. Calculate potential costs for assemblies, bring to IG at least 3 months prior to assembly for potential

voting to request financial assistance from Region. Register for assemblies online according to the

Region timeline requirements, submit costs to the region for funding assistance. Submit actual costs to

Intergroup treasurer for reimbursement after the Assembly. Report to Region actual costs and any

Region funding assistance. Inform treasurer of any advances to be refunded to Region.

3. Attend assemblies and report to intergroup any information received from Region 4 during the year.

4. Other than recurring items, no purchase will be made by an individual for Intergroup purposes before a
obtaining the consent of a majority of Intergroup voting members.

ARTICLE II - COMMITTEES

Committees may include, but not be limited to:

- A. Public Relations/Information
- B. Twelfth Step
- C. Special Events (retreats/marathons)
- D. Bylaws
- E. Professional Community and Institutions
- F. Other Committees, standing or special deemed necessary to carry on special work.

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Yellow Highlight = change

Blue Highlight = Delete

Adjusted Bylaws must be submitted by 2/28/24.

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.

BYLAWS OF THE

MID-CONTINENT INTERGROUP, INC. # 016-09153

OF OVEREATERS ANONYMOUS

Article I – Name

The name of this organization shall be the Mid-Continent Intergroup, Inc., hereinafter known as Intergroup.

Article II – Purpose

Section 1 – The specific purpose of this organization is to aid those with the problem of compulsive overeating to overcome that problem. The general purpose and power is to promote

the public health, and to work with and furnish charitable and cultural assistance to those with the problem of compulsive eating. The purpose of this Intergroup is to service and represent the

groups of which it is composed and to act as the guardian of the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.

Section 2 – The Twelve Steps

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Section 3 – The Twelve Traditions

The Twelve Traditions are:

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our

primary purpose.

7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Section 4 – The Twelve Concepts of Service

The Twelve Concepts of OA Service are:

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

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2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore,

duplication of efforts is avoided.

11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

12. The spiritual foundation for OA service ensures that:

- a) no OA committee or service body shall ever become the seat of perilous wealth or power;
- b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- c) no OA member shall ever be placed in a position of unqualified authority;
- d) all important decisions shall be reached by discussion, vote and whenever possible, by substantial unanimity;
- e) no service action shall ever be personally punitive or an incitement to public controversy; and

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f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Article III – Members

Section 1 – Membership of the Intergroup shall consist of the following:

A. The Intergroup Board.

B. Intergroup Representatives, which shall consist of up to two voting Representatives from each group within the geographic area. Geographic area shall be defined as including any OA group registered with the World Service Office and within **easy** access to the Intergroup meeting **place**.

C. Group Members not acting as Intergroup Representatives but elected or appointed to carry out specific duties, e.g. Public Information Chair.

Section 2 – Qualifications or Eligibility for Membership in the Intergroup

A. Those groups within the geographic definition of Intergroup that have formally registered with the World Service Office and indicated their intention to belong to Intergroup may be considered members. The Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws Subpart B, Article V, Section 1, as written and as it may be amended by a future World Service Business Conference.

An OA group is defined as the following:

1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
2. All who have a desire to stop eating compulsively are welcome in the group.
3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
4. As a group, they have no affiliation other than Overeaters Anonymous.
5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

B. Each group shall be entitled to vote through its elected Intergroup Representatives.

C. No group may be registered with another Intergroup.

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Section 3 – Intergroup Representatives

A. Intergroup Representatives shall be selected by the group conscience of the group they represent. Each Intergroup Representative shall be selected by any method deemed appropriate by their group. These Intergroup Representatives shall serve for a period designated by their group.

B. The primary responsibility of the Intergroup Representative, or Alternate, is to represent their group at all meetings of the Intergroup, to act as a liaison between this Intergroup and their groups, to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group. In absence of an Intergroup Representative, the Intergroup will pass information through the group contact.

Section 4 – Membership with voice and no vote may be:

Any member of the Fellowship who is not a duly elected Representative or Alternate.

Article IV – The Intergroup Board

Section 1 – Intergroup Board

The Intergroup Board consists of the following: Chair, Vice Chair, Secretary, Treasurer, Parliamentarian, Literature Chair, Public Outreach Chair, Intergroup Communications Chair, World Service Business Conference (WSBC) Delegate(s), and Region Representative(s). The WSBC Delegate(s) and Region Representative(s) may also hold other offices of the Board. The immediate past Chair may serve as an ex-officio member

of the Intergroup Board for one year.

Section 2 – Nominations to the Intergroup Board

Nominations to the Intergroup Board may be made from the floor at the time of election, with permission of the candidate. A nominating committee may also be formed at the discretion of the Intergroup.

Section 3 – Qualifications for the Intergroup Board

- A. Working the Twelve Steps of the OA recovery program.
- B. Familiarity with the Twelve Traditions.
- C. Regular attendance of an active group for a period of one (1) year.
- D. World Service Business Conference (WSBC) Delegates and Region Representatives have additional qualifications and requirements. See Article IV, Section 6, I (WSBC Delegates) and J (Region Representatives).

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Section 4 – Method of Election

- A. Elections shall be held annually at a meeting specified for that purpose. See Article V, Section 2 (Annual Meetings) for more information.
- B. To be eligible for election to the Board, a nominee must:
 - 1. Meet all the qualifications as defined in Article IV, Section 3 (Qualifications for the Intergroup Board).
 - 2. Understand the responsibilities of the position as defined in Article IV, Section 6 (Responsibilities of the Intergroup Board).
- C. In order to be elected to membership in the Intergroup Board, a nominee must receive a majority vote (>50%). If the nominee is unable to attend the election meeting but has declared their willingness to serve in writing or by electronic communication, they may be considered for election.

Section 5 – Term of office

- A. Board members shall be elected to serve for a term of two (2) years. Service term year is October 1 through September 30th of the following year. Any special election held to fill a vacancy fills the unexpired term. See Article IV, Section 7 (Vacancies and Resignations).
- B. Board members shall serve no more than two (2) consecutive terms in the same position.
- C. After an interval of one (1) year they may be eligible to be elected to their previous position.
- D. Upon election to the Board, members shall cease to be a rep of their group, and that

group may elect a new Intergroup Representative.

E. Members may be removed after two (2) consecutive unexcused absences from meetings of this Intergroup. See Article IV, Section 7 (Vacancies and Resignations).

Section 6 – Responsibilities of the Intergroup Board

A. Chair:

1. Shall preside at all regular and special meetings of this Intergroup.
2. Shall be responsible for establishing the agenda for all Intergroup meetings.
3. May cast the deciding vote to make or break a tie.
4. Shall serve as ad hoc member of all standing committee meetings.
5. See Service Manual for additional guidelines.

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B. Vice Chair:

1. Shall serve in the absence of the Chair.
2. Shall assist the Chair whenever needed.
3. May attend all standing committee meetings.
4. Shall be the missionary liaison between the Intergroup and all OA groups within the Intergroup geographical boundaries.
5. Oversees special events and serves as special events treasurer.
6. Shall be a signer of the special event bank account.
7. Shall submit a written report of contributions and expenditures following a special event.
8. See Service Manual for additional guidelines.

C. Secretary:

1. Shall see that minutes are kept of all Intergroup meetings.
2. Shall maintain a file of all minutes post board approved minutes of each meeting to the website where they will be kept of past meetings for a minimum of 10 years.
3. See Service Manual for additional guidelines.

D. Treasurer:

1. Shall maintain a checking and savings account, if necessary, for dispersal of Intergroup funds.
2. Shall be one of the signers of the bank accounts.
3. Shall submit a report of contributions and expenditures at monthly Intergroup business meetings.

4. See Service Manual for additional guidelines.

E. Parliamentarian:

1. Shall be familiar with the By-laws Bylaws, OA Traditions and OA Concepts of Service and policies of Intergroup and shall be able to interpret them for understanding and clarification. Any subject not covered by these Bylaws shall be governed by Roberts Rules of Order.

2. See Service Manual for additional guidelines.

F. Literature Chair:

1. Shall be responsible for the sale of literature at the Intergroup office; and for order fulfillment to member groups; for maintaining adequate literature inventory at the Intergroup office; and is one of the signers of the literature bank account.

2. See Service Manual for additional guidelines.

G. Public Outreach Chair

1. Shall oversee public and professional outreach activities.

2. Shall oversee maintenance of the Intergroup website and phone hotline.

3. See Service Manual for additional guidelines.

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H. Intergroup Communications Chair:

1. Shall oversee the monthly newsletter and any other services under the Communications Chair.

2. Shall oversee maintenance of the Intergroup website and phone hotline.

3. See Service Manual for additional guidelines.

I. World Service Business Conference (WSBC) Delegate(s):

1. Shall attend the WSBC of OA, finances permitting.

2. In all areas, the WSBC Delegate shall meet qualifications and requirements as outlined and defined in the OA, Inc. Bylaws Subpart B.

3. Shall have one (1) year of current abstinence and two (2) years of service beyond the group level.

4. Shall serve OA and the WSBC until the following conference.

5. Shall serve no more than four (4) consecutive years, except for reasons to be decided by the group conscience of the Intergroup with respect to the Delegate.

6. Shall be willing to report, whether orally or in writing, as designated by the Intergroup, the actions of the conference to all groups the Intergroup represents; to keep the Intergroup and represented groups aware of WSBC information; to

communicate important information to the area.

7. May attend all standing committee meetings.

8. See Service Manual for additional guidelines.

J. Region Representative(s):

1. Shall attend all region assembly meetings, finances permitting.

2. In all areas the Region Representative shall meet all qualifications and requirements as outlined in the Region 4 Region Bylaws.

3. Shall have six (6) months one (1) year of current abstinence as required by the Region Bylaws.

4. Shall serve OA and Region 4 Region for the full term as designated by the Region Bylaws.

5. Shall serve no more than four (4) consecutive years, except for reasons to be decided by the group conscience of the Intergroup with respect to the Region Representative.

6. Shall report region assembly business to the Intergroup and any subsequent Region information.

7. May attend all standing committee meetings.

8. See Service Manual for additional guidelines.

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Section 7 – Vacancies and Resignations

A. If a member of this Intergroup Board fails to attend two (2) consecutive meetings without prior notice, his/her office may be declared vacant by a majority (>50%) of those members present and voting.

B. Any board member may resign at any time for any reason by giving the Chair of this Intergroup written notice.

C. Any board member may be removed from office by a two-thirds (2/3) majority of the voting members present at a special meeting announced for that purpose.

D. A vacancy in an Intergroup Board position, either by resignation or expulsion, can be filled for the unexpired term, providing at least ten days' notice has been given to each group in Intergroup. Nominees shall be presented and voted upon at the next regular meeting of Intergroup or a special meeting announced for that purpose. Vacancies can be filled by a majority vote (>50%) at the meeting. The unexpired term does not count towards the maximum term of office. See Article IV, Section 5 (Terms of Office).

E. A person chosen to fill any vacancy on the Board shall meet the qualifications as defined

in Article IV, Section 3 (Qualifications for the Intergroup Board) and be aware of all responsibilities of that position as described and defined in Article IV, Section 6 (Responsibilities of the Intergroup Board).

Article V—Meetings

Section 1—Regular Meetings

The Intergroup shall meet the second Tuesday of every month, January through November, or at a time and place designated by a majority of the voting members.

Section 2—Annual Meetings

An annual meeting shall be held in the month of August for the election of officers.

Section 3—Special Meetings

A special meeting may be called at any time by a majority vote of the Intergroup Board by giving notice as described in Article V, Section 4 (Method of Notification for Annual and Special Meetings).

Section 4—Method of Notification for Annual and Special Meetings

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A. Notices shall be distributed to each group contact and/or Intergroup Representative(s) ten (10) days prior to the date of the meeting.

B. See Service Manual for Additional Guidelines.

Section 5—Quorum

A. A simple majority (>50%) of filled Intergroup Board officers present at any Intergroup meeting shall constitute a quorum.

B. If quorum is not met, an Intergroup meeting can take place, but no motions can be presented nor votes taken.

Article VI—Committees

Section 1— Committee Appointments

A. The Chair shall appoint such committees as deemed necessary.

B. See Service Manual for additional guidelines.

Section 2—Committee Procedure and Responsibilities

A. Each committee may prescribe its own rules for calling and holding meetings and its method of procedures, subject to the guidelines of the Twelve Traditions of OA.

B. Each committee shall provide a written or verbal report to the Intergroup at regular

intervals and at the end of any specific event coordinated by the committee. If any monies are expended, a detailed and itemized report shall be included with the report. If any monies are involved, the committee shall submit a written report detailing receipts and expenditures.

C. Past Committee Chairs may serve in an ex-officio capacity in their respective committees.

D. Should a vacancy, resignation or removal of a Committee Chair occur in any committee, all pertinent information shall be turned over to the Intergroup Chair. The Chair shall then appoint a new Committee Chair to serve the remainder of the unexpired term.

Section 3—Committee Bank Account

A. If it is deemed necessary by the Board that a committee shall open a bank account, the Committee Chair and the Intergroup Chair and/or designee shall be signers on the account.

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B. See Service Manual for additional guidelines.

Article VII—Source of Funds

Section 1—Source of Funds

A. Voluntary contributions of the member groups shall be the primary source of funds.

B. Secondary source of income may be such occasional projects or activities as may be authorized by the Intergroup according to Tradition Six.

C. The Intergroup may only accept donations from OA members, conforming with the general practice of OA.

D. The maximum allowable annual donation to the Intergroup by OA members is to be limited to five thousand dollars (\$5,000).

E. The acceptance of bequests or donations from outside sources is prohibited.

F. The Intergroup shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of funds set up outside Overeaters Anonymous.

Section 2 - Expenditure Procedure(s)

Other than recurring items, no purchase will be made by an individual for Intergroup purposes before obtaining the consent of a majority of Intergroup voting members.

Section 3 - Excess Funds

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess will be donated to **Region 4**

Region and the World Service Office on a regular basis as directed by the Intergroup.

Section 4 - Use of Net Earnings

No part of the net earnings of this association shall ever be used for the benefit of, or be distributed to, its members, trustees, officers or other private persons, except to pay reasonable compensation for services rendered.

Article VIII-- Parliamentary Authority

The rules contained in the current edition of Robert's Rules of Order shall govern this Intergroup in all cases to which they are applicable and consistent with these bylaws, the Overeaters Mid-Continent Intergroup Bylaws – Marked up for amending due to Region Realignment

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Anonymous, Inc. Bylaws, Subpart B, the Twelve Traditions and any special rules of order the Intergroup adopts.

Article IX—Amendments to These Bylaws

These bylaws may be amended by a two-thirds (2/3) vote of the Intergroup voting members present at any regular or special meeting of the Intergroup, after a copy of the proposed amendment(s) has been submitted in writing or digitally to each group affiliated with the Intergroup at least ten (10) days prior to the meeting in which action is to be taken on the amendment(s). No amendments may be made to the Twelve Steps and Twelve Traditions except as per OA, Inc. Bylaws, Subpart B.

Article X—Major Policy Matters

Matters which affect this Intergroup and/or groups within its service area shall be referred to the

Board of this Intergroup. Matters which relate to Overeaters Anonymous as a whole shall be referred to the World Service Board of Trustees.

Article XII – Dissolution

Section 1—Deregistration

In order to deregister, the Intergroup must submit a written notice to the World Service Office, Region Chair and Region Trustee.

Section 2—Assets

Upon dissolution of this association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous, and/or to Region 4 Region.

Section 3—Use of Net Earnings

No part of the net earnings of this association shall ever be used for the benefit of, or be distributed to, its members, trustees, officers or other private persons, except to pay reasonable compensation for services rendered.

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Blue Highlight = Delete

Yellow Highlight = add or change to

UNFINISHED BUSINESS:

Radio Ad

Paid in Early December.

The use of the OA logo on our booth will need to be renewed before February 13, 2024. Barb H. is working on this. Mailing Feb. 1st.

New Business

Need to reach out to Newton and Hutch for meetings Friday, Dec. 8th.

No Intergroup in December

The meeting adjourned at 6:52 PM. We closed with the OA Promise. The next meeting will be at 6:00PM, on January 9th, 2024 via Zoom and in person at the Mount Vernon Methodist Church.

Submitted,
Cyndy C. Secretary