

Mid-Continent Intergroup Board Meeting Minutes  
3/10/2026

- I. Call to Order – Meeting was called to order at 6:01 pm.
  - a. Members present
    - i. Melissa, Chair
    - ii. Barb, Region 3 Rep
    - iii. Jana, Secretary
    - iv. Pamela, Saturday PM Rep
    - v. Windy, Newcomer Thurs Rep
    - vi. Stephanie, PO Chair
    - vii. Laura, Monday AM Rep
  - b. Quorum not present
- II. Opening
- III. Minutes Of the Previous Meeting
  - a. There being no corrections, the minutes are approved as circulated.
- IV. Reports of the Officers
  - a. Treasurer– Barb gave report. See pg3.
  - b. Vice-Chair– Melissa gave report. See pg4. She wrote check from Sharathon account to reimburse the general account of \$200 for the science building location and will take it to the bank.
  - c. Literature–Linda not present. See Literature report below pg4. Linda is bringing literature to Sharthon.
  - d. Region Rep–Barb, See report below pgs4-5
  - e. Communications Chair –Marilyn not present. See website report below pg6
  - f. WSBC Delegate–Marilyn not present
- V. Committee Reports
  - a. Public Outreach– Stephanie, see report below pg6. She needs everyone to announce at weekly meetings that volunteers are needed April 24-26 for Wichita Women’s Fair.  
  
Sharathon Committee – Barb states that Region 4 Rep is gong to be the speaker. Melissa is going to work on the flyer. They need volunteer to take care of the water and coffee. Committee is meeting Saturday, March 14<sup>th</sup>.
- VI. Unfinished Business–

- a. Melissa as chair needs added to bank account and Barb and Melissa to go to the bank.

VII. New Business—

- a. 65<sup>th</sup> Annual World Service Business Conference agenda questionnaire. Group voted on each question yes/no if they should discuss at World Service and Melissa will submit the results to WSO.

VIII. Adjournment 6:39 PM

Signed Jana, Secretary

**Mid-Continent Intergroup, Inc**  
**Treasurer Report for February 2026**

Beginning Balance Feb 1, 2026		\$8,709.37
<b>Deposits: February 2026</b>		
POS Rewards	0.15	
Monday 10:00 AM	30.00	
Saturday 9:30 AM	30.00	
Saturday 1:30 PM	100.00	
Newton 58238	184.80	
Newton 58041	<u>184.80</u>	
Total Receipts		529.75
<b>Disbursements clearing the bank: February 2026</b>		
Bluehost Website	47.49	
Donation MVUMC	50.00	
Shelter Insurance	<u>83.00</u>	
Total Expenses		180.49
Net increase for Feb		349.26
Ending balance February 28, 2026 per the bank		<u>\$9,058.63</u>
<b>Additional outstanding checks as of February 2026</b>		
2.10.2-26 Region 3 (October 2025-February 2026 @ \$50 month	250.00	
2.11.2026 Ginny (Reimburse Bluehost fees 11/2025-1/2026	142.47	
2.21.2026 William (reimburse Printing for PIPO)	<u>58.32</u>	
Outstanding checks at 2/28/2026		<u>450.79</u>
February 2026 Ending balance per the checkbook		<u>8607.84</u>
PIPO funds included in February general checking		<u>3113.18</u>
Actual general funds available at February 28, 2026		<u>5494.66</u>
PRUDENT RESERVE AS OF DECEMBER 31, 2025		<u>2896.68</u>

Sharathon account report

2/1/26 Beginning balance \$1779.69

No activity

2/28/26 Ending balance \$1779.69

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<b>LITERATURE CHECKING</b>	<b>Acct Number: XXXX8976</b>		
Statement dated 02/28/2026			
Beginning balance 01/30/2026			1287.98
Deposits:	Sales	46.00	
	Total		1333.98
Withdrawals:			
			0.00
Ending balance 02/28/2026			1333.98
(Pending expenditure for literature reimbursement to Linda A)			

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**Region Rep Report from Region 3 Assembly/Convention**

March 5-8, 2026

Irving, TX

Due to being the Co-Chair for Region Ways, Means, Finance committee, I arrived early on Thursday and conducted the audit with 3 other Region Reps/Finance committee members. This was an eye-opener for me, as it was done quite differently that the audits at Region 4, and frankly, it was much more thorough. No discrepancies were found.

The Assembly started promptly at 7:45 a.m. Eighteen out of 22 intergroups in Region 3 were represented. We had 20 representatives and 5 board members voting on the bylaws amendments and the policy manual

updates. These amendments were not controversial, so we moved right along in passing them. Probably the one most favored was changing the name from Region III to Region 3 and changing the name of Steering committee to Board.

The Region 3 chair report included information on the Young adults sessions, stating their recovery rocks! These are members who join OA from the age of 18-30. They will have an annual virtual retreat, and more information can be accessed at OA.org, search: young adults.

Our Trustee Liaison reported that WSO has cut \$256,000 from the budget and also went into the Prudent reserve. Things are tight. I suggest MCIG revisit the percentage we give to WSO. OA suggests using a 50/40/10 formula, with 50% of contributions to intergroup/service board, 40% to WSO, and 10% to region. The website launch for the updated find a meeting is expected in April 2026. I recommend our intergroup hold a meeting where we all attend the Tough Questions in OA Recovery workshop. This is about issues of inclusion in OA. Our trustee also applauded Region 3 as we have the highest participation rate for delegates to WSBC! Thirteen Region 3 intergroups completed the Questionnaire for WSBC, which she indicated is very good.

The PIPO committee recommended every intergroup look on the Region 3 website for a full page of suggestions. They also finalized a letter to educators pitching "We are OA." It introduces professionals to what OA is and offers members who will speak to nursing programs. The pilot is in Tucson, AZ. I recommend the region 3 website to all of us. We could learn something about carrying the message by updating ourselves to the information contained under: [oaregion3.org/resources/pipo](http://oaregion3.org/resources/pipo) and Twelfth Step Within. There is a Relapse Prevention workshop on March 14, 2026. You can get the TSW eblast directly to your email address by completing the form on Region 3 website under TSW area. OA's Men in Recovery by Melvin is coming in May. Stay tuned! It was also suggested we look at OA.org "So you've always wanted an OA billboard?" which contains items to think about before taking action. Another good idea one intergroup did was print business size cards with a QR code that direct people to their meeting list on their website. Then, when meeting information is updated, no more reprinting!

It took four years to develop the OA.org "Welcome Home" landing page for newcomers visiting intergroup websites, which contains 20+ live links to OA.org. This was completed by the PIPO committee at WSBC. I hope our website might want to use it! Go to <https://oa.org/documents/virtual-welcome-room-procedure/>.

There are two Region board positions open for election at Fall Assembly 2026: Chair and Secretary. If you are interested in knowing more about these service opportunities, contact the current chair or current secretary via the Region 3 website.

The Friday forum reviewed questions to ask ourselves about "Is My Intergroup Healthy?"

- 1) Are we able to fill IG positions?
- 2) Do we stay connected to the group meetings, especially outside of the immediate area meetings?
- 3) Do our meetings have something in place for newcomers before they show up? (materials/sponsors)
- 4) Do we show the energy of attraction?

The Region 3 Journals have been selling rapidly. We have copies of these in our library that you may purchase for your 10<sup>th</sup> step and other journaling.

The Power of We logo was on full display at Convention. I purchased some cups, book covers, and journals that you will be able to see at Sharathon! Mark your calendars now for April 18, 2026, Newman University. Flyers will be available soon.

All intergroups are requested to send the contact information of their chair, treasurer, region rep and delegate to the Region 3 recording secretary immediately when elections are held or positions change. This is so they can keep in touch with us. The Region 3 treasurer holds a monthly meeting with intergroup

treasurers. The region reps will be gathering through WhatsApp to chat during the year. The chair and secretary of Region 3 communicate with intergroup chairs and region representatives during the year.

We were encouraged to look at our financial positions and see if we are using the funds in the best way to improve our outreach to the still suffering compulsive eater. I think our intergroup should look at this in the coming months. I plan to get to every meeting associated with our intergroup to help spread the message. Who will join me?

Barb \_\_\_\_\_  
MCIG Region Rep

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### **Website Report for March 2026 Intergroup Meeting**

- The documents from a previous request to the webmaster got posted.
- I sent him additional documents to post (Jan. IG meeting minutes, Feb. Treasurer's report, amended bylaws, and Sharathon Save the Date flyer). I also asked him to remove the Region 3 Assembly & Convention information from the Events page since that event was held this weekend.
- I updated the current officers table and added the interim Treasurer's address & group #'s to the 7th Tradition webpage.
- I will start looking into website maintenance professionals/companies after Sharathon. I will need 1 or 2 volunteers to help me research options and provide a recommendation to Intergroup at the June IG meeting. We are paid up thru June with our current webmaster.

Ginny

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### **PIPO report**

We participated in the WSU Health Fair at the Heskett Center on March 4th. We also had a table at a women's 12 step recovery event in mid-February.

Our request to use the OA logo for the next 2 years was approved.

I submitted our application for Lamar signage, I haven't heard back from them yet, but he told me they only do PSA discounted signage when they have space.

Our next event is the Wichita Women's Fair at Century II, April 24-26 please announce at your meetings that we need volunteers for our booth at the Wichita Women's Fair. The Women's Fair is a 3-day event. We will need assistance on Friday from 12-7, Saturday from 9-6, and Sunday from 12-5. If anyone could offer any time on those days even an hour helps. Volunteers can contact Stephanie N.

Thank you!

Stephanie