

Minutes from the March 29 meeting of the GKCAI

I. Call the Meeting to Order/Opening Prayer

II. Roll Call/Introductions

III. **Treasurer's Report** – there was no discussion about our finances; report was approved as submitted. There was discussion as to whether to include the Treasurer's Report in the minutes. We voted unanimously not to include the full report with the minutes, but to make known that the full report is on the website. We will include any discussion about finances in the minutes. For a full copy of the Treasurer's report, visit the GKCAI website, or click on the following link: [Kansas City OA/News and Events/Financial Reports](#)

IV. Group reports

Great news! We have another new rep, Martha from Monday Atonement! She will be replacing Michelle H., who can no longer serve as the rep for the Monday group.

Also, Rebecca reminded reps that they need not just report their format and the number attending, but should tell of anything new they are trying, problems they may be experiencing, and ask for help or clarification with any issues that may be arising.

- Christine B. – Monday Northgate 6:30 pm: Different format each week; 8-10 attending.
- Mary Jo – Saturday North KC Hospital 1:00: CD speaker meeting; 10-12 attending.
- Martha – Monday Atonement 6 pm: Big Book/OA stories; 25-30 people attending
- Carmain – Friday Liberty 6:30 pm: 8-10 attending; format is a different piece of literature each week of the month.
- Charlotte – Saturday Keystone 9:30: 20+ attending. Seems that people want to give back to the group; group runs well with little to no discord.
- Linda – Wednesday Unity 6pm: meeting is strongly attended; lots of newcomers.

V. WSO Delegate/Region IV Rep Reports

A. Sandra will be attending the World Service Business Conference (WSBC) April 28-May 3. She reported the following:

- i. she has been in contact with her Region IV mentor, who is also on the finance committee with her. Her mentor suggested that more of her work for this committee will be done after she arrives home.
- ii. the results of the Agenda Questionnaire are posted on the WSO website ([OA.org/World Service Events/World Service Business](#))

[Conference/Questionnaire Results](#)). All 34 items made the agenda, most with 90% or more approval. However, the two items that our groups voted on – whether to poll our membership regarding changing the name of OA, and changing Him to God in the Steps and Traditions – only passed with 54% and 59% approval, respectively. Clearly there is not a strong consensus on these two agenda items. In addition, Rebecca expressed concern about an item that passed removing from OA policy statements the reference to our relationship with O-Anon, since that group doesn't exist anymore. (O-Anon is a group that gives support to friends and family of compulsive overeaters). However, Rebecca found online that the organization does exist, and holds a Sunday night phone meeting. *A motion was made that Sandra will take this issue to the WSO Business Conference with suggested wording to keep this in OA policy statements. The motion passed unanimously.*

Action: *Sandra and Rebecca will work on language for rewording the policy statement with input from anyone else interested; it will be emailed to members of IG for approval, and Sandra will take this to WSBC on behalf of the Kansas City Intergroup.*

- iii. Literature update: The brown book, Overeaters Anonymous, is being revised, with various changes suggested, such as changing the words “compulsive overeater” to compulsive “eater.”
 - iv. She will have a single room at the conference. Transportation will be provided to grocery stores, so she intends to prepare a lot of meals in her room rather than eat out. We appreciate Sandra's being conscious of IG finances when making decisions about her trip.
- B. Jennifer will be attending the Region IV conference in Wichita next weekend, April 4-6. She finally got information about the conference last week, which was a 70 page document she hasn't had time to go over thoroughly. She did glean the following information:
- i. Region IV has mentors available to help IGs set up a Public Information (P.I.) campaign. Faith asked about what's going on with P.I. Rebecca said we don't have anything formal because as a group we voted to put our efforts toward sponsorship first, which we have been doing the last year. However, Jim and Jennifer did recently represent OA at a public information event, and did have people come up to ask for information.
 - ii. Region IV also has information for a Sponsorship retreat or a Sponsorship Super Saturday. They also have an online list of available sponsors.

VI. Committee reports

- A. KS Day – John reported that we have two speakers from our IG, Rose and Baila, in addition to our luncheon speaker, Khristie. The theme we proposed, *A Power Greater Than Me: Spiritual Recovery in OA*, was accepted. The date for KS Day is Sept. 13th.
- B. Fall Retreat –Deanna Wardlow has volunteered to coordinate our fall retreat – thank you, Deanna! She already has a speaker from St. Louis lined up (Mary W.); the theme will either be the Steps or the Promises.
Action: IRs should mention this in their group reports and invite anyone interested in helping work on the retreat to contact Deanna either via email (chicosmom2003@yahoo.com) or by phone: 913-406-5277.
- C. Sponsorship – reminder that Sponsor Support meeting has been moved to the 2nd Tuesday night of the month, at 7 pm, still at Keystone Church. *In April we will discuss whether to continue funding the meetings, as our original motion was to pay rent for a 6 month trial basis.*
- D. By-laws committee – this will be tabled until after the May Super Saturday. Mary Jo and Sandra have offered to help Rebecca on this committee.
- E. Super Saturday May 24th – Rebecca reported back to the group the following:
- i. The day was mostly planned; her committee of 2 was down to 1 due to the other person needing to cut back her involvement. Mary Jo agreed to help work on this, so the plan was solidified with the following agenda:
 1. Rebecca will give an overview talk about discussions that have taken place over the last year since IG took up the issue of working on sponsorship. Summary is that there are a lot of different ways to sponsor that are all valid.
 2. Reading/Writing/Discussion: Reading “For Today” entries on sponsorship, then writing time, then discussion at the table in meeting format. The committee had decided to intentionally not have open discussion at the tables because this seems to be a sensitive issue when cross-talk and advice-giving are involved.
 3. After a break, two speakers (Kathleen S. and Carol S.) will give a brief overview of how they sponsor. Then a panel including those two, Sally S., and Mary Jo A., will answer questions from the group regarding sponsorship. Those questions will be asked in Ask It Basket form, meaning questions will be written on index cards, collected, and asked via a moderator. The committee felt that it was important that questioners be allowed to remain anonymous due to questions that may indirectly refer to others in the room.
 - ii. It will be held May 24th at Central United Methodist Church, where the Wednesday noon meeting is held. The cost for the room is \$75; it is a large room with long (not round) tables available.

- iii. One member has volunteered to work at the registration table. Tim H. will set up IG literature. Other members will be needed to help pick up question cards, work registration, make signs, clean up, etc.

VII. **Unfinished Business**

- A. **Workshop with Meg M. of Region IV** – John is still playing phone tag with Meg to discuss what this workshop might look like.
- B. **Studying 12 Concepts of Service and OA Service Manual:** postponed
- C. **Further discussion of Recruiting IG reps by visiting meetings:** This was a lively discussion. It was suggested that we really do have reps from many of our meetings; we're not missing that many that are local. There was a lot of discussion about whether groups would feel like someone from IG was "watching over them" if we attended meetings; others felt like it was just a way to reach out and let them know we care about what's happening at their meetings. Others suggested that some meetings need support. Also mentioned was the importance of making personal contact, like calling the meetings without reps. It was also mentioned that how we approached the groups made a big difference; maybe letting them know ahead of time that we were going to come, and maybe we could make a basic IG report, just so they would know what was going on with IG. Someone observed that we have two issues we are discussing: one is getting reps from meeting that don't have one; the other is reaching out to groups to let them know what IG is doing and ask if they need support. We also discussed a specific meeting that has no contact and is not responding to calls; do we still list them as a member of our IG? *Discussion had to be wrapped up; we will continue with this topic in April.*
Action: Rebecca, as secretary, is in the process of contacting all the meetings to make sure we have some kind of contact name, address, phone number for each meeting.
- D. **Phone answering responsibilities** – even though Charlotte is no longer able to be the IR for the Saturday morning meeting, she will continue her service of coordinating the phone line. Mary Jo, Patty, Beth and Julie have all volunteered to cover a month of this. *Action: IRs continue announce this service opportunity to their group, and give them Charlotte's email to contact her.*
- E. **Food at Super Saturdays** – we revisited this topic that had only been introduced last month. Although all agreed that neither attendees nor organizers should be eating in the room designated for Super Saturday, an announcement should be made to the effect of "Please feel free to enjoy your lunch in _____", and be sure to let attendees know what room or space may be available if they need to excuse themselves to eat. It's important that people who have to eat at odd times due to health reasons don't feel singled out or unwelcome. *A motion was made and seconded that food not be brought into the room on Super Saturdays, and to add this to our Super Saturday guidelines; the motion passed unanimously.*

VIII. New Business

- A. Jennifer asked for help with a meeting that was experiencing some specific issues. We agreed that members should talk to her after the meeting.
- B. Mary Jo asked if we could make sure that all reps receive a copy of our amended Robert's Rules of Order that we use at our meetings. Rebecca will send to Christine, Martha, Jennifer, Faith and Linda, who all indicated that they don't have them.

IX. Closing the Meeting

Reminders:

1. Please remember to report back to your group the business discussed at our meeting.
2. When secretary sends rough draft of minutes, please look over and suggest any necessary corrections.
3. Suggest new business for next meeting via email to the Chair

We closed with John reading The Promises.