

**Date: 3/30/19**

**Roll Call/Group Reports:**

Independence, Mon 10Am:

Marshal, Mon 5PM:

Olathe, Mon. 5:30 PM:

Maryville, Mon 5:30 PM:

Indian Heights, Mon. 6:00 PM:

Hillside, Mon. 6:30 PM:

Redeemer, Tues. 1:30 PM: Dave 8-10 members

St. Joe, Tues. 5:30 PM

Central United Methodist, Wed., Noon:

Indian Heights, Wed. 6:00 PM

Oak Grove, MO, Thurs., 11:00 AM:

Indian Heights, Thurs., 11:30 AM:

Immanuel Lutheran, Thurs., 7:00: Tim

Atonement, Thurs. 7:30:

Unity, Fri., 8:00:

Grandview, Sat., 8:00: Nathalie

Keystone, Sat. 9:30: Faith Strong meeting, increased attendance 20-25 members

([fbrennan820@gmail.com](mailto:fbrennan820@gmail.com))

North KC, Sat., 1:00

Immanuel Lutheran, Sun. 3:00: Tim ([timothy.s.hancock@gmail.com](mailto:timothy.s.hancock@gmail.com))

Jim - Website

Linda - Chair

Sarah - Secretary

Andrea - Treasurer

Jennie - Vice-Chair

**Treasurer's Report:** Andrea

Current Checkbook: \$5058

Prudent Reserve: \$1,000

## **Region 4/WSO Updates:**

Region 4 Assembly is next weekend in Moline, IL

## **Committee Reports:**

Retreat committees: **Faith** Guidelines group has not yet met to update. Planning Committee has not met. Suggestions to cancel for 2019 in lieu of designing a better retreat for 2020.

Suggestions for having it out of the city.

April Super Saturday - **Jennie** April 13 from 1-4. 4 speakers in the following format: 20 minute speaker, 10 minute sharing (x2) then Break and Speaker/Sharing cycle (x2)

August Super Saturday - Deb's group Monday 6:30 has offered to host. No details as of yet.

## **Unfinished Business:**

**2020 Recovery Convention Service:** No new details.

**2020 Spring Assembly for Region 4:** Intergroup has voted to host the Spring 2020 Assembly

Potential Hotel Info:

Embassy Suites responded (2 rooms, tables, podium) Both rooms \$750. \$500 Big room, \$250 Small Room Up to 9 sleeping rooms with no commitment to fill. Price \$125 for one date, \$145 for later date (closer to Easter).

Courtyard by Marriott - 2 smaller rooms \$300 each, Guest rooms \$85 10 rooms required to fill. May not fit tables in rooms with the number of attendees.

KC Intergroup only responsible for room for recovery event. Region 4 pays for their rooms.

### **Outreach project for dieticians -**

Leslie A. provided professional packets to members of the group. Info on meeting times and program given to RD's.

### **Bylaw changes:**

#### **Enhancing communication with groups in our IG:**

Potential for web platform to create an email list for communications with groups/group members. Information could be disseminated to the group by IG. List confidentiality is a concern. Limited access to list essential.

**Website:** Option to upgrade for \$5/month A company has been monitoring website traffic. Interesting info. Notice that current members are not accessing the website, but many newcomers are accessing. The option for upgrade was not approved.

**Intergroup Representation:** More info from intergroup requested. Misinformation/ Miscommunication on the requirements to be a representative. Idea to allow virtual phone meeting option for reps. Andrea will research.

**OA Robocall option/Text Option**

**New Business:**

**Sponsor List on Website:**

Only 5-6 people on list of sponsors. People are emailing for the list. Idea to take info back to group to add to formats and request people to sign up to sponsor on the website.

**Other:**

Send PDF of Treasurer's Report and Minutes after approval

**Items for Next IG Meeting:**

- Recommendation for Oct. retreat.
- May Meeting: Andrea will research options for phone/skype email meeting.

**Take Back to Groups:**

- Registered Dietician w/Specialization in Eating Disorders available for those who **ask**.
- Option to sign up for emails from the IG is available via the website. Helpful for sending Super Saturday flyers, meeting weather cancellations, etc.
- We suggest adding wording to meeting format requesting open sponsors to fill out form on website and letting members know that an open sponsor list is available on the website.
- Super Saturday is April 13th at Atonement Church on Metcalf. Topic: Coming to Believe. Format: Speakers and discussion. 1-4 PM.