

GREATER KC INTERGROUP OF OA

Minutes for May 30, 2015

Meeting opened with the Serenity Prayer

Attending—Tim (Chair), Dan (Vice Chair), Elizabeth (Treasurer), Sandra (WSO Rep), Sharon (IR Grandview), Faith (IR CCC, Sunday and Public Information Chair), Pat (IR Lee's Summit), Becca (IR NKCH), Wanda (IR Independence), Martha (IR, Atonement, Monday) Absent: John (Past Chair, IR Saturday, Keystone)

Group reports—Atonement, Monday – some drop off in attendance. Considering change of format and social event after meeting once a month.

Grandview-ok, also Saturday meeting has good bonding;

Independence, good attendance. They have a new rep, named Red, who will attend future meetings. Wanda is retiring after being the IR for 7 years.

Friday 6:30 Liberty has disbanded.

Community Christian Sun 3-ok.

Lee's Summit Wed - had vigorous discussion about whether to mention food during shares.

Friday Unity Temple – has grown to 6-7 attendees.

Treasurer's report Read and approved. Income \$66.47. Expenses \$362.31. Current check book balance \$3613.92.

PI committee- Faith – Regular meeting is on third Saturday of the month at 2:45pm at North Kansas City Hospital, Barry Room.

Twitter account established.

Faith and Becca attended American Diabetic Association health fair at St Joseph's Hospital on May 2. Attendance was lower than anticipated, so ADA will allow us to attend 2 more health fairs without cost, as we spent \$150 to attend this one. Handed out literature and 9 meeting lists. In addition to the attendees, they talked to other vendors and to a few hospital personnel who passed by, which taught them that we have more constituent groups for outreach than just potential OA members.

Future events: June 20, Brush Creek Community Center; October NKCH; September, Research Hospital Community Block Party.

Pat contacted the *Lee's Summit Tribune*, which has agreed to list their meeting in the Calendar.

Becca has also contacted local newspapers. *Dos Mundos* will publish a PSA when there is space. *The Liberty Tribune* will list meetings in the Calendar. *The Call* asked that she submit a news release by e-mail for consideration. She has also reached out to magazines in the Northland by e-mail, but has yet to get a response.

Becca will follow up on a suggestion from the May 2 health fair to contact Safe Home, a shelter for battered women. She sent an e-mail to the therapist to list OA as a resource.

Faith and John have not yet found time to shop for the table cloth and banner, but will go soon.

World Service Office Meeting Report (Sandra). See attached for full report.

Highlights: Change to preamble approved at the WSBC 2015 – Please update your meeting format. (The last sentence in the first paragraph has been changed with one strikeout and one addition.)

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

WSO is not self-supporting though contributions alone. The recommended donation at meetings (in person or by phone) is \$3. In addition, direct contributions can be made on the website at www.aa.org, either a one-time donation or a recurring donation.

Sandra is on the committee charged with revising the pamphlet: Seventh Tradition.

Old Business:

The August Super Saturday still needs volunteers. Martha and John were asked to request that the Monday and Saturday meetings, respectively, be asked to sponsor one Super Saturday per year. These two meetings are our largest meetings and have a lot of recovery. In addition, these meetings would expand the geographical meeting places for Super Saturdays.

Retreat: the committee met again in May and will publish a “Save the Date” card shortly.

E-mail contacts for all meetings, except Sunday Raytown, have been completed and will be used to send out Intergroup minutes and other information.

Google phone is operating, however Jim received only one call this month, from a caller trying to find an AA meeting. Phone number is: 913-909-4020.

Unfinished business:

Region 4 is sponsoring a contest among Intergroups to come up with a new slogan. The deadline for submissions is June 20. Ideas should be forwarded to Tim.

Sponsorship co-ordinator: Chris N has offered to fill this position.

New business:

The Intergroup remains in need of a Secretary. Until someone volunteers, Secretaries Pro Tem will be drawn from a rotating pool of Faith, Sandra, Sharon and Elizabeth.

Notification of out of area retreats:

Contemplating Serenity, Silent Retreat, October 16 – 18, 2015, near Monastery Lake, Pecos, NM.

Sinsinawa Mound Retreat, October 16 – 18, 2015, Sinsinawa Center, County Road Z, Sinsinawa, WS

Contact Elizabeth for more information at darr600@att.net.

The meeting was closed with the OA Prayer: I Put My Hand in Yours.

Respectfully submitted,

Elizabeth D, Secretary Pro Tem

Minutes approved as corrected by e-mail, June 4, 2015

Summary to be shared with groups:

1. Public Information Committee is reaching out to general community to expand knowledge of OA's presence and function.
2. World Service Office Highlights: Change to preamble approved at the WSBC 2015 – Please update your meeting format. (The last sentence in the first paragraph has been changed with one strikeout and one addition.)

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

3. Upcoming events: Super Saturday, August 18. Retreat, October 23 – 25.
4. Service opportunity: Intergroup Secretary.

World Service Business Conference (WSBC) Delegate Report

May 2015

- *OA finances are administered by the Board of Trustees and World Service Office (WSO) staff. They are good stewards of our money and have again presented a balanced budget.*
- *However, WSO is not self-supporting by 7th tradition donations, instead they are supported by book sales. Activities that did not get funded in recent budgets include outreach to professional medical conferences, region workshops designed to carry the message, and a needed website upgrade. The recommended donation is \$3/meeting, whether it be in person or on the phone.*
- *ARC (Automatic Recurring Contribution) is now available. Check the website www.oa.org or call 505-891-2664 to set up a one-time or ongoing contribution directly to the World Service Office.*
- *WSO is creating a list of speakers to be available to groups and service bodies. It requires a year of abstinence, having and being a sponsor. Contact your Intergroup Rep or Officer for details.*
- *Lifeline is our journal of recovery. WSO is encouraging individuals to subscribe. Leave the old copies in doctor's offices, waiting rooms, free literature areas etc. as a way to carry the message.*
- *Upcoming World Service Convention in Boston 2016! Recovery: Trail to Freedom. For more information about this weekend of solid recovery, see the OA website Conventioninfo@oa.org*
- *A Midwest Step and Tradition Study phone meeting has started on Sunday evening at 7pm. To attend, first call 605-562-3130, when prompted, enter the access code 290492#.*
- *WSBC 2015 had a total of 190 delegates from 22 countries, speaking 27 different languages. We: *approved new literature *voted on new trustees *heard reports from Board of Trustees' President and Treasurer, heard region reports and committee reports *voted on and passed updates to some bylaws and policies *voted against a motion to lower the required percentage of services bodies needed to pass a by-laws change from 55% to 30% and *voted an update to the OA preamble (Please update your meeting preamble to reflect the new language.)*
- *The Banquet speaker's moving podcast is available on the OA website; he highlighted the urgency of working this program. <http://www.oa.org/oapodcasts/> see 2015 Conference Keynote*
- *Final wrap-up comments on Saturday reinforced the idea of moving into action. "Action is the magic" "All I have to do is try... it is up to a Higher Power to do the rest.""*
- *A Finance sub-committee is continuing to edit and revise the Seventh Tradition pamphlet, prior to its submission to the Board of Trustees for final approval. Suggestions on how to improve the pamphlet can be given to me for submission to the sub-committee's consideration.*

Thank you for letting me be of service.

Sandra B

Change to preamble approved at the WSBC 2015 – Please update your meeting format

(The last sentence in the first paragraph has been changed with 1 strike out and 1 addition)

Our primary purpose is to abstain from compulsive eating ~~behavior around food~~ and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.