

Central Iowa Intergroup December Meeting Minutes

“Responsibility Pledge”

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible

Date/Time: December, 2022 Minutes at 10:30 AM - Noon

Introductions: Please rename yourself on zoom and what OA meeting you represent.

Serenity Prayer: Please unmute and join me in the serenity prayer.

Readings: Tradition # 12/Concept # 12 -

Attendees: Karen B, Karen W, Michele B, Marcia N, Jean L, Jean J, Judy T, Diana W, Traci V.

Important facts to share with OA Meetings.

This is a zero (0), not an (O).

1. [Insulated Lunch bags](#). These were a Region 4 fund raiser and purchase a couple years ago. Please either call, text, or email Traci V if you purchased one and did not receive it and she will get it to you. 641-750-7228 or tracivilez039@gmail.com.
2. Ideas for fund raiser for the 2023 Spring Assembly. A silent auction idea was given with our talented OA members donating items to auction. The Theme is the Serenity Prayer. Other ideas are welcome.
3. 2023 Iowa State Convention – Will be on September 23, 2023. The committee would like to ask OA groups to donate a basket for a silent auction at convention. Please discuss with your OA meetings. Let Traci know at next intergroup meeting if this would be doable.
4. [12 Step Within](#) action Plan Doc. (Click on the blue link to view the action plan document and share with your OA meetings.) - (Read the 5th Tradition to your meeting). I challenge everyone to make a call once a month to 3 people you haven't seen at a meeting for a while by calling, texting, or meeting them. 12 Step within is not a one day event!!

Secretary Report for November 2022: Traci V.

- **Marcia motioned to approve. Approved.**

Treasurer's Report for November 2022: Michele B.

- Beginning Balance: \$ 5,125.71
- Incoming Balance: \$0
- Outgoing Balance: \$300.00
- Ending Balance: \$ 2,575.71
- Minus Prudent reserve \$2,250.00
- **Traci motioned to approve. Approved.**

Chair's Report: Karen B.

Central Iowa Intergroup December Meeting Minutes

“Responsibility Pledge”

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible

- [New Year's Eve Marathon](#) (Click the blue link to view the flyer.) 24 hour marathon meditation meetings every hour. This will be posted on the website as well.

Region IV Rep: Marcia N.

- Mary C has resigned from chair due to health. Annette is now Chair and Vice Chair position is now open.
- World service is concerned about negativity from OA groups about “The Twelve Steps and Twelve Traditions” literature compared to the “Alcoholics Anonymous (Big Book.)” Looking at how they can approach this so it doesn't continue.

Website Manager: Kris F. or Traci V.

- Encourage to check out the website. **Click the links in blue to view the flyers.** [OA Birthday Event](#) on Jan. 21st, 2023 at the Central Presbyterian Church in Des Moines. Face-to-Face or zoom will be available. Save the Date for [2023 Spring Assembly](#) is coming up on March 24th & 25th, 2023 at the Stoney Creek Hotel in Johnston. Flyers are available on the website as well. We also post upcoming events or important information on the slider bar on the home page of the website. If you click on a meeting it will take you to the details of that meeting. There are links there to view and print leader scripts, common meeting readings, along with zoom details and where the meeting is being held.

Public Information: Kathleen S.

- We are speaking at Powell Jan 4th, 2023. Need speakers sharing experience, strength, and hope. This event is every 6 weeks. Contact Marcia or someone on PIPO committee if interested in being a speaker.

Newcomer Report for the Month of November 2022: Traci V. (Group Reps)

- Sat 9am-1 newcomer
- [NEWCOMER REPORT FOR 2022](#)

Old Business for November 2022: Review upcoming Events and Documents

- Spring Assembly and CII Budget
- Literature-Ad Hoc committee ideas and Central Presbyterian Church (Established Location to store literature). Nothing was decided.
- How to attract newcomers and more members. Here are some ideas given at the October meeting. PIPO is working on this.

Central Iowa Intergroup December Meeting Minutes

“Responsibility Pledge”

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible

- Post in a local newspaper
- Post when you are hosting events on the website and on Facebook. Kris F is the website manager for the website and Kathleen S. is the Facebook Administrator.
- Post posters, give each meetings 5 and then the OA meetings could post. Ideas to carry the message.
- Cards to hand out to people or at businesses.
- Flyer with an OR code.
- Iowa State Convention 2023 - Volunteers needed to help plan the event. Right now we only have 3 people. Please let Traci V. know if you are interested.

New Business for December 2022:

- Iowa State Convention and CII account on zoom. Traci Judy motioned to use account for committee meeting. Jean seconded. Approved
- Insulated lunch bags that were ordered. Traci will send out email to members. Post on the website and please share with your meetings.
- Iowa State Convention – We would like to do a silent auction. Please ask meetings if they would be willing to donate a basket for Iowa State Convention in September of 2023.
- 12 Step Within meeting – Jean L. Ideas of 12 step within. Make a pact with a member on remaining abstinent. Have a day of reflection on the strength of your own recovery. Write down 12 actions to support your own recovery. Encourage every to make phone calls every month. Will post document for action plans on the website. 14-21 people attended 12 Step With-in Event.
- Spring Assembly – Raffle tickets – Michele B. Bin with stuff in it? Does anyone know who has the bin? Jean thought Rob H has the bin.
- Spring assembly looking at some ideas of fund raiser. Doing a 50/50 drawing. Split money 50/50 between winner of drawing and CII. Ideas of how we can do a fund raiser, silent auction? Please take back to your meetings and ask for ideas. Will need help with registration.

Closing: OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we depend on our own unsteady willpower. We are all together now, reaching out our hands for power and

Central Iowa Intergroup December Meeting Minutes

“Responsibility Pledge”

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible

strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Meeting adjourned at 11:15 am

Respectfully submitted by Traci V. Secretary