

Central Iowa Intergroup April 2023 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: April 2023 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 4/Concept 4 – Michele B.

Attendees: Karen B, Traci V, Michele B, Kayla H, Karen W, Marcia N, Jean L, and Judy T.

Important facts to share with OA Meetings

1. Finalize CII Elections next month. If you are still interested let Traci know so she can send a zoom invite. In order to be elected for a position you have to attend the CII meeting. It is in the Bylaws.
2. Convention is Sept. 23rd. Registration form will be coming out soon. You will have the option of registering online or mailing in the form. The form will be emailed out and posted on the website. Face-to-face meetings please print copies for your members. Early Registration is \$20.00 by Sept 1st and after it will be \$25.00.
3. Region 4 Assembly was a success. We were able to make our money back that it cost for the assembly through 7th tradition, the 50/50 drawing, donations and for sale items. We made \$800. Region 4 was impressed with the way we hosted assembly, we were told that we had a strong recovery in our members, people said they had fun.

Secretary report for March 2023: Traci V.

- **Michele B. motioned to approve. Karen W. Seconded. Approved.**

Treasurer’s Report for March 2023: Michele B.

- Beginning Balance: \$5,331.55
 - Incoming Balance: \$0
 - Outgoing Balance: \$454.43
 - Ending Balance: \$2,627.12
 - Minus prudent reserve of \$2,250.00.
-
- **Traci V motion to approve. Judy T. Seconded. Approved.**
 - We talked about the money at Region 4 set aside for intergroups to use. Doesn’t get used much.

Central Iowa Intergroup April 2023 Meeting Minutes
“Responsibility Pledge”
Always to extend the hand and heart of OA
To all who share my compulsion;
For this I am responsible

Chair’s Report: Karen B.

Region IV Rep: Marcia N.

- Region assembly was well attended. Impressed with the hotel.
- 7th tradition is down. Asking OA meetings to consider Region 4 in 7th of tradition.
- Please change the language zoom attackers; instead of zoom bombers let start calling it zoom intruders. There are people that it has been traumatic for and have triggers with it being called zoom bombers.
- We want you to ask yourselves; **how well are we carrying the message?**
- Marcia N was asked to please stay overnight at the Hotel during spring assembly since she is a Region 4 rep. the cost was \$116.48.

Michele B motioned to approve reimbursement to Marcia N. Karen W seconded. Approved.

- Region 4 vice-chair position is open.
- R4 committees are doing fundraising and Marcia is doing out-reach.
- Region 4 has a newsletter called R4Ward. **Actually I (Traci) was supposed to send Meg the email list of everyone on Intergroup. Sorry, I forgot to do this. Please let Traci know by Friday April 14th, 2023 if you do not want to be on the list or are already on the list. I will send Meg the names on Saturday. If I don’t hear from you then I will assume you want it.**
- Marcia was happy to say she went out with a bang with Assembly being successful. Thanks Marcia for being a great Region 4 and WSO Rep.

Website Manager: Traci V or Kris F. (Alternate)

Posting Registration Form for Convention on the website soon. Just need to wrap up a few details.

URL Addresses for Central Iowa website as of right now. We may be deleting one of them. I will let you guys know when I know. All three of these take you to the exact same site on our website.

Central Iowa Intergroup April 2023 Meeting Minutes

“Responsibility Pledge”

Always to extend the hand and heart of OA

To all who share my compulsion;

For this I am responsible

www.oadsm.org

www.cii.oaregion4.org

www.oacentralia.org

PIPO: Marcia N.

- We still have outreach items to hand out. Posters to hang up; please write **oacentralia.org** on the back, Billboard cards, and some pamphlets. Please contact Marcia N or Jean L if you would like to distribute some of these.
- I hope we will continue Powell every 6 weeks. We have had some good feedback. We have speakers from 11 AM -12:00 PM.
Tell about yourself and the last 30 minutes for Q & A. We do have 2 people May 10th.
No Abstinence requirement.

Old Business for March 2023:

- Discussion with Region 4 Chair & Trustee on Intergroup & Region Health.
Discussion from Meg M. – R4 Trustee
 - Thank you everyone that is doing service.
 - Less people stepping up to do service. Look at service at a more empowering way. We are isolators.
 - Let’s work with what we have and build from there.
 - We don’t want to burn out members that are doing service over and over.
 - Think about what we can build upon. Maybe doing less events.
 - How is your newcomer base? Are we really providing newcomer support? Are we calling or following up with them? Who is going to walk with this person for the next few weeks?
 - Are we asking our sponsors if they are abstinent?
 - I asked myself if we were supporting. We are not totally self -supporting. Region 4 is not supporting our intergroup.
- **Discussion from Annette P-R – R4 Chair**
 - What Region 4 has to offer
 - Celebrate yourselves for being part of the solution

Central Iowa Intergroup April 2023 Meeting Minutes

“Responsibility Pledge”

Always to extend the hand and heart of OA

To all who share my compulsion;

For this I am responsible

- Community Conversations-3rd Sunday at 5 pm. March theme is going to be PIPO.
- Twice a month a newsletter R4Ward. Opportunity to add flyers.
- Assembly twice a year. Spring and Fall Assembly
- R4 has opportunities for service
 - Assembly planner
 - Next fall a new chair
- A suggestion was to send out R4Ward to CII intergroup reps. Traci will send Meg and Annette CII board members email addresses.
- Newcomers – We have a newcomer meeting that has suspended. Hard to keep newcomer meeting going.
- Meg thinks it could be the people that manage the meeting. No one wants to sign up.

More discussion from Meg

- We focus on newcomers and twelve step with-in. Try a newcomer meeting for one year just to see if we can do this. Even if this is virtual. Then go from there.
- Addressing what your groups can really do.

Annette continues with discussion:

- Newcomer Packet.
- Take newcomer meeting back to the OA groups and ask if we could share the responsibility.
- Upcoming Elections
 - April is CII elections. **New board members take over in July 1.** This was a mistype.
 - Traci will send the job descriptions to all the contact people of the OA meetings. Please make people aware of the elections.

New Business for April:

● CII Elections

- Tabled until May 13th CII meeting to give people more time for abstinence. To let others see if they would like to do service. Please contact the people that are in that position for further questions. Let Traci know if you are interested in attending the May 13th CII Meeting so she can send you a zoom invite if you are

Central Iowa Intergroup April 2023 Meeting Minutes

“Responsibility Pledge”

Always to extend the hand and heart of OA

To all who share my compulsion;

For this I am responsible

not part of intergroup. You can either call, text, or e-mail her at 641-750-7228 or tracivilez039@gmail.com.

- If anyone is interested in a board position, per the By-Laws, they are to be present.
- If you want to read the job description in the By-Laws on the positions you are interested in they are posted on the Central Iowa Website under the “Intergroup” menu tab at the top of the home page. Job descriptions start on page 5-7.

- **2023 Spring Assembly**
 - Assembly went well. We had feedback that people had fun, Region 4 was impressed on how we had everything done, and we were told that they thought we had strong recovery. We made \$800 in 7th tradition, 50/50 drawing, and donated items for auction to cover our costs.

- **CII Job Descriptions**
 - Tabled. Traci will send out to CII Intergroup to view before the next meeting in May.

- **Newcomer Packet**
 - Tabled. Traci will send out to be viewed and discussed at the next intergroup meeting.

Adjourned 11:35 am

Submitted By Traci V.

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