

## Central Iowa Intergroup May 2024 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:** May 2024 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 5/Concept 5 – Michele B.

**Attendees:** Traci V, Michele B, Dian M, Diana S, Jean L, Karen W, Jean J

### Important facts to share with OA Meetings

1. Elections are open for IG: We need people to do service. We need a Secretary, Treasurer, Website Manager, and a WSO Delegate.
2. Save the Date Flyer for the State of Iowa Convention. Friday and Saturday, Sept. 20th and 21st, 2024 at Stoney Creek Hotel.

Region 3 is having a welcoming event on June 1st and/or 2nd. Flyer is on the website. Game Day Event, May 25th from 10:30 – 2:00 pm

3. Iowa Mental Health Counselors Association- The 1<sup>st</sup> Day was really busy. There were a lot of young professionals, we passed out pamphlets, and told them where to go to find meetings. People had never heard of us. Explained what OA is about.

The 2<sup>nd</sup> day was slow, we had a therapist that worked at Mind and Spirit Counseling as a Therapist that was interested and she had a client that she was concerned about and was going to suggest OA to her client.

### **Secretary report for 2024: April**

- Secretary minutes approved.

### **Treasurer’s Report for April 2024: Michele B.**

- Beginning Balance: \$7,142.10
- Incoming Balance: \$931.60
- Outgoing Balance: \$2,958.86
- Ending Balance: \$3,914.84
- Minus prudent reserve of \$1200.

Treasurer’s report approved.

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#### **Chair’s Report:** Traci V.

- Region 3 is having a welcoming event Saturday and Sunday June 1 and/or 2<sup>nd</sup>. The flyer with the Zoom link is on the website.
- Game Day Event at Central Presbyterian Church on May 25<sup>th</sup> from 10:30 am – 2:00 pm
- Save the Date for the State of Iowa OA Convention, Friday and Saturday Sept. 20<sup>th</sup> and 21<sup>st</sup>. Final flyer out by June. Posted on the website.

#### **Region IV Rep:** Christy B

- No Report

#### **Website Manager:** Jean L.

- Switching our website name to oacentraliowa.org. Transition date is June 1. Paid \$20.00 for the name switch.
- New g-mail addresses for Chair, Secretary, PIPO, and website manager. Also posted on the website.
- Jean set up a volunteer list on sign-up genius for the Iowa Mental Health Association Event.

#### **Public Information Public Outreach:** Dian M.

- OA Billboard is now on 63<sup>rd</sup> street as you are traveling south on the left- hand side.
- Good turn out at the Iowa Mental Health Counselors Association.
- Rob texted a card of someone that is interested in having a meeting somewhere. Dian will get in touch with Rob to get all the details.
- Is Powell still going on? It was believed that Judy T took this over.

#### **Old Business for March 2023:**

Select New Region to join:

- Everyone reviewed the email attachments regarding the different Regions.

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- offerings/availability.
- Region 3 is more accessible, regarding the cost of travel.
- Region 5 has geographical continuity.
- Region 3 gives a more inviting, positive feel, better organization.
- Offers funding opportunities for exhibits, Intergroup events, Rep. funding, 2<sup>nd</sup> Rep funding, etc.
- Discomfort regarding not knowing what other Intergroups will decide was expressed.
- We could still include the other previously Region 4 areas in our events, even if they move to Reg5.
- Concern regarding Region 5 lacking in service and solid foundation.
- **\*Region 3 wins vote, Region 4 needs to approve our choice\***
  - Will need to do a meeting audit, and tell Mary and Megan who we're going with, and submit our bylaws.

### Review Bylaws

- Red highlighted sections in document that was forwarded were done last year, and haven't been approved yet.
  - The secretary agrees that the changes made to their section sound accurate.
  - Virtual Office Manager duties will be redistributed to Treasurer (other than arranging conference calls and intergroup meetings, and 2<sup>nd</sup> key to P.O. Box).
  - **\*Voted to eliminate VOM position passes\***
    - Jean J needs to check to see if they still have a key to the P.O. box and will let the Chair know. **Tabled until next meeting.**
- Website Manager section had discussion regarding what some of the entries meant.
- PIPO agrees that their section sounds accurate.
- Group Rep description discussion regarding someone authoring it and adding it.
- Region Rep agrees their section sounds accurate.
- Traci will review the document and submit it via email to Intergroup, for approval before it is sent into Region 3.0
- Kayla stepping down as Secretary by April 1<sup>st</sup>, new Secretary is needed.

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Thanks for the opportunity. Discussed with Sponsor and are in agreement that need to focus on getting back into recovery.

- Want to give time to find new Secretary.
- The group expressed thanks for the service and for prioritizing their recovery.

### **New Business for April:**

#### **Abstinence Statement**

Taken from the recommended meeting format. WSO doesn't have the abstinence statement quite right. They have "At" and it should say "Action." It's okay to take off the 2021 business conference.

#### **Mental Health Counselor Association Turnout**

The 1<sup>st</sup> Day was really busy. There were a lot of young professionals, passed out pamphlets, and we told them where to go on the website to find meetings. People had never heard of us. Explained what OA is.

The 2<sup>nd</sup> day was slow, we had a therapist with Mind and Spirit Counseling Therapist that was interested and she had a client that she was concerned about and was in weight watchers and was starting to take Ozempic and was going to suggest OA to her client.

#### **Elections:**

We discussed what could happen if we don't get people to step up and do service beyond the group level. We talked about not having an intergroup.

We discussed joining another intergroup that joined Region 3. Traci will check into some of the other IG's that joined Region 3 of possibly joining with us. **Tabled until next meeting.**

**We talked about what could happen if we disbanded due to lack of Service.**

**Possible Results:** No outreach, billboards, newsletters, bus ads, possibly no more website, no region rep so no say at the Region 3 assemblies/conferences, no more sponsored events through CII. All this would make it hard to get newcomers.

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**Traci asked everyone to help try to find people to fill the positions of the Secretary, Treasurer, WSO Delegate, and Website Manager.**

**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 each depend upon 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.

Meeting adjourned: 11:12 am

Respectfully submitted by Traci V.

Next IG Meeting is June 8<sup>th</sup> from 10:30 am – Noon.

**Thank you everyone for your service!!**