

Intergroup Minutes May 12, 2018

In attendance: Lisa P OA HOW SLP Sun Night IG rep, Dan D Tues. 7 pm Shakopee IG rep, Sheila L Mon Robbinsdale & Tues. Live Golden Valley, 12th step within chair, Pat W. Mon morning & Quick Steps, Maggie S, Tues. am So. Mpls IG rep, Peggy L Thurs. eve Burnsville, IG rep, Melissa A Mon 6:30 pm Eagan IG rep, Lucinda R. Mon 6:30 & Tues. 7pm Shakopee IG Rep and Quick Steps team, Bob S. Mon night Anoka, Howard bylaws, Nancy Sat 9 am Pax Chrisi, Paul B Sat 8 am Circle Pines, Annette P-R Wed 1 pm Crystal & Region 4 Chair, Kathleen K Mon 7 pm St. Paul, Mary T Tues Mpls How visitor, Cathy G UI Chair & Mon 6:30 Robbinsdale, Amy D. Wed Hamline 7 pm IG rep, Paula R. Sat am circle pines HOW & IG treasurer, Corey H Tues 7 pm Wayzata IG rep & IG Secretary.

Welcome--Pat W. announced she is stepping down as Intergroup Vice Chair

Tradition 5 --Annette P-R read tradition 5.

Secretary's Report-- Annette P-R noticed an error and the minutes were changed to reflect the Region 4 meeting being in October. Melissa A. made a motion to the pass amended report. Pat W. seconded.

Treasure's Report

--Paula R. read budget, approval will wait until next month when it will be printed.

--The proposed budget will be posted online and we will discuss it next month.

Workshop

-Melissa A. explained her idea to focus on a smaller number of ideas for a shorter amount of time so we can keep our energy and enthusiasm up vs working on too many great ideas and getting less done.

-**Paul's group:** Get more intergroup reps, get a new wifi system \$1,500 to increase intergroup memberships, if it's hard to hear you lose interest, if it's easy it promotes participation. People who call in may show up. Measurable, "click here" link to get on constant contact on the main OA page. To create interest: for more information "click here" to answer questions. Volunteers set up the system.

Lucinda's group: Put own oxygen mask on first, new rep asks "what is intergroup?", focus on smaller workshops that are less scary. She felt overwhelmed by discussion list because they are all important. Less and less people who have long term experience.

Cathy G. common concerns, we need to attract newcomers to stay viable.

Shelia's group: Newcomers and those still struggling are tied together. Sponsorship: need to improve it, a way of service for those in the rooms. Meetings, some were large and now smaller, some very small, maybe because of spin offs, combine smaller meetings. Focus more on the 12 steps, Quick Steps, great way to get people started, but to those still suffering, remind them that you can go through the steps again, maybe have one Quick Steps focused on those who have already been through the steps more than once. Health care profession, focus on literature for them.

Cathy G. National Association of Social Workers, high up, social worker for 25 years had never heard of OA. Was a member one week later. Wants OA to be at their conference, AA have had booths in the past. These people work with food addicts every day. That is one way of bringing people to our rooms. Once we get there, how can we get them to want to stay.

Lucinda: Have a person who volunteers to talk to the newcomer after the meeting. Go over things in the newcomer packet. There is a newcomer packet for \$3.75.

Dan: Would we want to have a booth at the AA convention? He will talk to the region rep to see if they would be ok with having another 12 step group there. It is every year on Memorial Day weekend.

Bob: Controversy with 12 step groups. He will bring in the article.

Cathy G. National Association of Social Workers convention on June 18th and 19th, 9am-4 pm, Earle Brown Center. Contact Lou L. to volunteer, 612-965-9305 or lrlongmire@gmail.com.

Cathy G. No consensus from these group discussion, she will push forward on developing the website. Promote those Quick Steps and other small meetings, brochures at your meeting, on website, through constant contact.

Discussion on the potential Intergroup meeting microphone system. Howard will get more facts on this system and present to the group next month.

Newsletter: May Golden Valley Sat 10 am, June Crystal Wed 1 pm, July Wed 7m Hamline, August? Newcomer meeting: 3rd Sat. of each month, Sumner Library 1-2 pm: May chairs taking care of it, June Tues. 7 pm Wayzata, July? Aug Mon 6:30 Robbinsdale

Idea: Encourage newly abstinent members to give their first talk at a newcomer's meeting.

Melissa: Prep your meeting that we will be needing articles for the newsletter and speakers for newcomer meetings.

New format for the newcomers meeting: Short introduction to the 12 steps, introduce selves, sat together and talked. Very casual and nice.

Big Book Study, \$21, \$16 for webcast, extended the discount, \$5, will continue for a few more days. About 100 people so far. Have had people from other 12 step programs there.

Buffalo, didn't worry about money, free bingo prizes, salsa dancing until after 9 pm, didn't charge for water or tea, no nickel and dime. Great event.

Release prevention workshop, June 23 9-2 Valley Presbyterian Golden Valley, she has flyers for groups, contacted all the intergroup reps from unity intergroup list. \$15 in person, \$10 virtually, not just for those in relapse, anyone who has interest, register online or mail it in.

Paula: Put in talking points that unless someone steps up to be a convention chair, we will not have convention.

Region: Annette Numbers of OA as a whole are declining and in our region are declining. Is it time to cease to exist as a region? Affiliate with a different region? Benefits of disbanding: affiliate with larger regions who are doing more things, exciting. What is best from our standpoint and from OA as a whole? Committee formed for this purpose.

Discussion from multiple members on combining regions, we will vote next month.

Adjourn with serenity prayer