

# Greater Heartland Intergroup

## Agenda

March 13, 2025 at 6:00 pm

Please download and import the following iCalendar (.ics) files to your calendar system.

**Monthly:** [https://us02web.zoom.us/meeting/tZwsc-irrT8rE9x6INTF5eqEwM\\_BQoISuoA9/ics?icsToken=98tyKuGgrz8rGdeRsRCPRpw-BY-gd-nztilcj\\_pFyhPLNwYGZxLTlc99EINwOevF](https://us02web.zoom.us/meeting/tZwsc-irrT8rE9x6INTF5eqEwM_BQoISuoA9/ics?icsToken=98tyKuGgrz8rGdeRsRCPRpw-BY-gd-nztilcj_pFyhPLNwYGZxLTlc99EINwOevF)

### Join Zoom Meeting:

<https://us02web.zoom.us/j/82844891526?pwd=cfumBLbIYYvVbTfiKVGyGMHm0aQUVz.1>

Meeting ID: 828 4489 1526

Passcode: 544471

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

Opening:

1. Serenity Prayer – God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.
2. Step of the month – 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
3. Tradition of the month – 3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Concept of the month – 3. The right of decision, based on trust, makes effective leadership possible.

### Roll Call

Group Rep Forum: Meeting in person, zoom, or hybrid? Number of attendees, newcomers?

### Reports:

Officers

1. Chair (Cheryl) –
2. Vice Chair (Raquel M)—Job descriptions
3. Secretary (Deb) –
4. Treasurer and Hot Line (Kari)-

**Committee Reports:**

5. Region III (Kay B, OPEN)—
6. WSO (Shelly, OPEN) –
7. Bylaws(Kay, Shelly) -
8. Newsletter (Lynne, OPEN)
9. Website / Electronic (Lynne/Susan)-
10. Literature (Judy) -
11. Meeting Outreach (Julie W) -
12. Public Information/Professional Outreach (Cheryl F)—We need some more volunteers to help out with this.
13. Special Events - (Chinwendu)
14. Fall Retreat-(Kay, Ann)
15. Fund Raising - (Amy N)
16. Nominating - (OPEN)

**Old Business:**

1. How are we archiving our OA information? Minutes on website?

**New Business:****Recognitions:**

**Greater Heartland Intergroup  
Minutes  
March 13, 2025**

**Roll Call**

Julia M, Kay B, Cheryl F, Amy N, Raquel M, Cheryl B, Chinwendu, Michael, Jackie, Brenda Z, Judy P, Kari H, Lynne S, Marcy S, and Deb W.

**Reports:**

**Officers**

1. Chair (Cheryl) – No report
2. Vice Chair (Raquel M)—Job descriptions updates are in progress. Expect to have first draft ready for group discussion by May 1.
3. Secretary (Deb) – February minutes were approved.
4. Treasurer and Hot Line (Kari)- Discussed February reports. Kari requested that members making donation via Venmo do a monthly or longer period donation instead of smaller weekly amounts. Her entry required is quite time consuming and having larger amount on a less frequent basis would help her. She also requested if splitting one donation for multiple meetings, make separate Venmo transactions for clarity and ease of her entry.

**Committee Reports:**

5. Region III (Kay B, OPEN) - Requested \$100 to be used for purchase of fund raising items at Region Assembly in April.
6. WSO (Shelly N, OPEN) – No report
7. Bylaws(Kay, Shelly N) - No report
8. Newsletter (Lynne) - No report
9. Website / Electronic (Lynne/Susan) - Lynne will update two meetings on website. Lynne clarified that the website budget should remain the same as last year. Chinwendu has OA program contact that can help or assume website efforts. Lynne had to leave early, and Cheryl will update her with discussion that continued.
10. Literature (Judy) - Well supplied now. Reported \$225.10 in sales from last report - mainly from January Super Saturday and Love Day events.
11. Meeting Outreach (Julie W) - No updates.
12. Public Information/Professional Outreach (Cheryl F)—Materials were available at January Super Saturday and Love Day events. She plans

to reach out to group reps so they're aware of materials available. May be able to combine these contacts with Meeting Outreach efforts.

13. Special Events - (Chinwendu) - Spring camping retreat May 30 - June 1 at Two Rivers State Park. Only 16 sites available, so make your registration as early as possible. Smaller events/invites including a fire pit after Friday 4:20 meeting and first Sunday suppers (extra fellowship after regular meeting) were announced. People are encouraged to start their own meeting fellowship activities. They can be announced on Greater Heartland Facebook page. Kari H can add information to our Facebook page.

14. Fall Retreat-(Kay, Ann) - February 26 at 7:30 pm is first zoom meeting and is scheduled for the 4th Wednesday of each subsequent month - **NO MEETING IN MARCH**, April 23, May 28, June 25, July 23, August 27 and September 24.

Join Zoom Meeting

<https://us02web.zoom.us/j/84505648773?pwd=Zx5wdO0eDPHaQnHPEiEGVGi7SgdVdG.1>

**Meeting ID: 845 0564 8773**

**Passcode: 300773**

15. Fund Raising - (Amy N) - Projects for retreat were identified. One project will be a recovery coloring book. If you like to doodle or draw, please draw a black outlined recovery related picture on white paper and send to Amy N. May will be a planning meeting and July will be the fun part of making the projects.

16. Nominating - (OPEN) - No report

### **Old Business:**

1. How are we archiving our OA information? Minutes on website?  
Chinwendu reported that documents like specific meeting formats can be loaded to Google Docs. Contact Chinwendu with any questions or documents to be loaded.

### **New Business:**

1. Donations for St. Timothy's for intergroup meeting when the meeting is no longer held there. Should this intergroup donation continue?
2. Chinwendu is providing a computer and 'lab' that is being used for treasurer record entry and keeping. Should there be a donation for use of equipment and space be made so we are self-supporting?
3. Discussed, moved, seconded, and approved suggestion to transition from the physical 'hot line' phone and use Google Voice app instead.

This would eliminate the monthly cost and lose no functionality.  
Chinwendu expects to have this set up by next intergroup meeting.

**Recognitions:**

All in attendance especially Chinwendu for Google Doc and Voice efforts, Raquel for her birthday March 14, Jackie and Michael for being new group reps, and Judy for literature efforts.

*Group reps please take to your group:*

- *Open positions for Nominating, WSO and Region 3 committees.*
- *Upcoming events May 30- June 1. Watch for more information.*
- *Anyone interested in joining Amy N in fund raising fun. Remember to doodle or draw a picture to include in recovery coloring book.*
- *Check Greater Heartland Facebook page for special group events. Start your own group event. Invite others too.*
- *No retreat meeting in March.*
- *Kari requested that members making donation via Venmo do a monthly or longer period donation instead of smaller weekly amounts. Her entry required is quite time consuming and having larger amount on a less frequent basis would help her. She also requested if splitting one donation for multiple meetings, make separate Venmo transactions instead for clarity and ease of her entry.*