

Region 4 Spring 2012 Assembly

Friday, April 14, 2012

Group Sharing

General Notes:

- Motions 2, 3, 6, 7 will be on the consent agenda

Group Sharing

Northern Serenity, Duluth, MN

Jean /Nancy

- Having an exhibit at Duluth Living Well expo on April 28, expecting 3-5000 people
 - Designed a bookmark with a list of all of the meetings
 - Providing a business card for those who don't want to be noticed
 - They made an appeal to Region 4 for the outreach funds, which was approved
 - Will have some OA literature at the Miller Mall

Note: can apply online application for funding.

Greater Kansas City Intergroup, Kansas City, KS

Deanna - Not a lot of people attend the Intergroup meeting

Shirley, Intergroup Chair

- There are more reps.
- Created a reference manual for the new Intergroup reps. Sharing information.
- Posted on web on how to observe unity day.
- For the outlier groups a to have 4 super sat and have them

Sponsor it to have the city go to the outlier. Physical symbol - the book

Sunflower Intergroup, Topeka, KS

Elinor

- 18 week step study started in Jan
 - Rotating facilitators
 - Attendees email each other in between meetings
 - 2 groups within the step study has an ask it basket

Wichita Mid Continent, Wichita, KS

Deb

- Some meetings closed
- Biggest meeting is about 8-9 people.
- Started Fall publicity committee - mailing out brochures to therapists in town. Put ad in town newspaper - online.
- Attended a university health fair – had great attendance with a lot of healthcare professionals.
- A lot of stuff handed out.
- Intergroup feels great about it.

- Sharathon in April. Look on r4 website. April28 speaker. This is a little different than in the past. Based on applying these principles in all our affairs. Family can come for dinner - social event. Open affair. People look forward to this

Greater Omaha Intergroup, Omaha, NE

Niki

- Have the same number of meetings
- Had a successful Fall retreat
- Have Conference calls – working on getting Skype
- Had Bowling night –
 - Popular and open to families
 - Started with a speaker
 - Included some of the small towns to get them involved

Jen

- Looking at fall retreat
 - Wanting a remote site to experience the speaker.
 - Utilizing technologies.
 - Plug for r4 convention in July.

Northeast Iowa – Waterloo, IA

Bev

- A group of Iowa members are coming to the Region 4 convention
- Sinsiniwa, IA retreat - Oct body image and sexuality

Heart of Canada - Winnipeg, Canada

Wanda, IG Chair

- New to position
- Working on bringing new people in especially on board
 - Have a vibrant Intergroup
 - People show up and participate
- More people could help but don't qualify but want to get involved. Working on teleconference. Groups about 5 members are 7 to 35. Long term arrogate the service position. First time as region rep. A group took on the pi. Radio will now be interviewed on gastric bypass. One new person came as a result looking at a group sponsoring a group. Creating a 12 step sponsors picking people up, helping them out over the phone. Have an annual convention had AA and OA speaker. Want to have r4 come to their convention. Like to have outside recovery come in

Unity Intergroup – Minneapolis, MN

Gene

- Co chair new comer meeting
- Group has grown as a result of leaning on their Higher Power
- Shared what he did with 7th step tent card

Michele

- World Delegate
- UIG Twelve Step Within (TSW) Chair

- Worked to add unity day in 2012
- 25 people
- Putting our hands in each other
- Want to have an IDEA day

Sue B

- MN State Convention stunning success
- Looking to encourage more sponsors to be available at Convention – even if as a temporary sponsor

Sherry M

- Virtual newsletter
 - Feature ‘Ask Una Tee’
 - Groups sponsor the newsletter

Julie C

- Vice Chair of Unity Intergroup
- Events and email person - sending out notifications and setting up online registration and donations
- Works with the Professional Outreach and Public Information Chairs
 - Campaigns – PO – Touch 2012 in 2012 – gather 2012 names of health care professionals and send out letters inviting them to an Open House or have members visit offices and clinics
 - PI – Working on going to the MN State Fair – handing out Unity/OA Information and the 15 questions on a Stick. The Fair is all about something on a stick.

Lance

- Participated in Health Fairs
- Updated information on the MN State Website
- Aligned committees better with WSO

Meg

- Logo contest for Unity and Newsletter
- Attended Rochester, MN Dietician expo
- Working on having meeting partners
- Members are reaching out and visiting other meetings
- Continuous updating of Unity website
- Hosted Region 4 Spring Assembly 2012 – Presented a Super Saturday on Abstinence
- Currently have 5 WSO delegates and 7 Region 4 Reps
- Updated bylaws, which were approved by WSO
- Have 11 stories on our website
- Working on posting podcasts
- Have a 1 day retreat in the fall – focusing on Steps 10 and 11

St. Louis Bi-State Area Intergroup, St. Louis, MO

Shannon

- Intergroup strong meetings and abstinence.
- Have an electronic billboard
- Have free ads in bus stops. Getting good feedback on that.
- Trying to attend health fairs and actively talk to attendees rather than getting a booth

Marcia

- Had their annual convention.
- 'Back to Basics' presented by a R8 Trustee speaker
- Groups reaching out to other groups to encourage and inspire
- Board of Director positions are all filled
- Most committee positions are filled - could use more
- Had a successful Fall Retreat - on 'Body Image and Sexuality' - well attended
- Had extra money – assisted groups with fliers
- Getting literature to get into the schools. Has a 14 yr old in one meeting
- Helping with R4 convention.

Cyndy

- Due to Intergroup extra funds - the goal is to buy Lifeline subscription for their 46 groups

Promises of Eastern Iowa Intergroup – Iowa City, IA

Theresa

- Closed home group meeting, which had been in existence 20+ years
- Used a podcast on smart phone in place of a speaker

General WSO notes

- Board is looking into more apps for OA some free some will cost money working on getting estimates would like to find someone to volunteer their time and expertise. Considering all Smartphone
- OA website meetings can be sorted by city zip. Van search by intergroup # and print list. Need to keep that main database up to date
- Someone approached OA to create an iPhone app. Board is looking at this and asked questions
- OA will have all hard copy books to be eBooks.

9:15 pm adjourn