

Heart of Canada Intergroup July 2013 Newsletter

Announcements:

Our OA fall convention is October 4th and 5th this year at the Holiday Inn (Winnipeg) on the corner of Moray and Portage Ave. Come one come all! The convention committee is looking for members willing to billet (provide lodging for) people in town for the convention. As well drivers are needed to transport members to convention etc. Finally there will be a silent auction, donations of gently used items are welcome/needed. And volunteers will also definitely be needed. Stay tuned for more convention news as it is announced at meetings. ☺

Celebrating Abstinence Milestones meeting (open to all—speaker meeting) will continue to be at 7:30pm on the first Sunday of each month(except August+September will be the 2nd Sunday) at our new location 891 St. Mary's rd. Good News Church. (call Christina if celebrating a milestone: #204-772-8239)

Annual General Meeting was a roaring success! We have the lovely and talented Jan W as our new intergroup chair! And the delightful Tracey is our new intergroup secretary! Thanks ladies! And a BIG shout out to Wanda(past-chair) and Richard (out-going secretary) for doing such a bang up job for all of us during your terms in these forementioned positions. ☺

- 1) **Next intergroup meeting: Thursday September 19th at 6:00pm Victoria General Hospital (just prior to usual 7:30pm OA meeting) in the basement (education classrooms).>>minutes from most recent IG meeting @the end of this newsletter.**
- 2) **Public Information Committee still looking for interested members to join their endeavors ☺ next PI committee meeting is on July 18th @ 630pm.**
PI committee has arranged a presentation open to the public Sept 26th/13 @Seven Oaks Hospital in the Wellness Centre. (way to go gang!)
- 3) **Our illustrious globe-trotting Word Service Rep. Wanda, will be sharing her experience of the recent World Service business conference with each Winnipeg OA meeting that wishes to hear her “what is new/current, what I learned and what I did there” followed by question and answer period. Wanda hopes to visit each meeting in turn, next up will be Saturday morning meeting in September. Thank you Wanda!**
- 4) *****PLEASE SEE THE ATTACHED INTERGROUP MINUTES FOR THE VERY LATEST NEWS AND GOINGS-ON*** (courtesy of our lovely new secretary Tracey)**
- 5) **We now have a web page for heart of Canada OA area, <http://heartofcanadaoig.blogspot.com/> it is in progress and will be another spot for the public to get updates on announcements and information about our intergroup and OA area.**
- 6) **100 pounders recorded speaker meeting <http://millcreekmeeting.libsyn.com> and approximately 150 OA telephone meetings each week as well as many online meetings, visit www.aa.org.**
- 7) **www.xa-speakers.org on this website you have only to enter OA in the search bar and all the OA speakers on the site will come up, then click on or choose a speaker and download to listen on your computer.**
- 8) **List of all meetings in our intergroup @ the end of this newsletter**

Local Submission!! ☺

Happy...feeling or showing pleasure or contentment....Having a sense of confidence in or a satisfaction with (a person, arrangement, or situation)

Joy....a feeling of great pleasure and happiness.

Free...not under the control or the power of another; able to act or be done as one wishes.

Joyous....joy is so much different than happy! Joy makes us different. Joyful people think differently. They don't allow negative thoughts to occupy their minds. They are not going to let the cares of the world steal their joy. Joyful people act differently. Their attitude is different - it's positive. Their behaviour is different- it's God honouring. Their speech is different - it's up lifting. Joyful people react differently . They don't respond harshly but encourage lovingly. They encourage not discourage. They build up, not tear down.

Wow!!! Who wouldn't want to live from a place of happy Joyous and free! If I do the steps and perform his work well,all sorts of remarkable things will happen. It also makes me think about Bill and the first 100... Did they really know the power of those words when they were writing the BB?

---anonymous

Big Book quotes ☺

“When the spiritual malady is overcome, we straighten out mentally and physically” (p.64)

“Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!” (p. 100)

“We are sure God wants us to be happy, joyous and free.” (p.133)

OA HEART OF CANADA INTERGROUP MEETING MINUTES

Tuesday, June 18, 2013 Kirkfield United Church 6pm

Serenity Prayer
Twelve Steps
Twelve Traditions
Twelve Concepts

Introductions
Attendance

Minutes from May 13, 2013 meeting

- reading
 - errors or omissions
Jan & Chelsea's name should not be listed with convention.
Wanda's name on item #4 is misspelled.
 - Adoption, Tracey 1st, Darrell 2nd
- There was a request for minutes and agendas to be done in a non-PDF format.
Pauline has conversion software and is willing to convert documents.

Executive Reports

- Chair – Jan
none
- Vice-Chair – Darrell
none
- Secretary – Tracey
none and no correpondance
- Treasurer – Pauline
Need to add Jan's signature to the account.
Travel expenses are not to come out of IG, but are to be separate.
Convention committee can use convention float – contact Pauline for reimbursement or cheques.
Sunday donation for WSR travel made.
Report – Heather 1sr, Darrell 2nd
- Past Chair – Wanda (absent)

Old Business

- Budget for WS rep travel
Wanda's report sent via email. She recommends \$3000 per year to attend the WS conference and one of the Region 4 conferences. Reps are to report to the groups the travel cost and stress importance of supporting our selves – explain how it can be helpful and to create awareness of the need. Pauline suggested passing around the Treasurer's report to be viewed if interested.
- OA logo blanket permission
Tracey has printed off the forms and will follow through and submit them.
- IDEA Day
November 15 & 16, 2013 (Friday night and all day Saturday)
Lawrie is available to do a 2 day Big Book study.
Darrell will contact Christina.
- Sponsorship workshop
This will be incorporated into our fall conference. The suggestion is to be tabled until more conference planning is completed. We can check again after conference to see if there's still a need and interest.

New Business

- IG Meeting Schedule to include Thursday night meeting:
September 19, 2013 (Thursday – 6pm @ Victoria Hospital)
November 23, 2013 (Saturday – 9am @ Helmsdale)
January 19, 2014 (Sunday – 9am @ Victoria Hospital)
March 17, 2014 (Monday – 5:30pm @ Good News Fellowship)
May 20, 2014 - IG & AGM (Tuesday – 6pm @ Kirkfield United)
June 19, 2014 (Thursday – 6pm @ Victoria Hospital)
September 20, 2014 (Saturday – 9am @ Helmsdale)
- Pamphlet holders
A special thanks to Carolyn for making pamphlet holders for three of our groups.

Standing Committee Reports

- WSR – Wanda
Report sent via email. Region 4 Fall Conference at the same time as ours. Roberta motions for Wanda to stay for our conference (and perhaps speak!); Yvette 2nd.
- Literature – Carolyn
We still have two copies of the OA 12&12 on CD for \$15. Reps to announce availability at groups. Stock is good. Pauline picked up material from AA. Will need to order for conference.
- Newsletter – vacant
Catherine is preparing for final newsletter for June/July 2013; after that she is stepping down. Jan asked if she can email us the Newsletter template for us to use.
Question: Where does the newsletter go? OA Heart of Canada only. Region 4 will host other newsletters. It could be posted on our website. We would like to clarify with how we ought to distribute the newsletter – in the past group reps have made copies and taken them to their group since not all people have access to computers. We should add this item to New Business so we can come up with what it will look like, who will be the editor and how it will be distributed.
Group Reps – please announce the need to fill the position – if interested, come to next IG meeting.
- Audio Visual – Chelsea (absent)
Has Joe and Charlie (with the 1st Joe) on CD that will be distributed to each group.
Any questions – see Darrell.
Tracey answered OA all and a woman donated tapes. Will pass along to Chelsea. Jan also has tapes. If she cannot convert them she will pass onto Chelsea as well.
- Telephone – Wanda/Richard (absent)
Wanda sent via email. All is well. Please pass logs in to Wanda so we can have a master list.
Marci will do phone duty for Tracey for June 29th and 30th.
- Public Information – Richard (absent)
Richard sent via email. Radio PSAs, posting on kijiji.
Wellness center will be hosting info night on September 26, 2013. They will be doing external and internal advertising. Format and content will be discussed at the next meeting on June 27th, 2013 at 6:30pm at Victoria Hospital.
Jan suggested contacting “The Water Cooler” on CJOB.
- Convention – Roberta
Location and date confirmed: Holiday Inn Airport West on October 4th and 5th.
Theme: Working from Within
Will be looking for a keynote speaker for Friday & Saturday night. Jan has suggestion for AA speaker.
Topics were discussed from each group; jobs were divided.
Pauline to help as Treasurer.

Tracey to create SAVE THE DATE sheet for travelers.

Group reps: Please ask at your groups what people would like to hear/learn at conference and report back to Roberta. Also, please let it be known that for people travelling, there will be some info they can take with them to advertise the conference (SAVE THE DATE sheet). Please also talk about silent auction and clothing sale – donations welcome! Also, if anyone can billet someone over the conference weekend to help those who can't afford a hotel, please contact Carolyn.

- By-laws – Wanda
N/A
- 12 Step Committee – vacant
Would be nice to have but currently do not.
- IDEA Day Big Book Study- Christina/Lawrie
Already discussed in Old Business.

Group Representative Reports

- Sunday – Roberta acting, Ruth to maybe accept
17-20 members; about 8 or more sponsors; some newcomers who've stayed
- Monday – Rob (absent)
- Tuesday – Heather
7 regular members; 3-4 sponsors; no recent newcomers
Potential group inventory discussed at last business meeting.
Donated \$150 7th Tradition to IG.
- Wednesday – Lynn H. (absent)
Sent report via email.
10-12 regular members; some newcomers
- Thursday – Marcie
7-12 regular members; 4-5 sponsors; about 1 newcomer per month – some staying
Recently made meeting format changes.
Made literature purchase of \$250.
- Saturday – Yvette & Liseanne (Yvette present today)
25 regular members; 5-8 sponsors (some new!); many newcomers are sticking around
Lots of abstinence celebrations with chips.
Healthy donation to IG and WS Travel.
- Sunday Abstinence Celebration – Christina (absent)
Marci reported that at last meeting 2 people received chips.
Location now at Good News Fellowship permanently.
- Thunder Bay – Sunday – Jackie
Thursday – Paula
I (Tracey) dropped the ball here – did not make conference call to include these members. My sincere apologies. I will speak with Richard before next meeting and figure out how that all works.
- Brandon – Colleen
Changed location to Assiniboine College.
2 regular members with another who attends ever 2/3 weeks due to distance.
No newcomers in the past 2 months.
Regular members and one other person meet during the week (not at official OA meeting time).
Posters put out to attract members.
Will maybe give pamphlets to physicians or Brandon clinic – can find more info for doctors on the OA website.

Closing Prayer

LIST OF MEETINGS

Meetings in Winnipeg

Monday, 7:00 p.m., 891 St. Mary's rd. Good News Church (speaker meeting, all are welcome 1st Monday of the month)

Tuesday, 7:30 p.m., Kirkfield United Church, 472 Kirkfield St. (basement)

Wednesday, 7:30 a.m., Augustine United Church, River Ave. & Pulford (last entrance off Pulford) "Kick Start"

Thursday, 7:30pm, Victoria General Hospital, 2340 Pembina Hwy. (classroom #1, basement)

Saturday, 10:30 a.m., St. Stephan's Anglican Church (open to all speaker meeting last Saturday of the month), 220 Helmsdale (basement, use buzzer if door locked)

Sunday, 10:30 a.m., Victoria General Hospital, 2340 Pembina Hwy. (classroom #1, basement)

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Outside of Winnipeg meetings

Brandon - Saturday morning 10:30 AM Brandon General Hospital basement (turn left at cafeteria, meeting room at end of hall)

Thunder Bay, ON – Thursday, 7:00-8:00 p.m., Margaret Smith Centre, 35 Algoma St.

Local OA phone line : 334-9008 or world wide OA website www.aa.org
