

INTERGROUP CALL TO ACTION

October 16, 2021

[Southern Arizona Intergroup – of Overeaters Anonymous \(oasouthernaz.org\)](http://southernarizona.org)

BE IN THE KNOW! Sign up by emailing eblast@oasouthernaz.org to receive periodic emails Blasts about news and events.

EVENTS

Details at: [SoAZ Calendar – Southern Arizona Intergroup \(oasouthernaz.org\)](http://southernarizona.org)

EGO: Easing God Out – Sunday, October 24th from 1 to 2:30 PM, a virtual workshop with speakers. This is the tenth of the 12th Step Within workshop series. Register by emailing SoAZ.TSW.Event@gmail.com.

The Road to Recovery: SoAZ IDEA (International Day Experiencing Abstinence) Event - Saturday, Nov. 20, 1-2:30 PM. Sponsored by the 12th Step Within Committee; register by emailing SoAZ.TSW.Event@gmail.com.

Thanksgiving Thank-a-Thon, Thursday, November 25, 8 AM to 12 PM at St James Methodist Church, Tucson. Sponsored by the Special Events Committee. Click on the calendar link above for more information.

NEWSLETTER

Nov 15 Deadline for articles on “Abstinence” for the Dec. 1 issue. Submit articles to newsletter@oasouthernaz.org.

INTERGROUP

The next Intergroup meeting, Saturday, Nov 13, 11 AM via Zoom. The Board meets at 10 AM with all welcome. Zoom links for the meetings on the SoAZ calendar at <https://oasouthernaz.org/calendar/> and at the bottom of our online list meeting list.

Consider becoming an Intergroup Rep (IR) if your group doesn't have one. Ask the group contact on the meeting list or its secretary.

UPDATED DEFINITION OF ABSTINENCE: update your meeting formats to the new definition:

”**ABSTINENCE** is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.”

SERVICE VOLUNTEERS NEEDED: Please Apply ASAP!!

The Intergroup Board still needs a Secretary and Junior Region Rep/World Service Delegate

Intergroup Committee Positions OPEN: Newsletter, Public Information and Professional Outreach (PIPO), Special Events and 12th Step Within (TSW). For Applications and Information visit: [Service Opportunities – Southern Arizona Intergroup \(oasouthernaz.org\)](http://southernarizona.org).