

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

April 21, 2012

www.oasouthernaz.org

Attendance: Emily RS., Chair; Wendy A., Vice Chair; Chris N., Secretary; Beth M., Sr. Delegate; Neva S., Jr. Delegate; Susan C., Telephone, IR; Rae S., PIPO; Cheryl L., Newsletter co-chair, IR; Rebecca T., Resource Library, IR; Janis R., IR Trainer; Nan Badgett, Website; Barbara A., IR; Jill S., IR; Barbara B., IR; Lauren M., IR; Barbara M., IR; Bev C., IR; Debbie E., IR; Wanda C., IR; Nancy R., IR; Joe N., IR.

Call to Order: At 10:46AM Emily asked those in attendance to silence their cell phones and led the Serenity Prayer. Introductions were made while reading the Twelve Traditions and the Concepts of the Month. The sign in sheet was passed. Wendy read the Standing Rules.

Secretary: The minutes from the March 17, 2012 meeting were accepted as presented electronically.

Treasurer's Report: The financial report was presented. Income from the previous month was noted as \$458. Expenses were \$195. Current checkbook total is \$16,113.09. Mail announced and passed around for reading. 7th Tradition envelope passed. Pam will correct duplicate prudent reserve listing.

Committee Reports:

Delegates/Region Reps.:

- The main activity for the SEAZ Region Reps for this past month was attending the R3 Assembly/Convention in Abilene, TX. March 30 through April 1. The ever important committee work took place, and a motion amending the R3 bylaws to require Region 3 Steering Committee members to reside within the region was passed unanimously.
 - This was Neva's first Assembly as a region representative, so there was the adventure of being a "green dot" – that's Assembly lingo for "newcomer". Actually, almost half of the 29 voting representatives at this Assembly were green dots, so she was in good company. One of the fun things about attending an OA Assembly/Convention is the opportunity for service, like helping to set up the Hospitality room, being a greeter, or just listening to another compulsive eater lost in a new environment.
 - When it came to doing committee work, Neva chose the Twelfth Step Within (TSW). The committee had already been doing some outstanding work in the past year making contact with unaffiliated groups within region 3. The goal is to invite the groups to become affiliated with their nearest geographic intergroup or service body, to offer them help in acquiring literature and attracting new members, etc. Neva will help them continue this work as news of unaffiliated groups in Southern AZ reaches us. The Region 3 TSW committee is also working on expanding and updating the Region 3 Speaker's List which will be of interest to the SEAZ Convention Planning Committee to use in preparing for our Fall 2013 event.
 - Beth took part in the Communications and Technology committee. The committee is actively working to automate things like assembly registrations and service position applications, as well as posting conference speaker recordings on the web for the membership's access and enjoyment. Another project is to digitize archival documents for the region.
 - The workshops at the Assembly were focused on the tools of recovery. The speakers were wonderful, sharing their strong recovery through their experience, strength and hope. We will be passing a few names on to our own Convention planners as possible speaker/leaders for our Fall 2013 event.
- Upcoming events – check SEAZ, Region 3, and/or WSO websites for details:
- ❖ 2012 WSBC – Albuquerque, NM – Embassy Suites Albuquerque – April 30 through May 5
 - ❖ Powderhorn Retreat, May 18, 19, 20 in CO. OADenver.org.
 - ❖ Big Book Boot Camp, Cornville, AZ June 1,2,3
 - ❖ 2012 Oklahoma State Convention, June 23rd in Tulsa. Go to TulsaOA.org.
 - ❖ Region 3 Assembly/Convention, Las Vegas, NV, Sept. 28-30, 2012
- And... mark your calendars early... another wonderful OA cruise is being planned for the Spring of 2014 – stay tuned for details. Meanwhile, the refrigerator magnets are here. See Beth to get your magnets. Please have payment ready if you have not already paid.
 - Currently we are preparing for the upcoming annual World Service Business Conference (WSBC). We have asked the membership for feedback on a bylaws amendment which would discontinue automatic OA approval of AA literature. You should have received an email requesting feedback. If you would like to discuss this or want more information see Beth or Neva.
 - Beth explained about the magnets and that the current cost will remain the same.

Public Information/Professional Outreach (PIPO):

- The PIPO Committee is having a meeting May 5 at 2 p.m. at Crave Coffee Shop on Broadway. Anyone interested in PIPO is encouraged to attend.
- There are forms asking for folks who are interested or know of folks interested in speaking or working with groups with diversity in mind. IRs are asked to pick up those flyers today and distribute those to their groups. Any filled in flyers can be brought back to intergroup next month. If you have forms today, please give them to Rae.
- Joe N. is setting up a database of professionals for outreach by PIPO. We are asking that member submit professionals names, email addresses and physical addresses to be added to our database. PIPO has a new email address that is expressly for this purpose. There is a form for each IR to take back to their groups to add names to our list. Please ask members to add to this list and return it to our next intergroup meeting.
- There are copies of both forms on the table. Please grab both to take back with you. both of these forms are also available for download from the website.
- Please grab flyers about the gym initiative Please encourage meeting members to leave flyers and pamphlets at the gyms they are members of or

with personal trainers, gym managers or staff members. Check your gym for information tables and bulletin boards . Rae is working with this at LA Fitness on Wilmot and 1st Ave. Please encourage folks to talk pamphlets from meetings to pass on in this fashion or to get in touch with Rae if they need some from the PIPO stock. Folks are encouraged to leave copies of "15 questions" and "Is food a problem for you" in these spaces.

Lifeline and Resource Library: no report

Meeting List: no chair, no report

Newsletter: No newsletter for the month of April. The May issue will be done on time. Articles for the July issue are due June 10th.

Telephone: Total calls 42 (Pam); Calls Reported: 5; Calls Returned: 2

Special Events: no chair, no report

Twelfth Step Within: We held a successful workshop on April 14th at St. James Methodist Church. Rae S. was the presenter for the workshop and we had 32 attendees. I personally found the workshop very invigorating and fun and have received some positive feedback from attendees. We received \$84 in donations. We will be meeting to discuss future workshops and to plan the Big Book weekend.

Website: The March/April meeting list was posted when received on April 16. Please remember to copy me on any items that need to be posted to the website. We received 3 emails from newcomers requesting information about OA. Since I am out of town and could not attend Intergroup, Beth graciously agreed to take the action items. We'll get them formatted and posted at the first of next week.

Routine maintenance was performed, action items updated, meeting list updated, current newsletter posted, and announcements updated.

Convention Planning:

- During our last meeting on March 17, 2012 we updated the contact list, reviewed our planning timeline, and shared Committee reports.
- Committee Chairs who were present gave committee reports. The Program Committee talked about workshop themes. The Publicity and Registration Committee talked about their tasks and where there is overlap. We need an Entertainment Chair and we talked about free-time options for registrants and decided those ideas and the scheduling belongs with the Entertainment Committee. Things-To-Do Lists were submitted by several of the committees and that detailed work is greatly appreciated and will come in handy in getting tasks done and writing the final report.
- Chris shared a labyrinth design with wording of the Principles and possible inclusion of a saguaro as a logo idea. She's going to work it out a bit more and bring it to April's meeting where discussion and sharing will continue.
- After our March 17th meeting we added a 2013 Convention Treasurer. Pat Davies has agreed to take that role on.
- Our next meeting is today after intergroup. Please join us at 1pm!

Questions: New group treasurers names are to be given to Pam. Susan stated that a newcomer mentioned that the TSW workshop was great.

IR Trainer: Janis went over the IG Address List to determine delivery of information from Intergroup to meetings, updated IR information and counted 13 IRs present. OA. org has documents for group support and best selling books for e readers.

Janis collected We Care List updates, Lauren and Judith to assist with this. Janis noted that 'a step ahead' at WSO is available for IR's education, an abridged version of tools of recovery and had a copy of abridged version for meetings.

Unfinished Business: Intergroup Inventory is tabled until May Intergroup.

By Law Amendments were read/reviewed. Motion #5, #4 and #11 grammatically corrected. The question was called, 11 IRs voted in favor, since this was 2/3 of voting IR's, the amendments passed.

New Business:

Visions and Goals needs Ad Hoc committee next month to revise for 2012, Beth and Susan volunteered.

Vision and Goals # 4 Financial Health was read. It was suggested that an article be written for the newsletter highlighting 7th tradition 'Give as if your life depends on it', Beth volunteered.

Read from the Group Handbook, How about OA in Institutions? (page30-32)

Announcements: May 19, 2012 Next SEAZ Intergroup meeting at 10:45am (Board meets at 10am)

2013 C&A Planning meeting is at 1pm after April Intergroup.

Recap of Action Items done by Beth and Barbara.

Adjourned at 12 :16M with The Responsibility Pledge.

Respectfully submitted,
Chris Nunn, Secretary