

## SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

### MINUTES

September 15, 2012

[www.oasouthernaz.org](http://www.oasouthernaz.org)

**Attendance:** Wendy A., Vice Chair; Chris N., Secretary; Pam T., Treasurer; Beth M., Sr. Delegate; Neva S., Jr. Delegate; Susan C., Telephone, IR; Cheryl L., Newsletter co-chair, IR; Jocelynn W., TSW; Marie R., Meeting List; Janis R., IR Trainer; Nan B., Website; Cris P., new IR; Jonathan K., IR; Judith H subbing for Lauren M., IR; Barb S., IR; Barbara M., IR; Marie R., IR; Terre J., new IR; Maureen P., new IR.; Paula T., IR; Debbie E., IR; Wanda C., IR; Marilyn B., IR; and Nancy R., IR.

**Call to Order:** At 10:45AM Wendy asked those in attendance to silence their cell phones and led the Serenity Prayer. Emily was excused due to illness. Introductions were made while reading the Twelve Traditions and the Concepts of the Month. The sign in sheet was passed. Pam read the Standing Rules.

**Secretary:** The minutes from the August 18, 2012 meeting were accepted as presented electronically.

**Treasurer's Report:** The financial report was presented with current scholarship amount. Income from the previous month was noted as \$1002.32. Expenses were \$1318.76. Current checkbook total is \$15,510.17. Mail announced and passed around for reading. 7<sup>th</sup> Tradition envelope passed. Susan gave Pam the checks/registration information for the retreat.

### Committee Reports:

**Delegates/Region Reps.:** Beth and Neva are preparing for the Region 3 Fall Assembly in Las Vegas, Sept. 28-30. The main item on the agenda for Region Representatives is Steering Committee elections. This year the Chair and Recording Secretary positions are up for rotation.

- We also plan to take with us the registration brochures, flyers, and bookmarks for the Region 3 Fall 2013 Convention and Assembly, which SEAZ will host here in Tucson.
- And, we are happy to report that the Region 3 website which was the victim of hacking has been restored and is back online and secure.
- We are both grateful to be representing SEAZ OA in this capacity. Thank you for the opportunity to serve.

### Public Information/Professional Outreach (PIPO):

✚ Recovery Expo! We need folks to table for this event. If you or folks in your group are interested, please email Rae ASAP! Also folks are encouraged to walk as well!

Event: Saturday, September 29, 2012, 9:00am - 1:00pm

**Resource Fair: 8:30am – 12:00pm**

**Set up begins: 7:45am \* PLEASE BE SET UP BY 8:15am**

Location: Tucson Reid Park, Ramada #14 & #15

Schedule of events:

8:00 am – Registration for recovery walk

**8:30 am to 12:00pm – Resource Fair**

8:30am to 12:00pm – Wellness activities

9:00am – Recovery walk starts

✚ All of the projects that have been mentioned before are still ongoing. Please download flyers to share with your meetings and remind folks to donate books and literature. If folks are leaving literature in places and need refills, please contact Rae for more.

✚ If anyone has books for donation today, please give those to Wendy.

✚ Thanks to everyone who has donated and given time to our committee. We have a solid group but can ALWAYS use more volunteers.

**Lifeline and Resource Library:** absent: no report

**Meeting List:** Marie reported: I haven't received any new updates to the Aug/Sept listing, so I'll just be changing the name to September/October and bring copies to the meeting.

**Newsletter:** Cheryl reported: The newsletter issue is ready for distribution. Articles for the final 2012 issue are due October 10, 2012. We are seriously in need of articles. Dozens of people have been asked and the same few people continue to step up to give service. It would be really nice to hear from others. Great topics for writing are:

Relapse	Using the Literature	Hope
Acceptance	Benefits of Service	Personal Spiritual Experience and spiritual awakening
Attitude of gratitude	Overcoming Reluctance to do Service	Principles before personalities
Complacency	Meditation	Ways to Carry the OA Message
Dealing with anything using program (anger, relationships, resentments, etc.)	Living One Day at Time	Any recovery topic
Humility	Fear	Creative ways you work your program
	Forgiveness	

**Telephone:** Total calls 36 (Pam); Calls Reported: 3; Calls Returned: 0

**Special Events:** Susan read:

- Here is a progress report for the October 19 – 21 Retreat in St. David, Arizona. To date, we have received 30 full weekend registrations, one Saturday registration and 10 scholarship requests. Last year there were a total of 54 participants and 19 scholarships given. We expect the retreat will sell out long before October 5, the last day to register at \$115.00.
- The committee has completed our program for the weekend. Sheila J. will give her workshop on chronic slippers and how to sponsor them. Then, we have four local speakers who will teach on steps 1 – 3, 4-5, 6-7, and 8 – 10. Sheila will follow up with steps 11 and 12 and close. After the first speaker, we will have the activity of creating our own God Boxes to take home as a souvenir. After step seven, we will have a “bonfire” where we will symbolically burn our character defects. (Yes, the Monastery has approved this.) There will be yoga and meditation on Saturday and Sunday mornings.
- We will also be having small group sharing opportunities on working parents, anorexic/bulimic, aging/health issues and LGBT concerns. We have recruited some wonderful OA members to lead these groups. In addition, we will have six baskets to raffle, a silent auction, the annual clothes closet, and a gratitude quilt raffle.
- I have asked Susan to hand out the new flyers that were created on the three-hour workshop on Saturday morning. Members can sign up for Saturday only at a cost of \$45.00. Please ask the IR's to take one flyer to place in the meeting notebook and to put this item on the action list. Please let everyone know that they can use the current registration form to sign up for Saturday. Please ask Nan to place the flyer on the SEAZ website as well.

**Twelfth Step Within:** Jocelynn's written report read by Cheryl, 'We have no new business to report for this month. We will be looking at our next workshops to hold for the coming months.'

**Website:** Routine maintenance was performed, action items updated, meeting list updated, current newsletter posted, and announcements updated. A link to the oa.org datebook was added to the events page.

- Cheryl contacted me about online registration for the 2013 convention. After I panicked, thinking that we would have to figure everything out for ourselves, I found that plenty of help is available. As it turns out, Beth is coordinating with the Region III Webmaster to set up registration through the R3 site. Region III recommended not putting the registration up until six months prior to the event. I'm grateful to Beth and Barbara from Region III for handling this.
- Our budget request for 2013 will remain at \$200. We have had no expenditures so far in 2012, and our domain name and web hosting are paid for until September 2013.
- We have received a small credit toward that expense as compensation for the intermittent service outages GoDaddy experienced on September 10. GoDaddy has assured its customers that no personal data was compromised as a result of those outages, which were caused by internal network events that corrupted router data tables.

**Convention Planning:** The C&A planning committee met on August 18th at the Marriott hotel, the site of our convention. We first toured the rooms where workshop and other activities will be taking place; then, we started out meeting at the Ventana Room.

- We wanted to make sure we are welcoming to newcomers. Newcomers Packets will be available for them at the registration table. “Free Friday and half price Saturday” motion will be discussed at the September meeting which takes place TODAY. We have also decided to distribute the registration flyers on turquoise paper. The flyer's final version will be decided at the September meeting.

- Ways and Means Chair is working on quotes for T shirts.
- The CPC is still looking for Entertainment, Literature and Signs and Decorations chairs.
- Our next meeting is TODAY at 1pm. Please join us!!

**Questions:** Susan was asked about the cost of the Retreat Saturday=\$45, including meals.

Nan asked if the deadline of 10/5 for registration for retreat applied to Saturday registrations, Susan said yes.

Beth will send Nan the e version of registration for on line downloading. Nancy noted that there was no date on colored flyers passed out to IR's, they are asked to put in dates of Oct 16-18, 2012. Beth asked if you brought your own food, if there was a discount. This was not answered.

**IR Trainer:** Janis went over the IG Address List to determine delivery of information from Intergroup to meetings, updated IR information and counted 14 IRs present. She introduced Cris, Maureen, Terre and Paula as new/near new IR's. The 'We Care List' was dispersed for revision and instructions given. To be returned next Intergroup. Janis reported that there was a WSO poster campaign and she will be receiving 5 of two different quality posters to post around Tucson.

**Unfinished Business:** Projected Budgets for 2013 Committees due, a three member meeting will be scheduled to create budget.

#### **New Business:**

Vision and Goals # 1, Read by Wendy, Task 1 highlighted: Announce at Intergroup and group meetings when floundering meetings need members to attend. Get Flyers to these meetings.

- LBGTQ Meeting on Saturday needs support as well as Green Valley.
- Marie suggested putting meeting in **bold** on the meeting list with a footnote 'please support this meeting'. Suggested asking group contact if OK to highlight their group.
- Nan said she could put a note listing meetings needing support on the announcement page of the website.
- There was discussion about delivering flyers from intergroup to meetings rather than mailing as service of supporting groups.
- Susan suggested highlighting 'strong meetings' quarterly instead of annually. IR trainer volunteered to do this.

Read from the Group Handbook, question #2-5 (page 34-35) What is a Region? To What are the requirements for an RR?

**Announcements:** Wendy said we now have 32 groups and the ability to send three region reps/delegates to represent our Intergroup. This information will be given to the nominating and budget committee. Susan asked if we need three based on budget and that the delegate budget line is 1/2 of annual budget now. Discussion clarified that delegates use 1/3 budget currently (Pam), that one of next years assemblies is in Tucson so cost to send third person minimal (Janis), that typically at assemblies there are 30 reps so if we had three (Neva), we would have 10% of vote/voice for our Intergroup (Marilyn). The current RR/delegates stated they are financially frugal when making arrangements and think they can accommodate a third person without large increase in budget. Susan requested motion with explanation to give to meetings prior to action of adding third RR/delegate.

Beth noted OA party is in 2013 in Cleveland 8/29-9/1 (fun party held every three years)

IDEA Day: 11/17/12 in Sierra Vista from 9:30am-3pm. Members are encouraged to bring lunch as time is reduced this year. Flyer available.

Deals and Doo Dad's flyer in mail and on website for Convention 2013 donations. Let meetings know.

Next SEAZ Intergroup meeting at 10:45am (Board meets at 10am)

2013 C&A Planning meeting is at 1pm after today's Intergroup.

**Recap of Action Items** done by Wendy.

Adjourned at 12:05PM with The Responsibility Pledge.

Respectfully submitted,  
Chris Nunn, Secretary