

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

April 19, 2014

www.oasouthernaz.org

Attendance: Susan C., Vice Chair; Chris N., Secretary; Janis R., Treasurer; Cheryl L., Jr. Delegate, website contact; Sara J., PIPO, IR; Angela N., Newsletter chair, IR; Sally H., IR Trainer, IR; Gina B, IR; James F., IR; Deb B., IR; Barbara M., IR; Nancy N., IR; Mike A., IR; Jan F., IR; Nancy R., IR.

Call to Order: At 10:45 AM Susan asked those in attendance to silence their cell phones and led the Serenity Prayer. Introductions were made while reading the Twelve Traditions and the Concept of the Month. The sign in sheet was passed. Barb read the Standing Rules.

Secretary: [Chris N.] The minutes from March 15, 2014 the meeting were accepted as presented electronically.

Treasurer's Report: [Janis R.] The financial report was presented. Income from the previous month was noted as \$669.45. Expenses were \$1286.80. Current checkbook total is \$17841.71. Mail announced and passed around for reading. 7th Tradition envelope passed.

Committee Reports:

Delegates/Region Reps.: [Jill S. /Cheryl L.] Will be renting car to drive, rather than fly to Albuquerque for WSO Conference and will pick up PIPO literature. Tempe is site of next Region III C&A.

Public Information/Professional Outreach (PIPO): [Sara J. /Mollie H.]

A. Pull-Tab (aka Tear-off) Sheets:

- Created 66 pull-tab info sheets for Is Food A Problem For You flyers to be hung in public places throughout SEAZ.
- Distributed those 66 flyers to willing OA members for hanging all over SEAZ. THANK YOU VOLUNTEERS!
- IRs, please announce a request for a volunteers to post our "tear-off" flyers at the U of A as well as any other places they would like to post the OA message and contact info. We'd like to saturate Southern Arizona with our message.
- IR's, please announce a request for someone willing to check with all the libraries if they would post our flyers and/or pamphlets. We have people supplying Bear Canyon, River, Murphy-Wilmot and a few others but wish to have our info and all our libraries.
- IRs, do you think it would be helpful to put peel-off sticky strips on the back of the flyers?

B. TW Ads and 12 Step Within Events:

- Assembled and displayed "12 Steps of Overeaters Anonymous" sign and large green OA table cloth/banner at the April 5, 12 Step Within Event, in cooperation with that committee.
- Placed two classified ads in Tucson Weekly to notify the public of the April 5 event in the two weeks preceding the event.
- Ran (one-a-week) classified ad about OA: what we are and how to find us in each of the weeks of April, excluding the publication date of 4-3-14.
- IRs, has anyone reported newcomers hearing about OA in the Tucson Weekly? We're thinking of discontinuing our ads. We could still place ads for events, but charge it to the budget of the committee that is putting on the event.

C. Lit Packs: Sorted, labeled, and stamped OA literature into 25 and 50 piece units for future assemblage into PO/PI packets. Stuffed 247 packets for high school counselors and health care professionals. THANKS to those who volunteered to help.

D. Native American Outreach:

- On March 22, PIPO participated in a PI event at the San Xavier Rec Center called Not Simply Red, where we met with several dozen people and distributed literature. THANK YOU Felice S. and Connie T. for volunteering to meet and greet people and share literature and your experience, strength and hope. Also shared my abstinent lunch with a young Tohono man who did not want to eat the free lunch offered because he preferred a low-carb, low-fat lunch and I had brought enough to share with the other OA volunteers.
- Discussions with 2 OA members about establishing a start-up OA meeting on the Tohono O'odham Reservation, possibly near the Mission. Awaiting more doors to open. Have made contact with Community Partnership of Southern Az staff consultant for Native American Behavioral Health and Tohono O'odham nurse with Healthy Options for Promotions Project; started discussions about OA as a 12 step program for people with problems with food.

E. Teen/High School Outreach:

Made a list of 78 High Schools in Tucson. Jill S and Ros V volunteered to help contact the health teachers / counselors / principals to carry the OA message to their students. The first contact will be a phone call to the schools to connect with the appropriate people. We will start with a few of the larger schools and see how far we get this spring before schools are on summer break. We're still working on the script, but we will offer options of posting our flyer with tear-offs and/or offer to have OA members come to briefly tell their stories in a classroom or assembly setting.

F. The June 2014 AZ Academy of Nutrition and Dietetics in Tucson:

- Received word from WSO that we would be reimbursed for \$275 fee for exhibitor registration at the June 2014 AZ Academy of Nutrition and Dietetics in Tucson.
- Discussed and determined procedures for submitting Reduced Cost Literature Application from OA WSO for upcoming June event in Tucson, with R3 Trustee Vickie W (on 4-5-14) and follow-up discussions.
- Ordered literature to be used for that event, at a reduced cost per WSO guidelines. Expenditure: \$208, at a savings of \$203 to SEAZ IG PIPO committee.
- Asked Jill S and Cheryl L to pick up our literature when they are in Albuquerque at the end of the month at the WSBC Conference so we don't have to pay shipping costs. Sarah Armstrong of WSO lit sales has confirmed that she will have the 2 boxes of literature at the registration desk marked for Jill S. Thanks Jill & Cheryl.
- Continued preparations and discussions about the June AZAND conference.

G. Does anyone have a template for a spreadsheet for committee expenses and reimbursements and balances per each budget item? Please email any ideas to me. Thank you

Lifeline and Resource Library: [Deb E.] no report

Meeting List: [Wendy A.] There were some minor changes to the meeting list information and the list was updated several times during the month. The current version has been forwarded to the website master and to the newsletter editor, as well as PIPO for their distributions/activities. Janis R. has graciously agreed to deliver copies for IRs in Wendy's absence.

Newsletter: [Angela N.] No formal report, Angela states next newsletter's focus is Living in Abstinence, deadline 5/5.

Telephone: [Barb S.] Total calls 59; Calls Reported: 2; Calls Returned: 2, 1 hang-ups, new volunteer needed for Thursday.

Special Events: [contact: Marj M.] 2014 Dilemma will be discussed in new business

Twelfth Step Within: [Beth M.] Susan read the report in Beth's absence.

Attendance at April 5 event was much smaller - approximately 25 attended compared to 69 in Feb-Beth believes to several factors including the fact that no fliers were distributed at the March Intergroup, and the lack of topical focus at the Feb 1 event. Vicki's hour-long talk was extremely powerful. It was digitally recorded and has been posted on the OA SEAZ website under the Meetings menu named 'Audio Files'.

Beth would like feedback from the fellowship on the appropriateness of this physical location and suggestions for where recordings might be more appropriately placed on the website. The afternoon session of the Feb 1 event has also been placed on the web for downloading or listening.

Next event: May 10, 1:00 to 3:30 'RED WARNING FLAGS' of abstinence at the Reid Park Performing Arts Building. Two local speakers will tell their own 15 minute 'Red Flag' stories, followed by writing and sharing. No preregistration required, \$5 on-site suggested donation. Volunteers are needed.

Website: [contact: Cheryl L.] Routine maintenance was performed, action items updated, meeting list updated, current newsletter posted, and announcements updated. Beth continues to help with website.

Questions: New pull-tab OA advertisement different from previous version? no, so don't have to remove previously posted. Thursday phone person has stepped down, need volunteer. June 6th is dietitian event and already received reimbursement from WSO.

IR Trainer: [Sally H.] Cheryl for Sally went over the IG Address List to determine delivery of information from Intergroup to meetings, updated IR information and counted Sally suggested IR's read 'OA's suggested Guidelines for Group Conscience meetings' to develop a better understanding of running and participating in this kind of meeting at the group level. IRs present. 13 They were asked to turn in their We Care List changes, Janis collecting.

Unfinished Business:

Chris reported .9% decrease in membership from 2009-2014 based on January membership count. Mike visited men's group and Bruce will receive e-mail information. Directions for getting to meeting and support of meeting recommended and will be put in the newsletter and call to action.

Intergroup Inventory report by Janis (this will be submitting to Vision and Goals Committee for inclusion in 2015.):

Final Question: What more can we do to carry the message and how can you help?

- Literature stuffing gatherings quarterly for PIPO lit packets.
- We can ask members to contribute the one most significant inner (spiritual) manifestation from following The 12 steps. How this change created a serenity that does not depend on outer circumstances, but rather on faith in ourselves, our HP and our fellow friends. This can be done through sharing an insight, a victory over tragedy, a miracle of family reunion etc. Create a small collection of these messages: they can first be sent for publishing in Newsletter? A few of these will collectively be a the embodied message of the miracle of inner healing from the 12 steps. The faith and unconditional love in OA as seen within the sharing will hopefully touch, stir a spark of hope and attract the thirsty to the well. This collection of miracles/victories can be also printed in a flyer to put in PIPO packets, and/or anywhere else it might be useful.
- Establish groups of 6 to go through the 4th step. More book study groups. A group to work through the workbook or step study group..
- Change the name of OA to something like Dying From Compulsive Eating.
- Send what happens at Intergroup to the We Care list.
- Submit an article (articles) to Lifeline. I don't know if that is helpful, or more of an individual service project.
- Have PIPO table the Women's Expo--maybe have OA members continually make suggestions about events to cover
- Speak to schools
- More of a presence on Facebook for the public's awareness
- Sponsors suggest their sponsees do service
- 1 person thought meetings should be more efficient so "discussions" don't go on & on & then maybe more people would want to take on service positions.
- Ask how newcomers found out about OA
- Have an official OA page on Facebook
- Facebook ads

Motion to be presented next month about TSW travel expenses for visiting outlying meetings. TSW will oversee.

Policy Manual updated, e-mailed and hard copies available for IR's.

New Business: OA chair position open due to Marilyn's resignation. Susan will create a flyer with qualifications and job description for IR Chair to be sent through Newsletter list or IR's to be announced at groups. This position will be to finish the calendar year only.

The board decided and Susan announced that the 2014 retreat would be cancelled if we did not have a chair by next Intergroup, as there is less than 6 months to plan. We can still get a refund on our deposit for St. David. IR's are to announce at their groups.

Vision and Goals # 4 'Financial Health is a pathway to abstinence'. Visit to Bisbee to support and garner support.

Read from the Group Handbook, (page 8) #2 Insurance requirements and Service Positions, #3 What Service Positions Do We Need.

Announcements:

May 17, 2014 Next SEAZ Intergroup meeting at 10:45am (Board meets at 10am)

May 10 Red Flag TSW Workshop

October 10-12 SEAZ Retreat at St. David

August 8-10 Region III Convention and Assembly in Tempe

Recap of Action Items done by Cheryl.

Adjourned at 11:57 AM with The Responsibility Pledge.

Respectfully submitted, Chris Nunn, Secretary