

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

August 16, 2014

www.oasouthernaz.org

Attendance: Marilyn B., Chair; Susan C., Vice Chair; Chris N., Secretary; Janis R., Treasurer; Jill S., Sr. Delegate; Cheryl L., Jr. Delegate, website contact; Barb S., Telephone, IR; Sara J., IR/ PIPO; Beth M., sub IR/TSW; Gina B., IR; James F., IR; Niki L., new IR; Barbara M., IR; Nancy N., IR; Mike A., Retreat Chair; Timi R., IR; Diane P., guest; Nancy R., IR.

Call to Order: At 10:50 AM Marilyn 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. Susan read the Standing Rules.

Secretary: [Chris N.] The minutes from the July 19, 2014 meeting were accepted as presented electronically.

Treasurer's Report: [Janis R.] The financial report was presented. Income from the previous month was noted as \$430.80. Expenses were \$507.07. Current checkbook total is \$16,804.55. The report was accepted and received for audit. Mail announced and passed around for reading. 7th Tradition envelope passed. Janis noted PIPO reimbursement from WSO. Janis passed out budget form to committee chairs to be completed and returned in September, will e-mail to those not present.

Committee Reports:

Delegates/Region Reps.: [Jill S. /Cheryl L.] Full report attached. Jill and Cheryl were gratefully able to attend the Happy Joyous and Free Convention/ Assembly in Tempe from Aug. 8-10th. Thank you for allowing us to be of service.

Report: Attending: 19 Region 3 reps., 5 Steering Committee, 24 Voting members

Upcoming events: March 20-21st - 2015 Galveston, TX

Sept. 25th - 27th 2015 Albuquerque, NM

Oklahoma City, OK 2016

Austin, TX Fall 2016

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

*Radio Stations: Analyzed which stations would hit the most areas in Southern AZ. Ordered and received 20 PSA CDs.

*Volunteers have been taking our New Young People's Meeting Flyers to TUSD High Schools. Big Thanks to them.

*We've sent copies of the tear-off flyers for general OA SEAZ & the YP flyers to Angela, asking that she include them in the Newsletter, so anyone can print & post.

*Gave literature and meeting schedules to Jodi Charvoz, Nutrition & Fitness Counselor at the U of A, to distribute to students & staff. I (Sara) met her at the AZ Academy of Nutritionists and Dieticians in June.

*** The Annual Red Road to Wellbriety Celebration/Health Fair at San Xavier Recreation Center on the Tohono O'odham Reservation on Saturday, 9/27/13 from 8:30 – 2:00. If you're interested in sharing about OA there, let Mollie know.

***IG Reps, please invite all OA members to come to a PIPO meeting Wednesday, August 27, 6:30 – 7:30 to discuss PI & PO ideas. Please let us know if you are interested.

Lifeline and Resource Library: [Deb E.] Excused, no activities to report.

Lifeline Writing Topics 2015 Update: The 2015 topics for lifeline have been listed on the OA website: <http://www.oa.org/lifeline-magazine/monthly-topics/> January (Deadline: 9/15/14)

Topics: Using the Action Plan Instead of New Year's Resolutions: How is the action plan tool more useful to you than New Year's resolutions? How do you set goals and make life changes now that you started working the OA program of recovery?

How OA Changed My Life: Describe your physical, emotional and/or spiritual life before and after being in OA.

Meeting List: [Wendy A.] Excused: The meeting list was updated after last Intergroup and 2 times during the month, then e-mailed to the Webmaster and Newsletter. Hard copies of the meeting list will be provided at Intergroup. Please circulate this as necessary. Note that two meetings have closed: Men's meeting and Saturday Bisbee meeting. Marilyn will close at WSO.

Newsletter: [Angela N.] Excused: Chris read "It is my 'off' month and there is nothing to report. Please announce I am stepping down after this year". She sent an e-mail highlighting the job opportunity.

Telephone: [Barb S.] Total calls 47; Calls Reported: 9; Calls Returned: 7, 1 hang ups

Special Events: [open] Our last meeting was 7/19. 7 members attended.

After discussion, the group conscience decision is that we will ask for donations for water and soda, which will be available (suggested donation=. 50 cents, this in following the tradition of being self-supporting).

I believe we are close to having used about half the budget or more thus far. Monastery staff are all invited to register and attend as many sessions as possible, we will have folders, nametags etc for them.

IR's please mention the need for volunteers in meetings and if anyone is interested direct them to them committee, Nancy, or myself. Also let folks know that scholarship funds are available on a first come first blessed basis, so get registrations in please.

At most recent report we have 15 registrations, 3 of which are with scholarship requests.

It was reported earlier this week that the link to the registration form was having issues, when I checked last night it is working fine thanks to our Webmaster.

Twelfth Step Within: [Beth M.] Saturday Sept 13 is the next TSW event entitled Traditions Workshop and Speaker Event. As the title indicates, this is a two-part occasion- Part I is a 2-hour workshop, 10:30-12:30 lead by Roni B. on the Traditions. 12:30-1:00 p.m. is Intermission, 1-2:00 p.m. will be Roni's OA story of recovery with 2-2:30 being reserved for open sharing. The event will be here at the St. James church in room 6. Fliers are on the table- please take 7-10 fliers for each group. Fliers are also posted on the website.

The committee has been extremely active due to an extraordinarily collaborative effort with various OA members, a healthy committee budget and support from Region 3 and WSO. The following is a synopsis of the TSW events planned or past in 2014:

1. Feb 1, OA World Service Board member Janice S. from Louisiana, 'Abstinence' O.A. history of, and speaker.
2. Apr 5, OA Region 3 Trustee Vicki W. from Utah, 'Personal Abstinence' Speaker/Sharing
3. May 10, 'Red Flags' of Abstinence, warning signs of losing abstinence.
4. July 12, Sponsorship Workshop
5. Sept 13, Traditions Workshop and Speaker Event
6. Dec 12, Twelfth Step Within Day Pot-Luck, Meeting and Celebration

- MONEY- our current budget stands at about 50% of its original amount of \$1,500. The committee expects a year-end surplus of \$400 or more.

Website: [contact: Cheryl L.] Routine maintenance was performed, action items updated, meeting list updated, current newsletter posted, and announcements updated. One e-mail answered, Beth updated the September 13 event.

Questions: Stafford meeting time changed from 7:30p to 6:30p, Sat Safford meeting starting next week at 1pm.

Assembly minutes will be e-mailed to IRs, synopsis will be in minutes.

Asked if PIPO had PSA's for Benson and Safford, yes.

Delegates were not requested to purchase the Phoenix Convention speaker CD's, Resource Library can be requested to purchase for intergroup. Some attendees' bought CDs and might share.

IR Trainer: [open] Chris went over the IG Address List to determine delivery of information from Intergroup to meetings, updated IR information and Marilyn counted 10 IRs present. We care list was NOT updated and distributed.

Tip: Each month the agenda, minutes and treasurers report are e-mailed to IRs, print these and bring to meeting.

Unfinished Business: Mileage Reimbursement Motion (Janis and Deb, V&G ad hoc committee) read "That a mileage reimbursement of twenty-five cents a mile be instituted for SEAZ Intergroup when automobile travel has been approved by the committee chair or designated member of the committee whose budget line is affected." Marilyn reiterated the standing rules for discussion. Pro: Janis; Con: Beth: wording for designated member wording too vague (example no chair for special

events so who would be designated member of the committee to approve). Pro: Cheryl mentioned her trip to Phoenix, though covered by Delegate funding would cost her \$20 in gas but going by mileage she would be reimbursed \$60-more equitable; Susan: Con: mentioned that motion should be more specific by limiting # of visits or amounts, requests be made in writing. Did we need an outreach committee? IR's questions were answered and Nancy R. called for the question. 9 pro, 0 con. **Motion passed.**

Standing Rules and IG Job Descriptions: Review Committee Report: Susan C. read letter that Marilyn will e-mail to all present and past Intergroup Board and Chairs to help with committee descriptions (what they did and didn't do) to revise the description.

1. Ask for feedback from existing & past chairs (Send copy of their job description)
2. Look for areas of improvement
3. Audit for reconciliation with existing By-laws and other Guidelines
4. Look "for overloaded" workers and help with solution
5. Hopefully motivate any outgoing chair to mentor next year and/or even Volunteer for Nominating Committee

The following letter was composed to achieve Goal #1. And will be sent individually to each chair.

'Dear _____

First, thank you for your awesome Committee service. The value of service can never be overstated. There is a wonderful saying in 12 steps: "You Cannot Do It for Me, but I Cannot Do It Without You"

In order to keep our service positions as efficient and functional as possible, it is necessary from time to time to review job descriptions for changes and updates. This task cannot be done without your feedback. You have done so much already but we cannot do it without you. Please use your Committee's attached Job Description and feel free to edit it in any way necessary. Giving much detail as possible let us know all the "missing parts" you had to fill in - all the parts that did not work well for you and you had to leave out- and any and all any other suggestions, criticisms, or just plain good ideas that you will be kind enough to share. Your ideas will be held in the highest regard.

We are striving to complete these documents for use by the Nominating Committee, and thank you in advance for helping us attain this goal by responding as quickly as you can. Please email back the edited Job Description along with all notes and suggestions to the entire Review Committee.

Marilyn Bredeson 1-520-417-1645 brede@theriver.com Deb Eres 520-444-9969 deboraheres@gmail.com Susan Crinage 520-747-5018 Assuntafcc52895@aol.com

New Business: Nominating Committee is asked to approach persons to serve at the board level, Jill, Susan volunteered.

IR's are asked to consider this service. Service positions are for 1-2 years.

Vision and Goals # 4; Region 3 financial report noted that a SEAZ meeting gave a disproportionate amount (not typical split WSO-30%, Region III-10%, Intergroup-60%). Will request Newsletter to highlight this data.

Read from the Group Handbook, #16 'Is Rotation Important' (page 18).

Announcements: September 20, 2014 is next SEAZ Intergroup meeting at 10:45am (Board meets at 10am)

Retreat planning meeting is at 1pm after Intergroup.

Committee Budget Requests due to Treasurer in September

September 13th TSW Service & Traditions Workshop, 10:30 a.m.-2:30 p.m. (check website and flyers)

October 10-12 SEAZ Retreat at St. David

September 5th is newsletter deadline for submissions.

Need another volunteer for the nominating committee.

Next PIPO planning meeting is 6:30-7:30pm at Mollies.

Going Sane meeting is open? Chris will contact Felice (contact) to see.

Friday AM Fresh Start meeting needs support, 7:30am St. Frances, Country Club and Fort Lowell.

Recap of Action Items done by Cheryl and Barbara.

Adjourned at 12:28 PM with The Responsibility Pledge.

Respectfully submitted, Chris Nunn, Secretary

Delegate report August 2014

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Wrap up reports of past conventions are available via email request. There is a conference call the following weekend of the C&A.

There is a 12% increase in assets from 1 year ago, in Region 3 Budget. Region 3 is on track with the budget.

SEAZ donated a total of \$600.00 to Region 3 from Feb. 1st - July 13th, 2014

Make sure that all new meetings are registered at World Service.

Send an Email to the Region 3 recording secretary when Region Reps change.

There is a Blog on Region 3 website. Region 3 is requesting articles for Region 3 website.

EMAIL Loops can be registered on the OA.org website.

Two videos and one book about Roseanne's legacy are on OA.org.

Lifeline is asking that members to order subscriptions. It is recommended to leave Lifeline's at Dr. offices and place the Intergroup number on the old Lifelines.

Top 10 Benefits of being in OA. - Write about it and send them to Lifeline. The Lifeline is requesting Abstinence articles.

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Region 3 Website has upcoming events on the Website.

Intergroup Loops are coming soon to Region 3 Intergroups to improve communication.

Roni- spoke about writing on the Abstinence Checklist found on the OA website. This is an idea for meetings/workshops.

Region 3 is promoting a Cruise Drawing. Tickets are for sale 1 for \$10 dollars or 3 for \$25 dollars. They are asking you to send the ticket stubs and the money to the following address:

OA - Region 3

P.O. Box 29903

Austin, TX 78755

Cheryl has donated the remaining Region 3 flashlights she purchased to our PIPO committee. I would like to thank Cheryl for the amazing work she done throughout this year as a region rep. I have enjoyed doing service along side of Cheryl.

She has been calm and giving throughout the process. I would also like to thank Sara, Gina, Mollie, and all others who have reached out to the young people in our community. Thank you for allowing me to be of service as a region rep/delegate. I have grown due to this service position.