

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

December 20, 2014

www.oasouthernaz.org

Attendance: Marilyn B., Chair; Chris N., Secretary; Janis R., Treasurer; Barb S., Telephone, IR; Sara J., IR, PIPO; Angela C., Newsletter chair, IR; Beth M., TSW; Deb B., IR; Junardi A., IR; Lisa G., IR; Barbara A., IR; Nancy N., IR; Mike A./Nancy K., Retreat Co-Chair; Jan F., IR; Gina B., IR; Niki L., IR; Sandra R., IR, Darlyn R., Peggy P., Jen G., Diane, visitors.

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. Angela read the Standing Rules.

Secretary: [Chris N.] The minutes from the November 8, 2014 meeting were accepted as presented electronically.

Treasurer's Report: [Janis R.] Income from the previous month was noted as \$434.87. Expenses were \$104.21. Current checkbook total is \$17,606.96. The report was accepted and received for audit. Mail announced and passed around for reading. 7th Tradition envelope passed.

Committee Reports:

Delegates/Region Reps.: [Jill S. /Cheryl L.]

- We revised one of our motions, withdrew another, and sent to Marilyn 3 motions to align our bylaws with recent changes to OA, Inc. Bylaws. These motions will be given to the IRs to present to groups for approval.
- This is our last month as delegates and we want to thank SEAZ OA Intergroup for giving us the opportunity to do this service.

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

- Thanks to Beth M & Sally H for the excellent interview that aired the Sundays before and after Thanksgiving (11/23 and 11/30) on K-HIT 107.5 (6:00am), KIIM 99.5 (5:00am), I97.5 (5:00am), KTUC 1400 (5:00am), KCUB 1290 (6:00am). We will be receiving copies of the interview in case you missed it.
- We will have a table at the National Association of Women Business Owners (NAWBO) Health and Wellness Expo on Tuesday, January 13th from 8:00 – 3:30 at the Double Tree Reid Park. The 225 attendees will be given a card to get stickers from every table as they visit. Then they will enter to win a door prize. It has been suggested that we give an OA book (I suggest The Voices of Recovery) for a door prize. In addition, NAWBO wants each table to have a small give away in addition to literature.
- We already have some volunteers for the event and we hope others who love OA will join us. They only want us to be at our tables from 8:00 – 9:00, 9:40 – 10:00, 10:40 – 11:15, 12:40 – 1:00, 1:40 – 2:00, and 2:40 – 3:00. They encourage the people doing the exhibits to attend their breakout sessions, which are about Health and Wellness, and to me, sound pretty interesting. If we attend the luncheon (build your own salad) with the Keynote Speaker, we need to pay \$25 each, which PIPO can reimburse (I believe). The lunch/speaker is from 11:15 – 12:40 (we can not be at our table during this time).
- We will also have a table at a free Health Fair at Bookman's (Speedway & Wilmot) on Saturday, January 17th from 1:00 – 3:00. We could use one or two people to hand out literature and share the OA message. They want us to interact in some way with the attendees – such as having a questionnaire or game and then handing out inexpensive prizes like a pencil or a pen for 24 cents (see below), or maybe a cutie (fruit)? Many of the attendees are children. We need ideas on this.
- For our table giveaways/prizes, we could spend \$150 on 500 pens with "Overeaters Anonymous, OAsouthernAZ.org, 520-733-0880" on them. (We could add our logo for another \$30.) We could actually order them in January to come out of next year's budget. They only take 3 days to create.
- After the \$80 application fee for the NAWBO Health Fair and literature order for both fairs, we will nearly break even on our 2014 budget.
- The Young People's meeting on Saturday at 4:00 at UMC has closed due to low to no attendance. Just in case it was the time and/or location, we'd like all IRs to pass around our New Young People's Meeting Interest Sheet asking if there is any interest and what time/date and location would be preferred. Please return these sheets at the next IG meeting or email me with any results.
- There are also new copies of our Meeting List.

Lifeline and Resource Library: [open]

Meeting List: [Wendy A.] The meeting list was updated after last Intergroup and twice during the month, then e-mailed to the Webmaster and Newsletter. Hard copies of the meeting list will be provided at Intergroup.

Newsletter: [Angela N.] No report. Newsletter deadline 1/5/15 with New Beginnings as its topic.

Telephone: [Barb S.] Total calls 33; Calls Reported: 2; Calls Returned: 1, 2 hang ups

Special Events: [open] Unity Day flyer for 2/28/14 available for IR's to disperse at meetings.

Retreat Committee: [Mike A. /Nancy K.] Mike announced the meeting following Intergroup today.

Twelfth Step Within: [Beth M.]

- Two events have taken place since the last Intergroup. The first was the annual Thanksgiving Thank-A-Thon November 27 from 9 until noon here at the St. James Methodist Church. Attendance fluctuated with 30 – 40 in attendance. The meetings were a mix of speakers, writing and sharing. We had several visitors from out of town, and members seemed to enjoy the varied meeting formats. We collected \$43. Thanks again to Julie G., Mike A., Niki L., Nancy K. and Sandra R. and for all of their service.
- The 12th Step Within Meeting, Potluck and Celebration had a very festive feel. The meeting was followed by a lot of lively fellowship, good food and live entertainment including Harp/Flute duets during dinner and a guitar sing-a-long after dinner. Thanks go to Mary H., Elisa M. and Michele T. for their help organizing and planning.
- I feel like this has been a great year for the 12th step within and the fellowship of OA, and thank you for allowing me to be of service.

Website: [contact: Cheryl L.] (Excused) Routine maintenance was performed, action items updated, meeting list updated as needed, updated Minutes and Agenda Archives, answered 2 emails, one of which led to helping a member from another state update her meeting's information on oa.org.

Questions: It was asked if Mollie would continue as co chair for PIPO: yes. Janis asked if 15 questions could be used as questionnaire at health fair, this will be considered. It was asked if there were qualifications for representing at PIPO and special events, there are no restrictions or requirements at this time.

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 11 IRs present. Strong meeting checklist (on website and in binder); IR's are requested to share with their group and see where they stand. One group does several questions on the 5th meeting of the month; others do the beginning of the year at a business meeting.

Unfinished Business:

Standing Rules and IG Job Descriptions: Marilyn stated that the Standing Rules do not need revision. The IG job descriptions will be e mailed to the IR's for next year's use.

New Business:

2015 Budget Motion read by Janis, questions were answered. Vote was called, unanimously passed (11).

Darlyn and Peggy read their applications for Newsletter co chair. Marilyn stated that Cheryl was applying for Website Chair and had held the position in the past but was not present and she didn't currently have her application. She appointed the chairs and the IR's approved.

Marilyn read Sally Hicks application for Jr. Delegate. Barbara S. will be moving from Tucson so cannot be Jr. Delegate 2015. Darlyn made a motion to approve Sally Hicks as Jr. Delegate, Barbara seconded. Unanimously approved (10).

By Law Amendments revised by the delegates to conform to WSO By Laws was tabled. These will be e mailed to the IR's and discussed in February (must pass by a 2/3 vote).

Audit Committee volunteers were requested: Rhonda, Neva and Niki will serve and will meet ~1/10/15.

Vision and Goals # 4, Financial Health: Newsletter inserts articles to increase awareness of 7th tradition, IR's can ask their treasurer if their group is donating to WSO/Region/Intergroup.

Read from the Group Handbook, How do Intergroups Start? (Pg. 26. #1-3)

Announcements:

January 17th next SEAZ Intergroup meeting at 10:45 AM (Board meets at 10 AM)

February 28th - Unity Day event in Green Valley—Please plan to attend!

Region 3 Spring Assembly- Galveston, March 20-21

World Service Business Conference [WSBC], Albuquerque, April 27-May 2

Over and Under meeting will not be meeting Christmas Day

Friday 7:30am meeting will meet at Big MO's on Dodge the day after Christmas.

Recap of Action Items done by Beth.

Adjourned at 12:30 PM with The Responsibility Pledge.

Respectfully submitted, Chris Nunn, Secretary