

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

July 19, 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; Molly H., PIPO; Deb E., Resource Library; Beth M., TSW; , Wendy A., Meeting List; Patty C., IR; Gina B., IR; Alyssa M., new 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 10:45AM 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 6/21/14 meeting were accepted as presented electronically.

Treasurer's Report: [Janis R.] The financial report was presented. Income from the previous month was noted as \$789. Expenses were \$433.82. Current checkbook total is \$16880.82. Report 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.] Cheryl & Jill are selling tickets for Region 3 Cruise drawing. Winner receives the \$839 dollar cruise or equivalent Visa card. \$10 each or 3/\$25. Cheryl is still selling Region 3 flashlights. Jill and Cheryl will be attending the Region III Assembly and Convention August 8-10 in Tempe.

Public Information/Professional Outreach (PIPO): [Sara J. /Mollie H.] The committee met their goal of preparing 35 packets to honor Marilyn's 35th OA anniversary. Marilyn & her husband came later and talked with Mollie about Public Service Announcements - PSAs. Mollie and Sara met to discuss PSAs for radio stations in southern AZ. The CDs are \$5.00 each and copyable per WSO. The radio stations will probably ask to see a permission document releasing the copyright and we were told how to get that form. Radio stations were identified who would reach more of the cities in Southern AZ to do PSA's. We started discussing PSAs on local TV stations (ABC, CBS, NBC, FOX and possibly PBS). TV stations usually want Beta format which is \$15. We can get the CD version for \$5. WSO said we are privileged and entitled to anything that is obtainable from the oa.org website to copy and change with our area information. We made our own copies of the Courier and saved \$20.00.

We also made up flyers using the pictures (one with a scale saying "Help" and one with a toilet) from the posters on the website for the Young People's flyers. They announce the new Young People's meeting and have OAsouthernAZ.com for them to find other meetings and info as well. We obtained approval for our flyers, which announce the new Young People's Meeting, to be placed in TUSD High Schools. We are now pursuing how to get approval to send our information packets to the High School Counselors and/or School Nurses. The Young People's meeting, which started July 5, would like support – especially people to chair the meetings. I'm passing around a sign up sheet for July and August and calendar for the rest of the year if any of you can sign up to lead. There is a bag of materials, so to lead, it would be good to go to the meeting before the one you plan to lead. Also looking for appropriate music to play for meeting.

Lifeline and Resource Library: [Deb E.]

1. LifeLine Article – If you would like to submit an article to LifeLine for the December issue the deadline is 8/15/14. The topics for the month of December are Service: Raise Your Hand; Raise Your Recovery..How has service aided your progress to recovery? How has it helped you maintain your recovery? Which service position has been the most challenging, how did you meet the challenges, and what did you learn? Abstinent Sponsors.. How has being abstinent helped you to be a better sponsor? How does not being abstinent impede your ability to sponsor? As a sponsee who has experienced both an abstinent and nonabstinent sponsor, how would you describe the impact of an abstinent versus a nonabstinent sponsor? The Concepts of Service: How They Helped Me and Improved My Program What are the Concepts of Service, and how have they helped your life? How have they furthered your program? Which Concept has had the greatest impact? Top-10 List. You may write about any subject important to your recovery from compulsive eating. Send your letters to Lifeline, PO Box 44020, Rio Rancho, NM 87174-4020 or email.

2. Completed copying and provided CDs to the Bisbee Group.

3. Purchases from the OA Bookstore 30 Sponsor Kits for the Sponsorship Workshop held July 12, 2014. In addition, made 15 copies of three Podcasts on sponsoring for the workshop. (Used 30 blank CDs and 15 CD sleeves from current library resources)

4. Submitted expense report for the costs of the sponsor kits in the amount of \$78.97

5. Service Opportunities – provided it a list of possible service opportunities for the individual as well as at the group and Intergroup level. See attached report for website resources.

Meeting List: [Wendy A.] The meeting list was updated after last Intergroup and once during the month, then e mailed to the Webmaster and Newsletter. Hard copies of the meeting list will be provided at Intergroup on 7/19/2014.

Newsletter: [Angela N.] (excused) July/August newsletter was distributed via e mail last week. 130 hard copies printed and delivered to IG reps to take to their meetings. The September/October newsletter will also be open topic. The next deadline will be September 5, 2014.

Telephone: [Barb S.] Total calls 5; Calls Reported: 3; Calls Returned: 1, 71 hang ups

Special Events: [open] The committee has 3 new members. We have several exciting ideas and activities in preparation that are ongoing and will get more attention in the meeting today. We are asking IR's to bring requests for donations for water and soda to their groups.

Twelfth Step Within: [Beth M.] Thanks go to Janis R., Roni B. and Angela N. for organizing and presenting the July 12, 2014 sponsorship workshop entitled, "10 things you always wanted to know about Sponsoring and 10 things you always wanted to know about being a sponsee". Thirty-four OA members, including the 4 panelists, attended the workshop held from 10:45 AM to 12:45 PM. The panelists shared about sponsoring and being sponsored and answered questions from an Ask-it Basket. After the panel sharing, there was general sharing. Attendees were invited to take podcast CDs about sponsoring and a Sponsorship kit. A big thanks goes to Deb E. and the Lifeline Resource Library committee for generously providing literature and podcasts totaling \$78.97.

➤What's next? September 13 a Service and Traditions Workshop lead by Roni B. is planned from 10:30 to 2:30. TENTATIVE Workshop schedule 10:30-12:30; 12:30-1 p.m. lunch grab/break, 1:00 to 2:00 Roni will tell her story, 2-2:30 sharing if desired. Event location TBD. Cost, Free or voluntary donation. Beth asked for a show of hands for the topic of the next workshop, Traditions won. She also wanted help with the distribution of remaining budget funds, explained it was a committee decision but money remaining rolled into next years budget.

Website: [contact: Cheryl L.] Routine maintenance was performed, action items updated, meeting list updated, current newsletter posted, and announcements updated. Also posted notice and flyer for new Young People's meeting, responded to 1 email. Still looking for a website chair and committee members. Beth posted 12 Step Within event for September.

Questions: Beth asked why retreat committee would ask for donations when has budget, will be discussed at next meeting. Susan asked if PSA's could be customized to our area, no. Cheryl asked if the Young Peoples flyers could specify laxative abuse in its terminology along with purging, yes. Member mentioned using OA jargon not familiar to teens might not draw them into meetings. Gina asked if the calendar to lead the young peoples meeting was circulating to sign up, Molly did.

IR Trainer: [open] Chris went over the IG Address List to determine delivery of information from Intergroup to meetings, updated IR information and counted 11 IRs present. Nancy's tip of the month: Service is Slimming!

Unfinished Business: Milage reimbursement motion was tabled until next month.

Review Committees for the Policy Manual, Bylaws, Standing Rules and IG Job Descriptions will be completed by December.

New Business:

Vision and Goals # 3 read by Barbara, the strong meeting checklist is under documents on website and the annual member count is complete with mixed results, will look at different way to achieve retention goal, Janis reported having other meetings Skype in to Intergroup hasn't yet been developed. Susan also mentioned having people visit meetings not represented by IR's.

Read from the Group Handbook, Getting Things Done In Your OA Group (page 16, #12)

Announcements: August 16, 2014 is Next SEAZ Intergroup meeting at 10:45am (Board meets at 10am)

Retreat planning meeting is at 1pm after Intergroup.

Money from two Sierra Vista meetings and Monday meeting given to Sara/Mollie for literature/rent for Young Peoples mtg.

Special Events, Webmaster and IR Trainer positions remain open. October 10-12 SEAZ Retreat at St. David.

August 8-10 Region 3 C&A in Tempe (Jill & Cheryl will attend the Assembly.)

Recap of Action Items done by Cheryl.

Adjourned at 12:25 PM with The Responsibility Pledge.

Respectfully submitted, Chris Nunn, Secretary

Lifeline and Resource Library Report
July 19, 2014

Actions taken:

1. LifeLine Article – If you would like to submit an article to LifeLine for the December issue the deadline is **8/15/14**.
The topics for the month of December are below.

Service: Raise Your Hand; Raise Your Recovery

How has service aided your progress to recovery? How has it helped you maintain your recovery? Which service position has been the most challenging, how did you meet the challenges, and what did you learn?

Abstinent Sponsors

How has being abstinent helped you to be a better sponsor? How does not being abstinent impede your ability to sponsor? As a sponsee who has experienced both an abstinent and nonabstinent sponsor, how would you describe the impact of an abstinent versus a nonabstinent sponsor?

The Concepts of Service: How They Helped Me and Improved My Program

What are the Concepts of Service, and how have they helped your life? How have they furthered your program? Which Concept has had the greatest impact?

Top-10 List

You may write about any subject important to your recovery from compulsive eating. Send your letters to Lifeline, PO Box 44020, Rio Rancho, NM 87174-4020 or [email](#).

2. Completed copying and provided CDs to the Bisbee Group.
3. Purchases from the OA Bookstore 30 Sponsor Kits for the Sponsorship Workshop held July 12, 2014. In addition, made 15 copies of three Podcasts on sponsoring for the workshop. (Used 30 blank CDs and 15 CD sleeves from current library resources)
4. Submitted expense report for the costs of the sponsor kits in the amount of \$78.97
5. Service Opportunities – provided it a list of possible service opportunities for the individual as well as at the group and Intergruop level.

Information about an OA Resource:

A Step Ahead is a free quarterly newsletter for OA members, groups and service bodies. It provides information about issues important to the Fellowship, including descriptions of new and approved literature and specialty items, news from the WSO, and helpful information such as the *Lifeline* Monthly Topics. *A Step Ahead* appears online every quarter, usually in January, April, July and October.

You have the ability to print the PDF file below, copy it, and distribute it to members of your groups:

[A Step Ahead: Second Quarter 2014 \(color\)](#)
[A Step Ahead: Second Quarter 2014 \(black and white\)](#)
[A Step Ahead: First Quarter 2014 \(color\)](#)
[A Step Ahead: First Quarter 2014 \(black and white\)](#)
[A Step Ahead: Fourth Quarter 2013 \(color\)](#)
[A Step Ahead: Fourth Quarter 2013 \(black and white\)](#)
[A Step Ahead: Third Quarter 2013 \(color\)](#)
[A Step Ahead: Third Quarter 2013 \(black and white\)](#)

Respectfully submitted:
Deb Eres, Committee Chair

SEAZ OVEREATERS ANONYMOUS

SERVICE: A TOOL OF RECOVERY

Service

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. Members who meet the abstinence requirement can give service beyond the group level in such activities as intergroup representative, committee chair, region representative or Conference delegate. There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. “A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

As OA’s responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.” ©2011 Overeaters Anonymous®, Inc. All rights reserved

Individual Service:

You can give service right away. Carrying the message to the compulsive eater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—which helps reach a fellow sufferer adds to the quality of our own recovery.

1. Showing up at meetings
2. Making outreach telephone calls to others in the program
3. Being a sponsor
4. Write articles for SEAZ Newsletter and LifeLine

SERVICE OPPORTUNITIES AT GROUP LEVEL:

(Qualifications Available On Website and/or Upon Request)

1. Arrive early and help set up the room
2. Welcome newcomers
3. Volunteer to read
4. Sharing your experience, strength and hope
5. Stay after the meeting to tidy up the room
6. Telephone Other Members between Meetings
Information/Professional Outreach)
7. Volunteer to chair a meeting
8. Take part in your meeting rooms’ monthly business meetings
9. Speak at Speaker Meetings
10. Attend Intergroup Meetings
11. Serve as room Secretary, IR, or Treasurer

SERVICE OPPORTUNITIES AT INTERGROUP LEVEL:

1. IR Trainer
2. Special Events Chair
3. Newsletter Editor
4. Meeting List
5. Telephone
6. PIPO (Public
7. Lifeline Resource Library
8. Twelfth Step Within
9. Website
10. Board Member
11. Delegate