

## SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

### MINUTES

June 21, 2014

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

**Attendance:** Marilyn B. Chair, Susan C., Vice Chair; Jill S., Sr. Delegate; Cheryl L., Jr. Delegate, website contact; Deb E., Tape Librarian; Barb S., phone, IR; Gina B, IR; James F., IR; Deb B., IR; Barbara M., IR; Mile Allen, Retreat Chair, Nancy K., Retreat Co-Chair, Janis Friedland IR, Veronica Quinonez, IR (New) Rachel Redman IR Substitute.

**Call to Order:** At 10:45 AM Marilyn B. 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 and meeting list was passed. Barbara M. read the Standing Rules.

**Minutes:** [Susan C. – Chris N. Excused.] The minutes from May 21, 2014, were accepted as presented electronically.

**Treasurer's Report:** [Cheryl L. – Janis R. Excused] The financial report was presented. Income from the previous month was noted as \$924.96, Expenses were \$2,364.19 Current checkbook total is \$16,526.64. Mail announced and passed around for reading. 7<sup>th</sup> Tradition envelope passed. Expense Total included Delegates trip to Albuquerque Conference. A few signed checks were left with Cheryl for reimbursements.

**Delegates/Region Reps.:** [Jill S./Cheryl L.] Jill and Cheryl are selling raffle tickets for Region III-sponsored Seven-Day (March 22-29, 2015) Cruise or a Visa Cash Card. Tickets are \$10 each or 3 for \$25. – Region III Convention and Assembly will be held in Tempe, AZ, August 8-10. Registration brochures have been made available. Check Website for more information.

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

Greg from Phoenix OA, Marilyn B., Roni B., and Michelle S. assisted by sharing the OA message at the AZ Academy of Nutritionists and Dieticians on June 6<sup>th</sup> at the Double Tree. WSO shipped us their tabletop display and some Health Care Professional packets. Several people looked at it, and it started conversations with us. We used our big and two small banners as well. Our booth was busy during their breaks between 6:30 am and 3:30 pm. It was very surprising how many nutritionists and dieticians did not know about OA. We handed out about 50 Health Care Professional packets, meeting lists for both Tucson and Phoenix, OA bookmarks, and other literature. It was a huge success.

We have contacts with Tohono O'odham folks, and we are working on starting a meeting near the Mission. There is a great need for OA in the Native American population in Southern AZ; many folks have health problems related to nutrition. Mollie and Connie T. are making contacts with friends and Tohono O'odham health care providers for people with diabetes.

We would also like to participate in the next Red Road to Wellbriety event at the San Xavier Rec Center the last Saturday in September. It is free to set up a table there, but we will need literature and volunteers to be there to share OA's message. More on that later.

We are exploring ways of providing literature to about 125 TUSD counselors. We would like to have the help of OA members who have interest and may have contacts with any of the other school districts or charter schools in Southern AZ. Help is needed to make phone calls to get info about "Welcome back" meetings by schools' leadership; we want to inform teachers and counselors about OA to share with their students. Southern AZ schools start again in July and Aug, so please contact Mollie if you can help make these contacts.

Sara and Jill S. will be starting a Young People's meeting in Tucson this summer, hopefully, before July 22. IF WE BUILD IT, THEY WILL COME!!! We have a probable day and time: Saturday at 4:00. We will let you know when we are sure, so it can be announced at meetings. PIPO will make flyers with info on the new meeting.

To celebrate Marilyn's 35<sup>th</sup> year of abstinence, we will be having a Packet Stuffing Party on Wednesday, July 2, at 2:00 pm at Mollie's house: 4810 E Ft Lowell #H (85712). Our goal is to put together 35 packets for each person present (at least).

We have enough literature for 100 clergy packets, 125 for "counselors of teens" packets, and 100 doctor packets. Congratulations on 35 years Marilyn!

**Lifeline and Resource Library:** [Deb E.] Actions taken:

1 .Life Line Article – If you would like to submit an article to Lifeline for the November issue the deadline is 7/15/14). The topics for the month of November are below. 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 via email.

What Helped My Program the Most? What aspect of the OA program has helped you the most to maintain physical recovery? Emotional recovery? Spiritual recovery? Elimination of character defects? Ability to reach out to others?

The Basics: What It Takes What constitutes the basics in OA? What are some ways to approach the basics? How do you overcome stumbling blocks when working the basics?

Working Toward or Maintaining a Healthy Body Weight: How Does That Apply to Me?

What moves you forward to a healthy body weight? What holds you back? How can you change what holds you back?

Top-10 List

2. One request received for CDs from Bisbee Group. In the process of copying.

**Meeting List:** [Wendy A.-excused.] Wendy could not stay for meeting but brought hard copies for IR's.

**Newsletter:** [Angela N.-excused.] This is Angela's off month and was excused. Articles for next newsletter need to be submitted by July 5, 2014, and it is open topic. Cheryl will write an article.

**Telephone:** [Barb S.] Calls Reported: 6; Calls Returned: 4, 6 hang-ups. Barbara announced the committee needs someone to pick up calls on Tuesdays

**Special Events:** Mike: Retreat report: Retreat dates: Oct.10-12, 2014. Airline ticket was purchased for guest speaker \$364. Next committee meeting will be June 19, at St. James Methodist at 1:00 PM. Barbara M. has reserved the space in the church for 7/19; 8/16 and 9/20 but September will be in a different room Committee still needs more volunteers. Clothing donations may be given to Chris N.

**Twelfth Step Within:** [Beth M.-excused] No Report

**Website:** [contact: Cheryl L.] Routine maintenance was performed, action items updated, meeting list updated, current newsletter posted, and announcements updated. Still looking for Website Chair and committee members.

**Questions:** Emailed hardcopies of reports from Mike A. and Deb E. were requested by Susan C. for meeting minutes.

**IR Trainer:** - Open Position. - 8 IR's present. New IR: Veronica Q., Substitute IR: Rachel R. Copies of the We Care List are available. Jan F. shared a tip of the month. Marilyn reviewed meetings not represented and asked attending IR's to carry materials to these meetings.

**Unfinished Business:** Travel Expense Motion tabled until July. If no resolution by July, it will be dropped.

Open Positions to be filled: IR Trainer, Special Events, & Website Chair.

**New Business:** \*Appoint a review committee for: a) Policy Manual - Deb E. volunteered to serve with Chris N. and Janis R.; b) Bylaws – Nancy K. volunteered to serve with Jill S. and Cheryl L.; c) Standing Rules and IG Job Descriptions – ask for volunteer in July to serve with Susan C. and Marilyn B. The deadline for completion of tasks will be decided at the July Board meeting.

\* Vision and Goals #2 was read and discussed.

\* Reading: Group Handbook: Getting things done in your OA Group, beginning on page 11 - #6 and ending after #11

#### **Announcements:**

1. July 19, 2014, **Next** SEAZ Intergroup meeting at 10:45am (Board meets at 10am)
2. Service, Traditions & Concepts Work Shop to be scheduled for Sept.
3. Retreat Committee Meeting in this room, today at 1:00 PM
4. July 12 TSW Sponsorship Workshop 10:30-1 PM
5. August 8-10, Region III Convention and Assembly in Tempe (Jill and Cheryl will be attending the Assembly.)
6. October 10-1,2 SEAZ Retreat at St. David
7. World Service is in need of financial support

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

Adjourned at 12:05 PM with The Responsibility Pledge.

Respectfully submitted,  
Susan C. Acting, Secretary