

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

May 17, 2014

www.oasouthernaz.org

Attendance: Susan C., Vice Chair; Chris N., Secretary; Janis R., Treasurer; Jill S., Sr. Delegate; Cheryl L., Jr. Delegate, website contact; Sara J., PIPO, IR; Wendy A., Meeting List; Deb E., Tape Librarian; Barb S., phone; Gina B, IR; James F., IR; Deb B., IR; Barbara M., IR; Nancy N., IR; Mike A., Retreat Co-Chair; Nancy K., Retreat Co-Chair; Patty C., IR (new); Marilyn B., Chair elect, 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 and meeting list was passed. Nancy K. read the Standing Rules.

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

Treasurer's Report: [Janis R.] The financial report was presented. Income from the previous month was noted as \$572.89. Expenses were \$446.54. Current checkbook total is \$17967.86. Mail announced and passed around for reading. 7th Tradition envelope passed.

New Business: Susan asked for a count of the IR's present: 9. She then read Board Motion: Marilyn Bredeson to complete the unfinished term of Chair, (seconded by Chris) and asked for a vote. Unanimous vote yes. Marilyn took over as Chair of meeting.

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

May 1, 2014 WSBC Highlights

* 2014 New Literature: Voices of Recovery e-workbook; Abstinence, Second Edition; For Today Workbook * The World Service Conventions will be spaced 4 and then 5 years apart, because they are losing money. * WSO had OA ads on Facebook in June and July of 2013. The ads resulted in 5,300 new visitors to oa.org. There will be more ads on Facebook in 2014. * The database of professionals for Professional Outreach has been purged, as it is every few years. Please send them names and addresses and they will send copies of "The Courier". * Region 3 is sponsoring a cruise set to sail March 22, 2015 out of Galveston, TX. Cheryl and Jill have raffle tickets for sale (1 for \$10 or 3 for \$25). * Cheryl and Jill will be giving OA bookmarks to the SE AZ PIPO committee from Region 3 PIPO committee. Our intergroup can buy and make more bookmarks (more information is available on the Region 3 website). * It has been recommended to starting an OA Young Persons Meeting in Tucson. Jill is interested in being involved in forming this meeting. * Virtual Meetings are low on group contributions. WSO is encouraging members to pay \$10 monthly through the website if using virtual meetings. The average person's contribution is .58 cent per year on virtual meetings. Currently OA has 191 phone meetings & 187 online meetings.

* 2016 World Service convention is scheduled for Sept 1-4 in Boston, MA. The name of the convention is Recovery - the Trail to Freedom. * There is a pamphlet called To the Parents if you have parents inquiring about help for their children. * WSO is planning on updating the website next year. WSO would like to make the search function easier for finding different materials. Currently, if you cannot find something on the website, please contact the WSO office. * There was a celebration of Rozanne's Legacy meeting. It was very moving and touching to see how the OA program has touched so many people.

May 2nd, 2014 Highlights

Elections : 197 voters

Following people were voted into office: Trustees: Region 3 – Margie Garman ;Region 4 – Cyndy Lenz; Region 7 – Barbara Gere; Virtual Trustee- Stephanie Doran, General Service Trustees: Karen Cornacchia , Janice Sullivan

Motions passed/failed: see attached report

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

1. Distributing pull-tab flyers about OA. Have already had one newcomer share at Fresh Start meeting that she heard about OA through a pull-tab sign she saw at River Rd library branch. Signs are up in many areas, but we have more signs that need to be distributed.

2. Planning and organizing the June 6 event with Marilyn and WSO people.

3. Assisted set up and provided 12 step sign and banner for 12 Step Within event on May 10.

4. Continued campaign to carry the message thru Tucson Weekly classified ads, including the 5-10-14 12 Step Within event. Sharing the cost of the ad on 5-8-14 with that committee.

5. Spoke with Betty Perez at New Directions about starting a newcomers meeting there, but their confidentiality rules won't allow it.
6. Ros made a call to a TUSD High School and they said we need to go through School Community Services. They sent us to the School Health Service department and we discovered that our flyer with tear-offs needs to be approved. A copy was sent 5/16/14.

Lifeline and Resource Library: [Deb E.]

******Provided at the IG Meeting will be a paper copy of the current IG CD Library. Requests for CDs can be made via email to deboraheres@gmail.com and providing the CD number being requested. Requests can also be made by calling (520) 444-9960. If you need to leave a voice mail, please leave your name, telephone and the CD number being requested.

******New on the OA website is a new valuable tool to use every day to support you in keeping your abstinence strong and intact. You may also use it as a focus for meetings and workshops. A paper copy will be available at the IG meeting and the document can be found at this link: <http://www.oa.org/new-strong-abstinence-checklist/>

******New Virtual Workshop Podcasts – if there is an interest, these workshop Podcasts can be copied onto CDs.

In 2014 the Virtual Services Committee invited the Board of Trustees and the Region Chairs of Overeaters Anonymous to share insights on some of their favorite OA literature and on topics that made a difference in their recovery from compulsive eating. In the series **OA Literature-The Heart and Soul of OA**, you will hear how OA and its literature helped members move from the pain of the disease to the passion for recovery and carrying the message. In the series **Our Primary Purpose**, you will hear about the Disease of Mind, Body and Spirit; Plans of Eating, Tools, Abstinence, How to sponsor; the 12 Principles, 12 Steps, 12 Freedoms, Strong Meetings and Recovery from Relapse. Members share their experience strength and hope to bring the Twelve-Step program of Overeaters Anonymous to life.

PodCasts available on the Overeaters Anonymous website:

Link: <http://www.oa.org/oapodcasts/#workshops>

April 6—OA Literature: Person to Person “Person to Person – Carrying the Message” is the topic for this OA literature workshop. A member maintaining a 200+ pound weight loss shares her journey in recovery and how the OA literature, Steps, Traditions, Tools and a sponsor guide her recovery. She discusses sponsoring, the difference between a suggestion and advice, and how her strength, and hope is the message of the pamphlet “Person to Person: Carrying the Message, Our Special Gift.”

March 16—OA Literature: A Commitment to Abstinence & Maintaining a Healthy Weight In this workshop, the speaker tells her story and talks about her personal commitment to abstinence one day at a time and the actions she takes to ward off the deadly disease of compulsive eating. The pamphlets “A Commitment to Abstinence” and “Maintaining a Healthy Weight” are explored as she shares on the importance of enjoying the gifts of recovery and how continuing to work the 12-Step program of recovery has given her an alternative to using food to cope with life.

February 9 — Our Primary Purpose: A Plan of Eating Three OA members share their varied journeys to develop their Plans of Eating, and how a plan guided them to eat in a calm, balanced, rational way, separating eating from emotions. A Plan of Eating is one of OA's nine tools. These members describe how the Twelve Steps of Overeaters Anonymous coupled with the Plan of Eating and other tools helped them get and stay abstinent.

******Lifeline Weekly - Once you've read your copy of *Lifeline Weekly*, we encourage you to forward it to OA members and other friends who might be interested in subscribing to *e-Lifeline*. Feel free to print out *Lifeline Weekly* and bring it to share at your next meeting.

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.] Marilyn read: The May/June 2014 issue of the newsletter was emailed out on May 14, 2014. There are 130 hard copies for IGs to take back to their meetings. The next issue will be open topic, with a submission due date of July 5, 2014.

Telephone: [Barb S.] Total calls 48; Calls Reported: 3; Calls Returned: 2, 1 hang-ups.

Special Events: Mike: Retreat report: We had our initial organizational meeting on Sunday 4/27. There were 4 people. So we are campaigning for people to come and participate in the planning for this event. We sent out fliers to IR's and a general email through Newsletter. There are fliers on the back table for next month's meeting, take and distribute and promote please. We are meeting today, at 1:00. I invite anyone with an interest or just curiosity to join us. Settling on the final prices, registration process, etc. will be forthcoming shortly. IR's keep your eyes out for announcement emails.

Twelfth Step Within: [Beth M.] Chris read.

1. The May 10 'Red Warning Flags' of Abstinence Workshop was attended by approximately 17 people. Thanks to Michelle S. for organizing, this excellent and enriching event. Thanks also to Donna and Michelle for speaking and conducting the event, as well as Mollie H. PIPO chair for providing signage, displays, and for funding notices of the event in the Tucson Weekly.

2. The IG 'Vision and Goals' committee lead by Janis R. spearheaded a group trip to Bisbee Arizona to provide support for an OA meeting there. Here is their report: Intergroup 2014 Vision and Goals under Goal #3 Strong meetings and Committees is a pathway to abstinence has a suggested task to arrange visits to groups without an IR rep and/or outside of Tucson groups to help them understand the importance of their involvement in and feedback to SEAZ Intergroup. On April 26, 2014 three members of the Vision and Goals group (Janis R, Roni B and Deb E) traveled to Bisbee to attend their Saturday 10 a.m. meeting to introduce them to the IG and provide them information. The meeting was attended by five local OA members. During the announcement portion of the meeting there was information shared about the SEAZ IG, the purpose of this outreach as well as a presentation of literature that was given to the group. Also presented was the possibility of having a Bisbee IR who could "Skype" in to IG meetings. Janis R was the guest speaker for the meeting. At the conclusion of the meeting, the group members expressed their gratitude for our attendance.

➤ What's next? July 12 there will be a sponsorship workshop here at St. James. Details will be announced soon. This will be organized and conducted by the Vision and Goals group and funded by TSW. As Marilyn would say: Way to go team!

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. Still looking for a website chair and committee members. There are many things that could be done to improve or update the website, but we need help.

Questions: Jill will look into starting a young persons meeting Saturday 4pm, currently looking for location.

PIPO: Libraries receptive to pull tab flyers? Yes. Tape Librarian: CD list available on website? Will be soon. Delegate: Pamphlet to parents to help young persons is available at WSO? Yes.

IR Trainer: Marilyn read Sally H's resignation. Janis read report. Sally plans with help to complete We Care List. Sally brought the IR trainer info and passed it to Board (Chris has). Marilyn encouraged IR's to announce this open position at their meetings. Chris reviewed meetings not represented and asked attending IR's to carry materials to these meetings.

Unfinished Business: none

New Business:

Vision and Goals # 1 read by Nancy K. Discussion: Susan had created a list of opportunities for service at the group and intergroup level and will send to V+G committee. Marilyn mentioned sponsoring thru the study of Traditions and Concepts. July 12 Sponsorship Workshop will be formatted to speed date sponsees with sponsors. Flyers will be sent to announce specifics.

Announcements:

Newsletters are not snail mailed out so please carry extras to your meetings.

June 21, 2014 Next SEAZ Intergroup meeting at 10:45am (Board meets at 10am)

July 12 TSW Sponsorship Workshop 10:30-1 PM

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 12:05 PM with The Responsibility Pledge.

Respectfully submitted, Chris Nunn, Secretary

PS: Requests for individual reports can be e mailed to rainbow.smiles@cox.net