

# **SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS**

## **MINUTES**

October 18, 2014

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

**Attendance:** Marilyn B., Chair; Susan C., Vice Chair; Chris N., Secretary; Cheryl L., Jr. Delegate, website contact; Barb S., Telephone, IR; Sara J., IR, PIPO; Angela N., Newsletter chair, IR; Beth M., TSW; , Wendy A., Meeting List; Julie G., IR; Lisa G., IR; Barbara A., IR; Nancy N., IR; Mike A., IR; Jan F., IR; Gina B., IR; Niki L., IR; Sandra 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. It was announced that Barbara M. was hospitalized so Lisa would be the new IR for Saturday.

**Secretary:** [Chris N.] The minutes from the September 20, 2014 meeting were accepted as presented electronically.

**Treasurer's Report:** [Janis R.] Excused: Cheryl presented the financial report. Income from the previous month was noted as \$3173.67. Expenses were \$1017.52. Current checkbook total is \$18,906.52. The report was accepted and received for audit. Mail announced and passed around for reading. 7<sup>th</sup> Tradition envelope passed. Marilyn suggested having IR's check their group donations on back of treasurer's report and verify their groups are giving. If it doesn't show up, contact Janis. It will be posted in the month that it is deposited in the Intergroup's account (sent to PO box and checked twice monthly).

### **Committee Reports:**

**Delegates/Region Reps.:** [Jill S. /Cheryl L.] Cheryl is still selling tickets to the 2015 Region 3 Cruise drawing.

We reviewed the new changes in the WSBC Bylaws and found a couple of changes we need to make in ours to align them with WSBC. We will draft motions and present them at the November meeting.

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

- We want to thank Barbara A, Barb S and Valerie W for sharing the OA message with Native People by talking to them and handing out literature at the Red Road to Wellbriety Celebration on Sat. September 27 at the San Xavier Rec Center. Barbara's report of the event: We had over 50-75 people stop at the booth and take brochures. We felt very included as part of the recovery community. In fact, Al-Anon members took some of our literature. We believe it was a good use of our time; that we planted the seeds of OA.
- The "My Health and Wellness Expo" is going on now, 10:00 to 5:00 at the Doubletree Hotel at Reid Park. It is designed to educate and inspire the public in the areas of Healthy Living, Personal Wellness, Fitness, Healthy Eating, Lifestyle Improvement, and Longevity. We expect it will give OA a great opportunity to meet and greet many ordinary folks who are seeking a healthier lifestyle.
- PIPO started to make outreach calls to radio stations to help them understand why their listeners will benefit from hearing OA Public Service Announcements (PSAs). We hope to begin hearing OA PSAs on the air throughout Southern AZ., maybe by the end of October – before all the "foodie" holidays. We now have 20 copies of the PSA; each PSA has a 15 sec., a 30 sec. and a 60 sec. message for radio stations. Since we have no Spanish language meetings, we will only be sending out English language PSAs.
- We had the idea of asking IG to rent a Storage Unit that all IG committee chairs could access for shared materials; we could use it to store literature, supplies, signs and so on; this would reduce the losses we have from keeping track of SO many things. And it would mean our committee chairs would not have to take up precious space in our homes or cars for OA materials. We also wouldn't have to coordinate getting things to each other if the lock had a combination instead of using a key.
- We really like the idea of renting a small office for storing our precious materials, the work and records of OA, having a space to meet, to hold committee meetings, work on projects, and maybe even hold meetings there.
- The Young People's "Gift of Desperation" meeting still needs the support of more OA members. There have been weeks when no one has been there to lead. It is on Saturdays at 4:00PM at UMC, 1501 N Campbell Ave in room C2500 in the south end of the cafeteria. We define Young People as anyone with Spiritual Room to Grow.

**Lifeline and Resource Library:** [Deb E.] written resignation presented to board.

**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.] Next deadline is Nov 5, topic Gratitude.

**Telephone:** [Barb S.] Total calls 37; Calls Reported: 3; Calls Returned: 2, 3 hang ups

**Special Events:** [open]

**Retreat Committee:** [Mike A. /Nancy K.] It happened, and with great success! There were 29 full attendees and we had 11 Saturday only attendees. We had something close to a 90% evaluation questionnaire return, which is phenomenal, considering last year we had under a 50% return. And to answer the obvious question the feedback was by and large pretty positive. At the next IG I will have a full financial report. The next Retreat is scheduled for Oct 23-25, 2015. The next Retreat Committee meeting is scheduled for Dec 20 after IG for any who would like to attend.

**Twelfth Step Within:** [Beth M.]

- The committee will host the Thanksgiving Thank-A-Thon on November 27, from 9 until noon here at St. James Methodist. There will be meetings on the hour each with a different format to be determined. Fliers are on the table with enough for each meeting to take 4 or 5 copies. Thanks to Julie, Tim, Sandra and Niki who have tentatively volunteered to organize the event.
- December 12 is OA Twelfth Step Within Day. The committee will help SEAZ celebrate by hosting a Potluck, Meeting and Fellowship event on December 12, 5 p.m. to 8 p.m. at the Far Horizons Clubhouse at 5000 E Grant Road. Our OA meeting will focus experience strength and hope on ways we've been helped in the fellowship, how to help the still suffering compulsive eaters in the fellowship- and actions to take for membership retention. Fliers are on the table-please take 4 or 5 for your group. Thanks to Mary H. for her help and initiative to get this off the ground.
- The committee would like to host at least one more road trip where one or two carloads of members travel to an outlying meeting in support of recovery in the smaller towns. We have money in the budget for mileage reimbursement at twenty-five cents per mile, and even enough for a hotel for a trip to Yuma or other meeting that is hours away. Please see me if you'd like help organizing a trip.

**Website:** [contact: Cheryl L.] Routine maintenance was performed, action items updated, meeting list updated twice, updated Welcome page before and after Retreat, Beth posted info on the Thank-a-thon and 12<sup>th</sup> Step Within Day celebration, created an Events Flyers Archive folder to store old flyers on the site, updated Minutes and Agenda Archives.

**Questions:** IDEA DAY flyer is posted? Cheryl will verify and get posted if not. Cheryl: how to buy tickets for Region III trip going forward, e-mail Cheryl or call for purchase. Beth will circulate a sign up sheet for attending an out of Tucson meeting. Question asked about IR requirements in order to hold committee chair position, required/recommended so have exposure to how Intergroup works.

**IR Trainer:** [open] Chris went over the IG Address List to determine delivery of information from Intergroup to meetings, updated IR information and counted 10 IRs present. Cheryl collected We Care List updates. IR given a copy as it was lost. IR Trainer suggestion: OA Communications sent by Marilyn, new Brown Book is available. Read job descriptions of committee and board so can answer questions when their group vote for board at meetings.

**Unfinished Business:**

- Standing Rules and IG Job Descriptions: Susan reports finalizing with Marilyn after intergroup.
- Susan: Nominating Committee presented slate of officer applicants:

Chair: Janis Rothschiller; Vice chair: Chris Nunn; Secretary: Angela Nikkari; Treasurer: Rhonda Stone;  
Sr. Delegate: Neva Schuelke; Jr. Delegate: Barb Saylor and Sally Hicks.

Beth requested the applications be sent to IR's so they could present at their business meetings. Chris will scan and email to IR's.

**New Business:**

Vision and Goals # 2, Education: Marilyn reviewed that holding workshops was offered this year.  
Read from the Group Handbook, Getting Things Done in Your OA Group (page 21. #20-22)

**Announcements:** Next SEAZ Intergroup meeting at 10:45am (Board meets at 10am) **NOTE:** 2<sup>nd</sup> Saturday November 8 in classroom 8  
Seeking Spiritual Path is meeting Thanksgiving Day.

November 15<sup>th</sup>: I.D.E.A. Event in Sierra Vista

November 27<sup>th</sup>: Thanksgiving Day 'Thankathon'

December 12<sup>th</sup>: potluck, 5-8 pm, Horizons Mobile Home Park Clubhouse TSW is asking for ideas for main dishes

Next SEAZ Board meeting is November 8, 2014 at 10am in Room 8

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

Adjourned at 12:30 PM with The Responsibility Pledge.

Respectfully submitted, Chris Nunn, Secretary