

## SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

### MINUTES

September 20, 2014

[www.oasouthernaz.org](http://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; Beth M., TSW; James F., IR; Julie G., new IR; Deb B., IR; Barbara M., IR; Nancy N., IR; Mike A., IR; Jan F., IR; Nancy R., IR; Gina B, IR; Niki L., IR; Barbara A., new IR; Sandra Ratliff, new IR; Alyssa M., IR. Patty C., IR.

**Call to Order:** At 10:45 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.

**Secretary:** [Chris N.] The minutes from the August 16, 2014 meeting were accepted as presented electronically.

**Treasurer's Report:** [Janis R.] The financial report was presented. Income from the previous month was noted as \$586.87. Expenses were \$913.34. Current checkbook total is \$16750.37. The report was accepted and received for audit. No mail announced and 7<sup>th</sup> Tradition envelope passed.

### Committee Reports:

**Delegates/Region Reps.:** [Jill S. /Cheryl L.] Cheryl has sold 15 tickets for the Region 3 Cruise Drawing (totaling \$125) and sent the money and stubs in the Region 3 Treasurer. Cheryl has also notified Marilyn and the nominating committee that she is unable to fulfill 2<sup>nd</sup> year of her 2 year term as Delegate/Region Rep next year. She has spoken to a couple of members who may be willing to put their names in form nomination. After the retreat, we will meet to review SEAZ bylaws to see if any changes need to be made in order to align them with changes in World Service bylaws.

**Public Information/Professional Outreach (PIPO):** [Sara J. /Mollie H.] Phone: Please don't call Mollie in the next month, you may email: [HUNTER8040@YAHOO.COM](mailto:HUNTER8040@YAHOO.COM). You may call, text (520) 343-3090 or email Sara (sarajess@me.com).

- We want to thank Beth M and Michelle T for sharing OA with Second Year Medical Students at the U of A. It was a 2-hour seminar about eating disorders, the difficulty we have in a society that doesn't understand the disease and how OA has helped us. Roni B has been arranging this event since 2008 and passed it on to us this year. Thanks Roni!
- Beth reported: We spoke to approximately 100 second- year Medical students. We each spoke for about 20 minutes sharing our experience, strength and hope around OA, and passed out the packets. The students were very engaged and asked many more questions than several years ago when I last spoke to the class. Beth and Michelle provided their contact info for those who had additional questions or wanted more information.
- PIPO has literature ready and one OA member-volunteer lined up for the Red Road to Wellbriety Celebration on Sat. September 27. We need other members to help talk to folks and hand out literature – the more the merrier. Set-up is at 8:30, program over at 12 pm at the San Xavier Rec Center, which is 2 blocks south of the Mission. [EMAIL](#) Mollie or Sara to volunteer for all or any portion of the time. Also enjoy the program, with native music and drumming, Native American speakers, free raffle and Hopi Dancers.
- We have registered for an Oct 18 & 19, Health EXPO in Tucson.
- "My Health and Wellness Expo", which is designed to educate and inspire the public in the areas of Healthy Living, Personal Wellness, Fitness, Healthy Eating, Lifestyle Improvement, and Longevity.
- It is on Sat. October 18 from 10:00 – 5:00 and Sun. October 19 from 11:00 – 4:00 at the Doubletree Hotel at Reid Park. We expect it will give OA a great opportunity to meet and greet many ordinary folks who are seeking a healthier lifestyle.
- Please announce that we need volunteers for this event; they can contact us by [EMAIL](#).

- PIPO will soon make 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 in 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.
- September is Recovery Month. We would like to help organize a Public Information event NEXT September (if we are still on the PIPO Committee) including any other 12 Step programs that are interested. If you are interested in helping plan this event that would be great! Let’s talk about it more in January or February.
- We had an 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. Would other committee chairs find this useful? Costs start @\$17 /month.
- The Young People’s ” Gift of Desperation” meeting needs the support of many more OA members. Find it on Saturday 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.
  - Please take flyers to your meeting.
  - Please visit the meeting yourself and share your hope.
  - Please tell all newcomers about the meeting.
  - Please display a flyer at your meeting.
  - Please ask members to hang up “tear-off” posters in the places that they frequent or think young people might be. Print your group’s copy from the flyer on the next page. (Deb brought hard copies to share).

**Lifeline and Resource Library:** [Deb E.] Excused, no report

**Meeting List:** [Wendy A.] Excused, The meeting list was updated after last Intergroup and twice during the month, then e-mailed to the Webmaster and Newsletter. Janis brought hard copies of the meeting list for Intergroup. Wed Mountain View Just for Today meeting changed their time from 6:30 pm to 6 pm.

**Newsletter:** [Angela N.] Excused, Janis brought hard copy newsletters for those not receiving via e-mail and for groups.

**Telephone:** [Barb S.] Total calls 2; Calls Reported: 2; Calls Returned: 4, 47 hang ups

**Special Events:** [open] Mike reported: Our last meeting was August 16, 2014 and our next meeting is at 1:00 today. As of Thursday the 18th, we had 24 registrations with 4 of those being with scholarship, there are 3 pending registrations, and we also have 5 Saturday only. It is my understanding that for the 3rd week of September these numbers are pretty low, so I want to ask IR's to be sure to promote it in the coming days, and we will talk further about that in our meeting today. We will be looking for volunteers for multiple tasks during the weekend. There will be things to do starting as early as 1:00 Friday. We are asking for donations of water and diet soda. Chris announced a clothing sorting party at her house 10/5 2-4 pm. So far one male has registered.

**Twelfth Step Within:** [Beth M.] September 13 the committee hosted a ‘Traditions Workshop and Speaker Event’ featuring our own Roni B, current chair of Region 3 and active OA member from Tucson. A great thanks to Roni for her time and service. The event was lively, fun and thought-provoking. Roni told her OA story for about one-half hour, then took questions from attendees. Finally there was open sharing with the workshop ending early at 2:00 p.m. The next Twelfth Step Within Event will be a potluck, meeting and celebration on Friday December 12 in honor of the OA 12<sup>th</sup> Step Within Day- 12/12, location to be announced. Janis announced that as part of the vision/goal of intergroup to reach out to outlying meetings, a trip will be planned to the Safford Sat meeting in the next couple months. Contact her about attending.

**Website:** [contact: Cheryl L.] Routine maintenance was performed, posted 'Call to Action', updated Welcome page, Events page, Newsletter Archives, IG Minutes Archives and Meeting list three times.

**Questions:**

\*Gina asked time for 12/12 (FRI) event: ~5:30 pm-8 pm. Committee is looking for clubhouse location for this event, contact Beth. \*Notify Barb if times change, meetings close so she can change the voice message on the OA phone line.

\*There are still scholarships available for the retreat.

**IR Trainer:** [open] Chris went over the IG Address List to determine delivery of information from Intergroup to meetings, updated IR information and counted 12 IRs present. Janis explained, e-mailed and passed out hard copies of the We Care List for IR's to take to meetings and return next month. IG tip of the month: Group gives BD card to celebrate abstinence BD to members and has everyone attending sign it.

**Unfinished Business:**

**IG Job Description Review Committee:** We are happy to report that request for feedback from chairs was emailed and yielded almost 100% feedback. The committee thanks all of you for your response and enthusiastic help.

We are in the process of reviewing and incorporating your ideas with existing Job description.

We still need to:

1. Audit for reconciliation with existing By-laws and other Guidelines
2. Look "for overloaded" workers and help with solution
3. Rewrite the Job descriptions and have them approved.
4. Hopefully motivate any outgoing chair to mentor next year and/or even volunteer for Nominating Committee

**New Business:**

Vision and Goals # 1 Janis reviewed that we have held separate Sponsorship and Traditions workshops and though the speed dating sponsor/sponsee idea seemed doable, it wasn't well received.

Read from the Group Handbook, #17 What kind of meetings can an OA group have? (page 18-19)

**Announcements:** Next SEAZ Intergroup meeting at 10:45am (Board meets at 10am) November 8, 2014

Retreat planning meeting is at 1pm after Intergroup.

11/15/2014, IDEA Day in Sierra Vista 9:30 am-3 pm: (flyers coming) bring lunch

11/27/2014, Thankathon 9 am-12 pm, location to be announced

12/12/2014 Twelve Step within day potluck 5:30 pm to 8 pm, location to be announced.

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

Adjourned at 12.30 PM with The Responsibility Pledge.

Respectfully submitted, Chris Nunn, Secretary