

# SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

## MINUTES

December 19, 2015

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

**Attendance:** Janis R., Chair; Chris N., Vice-chair; Sara J., Acting Secretary; Rhonda S., Treasurer; Neva S., Sr. RR/Delegate; Sally H., Jr. Delegate; IR; Diane G., Telephone; Gina B, Meeting List; Nancy K., Retreat & IR; Rene T., IR; Liz P., IR; Judith H, sub IR; Tracy S., IR; Mickey M, IR; Jen G., IR; Deb B., IR; Jane C., IR; Nancy R, IR; Leigh M, IR; Pam R., visitor; Eileen D, visitor

**Call to Order:** At 10:45 AM. Janis 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. Chris read the Standing Rules.

**Acting Secretary:** [Sara J] The minutes from the November 14, 2015 IG meeting were accepted as submitted electronically.

**Treasurer's Report:** [Rhonda S.] The financial report was presented. Income from the previous month was noted as \$1355.51. Expenses were \$2836.34. Current checkbook total is \$17,249.85, which will go toward the 2016 Budget. Mail announced/passed. There was a letter from Vicki Wilcox, Region 3 Trustee, thanking us for the \$1255 donation from the Condo Raffle. 7th Tradition envelope was passed.

### Committee Reports:

**Delegates/Region Reps:** [Neva S. /Sally H.]

- Elections were held and Jen G was elected as our Junior Region III Representative/Delegate. I, Sally Hicks have moved into the Senior Region III Rep and Delegate position. I hope I can bring half of what Neva has brought to this service position. I want to thank Neva S. for mentoring me and fulfilling the Region Rep/Delegate position with integrity and mucho knowledge.
- Neva and I continue to serve on the Region III (Bylaws) and World Service (Conference Literature) committees and this is ongoing process. Also there is an OA Bylaws amendment being submitted by the CLC for the 2016 WSBC on the selection process for CLC members.
- The Spring 2016 Assembly will be held in Abilene, TX; The theme is "Reaching Out Our Hands". Registration is available online at [www.OARegion3.org/Spring16](http://www.OARegion3.org/Spring16). There is also funding for speakers, Contact R3 Treasurer for details. All members are welcome to attend.
- Future assemblies- Fall 2016 in Austin, TX; Spring 2017 in Lubbock, TX; Fall 2017 in Denver, CO.
- Jen and I will be registering soon for next year's WSBC as well as with the Region III Spring Assembly in Texas.

**Public Information/Professional Outreach (PIPO):** [Open]

**Lifeline and Resource Library:** [Open]

**Meeting List:** [Gina B.] There were no new changes submitted, the date was updated. Meetings lists are printed, copied, and available for distribution.

**Newsletter:** [Darlyn R /Peggy P.] No able to attend. Report is basically the same as last month: We are asking members to contribute original stories, artwork, poems, etc. regarding the Tools of the Program and how they use them, in all issues of the newsletter during 2016. In the January/February edition, we will feature the tools Meeting and Telephone, so anyone who has anything to say on how those two particular tools have helped them in recovery are encouraged to make a submission. Deadline for the next edition is Tuesday, January 05, 2016.

**Telephone:** [Diane G.] 53 total billed calls 0 messages left; 0 calls returned. Total calls billed for 2015 = 533.

**Special Events:** [Open]

**Twelfth Step Within:** [Open] There are boxes of materials; Rhonda S volunteered to take them. Chris N and Julie G will do a report on the Thankathon (Income: 7<sup>th</sup> Tradition = \$95.00, Ways & Means = \$58.00. Expenses: for use of room = \$35.00, copies = \$31)

**Website:** [Cheryl]: Posted Call to action. Updated Meeting List as needed. Updated IG Minutes & Archives. Updated Welcome and Events pages and posted Unity Day Flyer. I am unable to attend the 12/19 meeting and Sara has agreed to send me notes for the Call to Action.

**Questions:** Deb B brought pamphlets and holder from the Wednesday Welcome Home meeting, who had an over abundance. Sally H took them for the new meeting on the Reservation, which could use support.

**IR Trainer:** [Susan C] IR's present: Made 100 copies of FALL 2015 WE CARE LIST and brought to November Intergroup. Emailed all OA members on the We Care List an attachment of the updated WCL with the following message:

*Dear OA Family Member,*

*This is (attached) our latest (Fall 2015) We Care List. I thank you for participating in this important service.*

*Although hard copies were distributed at the Intergroup meeting Saturday, you are individually receiving this to be sure you have a copy. Since in OA, we are as a family and any opportunity to give service is a gift toward our recovery, I will ask you to please:*

*1. If you know anyone or any groups who somehow did not receive the updated list please have them contact me either by email or telephone and one will be provided.*

Again thank you for being part of the caring we all share in OA and many blessings of inner peace and joy always.  
Created Budget for IR Trainer for 2016

**FINANCIAL REPORT for 2015**

Copies for Spring & Fall 2015 We Care List (2x64.88).....\$129.76  
Six Three Ring Binders.....9.72  
Dividers (10) and three 3 hole punches.....73.26  
10 Each Twelve Concepts of Service & Group Meeting Handbooks..... 39.00  
TOTAL.....\$251.74 (\$1.74 overbudget)

Tip of the Month: IF I DON'T BUY IT I CANNOT BRING IT HOME AND EAT IT

**Unfinished Business:**

Budget Motion Vote: Passed unanimously after some discussion: The reason the balance is so high is because it is for all 2016 expenses. Leftovers carry over for the next year. Rhonda will make a notion next month about where to get money for over-spending. There is no strategic plan, other than our Vision & Goals. We can have a motion for the budget to be examined quarterly of twice a year. How can we use the money on the 11<sup>th</sup> Tradition? See open discussion.

**New Business:**

Appt ad hoc V&G and Audit committees: 3 volunteers for V&G = Nancy K, Jen G, Liz P. Audit volunteers are all from the Board (Neva S, Chris N & Sally H)

Intergroup Inventory: Chris N will email the form to IRs.

Postponed reading from Group Handbook (Pages v, 1 Definition of Terms and 12 Traditions Are Our Guide) until next year because the editions people have are very different.

Read Vision and Goals #3 and #4

Open Discussion: What can we do in 2016 to carry the message?

- Health Professional Events such as annual gatherings for doctors, dentists, physical trainers, gyms... Also Heath Insurance companies. Professional Resources.
- Bus benches.
- Having members responsible for flyers and pamphlets at their libraries.
- Announce why committees are important. Have a PIPO and TSW workshop.
- Use the We Care List to reach out to promote service; ask the people who didn't get voted in [Janis will]. Approach individuals directly, saying "We need a few hours..." in addition to general announcements.
- Service, Traditions & Concepts (ST&C) Workshop presented by Region.
- Marie R can help as a consultant.
- Join TSW & Special Events.
- "OA is invisible". Have a parade wearing t shirts and masks.
- Hand out personal "business cards", with OA website and phone number, to people saying, "I don't know if you're interested..."
- Social Media? WSO is discussing

Goodbye to 2015

**Announcements:**

January 16, 2016 next SEAZ Intergroup meeting at 10:45 AM-12:30 PM (Board meets at 10 AM)

Feb 27 Unity Day in Green Valley

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

Adjourned a little early **Time?** with The Responsibility Pledge.

Respectfully submitted, Sara Jess, substitute Secretary