

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

July 18, 2015

www.oasouthernaz.org

Attendance: Janis R., Chair; Chris N., Vice-chair and acting secretary; Rhonda S., Treasurer; Neva S., Sr. RR/Delegate; Gina B., Meeting List & IR; Diane G., Telephone Chair; Peggy P., Newsletter, IR; Susan C., IR Trainer, Cheryl L., Webmaster; Patty C., IR; Deb B., IR; Mickey M., IR; Jen G., IR; Rene T., IR; Sandra R., IR; Julie G., IR; Randi Z, IR; Nancy R., IR; Nancy K., IR; Nora G., IR; Liz P., Temp IR; Robyn, 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. Support card was passed to sign/send to Barbara Matthews and address 2533 E. Blanton Dr., 85716 given to IRs.

Acting Secretary: [Chris N.] The minutes from the June 2015 IG meeting were accepted as submitted.

Treasurer's Report: [Rhonda S.] The financial report was presented. Income from the previous month was noted as \$954.54 Expenses were \$1,581.85. Current checkbook total is \$17,027.26. No new mail this month and 7th Tradition envelope was passed.

Committee Reports:

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

- The Region III fundraiser, 10th Step journals are still available. \$7 each (4 for \$25 from the RIII Treas.). See me or order them from the Region III Treasurer through www.oaregion3.org.
- We will be making our plans to attend the Fall Assembly in Albuquerque soon. Information and the registration brochure for the Convention are online at the Region III website. Anyone is invited to register and attend the Convention – it's not too far to travel for your recovery.
- WSO final report is available on OA website (40 pages)

Upcoming events:

Region III Fall Assembly/Convention, September 25-27, Albuquerque, NM.

OA Silent Retreat: *Contemplating Serenity*. October 16-18, 2015. Pecos, NM. Sponsored by NNMI

56th Annual OA Birthday Party. January 15-17, 2016. LAX Hilton. www.oalaig.org

OA World Service Convention. September 1-4, 2016. Boston. conventioninfo@oa.org

Public Information/Professional Outreach (PIPO) [Sara J. /Mollie H.]: We PIPO folks are taking a cool break during the hot summer. Nancy K. brought Dr. Packets for IR's meetings and volunteers are needed Aug 24 6-8 pm at "Meet me at the Rec" fair/carnival at U of A.

Lifeline and Resource Library: [Open]

Meeting List: [Gina B.] Report: There were only a few changes this month. There is a new IR for the Saturday morning 9 am meeting, and a phone number added to Sally H's contact info. No other changes were made ☺

Newsletter: [Darlyn R /Peggy P.] The July-August newsletter was distributed. Don't forget we need original articles, poems and artwork relating to #9 and #10 of the Steps, Traditions and Concepts for the September-October edition. Submit as early as possible, but deadline is September 04, 2015.

Telephone: [Diane G.] 31 total billed calls; 0 hang-ups; 1 message left; 1 call returned.

Special Events:

Results from Ad hoc committee for San Carlos Condo Raffle June 27, 2015

- Tickets: We need two coordinators whose job would be to parcel tickets out, keep track of the tickets sold and unsold and monies, give the monies to Rhonda, SEAZ Treasurer, for deposit. We'll need coordination of sales promoters to attend all meetings especially where no one is selling tickets. Jen will do recurring status calls with ticket sellers to share tips and sales info.
- Details of the Raffle: Tickets will sell for \$10 each or 3 for \$25. There is a limit of 400 tickets so gross proceeds, if all tickets are sold, is a range from \$3325 to \$4000. The tickets will be distributed to Intergroup members on Aug. 15 and the drawing will be held at the Retreat in St. David the weekend of Oct. 23-25. The winner will negotiate the week with Rene.
- Jen will get the tickets designed and printed using Fiverr and Vistaprint. We're thinking cost for these and graphics for 4 pages for flyers, which we will print ourselves, will cost around \$100. Expenses for the Condo Raffle can come out of Special Events. Rene will share with Jen content for the flyers. They will be 2 back-to-back. One will be photos and highlights of condo and area. Other will be map for driving to San Carlos on one side, and San Carlos tourist info on the other.
- Communication Blitz: Rene will put together a slide show on DVD to kick-off the campaign. We'll ask Cheryl to create a website link, put the flyers on it (maybe even the slideshow?), and track ticket sales. We need to promote sales through the newsletter and at all meetings. We want to stress all the ways this prize can be used-family, friends, co-workers, gift for wedding, honeymoon.

- Ticket disclosures: No wheelchair access. No smoking and no pets. Winner needs passport to get back into states and Mexican auto insurance if taking a car. Travel expenses not included in prize. Condo use must be done within one year. There is a \$200 refundable deposit. Questions go to Rene and she also will schedule the week with the winner.
- Proceeds: All ticket sales money will be donated to WSO and Region 3 50/50 for specific projects. (WSO office furniture and RR funding)

Retreat Committee:

Twelfth Step Within: [Julie]

We are currently working on a service/sponsorship workshop for Saturday, September 12 from 1-4pm. This workshop will be split into two main components; the first 90 minutes focusing on sponsorship and the second 90 minutes focusing on service within the fellowship.

Two volunteers met this week to discuss the details. The sponsorship portion of the meeting will include self-inventory journaling, small group discussion, and speaker experience. The service portion will include small group discussion, speaker experience, and whole group sharing. More detail, questions to be posed, and speaker topics will be discussed at the next committee meeting, which is to be determined. We could use a couple volunteers to help coordinate events.

Website: (Cheryl): Posted Call to action, updated Welcome page and added link to R3 Fall Assembly & Convention, updated Meeting List 2 times, updated IG Agenda Archives, updated IG Minutes Archives, renewing our domain this month. Cheryl also offered help with PDF creation for those needing it.

Questions: Multiple questions answered about condo

IR Trainer: [Susan C.] IR's present: 11

- Made a list of upcoming OA events on OA websites, including our own Retreat for October and sent to IRs.
- Sent "Home Group Email Collection Form" and encouraged IR to update this list as needed, but at least once every three months.

Tip of month: I try to remember that it's truly giving to "teach a man to fish, instead of just handing him a fish".

Unfinished Business:

- Condo Ad Hoc committee report read and questions answered. Will proceed with this project.
- Storage space Ad Hoc committee (Sara, Nancy K) report tabled until August meeting.
- Secretary position open

New Business:

Read from Group Handbook (How Things get done in your WSO—p. 35-37, question 4)

Vision and Goals #3 read 'Strong meetings and Committees is a pathway to abstinence'. Discussed asking newcomers how they found OA, to inquire to see if PIPO efforts are working. (one website back east has U tube video's neck down of OA's telling their story)

Open Discussion about crosstalk in meetings especially with speakers: Janis read crosstalk information from WSO.

- Many groups have discussed this at their business meetings. Interrupt cross talker and notify them of break? Leader gently does? Will leaders volunteer if know they have to redirect share? Someone else?
- Let them complete their share and take them aside after meeting to notify them? But then damage done? Some have come to next meeting and apologized about break.
- In For Today 'Advice giving is an insult' as it is my time to share. Want people to feel safe.
- Not wanting to be called out in meeting as embarrassing and wouldn't come back.
- Most meetings have in format about crosstalk, advice giving, interrupting, read it twice? as maybe didn't hear first time and is important?
- If 'you' statements are used then others follow, use 'I' statements and mention 'sounds like "crosstalk to me"'.
• Difficulty when to tell them as by interrupting them sharing is breaking rule that you are trying to uphold.
- Ask leader to re read crosstalk section at meeting after crosstalk has happened?
- One meeting has stricter guidelines read before speaker shares and have found that members don't share.
- Speaker could define before share or read crosstalk statement to refresh groups mind about this

Announcements:

Today -Retreat Committee meeting at 12:45

August 15 next SEAZ Intergroup meeting at 10:45 AM (Board meets at 10 AM)

Sept. 25-27 R3 Assembly and Convention in Albuquerque

Oct. 23-25 '**Recovery Frozen? Turn Up the Heat**' Retreat

Recap of Action Items done by Cheryl.

Adjourned at 12:20 p.m. with The Responsibility Pledge.