

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

October 17, 2015

www.oasouthernaz.org

Attendance: Janis R., Chair; Chris N., Vice-chair and acting secretary; Rhonda S., Treasurer; Neva S., Sr. RR/Delegate; Sally H., Jr. Delegate; Gina B., Meeting List; Sara J., IR; Peggy P., Newsletter & IR; Julie G., TSW; Nancy K., Retreat & IR; Cheryl L., Webmaster; Susan C., IR Trainer; Mike A., Retreat; Rene T., IR; Liz P., IR; Mickey M., IR; Randi Z., IR; Tracy S., IR; Nora G., IR.

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: [Chris N.] The minutes from the September 19, 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 \$1,330.38. Expenses were \$396.21. Current checkbook total is \$17,938.51. Mail announced/passed and 7th Tradition envelope was passed. Donation form with new Region III treasurer created and emailed to IR's.

Committee Reports:

Delegates/Region Reqs: [Neva S. /Sally H.] The Region III Fall Assembly was held in Albuquerque NM at the Hotel Albuquerque in Old Town. 22 representatives plus 5 Steering Committee members attended the Assembly. Here are the key points that were voted and the business Region 3 conducted throughout the weekend.

- The budget for our fiscal year (November 1, 2015 through October 31, 2016) was passed. The total budget adopted is \$22,650.00.
- Elaine Lang (San Antonio IG) was voted as the new R3 treasurer;
- Christina Saxton (ASDI) was voted as our new Communications Secretary;
- Brenda Q (Heart of Texas IG) was voted as Vice Chair.
- Judy K (Region 8 Florida) will be as Region III's parliamentarian through the Spring Assembly in Abilene TX.
- The R3 Trustee and Steering Committee members are available to present workshops to Intergroups in Region III. We can contact the R3 Trustee or Vice Chair directly for SC member's availability.
- Archives for R3 Assemblies (not conventions) are available on the Region III website. Some of the documents are password protected to maintain anonymity of past members. Contact the Communication Secretary for Region 3 if you are interested in accessing the archives and need the password.
- Funding is available for Intergroups who have not sent Representatives to Region III Assemblies due to lack of funds. Please see R3 Treasurer for details.
- There is also funding for speakers, Contact R3 Treasurer for details.
- There are ongoing updates for the R3 Bylaws, Policy Manual and some committee handbooks.
- It was suggested that everyone update their OA Handbook for Members, Groups and Service Bodies it's been revised and expanded. The price is \$2.25.
- The Friday forum discussion prior to the Assembly was on the topic of how to get more people to give service beyond the group level. It's a common struggle. One suggestion-every person present at Intergroup is qualified to become a service sponsor. Think about it. Do it.
- The Spring 2016 Assembly will be held in Abilene, TX; the theme is "Reaching Out Our Hands". Registration is available online at www.OARRegion3.org/Spring16.
- Future assemblies- Fall 2016 in Austin, TX; Spring 2017 in Lubbock, TX; Fall 2017 in Denver, CO.
- Also a reminder that SEAZ will probably want to make a bid and plan a convention/assembly here for Fall 2018. We will want to make that decision by next fall.

Public Information/Professional Outreach (PIPO): [Open] Sara reports a Tuesday talk at U of A for faculty and students given by Gina previously scheduled but not reported.

Meeting List: [Gina B.] IR change for the Wednesday St. Francis meeting, the Far East meeting on Monday now has an open position for IR, and the Green Valley Thursday meeting is suspended until October ☺

Newsletter: [Darlyn R /Peggy P.] The latest edition of the newsletter for Sept-Oct 2015 with the meeting list was brought to Intergroup / e-mailed this month. Don't forget we need original articles, poems and artwork relating to #11 and #12 of the Steps, Traditions and Concepts for the November-December edition. Encouraged Retreat submissions and posting Condo raffle winner. Submit as early as possible, but deadline is October 30, 2015.

Telephone: [Diane G.] 68 total billed calls; 3 messages left; 3 call returned.

Special Events:

Retreat Committee: [Mike A. /Nancy K.], 25 currently registered for weekend, 7 for Sat only. Registrations are still being accepted, and we still have scholarship funds available. I know of 5 baskets coming from groups for the raffle, but that number may increase as we have announced that the baskets can be turned in at the Retreat. Final preparation plans will be hammered out at the committee meeting later today. Lastly, don't forget the clothes sorting @ Chris' house tomorrow 1-4.

San Carlos Condo Raffle: Verbal report from Janis, drawing will be at retreat Sat night, 93 more tickets to sell, \$1070 on treasurer's report. Will have final report after drawing.

Twelfth Step Within: [Julie]

- Two more volunteers would be ideal to help with the Thank-A-Thon.
- The Thank-A-Thon will be from 9 am-12 pm on Thanksgiving at St. James Church (flyers brought for group distribution, e mailed).

Website: [Cheryl]: Posted Call to action; posted IDEA Day workshop flyer and link to Welcome page and Events Page; updated Meeting List; updated IG Agenda Archives; updated IG Minutes Archives; posted Newsletter and updated Newsletter Archives.

Questions: Retreat start time on Saturday is 7 am. IR trainer requested to purchase new group handbook for IR's/board. Susan states budget depleted, to speak with Rhonda. Janis asked for board nomination applications to be sent to her so she could email to IR's to share at their business meetings for informed vote for positions due back next month. Sally will do. Susan mentioned the call to action very helpful as resource at meetings. Cheryl will make tent card with SEAZ OA Website.

IR Trainer: [Susan C] IR's present: **8** Information delivered to meetings not present.

Focus For October: Fall 2015 We Care List For Distribution in November 2015

- E-mailed IR's the revised form for updating WCL (attached) along with Spring 2015 WCL, modified to include a column for Home Group with following Copy of Email Cover Letter: Included in this report is a cover letter/modified update form. Due to concern that we care list might end up on the Internet with our regular minutes, I am NOT including a We Care List.
- Three Ring IR Binders and documents distributed to New IR's
- Financial Report: Purchased ten dividers, three 3-hole punch that insert in 3-ring binders, packet of 3-ring binders from Costco (6 Binders): Total Cost \$82.98.

Tip of the month: Sharing through service is my Spiritual gift to myself. Giving time in service to OA puts my spirit exactly where it needs to be to be one with my Higher Power thereby filling my soul with peace and joy.

Unfinished Business:

- Ad hoc nominating committee report for Board slate: Motion presented to be taken back to groups, friendly amendment to correct terminology (slate vs. positions, chair/vice chair clarification/implementation). After correction, will be emailed after intergroup. Requested IR's to ask groups if there is anyone interested in filling open committee positions, to let committee know.
- Secretary position open: Sara volunteered to substitute in November and December.
- Acknowledge ad-hoc budget committee: Rhonda, Janis and Gina

New Business:

- Review our bylaws: Trustee Vickie Wilcox asked that Intergroups review consistency between WSO and our bylaws. Sally/Neva will do this and report discrepancies for revision if needed.
- Read from Group Handbook (Q&A About OA #5-#9—p. 40-41)
- Vision and Goals #2- Education is the pathway to abstinence. Abstinence book donated to libraries. Abstinence workshop

Open discussion: Retreat, cost is down and offering scholarships, attendance going down, WHY?

- Attendance at meetings is less is proportionate to membership
- Possibly affected by on line meetings and unaware of the retreat
- Did we advertise outside our intergroup? California, El Paso, Lifeline?
- Create a questionnaire to take back to groups or send by email to ask why you didn't go
- Let features of retreat be known before hand (though not specific speaker), what activities will be
- Send out agenda of how day will be structured
- \$40 too much for Saturday only
- Know what will be done if attend Saturday only
- Posting at WSO, Region 3 and Phoenix of this event
- Does retreat guidelines have advertising/promotion as part of retreat planning? -May need to add
- Is this event still providing a service to members, do we still want to have or has its time past and no longer needed
- Almost cancelled last year because didn't have chair
- Diet restriction is concern for members whose food plan doesn't allow for eating what is offered
- Does retreat need to be moneymaker (baskets, W+M)?
- Describe what a retreat is (in Groups Handbook #6, page 40) as part of advertisement
- Specific topic more popular than 12 steps (sex, 11th step)?
- Member felt not everyone was allowed to participate at the retreat committee meetings
- Create a general questionnaire about why not going to retreat, put on website and turn in for next year-what would make you want to go to the retreat?

Announcements:

Today-Retreat Committee meeting at 12:45

November 14, 2015 next SEAZ Intergroup meeting at 10:45 AM-12:30 PM (Board meets at 10 AM)

October 23-25, 2015 '**Recovery Frozen? Turn Up the Heat**' Retreat

November 21 Idea Day in Sierra Vista 10-3

November 26, Thankathon, 9a-12p St. James

Recap of Action Items done by Cheryl.

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

Respectfully submitted, Chris Nunn, acting Secretary