

# SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

## MINUTES

September 19, 2015

[www.oasouthernaz.org](http://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., PIPO & IR; Peggy P., Newsletter & IR; Julie G., TSW; Nancy K., Retreat & IR; Cheryl L., Webmaster; Susan C., IR Trainer; Mike A., Retreat; Deb B., IR; Jen G., IR; Rene T., IR; Sandra R., IR; Liz P., IR; Nancy R., IR; Jan F., IR; Chay B., IR; Mickey M., IR; Randi Z., IR; Tracy S., IR; Leslie S., 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. Janis announced that Barbara Matthews is in hospice in her home (Sharon is live-in caregiver). She is requesting visits, call (520) 327-2709.

**Acting Secretary:** [Chris N.] The minutes from the August 15, 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 \$742.87. Expenses were \$692.68. Current checkbook total is \$17,004.34. Mail announced/passed and 7th Tradition envelope was passed. Announced that she had all but two budget requests, the committees without chairs would be assigned amounts.

### **Committee Reports:**

**Delegates/Region Reps:** [Neva S. /Sally H.] We are leaving for Albuquerque on Sept. 24<sup>th</sup> for the Region III Fall Assembly, Sept. 25<sup>th</sup> -27<sup>th</sup>. We will be electing new Vice Chair, Communications Secretary, and Treasurer to the Region III Steering Committee. Neva will be carrying tickets for the Condo Raffle to sell in Albuquerque. A rep from Texas has ordered 3 tickets thus far (9/4). Work continues on the Region Bylaws committee, but our work there won't be voted on until the Spring 2016 Assembly in Abilene TX.

***It's not too early to begin thinking about stepping up to serve as a Region Rep/Delegate for SEAZ for next year. Sally will need a fellow trusted servant to carry the group conscience of SEAZ Intergroup to our Region and WSBC in 2016. Please consider stepping up to do this service. (service sponsoring available upon request)***

### **Upcoming events:**

- OA Silent Retreat: *Contemplating Serenity*. October 16-18, 2015. Pecos, NM. Sponsored by NNMI
- 56<sup>th</sup> Annual OA Birthday Party. January 15-17, 2016. LAX Hilton. [www.oalaig.org](http://www.oalaig.org)
- OA Region III Spring 2016 Assembly/Convention, Hilton Garden Inn, more information to follow...
- OA World Service Convention. September 1-4, 2016. Boston. [conventioninfo@oa.org](mailto:conventioninfo@oa.org)

**Public Information/Professional Outreach (PIPO)** [Sara J./Molly H.]: Letter of resignation read by Sara prior to report.

- Our time at the "Meet Me At The Rec" Fair/Carnival for U of A students on August 12<sup>th</sup>, was cut short, due to a rain storm. It was outdoors and was very sunny a hot when we set up, trying to use an umbrella for shade. Then after about an hour, the skies were very dark, so we hauled everything back to the car just before rain hit. Thanks to Rachel for being there to inform students that OA exists if they need and want help with their problems with food.
- As we write this, we only have one person to share at the Annual Red Road to Wellbriety Fair at the San Xavier Mission Recreational Center in 2 days (September 12). Thanks to Connie who may be solo.
- Thanks to Beth who again shared OA with the UofA medical students.
- Although we are "done" as PIPO Co-Chairs as of today, we almost forgot about having signed up to give a half hour talk and Q & A to UofA students and faculty on Tuesday, October 20<sup>th</sup> from 6:00 – 6:30 pm. We will only need one speaker, so we do not need volunteers for this event.
- We are way under budget with over \$700 left, so we may order some literature for the future, but there will still be a healthy sum for the next PIPO Committee to use this year.
- It was fun doing research on storage unit options, but there doesn't seem to be a need at this time. I can hang on to the PIPO material for a while until someone signs up for the position.

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

**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 art work relating to #11 and #12 of the Steps, Traditions and Concepts for the November-December edition. Submit as early as possible, but deadline is October 30, 2015.

**Telephone:** [Diane G.] 42 total billed calls; 1 message left; 1 call returned.

### **Special Events:**

**Retreat Committee:** Verbal report given by Mike, 17 currently registered, is going to eastside meetings to sell raffle tickets, will travel to north side this month.

**San Carlos Condo Raffle:** IR's turned in sold tickets and obtained more. Janis will report sales. Jen hosted and encouraged a weekly Sat AM conference call for IR's to check in with concerns, tips and successes. Jen shared that by explaining in her business meeting the rationale for the fundraiser (WSO/Region III) that members bought tickets and this was successful at her other meeting as well.

### **Twelfth Step Within:** [Julie]

- The Service/Sponsorship workshop was a hit! Although we had a low turnout (about 20 people), the feedback was positive. People said they had fun and learned a lot.
- During the service portion, we brainstormed different types of service and came up with 35 opportunities ranging from attending a meeting to being WSO Delegate. We listened to three member's experience with service and how their recovery was strengthened due to service. After, we brainstormed obstacles to people doing service. The list included 40+ obstacles ranging from not knowing we "qualify" for service to expecting somebody else to commit to a position. This led to a discussion about why we have misconceptions about service and what we can do about them. Unfortunately, that discussion was cut short. What we did talk about was encouraging and empowering: sponsors could push their sponsees to take on a position; members always do the little acts of service that add up; and our misconceptions can be set straight when we ask for guidance from our HP or others who have had success with service.
- The sponsorship portion was also eye opening and full of information and experiences. Members first talked about being a sponsee. This included what a sponsee's responsibilities are, who is a sponsee, how do you find a sponsor, what if it is not working out with your sponsor, and what will you gain from having a sponsor. This led us to the speakers sharing how they went from sponsee to sponsor, how they sponsor and look for a sponsee, and how being a sponsee/sponsor has affected their recovery. We ended with talking about being a sponsor. Many of the traits were similar to a sponsee. Sponsors should be reliable, working the program, kind, humble, available, and work through the steps. In the group's experience, both the sponsee and sponsor should be clear about their expectations and ask each other questions before they begin their journey. We heard people say that as a sponsor, they lay out how they sponsor by explaining what books they use and what tasks they expect their sponsee to commit to. We also heard people say they may tell a perspective sponsee to complete a reading before they officially agree to sponsoring them. When it comes to ending a sponsee/sponsor relationship, the group agreed that both sides need to be honest, kind, timely, and reflective in the process.
- The next event will be the Thank-A-Thon. Two people volunteered at the service workshop to help with the Thank-A-Thon. One or two more volunteers are still needed.

**Website:** (Cheryl): Posted Call to action; posted Sept 12 workshop flyer and link to Welcome page and Events Page; updated Meeting List; updated IG Agenda Archives; updated IG Minutes Archives; posted Newsletter and update Newsletter Archives; updated link to Serenity in the Desert newsletter page; responded to 2 emails about meeting info and responded to someone from Nursewise who were compiling a list of organizations to give people in crisis. Cheryl reviewed PDF form creation for those needing it.

**Questions:** For Thankathon volunteering call Julie (248) 760-7169. Cheryl explained request of OA info from Nursewise. Wed am meeting time corrected on address list, meeting # added to meeting list. SV asking for condo tickets (Janis will provide). Neva reiterated the Steering committee positions open at Region. 48 beds open for October Retreat, number of Saturday participants not limited but request participant preregistration. Julie added to group mailings along with three new IR's.

**IR Trainer:** [Susan C.] Will start gathering information for the Fall 2015 We Care List, decided to start in September for a more up to the minute We Care List. This was e mailed to IR's to take to their groups, added home group meeting column to assist members, to be turned in in October. Have done some standard forwarding of activities and other minor information, and would prefer to be referred to as a helper, rather than a trainer.

IR's present: 15 Information delivered to meetings not present.

**Unfinished Business:**

- Sara (PIPO) reported that the storage unit plan would be cancelled due to low interest from other committees.
- Secretary position remains open, to be announced at meetings.
- Rhonda reports that most committees have submitted budget requests (need retreat and website); remaining unchaired committees will be given funds at the budget planning committee meeting.

**New Business:**

- Janis announced need for Ad Hoc Nominating Committee to build next years Intergroup Board and Committee Chair positions, explained role and how to: Sally H., Jen and Rene volunteered for this committee.
- Gina and Liz volunteered for the budget committee.
- Read from Group Handbook (How can you help WSO #5 -p. 37-38)
- Vision & Goals #1: Service is the pathway to abstinence: A service and sponsorship workshop just held (information above).
- Open discussion: Service and how donations tied into this.
  1. Donations to Condo raffle, retreat basket raffle, donations to scholarship fund, donations of goods (clothing) are all forms of service to continue funding OA as a whole and carrying the message.
  2. Sally mentioned as region rep that the funds that we send to WSO provide the literature that is sharing the message to all of hope and recovery in OA.
  3. A member voiced concerns about asking for donations or fundraising when we are a viable intergroup as is, doesn't want to have raffles to provide 'fun'.
  4. Discussion turned to explaining large balance in treasury when we are guided to only 'keep' a prudent reserve. Rhonda explained that our Intergroup uses good business practices of spending what we have already earned/collected (from previous year) and save what is earned/collected this year for next years budget, usually host a convention every 4-5 years and this allows increased funding of each committee. Susan mentioned needing more funds for IR trainer and was asked to revise her budget request.

**Announcements:**

New literature: 'A Taste of Lifeline' case was purchased by Judith H. and is available for purchase after meeting, pay Janis.

Today-Retreat Committee meeting at 12:45

October 17, 2015 next SEAZ Intergroup meeting at 10:45 AM-12:30 (Board meets at 10 AM)

September 25-27 R3 Assembly and Convention in Albuquerque

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

November 21 Idea Day in Sierra Vista 10-3

November 26, Thankathon, location TBA

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

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

Respectfully submitted, Chris Nunn, acting Secretary