

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

August 22, 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; Sara J., PIPO & IR; Peggy P., Newsletter, IR; Julie G., TSW & IR; 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; Timi R., 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 July 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 \$718.52. Expenses were \$791.63. Current checkbook total is \$16,954.15. Mail announced/passed and 7th Tradition envelope was passed.

Committee Reports:

Delegates/Region Reps: [Neva S. /Sally H.] The Region III Fall Assembly in Albuquerque NM is September 25-27. Neva and I are registered and have our room registered also. We look forward to doing service and bringing back all the Region III news. Neva and I are on the By-Laws committee and will share with you the progress made concerning our committee commitment. Anyone is invited to register and attend the convention. It's an exciting way to serve OA and a great way to ensure abstinence.

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./Molly H.]:

We have tables reserved at two free Health Fairs:

- SEEKING 3 U of A STUDENTS to meet and greet new and returning students and to share the hope and recovery of OA recovery at the "Meet Me At The Rec" Fair/Carnival for U of A students MONDAY, AUGUST 24th from 6:00 pm – 8:00 pm at Sitton Field (just east of Campus Recreation, enter from 6th). You will be provided with free literature, which will introduce where our meetings are, our purpose, the 12 steps, and info about our websites/ podcasts/online meetings.
- We also need volunteers for the Annual Red Road to Wellbriety Fair at San Xavier Mission Recreational Center, 8549 S. Mayor Dr., Tucson, AZ 85746 on September 12 from 8:00 am – 1:00 pm.

Lifeline and Resource Library: [Open]

Meeting List: [Gina B.] Report: No changes were made this month, the lists were distributed, and copies brought to IG

Newsletter: [Darlyn R /Peggy P.] Darlyn and I are continuing to solicit and accept submissions relating to #9 and #10 of the Steps, Traditions and Concepts for the next edition. Deadline is Sept. 4.

Telephone: [Diane G.] 42 total billed calls; 4 message left; 4 call returned.

Special Events:

Retreat Committee: Verbal report given by Mike, planning on attending all meetings to sell raffle tickets to baskets being created for retreat. Flyers for registration now available on website and checks will not be cashed until one week before retreat.

San Carlos Condo Raffle Kickoff: Rene presented a laptop video highlighting San Carlos and the condo. Jen gave a brief tutorial on sales and information in each packet then passed packets to all present. A weekly Sat AM conference call is available for all to check in with concerns, tips and successes.

Twelfth Step Within: [Julie] We have the first half of the workshop complete. For about 90 minutes, we will discuss the types of service in OA.

• Our outline looks like:

1. Welcome and Structure of OA
 2. What is Service 'Brainstorm'
 3. Service Speakers
 4. Small group discussion about obstacles to service and how to overcome them
 5. Action plan to participating in service, sharing
- We are in the process of asking a few members if they would be interested in sharing their service stories at the workshop.
- The Wilmot Library room will hold up to 125 people, so there should be enough room! They have a whiteboard available. We are considering renting a microphone because the room is so large. We are also going to purchase copies of the sponsorship pamphlets.
- At our next meeting, we will flesh out the details of the sponsorship portion of the workshop and the logistics for setting up.

Website: (Cheryl): Posted Call to action, updated Welcome page and added link to R3 Fall Assembly & Convention, updated Meeting List, updated IG Agenda Archives, updated IG Minutes Archives. Cheryl reviewed PDF form creation for those needing it.

Questions: Multiple questions answered about condo; checks to be written SEAZ IG, passport necessary, drawing Sat night at Retreat, Jen and Janis have extra tickets, stubs and money to Rhonda. Retreat Sat meal starts at 8 am. Rhonda will send Region/WSO intergroup donation.

IR Trainer: [Susan C.] No big projects to report, just standard forwarding of activities and Fall WE CARE list will be sent out. IR's present: **9** Information delivered to meetings not present. IR Tip of the month 'When the voices in my head are presenting an argument that will steer me in the wrong direction I break the argument down to " Is this a YES OR NO food?" This simplicity helps me recognize what can or cannot go into my shopping basket.'

Unfinished Business:

- Sara had presented a comprehensive report to board concerning storage space and she will gather committee chairs needs to determine size of unit to rent, probably on eastside.
- Secretary position remains open, to be announced at meetings.

New Business:

- Bookstore proposal connected to storage unit was discussed at board and determined unfeasible at this time.
- Janis will send out budget forms to complete for chairs to request funds for 2016, due at next Intergroup.
- Read from Group Handbook (How things get done in your WSO-p. 37-38)
- Vision & Goals #4: Financial Health is a pathway to abstinence: All condo raffle proceeds go to Region III and WSO as we are a healthy Intergroup and are being supportive of those who support us.
- Open discussion: Communication: Easier, different, OK?
 1. Info coming from Newsletter, IR trainer, Chair sends documents to cover at Intergroup, Delegate sends WSO/Region III info to share, most info available on website as well.
 2. Question about what does the IR do with all the e-mail info rec'd, disseminate it to group as appropriate. Susan mentioned that her group has an internal e-mail process that she uses to send info to group members.
 3. Verified importance of carrying info back to groups but no one is overly concerned about extra emails with OA information? If concerned, to speak with Board.

Announcements:

Today -Retreat Committee meeting at 12:45

September 19, 2015 next SEAZ Intergroup meeting at 10:45 AM (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

Recap of Action Items done by Cheryl.

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

Respectfully submitted, Chris Nunn, acting Secretary