

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

April 16, 2016

www.oasouthernaz.org

Attendance: Neva S., Chair; Rene T., Vice-chair; Sara J. secretary; Jen G., Jr. RR/Delegate; Peggy P., Newsletter & IR; Cheryl L., Webmaster; Susan C., IR Trainer; Diane G., Telephone; Barbara A., IR; Cyndi K., IR; Andy M., IR; Leigh M., outgoing IR; Chris N., IR; Ari K., IR; Liz P., IR; Connie T., IR; Viviane H, IR; Pam R., IR; Sandra R., IR; Laura M., IR; Tracy S., IR; Mickey M., IR; Randi Z., IR; Lynda S., IR; Timi R., IR; Jan F., IR; Leslie S., IR; Nancy R., IR; Judy G., IR

Call to Order: At 10:45 AM. Neva 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. Rene read the Standing Rules.

Acting Secretary: [Sara J] The minutes from the March 19, 2016 IG meeting were accepted as submitted electronically.

Treasurer's Report: [Rhonda S.] Income from the previous month was noted as \$387.50, plus \$217 in Donations. Expenses were \$786.88. Current checkbook total is \$18,010.99. The 7th Tradition envelope was passed.

Committee Reports:

Delegate/Region Rep: [Elisa M.] The senior delegate will be representing at the Region III Spring Assembly in Abilene, TX, scheduled for April 15-17 and will not be attending the April 16th SEAZ IG meeting. This delegate met with the current IG chair, Neva S., on April 5th for basic orientation to the region assembly process. New region representatives are designated as "green dots" and receive further orientation the day before the actual assembly begins. Jen, the junior delegate, will be attending the April 16th IG meeting.

Public Information/Professional Outreach (PIPO): [Open. Sara facilitating] Thanks to Barbara A for putting together Doctor Packets to bring to IG for IRs to take to their meetings. Thanks to Margie, Rosie and Sandra for sharing the OA message at the Not Simply Red Health Fair at the San Xavier Rec. Center (April 9). Only a few people stopped for information, but all of our banners were displayed so they may have caught some eyes. Janet G continues to stock literature on display at Streams in the Desert and they keep disappearing, so she will order some pamphlets that I didn't order in the recent order. The Sierra Vista Health Fair is April 30. If anyone wishes to help Marilyn B with the event, you may contact her or me.

Lifeline and Resource Library: [Open]

Meeting List: [Gina B] The topics for the San Xavier meeting were added, the correction for the senior delegate was made, the contact for the 6pm *Keep it Simple* changed, the IR for the Thursday Yuma meeting changed, and the IR for the Monday 530 meeting changed for the time being. There are hard copies for groups for distribution.

Newsletter: [Peggy P and Darlyn R] This calendar year the newsletter co-chairs decided to feature the Tools of Recovery in each edition, such as the articles dealing with Sponsorship in the current March/April issue. Hard copies should be available at individual OA meetings, and through on-line distribution from the newsletter website. For the May/June edition, the Tool featured will be A Plan of Eating. OA members who would like to share how they have used this tool to aid in their recovery, can submit original articles, poems and artwork on any OA- related subject to the newsletter website, newsletter@oasouthernaz.org, or to the personal email of Peggy or Darlyn. Deadline for submission is Thursday, May 05, 2016.

Telephone: [Diane G.] 42 total billed calls; 3 messages left; 3 call returned.

Special Events: Retreat Committee: [Nancy K./ Janis R], The retreat will be at the Holy Trinity Monastery in St. David the weekend of October 28-30. Our theme is **ALIVE in Recovery**. The fee for the weekend is \$120 and for Saturday only, including 3 meals, \$40. There are a limited number of 50% scholarships available. Be on the lookout for registration flyers available in May. We will have a clothing exchange, raffle baskets and a 50/50 raffle cash prize. Anyone who wants to help is

invited to join the committee. The meetings are approximately 60-90 minutes long and we meet in the same room as the Intergroup meeting. We will meet every month at 12:45 through October.

Twelfth Step Within: [Open]

Website: [Cheryl]: Posted Call to action and later reposted with correct date, as it originally had the February date on it . Updated Meeting List as needed. Updated IG Minutes & Agenda Archives. Updated events page and added Tri-County (a Texas IG) events.

Questions: Peggy requested information on future events/health fairs to put in the Newsletter. Sandra bought a bag of paper plates, napkins, cups and plastic wear from TSW. Sara will store until needed. Cheryl announced the memorial service for long time OA member Sue L. Details below in Announcements. The information will be on the Call to Action for one week, but not posted on the website.

IR Trainer: [Susan C] __IR's present: Information delivered to meetings not present. Activities for the previous month: Prepared 4 manuals from scratch, Updated IRs Email Listing, Met with IRs, Created 4 sets of 3 ring manuals, Emailed OA Intergroup Binder Table of Contents and emailed to IRs, Started working on the WE CARE LIST.

Unfinished Business: Telephone Committee motions – clarification and update on actions. There have been difficulties communicating with the phone company, so Neva will go there in person. Diane and Adena will write procedures for future phone chairs and committees.

New Business:

- Read Vision and Goals #1
- Read from Group Handbook (page 6, The Twelve Traditions Are Our Guide, thru mid-page 8)

Discussion on Vision and Goals #1:

Designate who will talk with newcomers after the meeting.

Put a column on the group's We Care list for those who want a phone call.

Show of hands and mark on We Care if available to Sponsor.

There is a four-fold card with called pocket Reference for OA members that can be passed around to add phone numbers on the back and given to newcomers.

Can also pass around the Welcome packet for phone numbers.

Encourage newcomers to go to other meetings to check out different formats.

Suggestion to put contacts in phone with "OA", so searching will give us a list of OA people to call.

Announcements:

Today - Retreat Committee meeting at 12:45

April 23 – Memorial service for long time OA Member Sue L from 1-4 at Hacienda Del Sol, 5501 N. Hacienda Del Sol Road
The family has gotten a large room so there would be plenty of room for all of Sue's OA friends.

May 21 – SEAZ Intergroup meeting at St. James UMC (Board meeting at 10 AM, IG meeting at 10:45 AM, Retreat meeting at 12:45 PM)

May 2 – 7 – WSBC, Albuquerque, NM

September 9 – 11 – R3 Fall Assembly in Austin, TX

October 28-30 – Tucson IG retreat in St David

Recap of Action Items done by Cheryl.

Adjourned at 11:50 a.m. with The Responsibility Pledge.

Respectfully submitted, Sara Jess, Secretary