

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

August 20, 2016

www.oasouthernaz.org

Attendance: Neva S., Chair; Elisa M., Sr. RR/Delegate; Rhonda S., Treasurer; Sara J., Secretary; Diane G., Telephone; Gina B., Meeting List; Cheryl L., Webmaster; Susan C., IR Trainer; Barbara A., IR; Andy M., IR; Connie T, IR; Chris N., IR; Ari K., IR; Jane C., IR; Vivianne H., IR; Pam R., IR; Lynda S., IR; Timi R, IR; Jan F, IR; Leslie S., IR; Nancy R., IR.

Call to Order: At 10:45 AM. Neva asked those in attendance to silence their cell phones and after a moment of silence, led the Serenity Prayer. Introductions were made while reading the Twelve Traditions and the Concept of the Month. The sign-in sheet was passed. Gina read the Standing Rules.

Secretary: [Sara J] The minutes from the July 16, 2016 IG meeting were accepted as submitted electronically.

Treasurer's Report: [Rhonda S.] Income from the previous month was noted as \$851.00 in Donations, plus \$25 for Scholarship. Expenses were \$495.97. Current checkbook total is \$16,393.59.

Committee Reports:

Delegate/Region Rep: [Elisa M.] Arrangements and reservations have been made to attend and participate in the Region III Fall Assembly in Austin, TX occurring September 9-11. This representative will resume participation on the Region III PIPO committee at that event. The Fall Assembly has no motions; they hold nominations and elections.

Public Information/Professional Outreach (PIPO): [Open] [Acting facilitator: Sara J] IRs, please announce: Looking for members to carry the message of OA to the Wellbriety Health Fair at San Xavier Rec Center, 8549 S. J Mayor Dr., on Saturday, September 17 from about 8 am to 1 pm. They are expecting hundreds of people, unlike the health fair at San Xavier last spring, which was quite small. Cost: \$25 plus a door prize (in the past, we've given an OA book and a journal.) IRs please announce: "It would be great if a meeting wants to donate an OA Meditation book." And hopefully Ways and Means will supply a journal.

Connie T will be the contact for this event: 577-3768. Or you can contact Sara J 343-3090.

Thanks again to Barbara for bringing Health Care Professional Packets.

Connie asked how to get our literature to Indian Health Service: A. locally and B. nation-wide. For the question of Indian Health Service nation-wide, it was suggested to email info@oa.org and to look at the PIPO Handbook. Locally, SEAZ PIPO (Sara acting as facilitator) will get the materials – 15 Questions and Newcomer Packets – to Connie.

Lifeline and Resource Library: [Open]

Meeting List: [Gina B] Changes were made as submitted from the secretary, and copies available for distribution.

Report: The new special events chair was added. IR change to the 1030 Friday meeting, and an edit to the title of the hope love and acceptance Sunday meeting.

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 Writing and Literature in the current July/August issue. Hard copies are now available at individual OA meetings, and through on-line distribution from the newsletter website.

For the September/October edition, the Tool featured will be A Plan of Action. 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, or 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 Monday, September 05, 2016.

Telephone: [Diane G.] 47 total billed calls: 3 messages left; 3 calls returned.

Special Events: [Barbara A] St. James has been reserved for the Thankathon, November 24th. The meetings are in the morning at 9:00, 10:00 and 11:00. Volunteers, please contact Barbara A. (520) 548-0904.

Retreat Committee: [written by Janis R, Secretary of Retreat Committee; read by Chris N.] The retreat will be at the Holy Trinity Monastery in St. David the weekend of October 28-30. We have two speakers to lead the retreat. 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.

Registration, clothing exchange request, and ideas for raffle Basket flyers were sent to IRs, handed out at the July IG meeting, distributed via the Desert Recovery email list, and are posted on our www.oasouthernaz.org website. We'd like a count today of the meetings where IRs discussed putting together a raffle basket with the meeting and the group agreed. Ari is coordinating the baskets' records so we know how many to expect and the theme and if there needs to be assistance in getting any of them to the retreat.

There'll be a craft activity during the retreat program, games, puzzles, and the clothing exchange will be available for open times and on Saturday night there'll be a sing-a-long for entertainment.

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. Updated Meeting List as needed. Updated IG Minutes & Agenda Archives. Posted updated Policy Manual with Index which are combined now. Edited Welcome Page notice about Board Positions. Edited Events Page and added Retreat clothing exchange flyer

Questions:

Q: What time does the Retreat start on Saturday? A: 7:00am. Q: How many are registered for the Retreat? Unknown

IR Trainer: [Susan C] 15 IR's present. Information delivered to meetings not present. Activities July 2016:

- Provided help with information and IR 3 ring Binders
- In the hope of saving paper and eliminating steps in the updating of the We Care List I am suggesting the use of the following:
 - A. TO COLLECT NEW NAMES AND UPDATES
 1. Eliminate the distribution and use of existing list to collect member updates (THIS SAVES 4 SHEETS OF PAPER PER MEETING & EXTRAWORK)
 2. Instead, use NEW ATTACHED collection form for both NEW NAME & UPDATES
 - B. TO MAKE NEW INPUT MORE EFFICIENT
 1. Collect information every three months but still distribute WE CARE LIST EVERY SIX MONTHS (Spring & Fall) (This gives IR Trainer option on continuously updating instead of having to do it all at once.)
 - C. SEND (BBC) EMAIL TO ALL ASKING IF THEY WISH TO REMAIN OR BE REMOVED FROM UPDATED WCL LIST
 1. IR Trainer will email contact all members on We Care List (simple copy past method all email addresses) requesting they respond as to whether they wish to remain on the list or be removed - a non-response will remove member from the list.

Please let me (Susan) know if this is a workable for you IR's and also if you have some other ideas to share.

TIP of the month: *"Happiness is when what you think, what you say, and what you do are in harmony."* Gandhi

Unfinished Business:

- Open SEAZ Board positions – Vice Chair, Jr RR/Delegate
- Open Committee Chair positions – PIPO, Lifeline/Resource Library, Special Events, TSW
- Rhonda passed out descriptions for Jr RR/Delegate and PIPO positions. She explained the importance and qualifications of each position. Rhonda talked about her early fears of making mistakes, but that she has made some and it's ok. Neva added that there "free trips" for the Jr RR/Delegate: 1 for WSO and 2 for the Region and the main thing is to bring information back to the meetings. SEAZ could have 3 RR/Delegates because of our size (1 for every 15 meeting). RE: PIPO, Rhonda said a lot of the work finding health fairs has already been done; volunteers just need to be recruited. Why is PIPO important? Rhonda said she'd be dead without OA and service work. It's giving back.

New Business:

- Discussion of IG Calendar, which is busy for the rest of the year.
- Discussion of guidelines for use of SEAZ Newsletter email list. Peggy was not present but she emailed Neva. The problem came up because a member was irate about the number of non-newsletter emails being sent to her because she was on the newsletter list and she asked to be taken off the list. Many members ask Darlyn and Peggy to send announcements to the people on the newsletter list because it gets to more people than just IRs and it is inappropriate to send to all on the We Care List. Peggy sent an email to Neva stating that since January 2015 she recalls 6 or 7 requests to be taken off the list because of the extra emails. (10 – 15 unsubscribed without reason). Currently there are 244 people on the list.

Comments:

CN: Why was this brought up between IG meetings? To let people think about it and talk with other members at their meetings. The IRs that did ask in their meetings if sending extra emails to those on the Newsletter list is okay, reported 3 said No and 1 said Yes and 1 was indifferent.

Rhonda: Why can't people just delete the emails they don't want?

CL: If we send "spam" to everyone on the We Care List, we must announce that, but that's not what the WCL is for – it's for OA members to support each other.

AK: Most announcements are in the Newsletters already.

CL: "Spam" is mostly flyers for events. Another example was an announcement with details of a Memorial for a long time member.

JF: Should IDEA Day flyers be sent to IRs by email or printed to bring to IG for IRs to take to the meetings? IRs can decide how many to make for their meetings. Or it's up to the Committee Chairs and Event Organizers to print or not, but the question still is how many to bring to IG. IG does offer reimbursement for copies so IRs don't have to spend their own money each time.

SC: It is an electronic world and paper should be saved when possible.

PR: The website is available – we don't have to spoon-feed people.

TR: Safford is a small group and many members do not have computers, so Timi makes copies and gets reimbursed by the group but that takes away from group donations.

NS: People can jot down what they want to know from a single flyer at their meeting or from the Call to Action.

Neva gets so many emails from WSO and Region 3 that it can be annoying, but she decides what to share with IRs.

Neva suggested that Peggy and Darlyn should make the decision. They will have access to these comments from IG.

If Peggy and Darlyn need help shrinking things, Cheryl could help.

IRs are to ask their groups for feedback on using the Newsletter email list for things other than the Newsletter.

- Budget estimates for 2017 needed from Board members and Committee Chairs by Sept IG
- Nominating Committee for 2017 SEAZ Board positions will be appointed at Sept IG
- Vision and Goals #2 – read and discuss: #1 is done. No other discussion.
- Read from Group Handbook (page 13-15, Getting Things Done..., items 1-3): tabled until next time due to lack of time.

Announcements:

- Aug 20th, 12:45PM, Retreat Planning Committee meeting, St. James UMC
- Sept. 9-11th, Region III Assembly/Convention, Austin, TX, "Keep Recovery Weird"
- Sept 17th, SEAZ Intergroup meets at St. James UMC (Board at 10AM, IG at 10:45AM)
- Oct 28-30th, SEAZ Fall Retreat at Holy Trinity Monastery, St. David, AZ

Recap of Action Items done by Cheryl.

Adjourned at 12:00pm with The Responsibility Pledge.

Respectfully submitted, Sara J, Secretary