

# SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

## MINUTES

May 21, 2016

[www.oasouthernaz.org](http://www.oasouthernaz.org)

**Attendance:** Neva S., Chair; Sara J. Secretary; Rhonda S. Treasurer; Elisa M., Sr. RR/Delegate; Gina B., Meeting List; Cheryl L., Webmaster; Susan C., IR Trainer; Diane G., Telephone; Barbara A., IR; Andy M., IR; Chris N., IR; Ari K., IR; Liz P., IR; Pam R., IR; Tracy S., IR; Mickey M., IR; Randi Z., IR; Lynda S., IR; Nancy R., IR; Judy G., IR; Maggie, visitor.

**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 new sign in sheet was explained and passed. Lynda S read the Standing Rules.

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

**Treasurer's Report:** [Rhonda S.] Income from the previous month was noted as \$1232.49, plus \$1227.49 in Donations. Expenses were \$2136.26. Current checkbook total is \$17,107.22. The 7th Tradition envelope was passed. Last month's mail was passed, but she didn't pick up this month's, so if there is anything important, Rhonda will scan it and email it to Neva to email to IRs. Six months ago, it was decided to do a budget audit every 6 months. Next month, Rhonda, Elisa and Nancy R will stay after the meeting for about 5 minutes to check if any adjustments need to be addressed.

### Committee Reports:

**Delegate/Region Rep:** [Elisa M.] Delegate report, World Service Business Conference (WSBC), May 2-7, 2016 Albuquerque, NM First-time delegates are "green dots" and we literally wear one on our identification badges. For support and guidance, each of us is paired with a mentor. My mentor was Neva, our very own IG chair. Thank you, Neva, for being my mentor. I can go no further without expressing my gratitude for your *invaluable* guidance. You made the difference for me and how I approached the event.

So, now on to the report. If you're like me, and there's a lot of information to "digest," I am much more willing to read it if there is a lot of white space, maybe even some bullets! I'll do my best.

The 2016 WSBC was attended by 182 voting delegates and 17 voting trustees. And, most amazingly, there were 19 countries represented. The world is organized into 10 Regions along with a Virtual Service Board. The business activities are guided by Parliamentary procedures with an actual Parliamentarian who sits to the left of the Board of Trustees chair. (For more specifics, refer to Robert's Rules of Order.) A delegate has the responsibility to represent their IG/Service Body, vote on motions, amendments, ask questions for clarification and then vote their conscience. (An addendum is attached with results of each motion.)

The OA fellowship is no longer just a North American fellowship; we are truly world-wide. **The need for recovery cuts across all cultures, languages and ethnicities.** It was imperative for me to shift my perspective and try my best to honor Tradition #1: *"Our common welfare should come first; personal recovery depends on OA unity."* This shift was especially necessary, for me, as OA is being further thrust, at warp speed, into the world of **social media and virtual meetings.**

**The theme for 2016 is "Responsibility—To Carry the Message."** A new piece of literature in a pocket-guide form will be available for review at the upcoming IG meeting. Carrying the message, Tradition #5, is our *".....primary purpose to carry its message to the compulsive overeater who still suffers."* I attended a special workshop "Strategic Planning: Carry the Message Back Home." At that workshop, and throughout other gatherings, this theme was reinforced and a few examples included:

- Include the Responsibility Pledge in prayer rotation at meetings
- Purchase the new Carry the Message pocket guide
- Use the Responsibility Pledge at the end, and probably at the beginning!, of business meetings

(See, I told you I'd throw in some bullets.)

Each delegate is given opportunity to select a committee on which to serve and I served on **Unity with Diversity (UWD).**

UWD Statement of Purpose: Recognizing the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this committee intends to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity. Specifically, I am serving on the sub-committee within UWD that is completing a Power-Point presentation which can be used to welcome people with diverse attributes. This endeavor will need to be in its final form by July 15, 2016 so that a motion can be made and submitted to the Board of Trustees.

Throughout the week of WSBC, OA meetings were continually offered several times daily and special workshops such as the following:

- **Responsibility Pledge: To Extend the Hand and Heart of OA**
- **Responsibility of Abstinence**
- **Responsibility of Working All Twelve Steps**
- **All About Conference**
- **Carrying the Message Back Home**
- **Virtual Services: Responsibility of Carrying the OA Message**

Just a final note and this comes from my service as a treasurer for many of my groups over the years: Once a treasurer, always a treasurer...at least in spirit. The Board of Trustee Treasurer reported that only 30% of the income generated within OA comes from group contributions. The major source of income was sales of literature. And to responsibly carry the message contributions to our World Service Office are imperative.

Personal commentary....

I can say with 95% (plus or minus 5% error of measurement!) certainty that my participation in this year's WSBC brought further spiritual gifts, some of which include, but are not limited to:

- feelings of being part of a bigger picture
- having faith that I am being taken care of
- a significant decrease in the need to worry
- a greater acceptance of me and others as unique human beings

Should you have further questions, please feel free to contact me.

Elisa reviewed the results of the business motions at WSBC.

**Public Information/Professional Outreach (PIPO):** [Open. Sara facilitating] Marilyn B reported on the Sierra Vista Health Fair: "We had the most successful Health Fair in the three years I have registered for C of C events. The HUGE FORK certainly attracted many people, especially from afar. I handed out 5 professional packets. We had many visitors at our table and handed out lots of pamphlets and ran out of meeting lists; Mary L, who helped me last year and again this year, wrote the SV info on the front of a pamphlet. I was thrilled to have three people volunteer to help at the table this year. Progress

Thanks to Barbara A and Althea for putting together more Doctor Packets to bring to IG for IRs to take to their meetings. Janet G and Sue R continue to stock literature on display at Streams in the Desert.

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

**Meeting List:** [Gina B] Report Summary for Minutes: Changes were made as submitted from the groups, and copies available for distribution. \$3.87 was spent on copies.

Report: The changes were made as follows:

- IR for Seeking the Power
- IR for NW Tender Solutions
- New # for Early Morning BB
- Location change to 5pm Bisbee, contact changed to Lynda, day changed, and the # was added
- Contact for Green Valley was changed
- Time, address, and location changed for the Yuma Tuesday meeting, also the contact changed, notification made
- Diane removed from 1045 Thursday 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 A Plan of Eating in the just printed May/June issue. Hard copies for all our individual OA meetings are now available and IG Reps can copy more as needed. An on-line edition has been distributed from the newsletter website, and members can access it/make copies from there as well.

For the July/August edition we will feature the Tools of Writing and Literature, and invite OA members to share how they have used these tools to aid in their recovery. We also accept original articles, poems and artwork on any OA- related subject. Submissions should be sent to the newsletter website, [newsletter@oasoutheraz.org](mailto:newsletter@oasoutheraz.org), or to the personal email of Peggy or Darlyn. Deadline for submission is Tuesday, July 05, 2016.

**Telephone:** [Diane G.] 52 total billed calls; 3 messages left; 3 call returned.

**Special Events: 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. At the April meeting we discussed the program agenda and an ad for the Desert Recovery newsletter. We plan to finalize the Registration flyer at the May meeting. 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 corrections. Updated Meeting List as needed. Updated IG Minutes & Agenda Archives. Removed past events from Welcome and Events pages. Posted new Newsletter.

**Questions:** Randi: Is income from literature sales and meeting contributions up or down; Neva said WSO is not self-supporting. Virtual meetings do not pass the basket, but individual automatic monthly withdrawal is an option. Judy does virtual meetings and contributes yearly but it is unknown how those donations are split or if they are noted to be from members of virtual meetings. Liz asked if the WSBC meetings held outside of the U.S. could be attended virtually, like with Skype; Elisa said yes. Cheryl asked if there might be a change from 60/30/10 to different percentages; Neva said it was not discussed. Barb asked if translation of literature was mentioned; Elisa said yes, it is ongoing.

**IR Trainer:** [Susan C] 13 IR's present. Information delivered to meetings not present. Activities for the previous month: Updated my email group for current Intergroup Representatives. Emailed all members on WCL asking whether they wished to stay on WCL for Spring 2016. Emailed current WCL to all IRs along with a WCL Update form and asked to please pass it around weekly and return results to April Intergroup meeting. Sent a second request to non-responders on the WCL asking to let me know if they wish to remain on the WCL - again reminding that if there is no response they will be removed from the list. About 65 names were added and 60 were deleted. Made 3 Intergroup Rep 3 ring binder set of contents available to IRs who requested them.

TIP of the month: A reminder for me is to always remember HALT which I was taught means

Do Not Allow Yourself to become:

HUNGRY - don't skip meals

ANGRY - pray for them and do a fourth step

LONELY - call a friend

TIRED - get proper rest and stop people pleasing

#### **Unfinished Business:**

**Telephone Committee motions – clarification and update on actions:** Neva thanks Adena for finding a magical way to get what we wanted from Century Link. Neva's name got on the account, Neva added Adena and Diane and the old names were taken off the account. The 3 extensions were removed, saving us money.

The motion to add more listings will be rescinded in June because 3 is the max. The voice mail was redone and Selena will redo the Spanish voicemail.

**Bylaws Amendments RE: IG communications and Secretary duties:** Motion 1 regarding not printing committee reports. Chris suggested saving all the documents on the web/icloud with only the board having the password, in addition to the secretary's computer and the flash drive. Randi suggested that the wording change be less specific on the type of technology so there doesn't need to be a new motion every time technology changes. Nancy suggested the wording of external back-up be used. The motion and the amendment of replacing "secretary's computer and flash drive" with "electronically in 3 locations" were both passed unanimously.

Motion 2 regarding changing that the secretary will email instead of print the minutes for IRs was passed unanimously.

#### **New Business:**

Open SEAZ Board position – Vice Chair. Neva has not received any nominations/applications. She asked IG to consider reading the qualifications and description of Vice Chair in the By Laws on the SEAZ website. Neva summarized the job as reading the Standing Rules, being Chair if Neva can't and to be Neva's side-kick.

Other Board actions to report on... Adding the Policy Manual Index to the website before the PM was passed. Randi asked if the topics could be linked to the actual policy. Cheryl will check into that.

Vision and Goals #2 – read and discuss: Carrying the Message: Barb suggested having the 7th Tradition skit taken to meetings and/or at the Thank-a-thon. She also suggested that an individual group lead a workshop and will take the idea to her meeting.

Because of the time, we did not read from Group Handbook (page 8, Getting Started in a Small Community, thru end of page 9)

#### **Announcements:**

Today - Retreat Committee meeting at 12:45

June 18 – SEAZ Intergroup meeting at St. James UMC (Board meeting at 10 AM, IG meeting at 10:45 AM, Retreat meeting at 12:45 PM)

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 12:30 p.m. with The Responsibility Pledge.

Respectfully submitted, Sara Jess, Secretary