

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

November 12, 2016

www.oasouthernaz.org

Attendance: Neva S., Chair; Elisa M., Sr. RR/Delegate; Rhonda S., Treasurer; Sara J., Secretary; Chris N., IR; Diane G., Telephone; Gina B, Meeting List; Barbara A., Special Events, IR; Cheryl L., Webmaster; Susan C., IR Trainer; Peggy P., Newsletter; Cyndi K, IR; A; Liz P, IR; Pam R., IR; Tracy S, IR; Elisabeth E., IR; Alex, IR; Lynda S., IR; Jan F, IR; Leslie S., IR; Nancy R., IR; Mickey M., IR; Elizabeth, IR; J: Timi R., IR; Linda J, substitute IR; Lee Ann, substitute IR; Beth M visitor; Jill S., visitor; Janis R, visitor, Nan B, visitor.

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. After explanation for visitors and sub-IRs, the sign-in sheet was passed. Beth M read the Standing Rules.

Secretary: [Sara J] The minutes from the October, 2016 IG meeting taken by Chris N, were accepted as submitted electronically per Neva.

Treasurer's Report: [Rhonda S.] Income from the previous month was noted as \$912.40 in Donations + \$30.00 from Ways & Means = \$942.40. Expenses were \$703.73. Current checkbook total is \$21,467.72. Will correct a \$48 donation the was credited to Safford but was someone else. Passed mail regarding reminder of 12 Step Day, a new publication on the topics of Body Image Sexuality Relationships & Recovery, and the retreat in San Diego. Collected 7th tradition. Rhonda reminded IR's to remind their treasurers to donate to Intergroup by the end of the year so IG could have funds to budget for next year.

Committee Reports:

Delegate/Region Rep: [Elisa M.] Follow-up to RR/Delegate report from October 15, 2016:

Contact was made with R3 Chair and Bylaws committee to clarify the development of a digital assets management policy for Region 3. The committee chair person responded with: "Such a policy addresses things like emails, digital electronic messages of any kind along with the electronics themselves. It will cover who owns the rights to what and how they will be shared."

Dates of future assemblies include:

Spring 2017 Dallas, TX

Fall 2017 Denver, CO

Spring 2018 Salt Lake City, UT

Fall 2018 Colorado Springs, CO

Spring 2019 San Antonio, TX

Fall 2019 Las Vegas, NV

Public Information/Professional Outreach (PIPO): [Open] [Acting facilitator: Sara J OA had a table at the Lunch and Learn: "The Many Facets of Addiction: A Community Response to Recovery" put on by Cenpatico and Interfaith. Thanks to Jan H, Valerie and Elizabeth for sharing the OA message of hope. There were 200+ attendees but we were outside and some people didn't leave through the exit by us or just didn't come out. The organizer apologized and said she would think about having the tables inside next time. However, someone who didn't come for the L&L event was walking by and decided to check out what was going on. She came to our table and had a great talk and said she really needs OA, so it may be HP used this for good. Some of the L&L folks did stop and took literature as well. For OA I would say it was a quality if not quantity event.

Connie T will be taking an assortment of pamphlets to the Bureau of Indian Affairs. This will probably be an ongoing thing: we shall see.

The current inventory of the basic pamphlets used by PIPO is:

Lit Item

10/28

to BIA

(Connie)

About OA	131	50
15 Questions	67	50
Is Food a Problem?	67	50
An Inside View	137	5
Many Symptoms	20	50
A Program of Recovery	8	50
OA Member come in all sizes	12	5
Before you take...	100	5

We have many other specific pamphlets (Spanish, Teen...) and other items.

Lifeline and Resource Library: [Open]

Meeting List: [Gina B] Changes were made as submitted from the secretary, and copies available for distribution. The previous IR for the Friday Fresh Start meeting was removed upon request and replaced with the current IR.

Newsletter: [Peggy P and Darlyn R] Original articles, poems and artwork are being accepted for publication in the November/December edition of the newsletter, on any topic relating to OA. However, the co-chairs are spotlighting one of the Tools of Recovery for each edition this year, and the tools of focus for the next issue is Anonymity and Service. We would be interested in learning how any member uses these tools to work his/her program of recovery, keeping in mind to share your experience, strength and hope. Deadline for submissions is Saturday, November 05, 2016, via the newsletter website or Peggy or Darlyn’s personal email addresses.

Telephone: [Diane G.] 35 total billed calls: 3 messages left; 3 calls returned.

Special Events: [Barbara A] A big Thanks to the retreat committee for providing us with an inspirational, practical and fun retreat.

IDEA Day Celebrates with the rest of our O.A. world the gift of abstinence. Come to Sierra Vista on November 19th and join us. See flyer online. If you are going and have room for another person, contact Barbara A.

The Thank a Thon planning committee has finalized the content, speakers and activities for each of the 3 meetings, starting at 9, 10 and 11AM Thanksgiving Morning. See flyer.

Retreat Committee: [read by Janis R, Secretary of Retreat Committee] Another successful retreat has come and gone! Retreats are such a good boost for recovery. Big thanks to our Speaker from MN and to the many OA members who attended and participated. And thanks to the many groups that put together the 17 baskets for the basket raffle.

Final registration numbers - We had 50 people registered for the entire week end, with 1 no show, for a total of 49 weekend people. 11 weekenders requested scholarships.

We had 16 people for Saturday-only with 1 no show. 2 Sat. onlys requested scholarships.

The total fee paid to the Monastery was \$6520, \$700 to be deducted from the Scholarship Fund.

Total Expenses \$966.07 The amount paid to the Monastery was \$6520

The expense of the flight for our speaker was \$409.96.

We paid \$120 for the attendance fee of our speaker and an additional deposit of \$100 to the Monastery (we now have a rolling over deposit of \$200 there)

We paid \$100 for room rental at \$10 a meeting for our committee meetings

There was an additional expense of \$255.11 for copies, nametags and holders, labels, craft materials, and the gift card for the speaker.

Fundraising money collected at the retreat:

Basket raffle	\$293.00
Drinks	\$46.00

Clothing	\$242.00
Ways n' Means	\$161.00 (This amount not included as retreat income on Financial report)
Total	\$834.00

We received 34 feedback forms with comments about what worked for people and what could be improved plus a few thoughts for new ideas in the future. Overall the mutual feeling was reward from sharing with others, the "Camaraderie", the craft activity, physical exercises, and the writing was appreciated and well liked.

Thanks to a wonderful committee for its amazing teamwork. We invite any OA members interested in participating in the 2017 retreat committee to attend the first meeting scheduled for 12:45 after the January 21st Intergroup meeting.

2017 Retreat dates are October 27-29, 2017 again at the St. David Holy Trinity Monastery.

Twelfth Step Within: [Open]

Website: [Cheryl]: Posted Call to action • Updated Meeting List as needed • Updated IG Minutes & Agenda Archives • We had a member who was upset that a search of her phone number came up with her being a contact for OA. I removed her number from the meeting list. I think we need to remind people that being a contact for their meeting means that they agree to have that information online for people looking for meetings. • Added Thankathon to Welcome and Events page and put a link to the flyer.

Questions:

Rhonda: Are there specific dates for the spring and fall assemblies? **Elisa:** Not yet

IR Trainer: [Susan C] 17 IR's present. Updated my email group for current Intergroup Representatives. Emailed all on We Care List to ask if they still wished to be on the list. Called those without email (around 50 members) to let them know we were updating and ask if they wish to remain on the We Care List. Gave IR Binder away. Shopped for IR Trainer Separators. Checked for people to take info to meetings not represented.

TIP OF THE MONTH:

It costs me nothing to look for the unique and best in all whom I come in contact with, and I always find something good. It costs me nothing to let the other person know I see their special gifts. But the reward is amazingly rich wonderful!

Unfinished Business:

Distribution of updated Fall 2016 We Care List

Elections for SEAZ 2017 Board Slate/Appointments of 2017 SEAZ Committee Chairs

- Nominees read their Nomination Forms. If they hadn't last month.
- IR's voted Unanimously to approve the Board Slate
- IR's voted Unanimously to approve Neva's appointment for Committee Chairs.

New Business:

Presentation/Distribution of SEAZ 2017 Budget motion. Rhonda passed out copies, Janis read it. Rhonda clarified that amounts were based on the September Finance Report. Chris asked about the \$1112.67 Scholarship money; this amount will vary and won't really apply as is. If short, money will come from discretionary amounts.

Vision and Goals #2 – read and discuss briefly

Read from Group Handbook (page 18-20, item #6, "What does the treasurer do?") Neva noted that specific IGs may vary on all the duties. We customized it for SEAZ.

Announcements:

Nov 19th, IDEA Day event, 9:30AM-3PM, Sierra Vista, AZ

Nov 24th, Thankathon, 9AM-Noon, St James UMC

Dec 12th, Twelfth Step Within Day, visit www.oa.org for suggestions

Dec 17th, OA SEAZ Intergroup (Board meets 10AM, Intergroup meets at 10:45AM), St James UMC

Recap of Action Items done by Cheryl.

Adjourned at 12:08 with The Responsibility Pledge.

Respectfully submitted, Sara J