

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS MINUTES

October 15, 2016

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Attendance: Neva S., Chair; Elisa M., Sr. RR/Delegate; Rhonda S., Treasurer; Chris N., Substitute Secretary & IR; Diane G., Telephone; Barbara A., Special Events, IR; Cheryl L., Webmaster; Susan C., IR Trainer; Janis R, Retreat Contact; Cyndi K, IR; A; Liz P, IR; Pam R., IR; Tracy S, IR; Lynda S., IR; Jan F, IR; Leslie S., IR; Nancy R., IR.; Judith H, sub-IR; Mickey M., IR; Elizabeth, IR; Maggie M., IR; Emily R.S., 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. The sign-in sheet was passed. Cyndi read the Standing Rules.

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

Treasurer's Report: [Rhonda S.] Income from the previous month was noted as \$321.00 in Donations + \$122.00 (Other) = \$443.00. Expenses were \$217.84. Current checkbook total is \$15,574.05. Passed mail and 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.] **Region III Assembly, Austin, TX, September 9-11, 2016**

For this assembly there were **17 representatives and 4 Steering Committee members, yielding 21 voting members.** (In the spring there were 18 representatives and 5 Steering Committee members for 23 voting.)

The Friday evening segment was hosted by the TSW (Twelfth Step Within) Committee. They were a lively and entertaining group. Their statement of purpose is: "to strengthen OA by sharing information and ideas within the fellowship and to help members address relapse and recovery including: a) workshops, marathons and retreats. b) sponsorship. c) focus on membership retention. d) provide literature to address TSW concerns. e) outreach to members in relapse, communicate with members and improve communication between intergroups

The WSO website is replete with resources available to TSW service bodies.

The focus of the fall assemblies in Region III is the election of chairs for the steering committees. The open positions included: Chair and Recording Secretary. Nominations were submitted and elections were conducted. **Brenda Q was elected as Chair and Barb G was elected as Recording Secretary.**

Highlights of the 4 committees (TSW, Bylaws, PIPO, WMF): TSW will continue informational bi-monthly e-blasts; Bylaws will write a R3 Trustee job description and develop a digital assets management policy; PIPO will develop a mission statement that involves creating and testing an action plan for IGs to spread OA message to business clubs and organizations; and WMF submitted a motion, that carried, for a 5-year computer/technology replacement plan in addition to examining prudent reserves for Steering Committee travel.

My committee service was again with R3 PIPO. As requested at the Spring Assembly, I sent information about the events and activities our IG PIPO has participated in. There were many similar events (i.e. health fairs, doctors' offices, etc.) among the IGs represented on this committee. However, we did begin to engage in conversation about expanding our horizons when considering groups we reach out to. Professional organizations, associations and conferences such as EAP administrators, Mental Health America, American Society of Addiction Medicine, Arizona Center for Integrative Medicine were cited as examples. This was a very productive exercise in opening up new possibilities for outreach.

I did follow up with the R3 Treasurer, Elaine, to point out that **SEAZ IG group donations** had not been reflected correctly on her report through July, 2016. This was also the case reported by other IGs and she will correct those errors with an amended report.

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] (Report read by Chris N) Connie T wrote a report on the Red Road to Wellbriety Health Fair at San Xavier Rec Center: There were between 350 and 400 people who attended the celebration. The raffle was done differently this year: We gave out tickets to people who stopped by our table so that they would have chance to win our specific basket with OA items.

There were 4 OA women who sat at our table: Margie, Mary H, Junardi, Tracy S. All 4 women reported a lot of people coming to the table and asking questions about OA. There was more activity at our table than ever before so a realistic guesstimate would be 150-250 people.

Having the table there resulted in our efforts now to start an OA meeting in Sells.

We got another invitation to share OA: Cenpatico Integrated Care in conjunction with Interfaith Community Services in Tucson will be hosting a Lunch and Learn on October 27th called The Many Facets of Addiction: A Community Response Toward Recovery. Our audience is predominately congregants and leaders in the faith community – usually about 200 in attendance. We should have enough literature.

We already have 2 volunteers to sit at our table and share OA's message: Jan H and Elizabeth so we are good to go.

Lifeline and Resource Library: [Open] Janis/Neva mentioned that this committee might be reworked to meet Intergroup needs as no chair over several years.

Meeting List: [Gina B] Read by Diane G. Report Summary for Minutes: Changes were made as submitted from the secretary, and copies available for distribution. Report: The only change that I received was the meeting cancellation on Wednesday at 6pm.

Newsletter: [Peggy P and Darlyn R] Read by Nancy 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 Action in the September/October issue. Hard copies should be available at individual OA meetings, and through on-line distribution from the newsletter website. For the November/December edition, the Tools featured will be "Service" and "Anonymity". 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@oasoutheraz.org, or to the personal email of Peggy or Darlyn. Deadline for submission is Saturday, November 05, 2016

Telephone: [Diane G.] 43 total billed calls: 4 messages left; 4 calls returned.

Special Events: [Barbara A] Idea Day Flyer for November 19 in Sierra Vista is available on the web as well as to IRs. Thank you to Junardi and Althea who are joining the Thank-a-thon planning committee. We meet again this Wednesday, 10 A.M. at Sally's home and we welcome all to help us plan. The flyer for the above event is on the back table to take back to meetings and will be on the web site as well as at the ALIVE! in Recovery Retreat.

Retreat Committee: [read by Janis R, Secretary of Retreat Committee] 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. The retreat theme is **ALIVE! in Recovery**. As of October 1, we have 50 beds available and 50 beds taken with one name on a waiting list. The Monastery has asked us to limit our group to 65 so we are able to accommodate 15 Saturday only requests and we have 10 registrations. We will update this information at Intergroup. Our committee will be meeting today for our last pre-retreat meeting. Chris has been busy gathering clothing donations for the retreat's clothing exchange and Ari has been busy coordinating the baskets for the basket raffle. Our final report on the retreat will be presented at the November 12th Intergroup meeting.

Twelfth Step Within: [Open]

Website: [Cheryl]: Reported that she updated the website.

Questions: Clarified the Region III coming event of Fall 2018 and Rhonda reminded committees to turn in copies of the receipts for reimbursement.

IR Trainer: [Susan C] _14 IR's present. Information delivered to meetings not present. Activities September 2016: Updated my email group for current Intergroup Representatives. Prepared and Reported IR Trainer Budget for 2017. Also would like to share with IR's a **special tip** that has been helpful for me. I think of and classify the IR 3 Ring Binder in TWO parts as Follows:

PART A: Permanent/ Reference Documents This includes: SEAZ Intergroup Calendar, Bylaws, Standing Rules, Policy Manual, .Parliamentary Procedures, Job Descriptions, Strong Meeting Checklist, Service Structure , IR's & Right of Decision, Intergroup Visions & Goals, Intergroup Inventory and OA Handbook and Twelve Concepts of Service *These documents may or may not require annual updates for minor changes.*

PART B: Monthly Reports which should all be read in preparation for Intergroup meetings. But not all need to necessarily be printed. What needs printing is information and/or Flyers to bring to group this would include New Meeting Lists, We Care List, Motions and if your group made financial contribution a Financial Report showing your Group's donation. All else is the discretion of IR and their group.

THE OTHER TIP of the month Miracles are natural, when they do not appear something has gone wrong. The perfect place to correct wrong and find our miracles is promised to us through our OA program

Unfinished Business: Susan collected We Care update information from IR's and requested remainder to be sent via email or snail mail to her no later than 10/31 so that newest update can be distributed at November's Intergroup.

New Business:

Neva reported that a member contacted her concerning her phone number being linked in a Google search that brought up OA. Neva asked IR's to remind their members that due to the current technology, that though we do not have the We Care List or the Intergroup Address List posted on the website; contact information for meetings, IR first names and phone numbers are listed for future members to contact about a meeting. Therefore we are not completely ANONYMOUS so be aware of where you place your name/phone.

Presentation of SEAZ 2017 Board slate, Emily read her application as she is unable to attend Intergroup next month, Cheryl, Janis, Chris N. and Rhonda also read their applications. IR's instructed to take slate back to their groups for a vote at November's IG. Susan mentioned that board/committee chair applications could be accepted from the floor if they presented them in person. If there were floor applications, then the IR's would vote their conscience if there were more than one position application. Also to let groups know that team chairing works well, two persons job sharing a position. IR's currently on the slate could vote their group's decision.

Appointment of ad hoc Budget Committee: Rhonda reported they have the committee set though they could accept another member if someone desired to be part of the committee. No volunteers from the floor.

Vision and Goals #1 – read and discuss: PIPO: Barbara will bring OA Interest cards to the Intergroup to give out to IR's to give to their group. Someone suggested #4: give a personal shoulder tap to someone to do IR or committee chair service. Read from Group Handbook (page 15 bottom - 18, item #5, "What does the Secretary do?")

Announcements:

Oct 15th, 12:45PM, Retreat Planning Committee meeting, St. James UMC

Oct 28-30th, SEAZ Fall Retreat at Holy Trinity Monastery, St. David, AZ

Nov 12th, SEAZ Intergroup meets at St. James UMC (Board at 10AM, IG at 10:45AM)

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

Nov 24th, Thankathon, 9AM-Noon, St James UMC; 6:30 Sierra Vista Candlelight Meeting on Thanksgiving

Recap of Action Items done by Cheryl.

Adjourned at 12:30 with The Responsibility Pledge.

Respectfully submitted, Chris N, Substitute Secretary