

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

MINUTES

September 17, 2016

www.oasouthernaz.org

Attendance: Neva S., Chair; Elisa M., Sr. RR/Delegate; Rhonda S., Treasurer; Sara J., Secretary; Diane G., Telephone; Barbara A., Special Events, IR; Gina B., Meeting List; Cheryl L., Webmaster; Susan C., IR Trainer; Janis R, Retreat Contact, sub-IR; Cyndi K, IR; Andy M., IR; Chris N., IR; Ari K., IR; Liz P, IR; Jane C., IR; Pam R., IR; Sandra R. sub-IR; Tracy S, IR; Lynda S., IR; Jan F, IR; Leslie S., IR; Nancy R., IR.; Judith H, sub-IR; Tere F, sub-IR.

Call to Order: At 10:47 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 August 20, 2016 IG meeting were accepted as submitted electronically.

Treasurer's Report: [Rhonda S.] Income from the previous month was noted as \$532.80 in Donations. Expenses were \$1,607.49. Current checkbook total is \$15,318.90. \$300 was sent to Region 3 and \$600 to WSO.

Committee Reports:

Delegate/Region Rep: [Elisa M.] Attended Region III Assembly this past weekend, 9/9 to 9/11. Will prepare report for next month.

Public Information/Professional Outreach (PIPO): [Open] [Acting facilitator: Sara J] The Red Road to Wellbriety Health Fair at San Xavier Rec Center is going on now. Connie T and I arranged for about 6 members to be at the OA table at different times of the day. It's their 10th Annual and they are expecting hundreds of people. Ways and Means supplied 2 beautiful journals to go with a Voices of Recovery and some pens for the door prize. We just got another invitation to share OA. Here is the copy of the email:

[Cenpatico Integrated Care in conjunction with Interfaith Community Services in Tucson will be hosting a Lunch and Learn on October 27th on the topic of addiction. I am reaching out to see if OA would like to person a booth to share information on the programs that they offer. Our audience is predominately congregants and leaders in the faith community – usually about 200 in attendance.](#)

That is the only information I have now since the person who sent the email was out on Friday. I will have more details next week.

Lifeline and Resource Library: [Open]

Meeting List: [Gina B] Changes were made as submitted from the secretary, and copies available for distribution. Wednesday 6 pm meeting title updated, Seeking the Power meeting contact position is now open, Welcome Home Wednesday meeting IR has changed.

Newsletter: [Peggy P and Darlyn R, Nancy R sub for Peggy, Neva read the report] 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 these tools 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 Saturday, December 05, 2016.

Telephone: [Diane G.] 47 total billed calls: 2 messages left; 2 calls returned. Need 2 people, 2 different days to receive and return calls. Doesn't take much time.

Special Events: [Barbara A] Budget has been completed for 2017 and now includes a line item for Idea Day and Unity Day and a possible late spring 2017 special event.

Thank a Thon preparations are in process. The flyer will be coming out within the next 2 wks.. The event will continue in the same pattern as previous Thank a Thon events, with 3 individual meetings (9 to 9:50 AM, 10 to 10:50 AM and 11 to 11:50 AM) at St James Methodist Church. There is a need for helpers to set up 8:30 AM and a different set of helpers to unsetup: 12 noon. Please call Barbara Agee at 548-0904 for this wonderful service opportunity.

The Idea Day flyer is out. See our Web Site. Also copies available.

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.

Our committee is busy planning for our October meeting where we will be completing the participant folders. Collection for the clothing exchange is underway and the sorting party will be held at Chris N.'s home on Oct. 23. *Keep donations coming.* Marti has emailed the committee that as of Sept. 6 we have received 33 registrations for the weekend and 3 for Saturday only. Sharon is our liaison with the Monastery and she has verified the number of beds available to us as 45. The registration flyer and other flyers for the retreat are posted on our www.oasouthernaz.org website. We'd like another

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. 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 after the Intergroup meeting at 12:45 through October.
All beds filled. Starting a waiting list for possibly more beds and cancellations.

Twelfth Step Within: [Open]

Website: [Cheryl]: Posted Call to Action for July (not August). Updated Meeting List as needed. Updated IG Minutes & Agenda Archives. Submitted budget request for 2017 to Rhonda.

Questions:

Verified times for need for phone volunteers on Thursday and Friday. Susan volunteered for Thursday.

Repeat details for Lunch & Learn Event.

Barbara suggested that the old meeting lists in Professional Packets be exchanged for new ones

IR Trainer: [Susan C] 18 IR's present. Information delivered to meetings not present. Activities August 2016: Checked supply of IR ready printed documents against website and updated as necessary. Prepared five sets of document handouts and completed two IR trainer 3 ring binder handouts. Updated my email group for current intergroup representatives
Tip of the Month: To change my habits, I must change my beliefs

Unfinished Business:

- Open SEAZ Board/Committee Chair positions. All IRs are encouraged to start looking into committee positions for next year and all OA members are encouraged to check out an IG meeting to see that it's not so scary and that we are just regular OA members.
- All 2017 Committee Budget estimates have been turned in to the Treasurer.

New Business:

- Motion to transfer funds from Special Events to Retreat budget line. Janis made the motion. Sandra seconded it. Passed unanimously.
- Appointment of Nominating Committee for 2017 SEAZ Board positions. Janis volunteered and explained that they would just meet by phone and email calling people to suggest that they volunteer. Neva described what the committee involves and that it is only really active for a month.
- Nominations are now open for 2017 SEAZ Board and Committee Chair positions. All positions are open except Sara is willing to be secretary for another year.
- Vision and Goals #3 – read and discuss: Attracting and retaining newcomers:
 - Newcomer meetings.
 - Newcomer meetings 15 minutes before the meeting for members to share that OA means to them and to answer questions.
 - At bigger meetings, offer a separate smaller meeting for newcomers
 - Add a column to the meeting's We Care List: "If you want a call, check here"
 - Go through Doctor's Opinion with newcomers
 - oa.org has guidelines
 - Someone should be there early to greet and give out a Newcomer's Packet (or give them the packet after the meeting, so they aren't looking through it during the meeting) The importance of the human element right away: hand shake before or after meeting
 - If it is a Step Meeting, at the beginning of the meeting, have someone share what OA is doing for them
 - The pocket card with Steps, etc has a spot on it for phone numbers as does the Welcome Packet
- Read from Group Handbook (page 13-15, Getting Things Done ..., items 1-3)

Announcements:

- Sept 17th, 12:45PM, Retreat Planning Committee meeting, St. James UMC
- Oct 15th, 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
- November 19th, 9:30 – 3:00, IDEA DAY in Sierra Vista

Recap of Action Items done by Cheryl.

Adjourned at with The Responsibility Pledge.

Respectfully submitted, Sara J, Secretary