

# SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

## MINUTES

July 16, 2016

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

**Attendance:** Neva S., Chair; Elisa M., Sr. RR/Delegate; Rhonda S., Treasurer; Sara J., Secretary; Diane G., Telephone; Peggy P, Newsletter and IR; Gina B., Meeting List; Cheryl L., Webmaster; Susan C., IR Trainer; Barbara A., IR; Cyndi K., IR; Andy M., IR; Connie T, IR; Chris N., IR; Ari K., IR; Vivianne H., IR; Pam R., IR; Maggie M., IR; Nora G., IR; Jan F, IR; Leslie S., IR; Nancy R., IR; Dlyn F., Substitute IR; Jane C, 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 new sign in sheet was explained again and was passed. Pam read the Standing Rules.

**Secretary:** [Sara J] The minutes from the June 18, 2016 IG meeting were accepted as submitted electronically.

**Treasurer's Report:** [Rhonda S.] Income from the previous month was noted as \$454.00 in Donations. Expenses were \$195.54. Current checkbook total is \$16,013.56. Rhonda pointed out that the reason we have a big balance is because we have so many open committees so their funds are waiting for someone to use them. The 7th Tradition envelope was passed. Last month's mail was passed including 2 flyers for events in other states.

### Committee Reports:

**Delegate/Region Rep:** [Elisa M.] The WSBC Unity with Diversity sub-committee, on which I participated, met its timeline and completed the final draft of the Powerpoint presentation. This will now be submitted to the Board of Trustees for review and, hopefully, approval. The next event for this representative will be the Fall Region III assembly in Austin, TX occurring September 9th-11th.

**Public Information/Professional Outreach (PIPO):** [Open] Barbara A and Althea will be putting together more Doctor Packets to bring to IG next month for IRs to take to their meetings.

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

**Meeting List:** [Gina B.] Changes were made as submitted from the secretary, and copies available for distribution. Report: The Monday 5:30, *Reading Writing and Recovery* meeting got a new contact person, and their IR position is now vacant. The Junior Delegate position is now OPEN on the meeting list.

**Newsletter:** [Peggy P and Darlyn R] Deadline for article submission is 9/5/16. The topic is "Plan of Action". Copies of the previous newsletter were available. There is a record of people receiving the newsletter at 244. Peggy asked that if anyone wants to be added or subtracted from the list to let her know. They had so many submissions that they have some left for the next issue. Flyers for the WSO and Retreat (including registration form and request for clothing) were emailed to those who are on the Newsletter list.

**Telephone:** [Diane G.] 39 total billed calls; 0 messages left; 0 calls 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.

The registration flyer is being distributed at today's Intergroup meeting and is posted on the [www.oasouthernaz.org](http://www.oasouthernaz.org) website. We also have clothing exchange flyers and flyers for IRs to share at their meetings to promote the retreat and the raffle baskets we're asking meetings to provide if they'd like. IRs, please discuss at your group conscience meetings whether or not your meeting would like to create and donate a basket to the retreat and let us know at August's Intergroup what your group decided. Thanks for your attention to this request.

At the meeting today at 12:45, the committee will participate in a craft activity as a preview for the retreat. Games and the clothing exchange will be available for open times at the retreat and on Saturday night there'll be a singalong 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 Retreat Registration and Basket Raffle Flyer

### Questions:

Are full scholarships for the retreat available? The retreat committee decided "no".

How many are expected at the retreat? 45

**IR Trainer:** [Susan C] 15 IR's present. Information delivered to meetings not present. Activities for the previous month: Updated my email group for current Intergroup Representatives. Final Completion of We Care List. Obtained 100 copies of We Care List & distributed than at June Intergroup. Working on New Form of collecting information for We Care List  
TIP of the month: To play piano at Carnegie Hall I must practice, practice, practice. To be abstinent, I must practice, practice, and practice

**Unfinished Business:**

Unanimous vote to rescind the motion: "To add an OA phone listing in the following white pages: Yuma, Safford, Bisbee, Benson, Patagonia". It is really a matter of housekeeping since the phone company only allows 3.

Rhonda gave a presentation on what being Special Events Chair does and does not do. Barbara A took the position. [Applause]

Sara shared about the purpose of PIPO. It was too long so Rhonda is going to make bullet points and it will be given to IR's to read at meetings.

Open SEAZ Board positions – Vice Chair (for 6 months), Jr. RR/Delegate (for 18 months), and IR's asked to encourage qualified members to apply.

Open Committee Chair positions – PIPO, Lifeline/Resource Library, TSW.

**New Business:**

Vision and Goals #1 "Engaging beyond Meetings" – read by Cheryl and was discussed. Ideas: Have IR's share how there experience has been; tap people's shoulders to suggest sponsorship; raise hands in meeting for Home Group members and those willing to be a temporary sponsor; Have IRs distribute the meeting info cards to members. The focus of the V&Gs for this year is "Individuals carrying the Message".

Read from Group Handbook (pages 12 & 13) "How to Keep Them Coming Back.

**Announcements:**

July 16th, 12:45PM, Retreat Planning Committee meeting, St. James UMC  
August 20th, SEAZ Intergroup meets at St. James UMC (Board at 10AM, IG at 10:45AM)  
Sept. 1-4th, OA World Service Convention (fun!), Boston, see flyer at [www.oa.org](http://www.oa.org).  
Sept. 9-11th, Region III Assembly/Convention, Austin, TX, "Keep Recovery Weird"

**Recap of Action Items** done by Cheryl.

Adjourned around noon with The Responsibility Pledge.

Respectfully submitted, Sara J, Secretary