

# SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

## MINUTES

June 18, 2016

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

**Attendance:** Neva S., Chair; Elisa M., Sr. RR/Delegate; Chris N., IR & Substitute Secretary; Diane G., Telephone; Cheryl L., Webmaster; Susan C., IR Trainer; Connie T, IR; Ari K., IR; Liz P., IR; Pam R., IR; Sandra R, IR; Tracy S., IR; Lynda S., IR; Jan F, IR; Nancy R., IR; Judy G., IR; Judith H, Substitute IR; Chris C, Substitute IR.

**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 passed. Judith read the Standing Rules.

**Substitute Secretary:** [Chris Nunn] The minutes from the May 21, 2016 IG meeting were accepted as submitted electronically.

**Treasurer's Report:** [Rhonda S.] Income from the previous month was noted as \$292.98 in Donations. Expenses were \$1,634.90. Current checkbook total is \$15,755.10. The 7th Tradition envelope was passed. Last month's mail was passed. (Seven months ago, it was decided to do a budget audit every 6 months. Today, Rhonda, Elisa and Nancy R will stay after the meeting for about 5 minutes to check if any adjustments need to be addressed. This was not addressed, Rhonda absent.)

### Committee Reports:

**Delegate/Region Rep:** [Elisa M.] (This event occurred only two weeks prior to the World Service Business Conference and is now being reported.) Region III comprises 7 states: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas and Utah. "The assembly of IG (intergroup) representatives is the group conscience of the IGs of Region III. The purpose of the Region, as expressed in our bylaws, is to help carry the message of OA recovery to the still-suffering compulsive overeater."

There were a total of 18 representatives added to 5 Steering Committee members, yielding 23 voting members. There are 24 IGs in Region III; therefore, not all were represented and one or two IGs had more than one representative.

Friday's Trouble Shooting Workshop focused on the topic of promoting unity and diminishing an "us vs. them" mentality. The differences sometimes have focused on food plans, different literature and meeting formats. The primary outgrowth of the workshop was to be ever mindful that we are all OA.

I was asked to serve as one of seven representatives who participated in the audit for Region III. This is a procedure conducted at both the Spring and Fall assemblies.

Highlights of business included full discussion of six amendments. (Prior to this there were 10 items on the Consent Agenda that were briefly described and approved.) Four of the six amendments were passed and essentially involved updating or removing certain committee member service requirements. Two amendments were withdrawn for further review, one involving the need for human oversight in some aspects of newer technology and the other item addressed increasing prudent reserve for Region III.

Highlights of committees resulted from working lunches for 12th Step Within (TSW), By-laws, Ways/Means/Finance (W&M) and Public Outreach and Public Information (PIPO). TSW proposed increasing workshops, improving communication and sharing ideas between different OA service bodies. By-laws will research other regions' trustee goals and examine other regions' by-laws. W&M will update the auditing procedure and insure 3 different states are involved in the process, revise handbook, explore fundraising and further investigate the Prudent Reserve amendment. PIPO will investigate upcoming trade show participation and research individual IGs for successful PIPO events. I served on the PIPO committee and will consult with our own SEAZ IG to look at previous events and forward information to the Region III PIPO committee chair.

Upcoming assemblies will occur

September (Fall), 2016 in Austin, TX

Spring, 2017 in Dallas, TX

Fall, 2017 in Denver, CO

Spring, 2018 in Salt Lake City, UT

Fall, 2018 in Colorado Springs, CO

SEAZ IG contributed a total of \$1715.79 to Region III with \$1265.00 representing half of the proceeds from the SEAZ IG raffle and the remaining \$450.79 contributed by 18 individual meetings within our IG. (SEAZ IG has 33 meetings)

The next event in which region representatives will be participating is the fall assembly in September occurring in Austin, TX.

**Public Information/Professional Outreach (PIPO):** [Open] 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, read by Neva] Report Summary for Minutes: Changes were made as submitted from the secretary, and copies available for distribution. Report: There were some contact people and IR changes, as well as a meeting time and location. All changes were made as submitted from the secretary following May's intergroup meeting.

**Newsletter:** [Peggy P and Darlyn R] Read by Neva, Deadline for article submission is 7/5/16, the topic is tools of writing and literature (get Peggy's report), the newsletter will be available next IG.

**Telephone:** [Diane G.] 40 total billed calls; 6 messages left; 6 calls returned. Spanish speaking portion was added to telephone message this month.

**Special Events: Retreat Committee:** [written by Janis R, Secretary of Retreat Committee; read by Chris C.] 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 will be distributed at the July Intergroup meeting and posted on the [www.oasouthernaz.org](http://www.oasouthernaz.org) website at the same time. We'll also have 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. 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 sing-along 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. Added need for Vice Chair and Junior Delegate/Region Rep.

**Questions:** When will retreat registration flyer be available? In July on website and at Intergroup  
Can we register for retreat on line? No, but flyers/registration forms will be available on website and at Intergroup in July  
How does our Intergroup financial support compare to Phoenix Intergroup in Region III? Due to fund raising specifically for Region III, we did better than Phoenix this year but comparable in other years. Groups reminded to put group # on checks when contributing to Region III so groups credited.

**IR Trainer:** [Susan C] 14 IR's present. Information delivered to meetings not present. Activities for the previous month: Updated my email group for current Intergroup Representatives. Called members without email addresses and asked them if they wish to remain on the list. Deleted: 1. Bad Numbers, 2. Message not returned, 3. Asked to be deleted. Complete adding and deleting members on the Spring 2016 We Care List. (Final approximation: Over 70 added on and over 65 deleted). Emailed We Care to all members on the list with an Email address. IR's again encouraged to create an e-mail list within their group to facilitate distribution of Intergroup information.  
TIP of the month: Eat my greens and I'll be lean.

#### **Unfinished Business:**

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, Special Events, TSW. Rhonda will present information concerning combining committee chair positions next month.

#### **New Business:**

PIPO pamphlets made by Barb A distributed to IR's present for their meetings.

Vision and Goals #3 – read by Cheryl and discuss

Connie mentioned her new group started 6 months ago but now has 8 'solid' people attending and the group has 'jelled', encouraged all to be open to starting a new meeting if the need is there.

Judith suggested using the 'carry the message' pamphlet in meetings

Has a 'newcomer corner' been added to the newsletter? Liz will write something for the newsletter geared toward newcomers (by July 5).

It was mentioned that many people leave at the 4<sup>th</sup> step, suggested using the simpler Big Book Method.

Suggested long timers call newcomers if leaves phone # at meeting to answer questions.

Consider temporary sponsorship, 'big sister' available for questions.

Encourage sponsees to come to intergroup.

Read from Group Handbook (page 8, Getting Started in a Small Community, thru end of page 11)

#### **Announcements:**

June 18th, 12:45PM, Retreat Planning Committee meeting, St. James UMC

July 16th, 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 at 11:49 AM with The Responsibility Pledge.

Respectfully submitted, Chris Nunn, Substitute Secretary