

## Minutes SEAZ Intergroup of Overeaters Anonymous

Apr 15, 2017 | [www.oasouthernaz.org](http://www.oasouthernaz.org)

**Attendance:** Beth M, Chair; Jill S, vice-chair; Emily RS, secretary; Sara J, treasurer; Chris N, Jr. RR/Delegate; Janet G, PIPO; Barbara A, Special Events; Nan B, Website; Cheryl L, IR Trainer; Andy M, IR; Christine K, IR; Judith H, IR sub; Timi R, IR; Jan F, IR; Judy G, IR; Becky, IR sub; Valerie O, IR; Elizabeth E, IR

**Call to Order:** At 10:50AM. Beth asked those in attendance to silence their cell phones and led the Serenity Prayer. Standing Rules: Does Everyone Have a Copy (extra copies provided). Introductions and Sign-in happened while reading 12 Traditions and 12 Concepts.

**Minutes [Emily]:** The minutes from the March 18, 2017 IG meeting were accepted as submitted electronically

**Treasurer's Report [Sara]:** Income from previous month was noted as \$1,257.70 which included group donations, special events and other and \$xxx for the scholarship fund. Expenses were \$520.99. Current checkbook total is \$15,792.74. Mail announced /passed and 7<sup>th</sup> Tradition envelope was passed.

### Committee Reports:

**RR/Delegates [Sr. Delegate, Region Reps: Rhonda S. Sr [excused]; Chris N. Jr.]:** First, want to say how very proud we are to be a part of the SEAZ OA Intergroup. We are large (number of IGs that attend meetings monthly and number of groups with IRs). There were only 21 Region Reps who were able to attend this conference in Dallas. There was a message that we heard through the Region Reps' meetings and that was Region 3 needs more money to possibly send more reps to the conferences. At the assembly, a Lifeline donation was collected and 7 Lifeline on line subscriptions were awarded (\$160 collected). Everyone on the Board and the other participants warmly greeted Chris and me. Friday night we attended an opening panel of speakers who spoke on steps 1, 2 and 3. They were excellent and we bought their CD. Saturday night we heard the main speaker from Utah and she was also terrific. We bought her CD also. Lots of weight loss by the speakers. We think they lost about 4 people in combined weight loss. That was amazing to see and hear. One woman, the parliamentarian lost 205 pounds. Sunday morning the speakers were also great and we bought that CD also. Chris and I became part of 2 different committees-Chris was on the by-laws committee and I was on the ways and means/finance. Chris' group came up with suggestions for by-law changes for next spring's convention. The Ways and Means committee is going to develop a needs assessment tool to explore the reasons why groups can and cannot send Region Reps. A Region III motion passed to reduce the number of committees from 6 to 4 incorporating the deleted committees into subcommittees of the 4 so that there would be enough representation on each of these committees considering the RR present. (Unity with Diversity will be under Twelfth Step Within; Communication will be a subcommittee under Public Information/Professional outreach.) We were the largest Intergroup donator to Region III for 2015-2016 and second in 2016-2017 (Phoenix being first).

Region Treasurer's report: <https://drive.google.com/file/d/0B0oww1YPzu63YkRQZ1BjZnFRR00/view?usp=sharing> Trustees report highlighted WSO issues: Wanting to decrease WSBC by one day and start on Wednesday could save WSO \$200/delegate/year (they lose money consistently on this event) and motion to present at WSBC going to every other year to again save financially. The first available date to reserve for a convention is not until Spring 2020 or Fall 2021. We did not know if we should reserve that date without talking to our Intergroup (Phoenix claimed Fall 2020).

Fall (9/14-17) 2017	Denver, Colorado
Spring 2018	Salt Lake City, Utah
Fall 2018	Colorado Springs, Colorado
Spring 2019	San Antonio, Texas
Fall 2019	Las Vegas, Nevada
Spring 2020	<i>open</i>
Fall 2020	Phoenix, Arizona
Fall 2021	<i>open</i>

Once again Chris' creations made lots of money for the SEAZ Ways and Means Committee. Dallas OA people bought a fair share of what she brought. Kudos to Chris for schlepping all the crafts!! We are looking forward to the next convention in Denver.

**Public Information/Professional Outreach (PIPO) [Janet G.]:** Two members of OA did a taped interview to be aired at a later date on Mark Mclemore's NPR show Arizona Spotlight. The library project was completed with the help of Ann, Jane and Lauren. We delivered to the main library 27 envelopes filled with 52 posters, 395 pamphlets, meeting lists and about 50 Lifelines. They will be delivered and distributed by a library employee to each site. By the end of the month letters and information will be mailed to the Clergy. Tucson – 347 mailings and outlying areas – 297 mailings. Mailing includes letter to the clergy, OA pamphlet for clergy, OA pamphlet is Food A Problem for You and a current meeting list. Want to thank all the people who worked on both the library and clergy project. Ad posters on city buses project is ongoing. Future plans are contacting healthcare professionals and staffing appropriate events. Both of which are labor intensive.

**Meeting List [Leslie S., excused]:** The following changes were made. Elisa M. at 520-299-3200 is the new contact person for the Tucson Sunday Seeking the Power 5:30 to 6:30 p.m. meeting. Michael A. at 847-370-5845 is the new contact person for the Tucson Thursday Seeking The Spiritual Path 10:45 a.m. to 11:45 a.m. meeting. The Tucson New Beginnings Friday 10:30 to 11:30 a.m. meeting is closing. The Tucson Saturday morning Study Group, 9:00 to 10:00 a.m. added a note - enter off of back parking lot. The Safford Tuesday 7:30 to 8:30 p.m. meeting is closing.

**Newsletter [Hannah D., Alex J. excused]:** We produced our first newsletter last month! Barring a few difficulties with some people not receiving it via email, everything went smoothly. I'm not sure how many copies we printed or how much it cost, Alex was in charge of that. We received one submission via email from a member; we're hoping to receive more in the upcoming months once people become more familiar with us. The theme for the next newsletter is "Abstinence in Dry Times" and the deadline for submissions is May 5. Other than that, things are going smoothly!

**Phone [Gina B., excused]:** There were 9 billed calls. There was 1 message and 1 returned call.

**Special Events [Barbara A.]:** Report Summary for Minutes: The April 8th party with great music by Cheryl and Carl L filled Sally Hick's home with 17 OA'ers. A sing-a-long, jokes, sharing, and lots of laughter. The next event is planned for July. Thank you, Sally for opening your home. Next meeting TBD and may be a movie at Sally's home.

**Retreat Committee Meeting today after Intergroup [Barbara R, Linda J]:** The theme is Growing in Recovery. Our goal is to make the retreat accessible to and helpful for people at all stages of recovery, from newcomer to long-timer, relapsed to abstinent, and to send people away renewed and re-energized in their commitment. Today we will finalize the retreat format from three separate options: have a single leader for the entire retreat, a combination of outside speaker and local resource people, or a program using only local resources. Going forward, we will be asking you to help identify members who might fill a role as a session speaker or panel member, so please start thinking about people you know with strong recovery and who communicate well, whether as recent members or long-timers.

**Ways/Means Committee [Chris N]:** Verbal report only. Chris took Ways and Means crafts to the Dallas Region III Convention and Assembly and made \$227.00. All monies were brought back to SEAZ IG. Motion will be made as how to distribute money.

**Twelfth-Step Within [Janis R [excused], Roni B]:** Twelve names have been submitted for the TSW Committee's intensive 15 meetings working the 12 Steps this summer. We are notifying those people at this time and the first 2 hour meeting will be held at Roni's on Tuesday June 13 at 5:30 pm. Subsequent meetings will be held weekly on the same day and time alternating between Janis' and Roni's homes. A suggestion was made to the TSW Committee about hosting a Relapse Recovery/Prevention Workshop and we are planning it for the evening of July 21 (Friday) and continuing the day of July 22 (Saturday) at St James. We will host a speaker from Region 3 and local members sharing their experience, strength, and hope. We are willing to do reruns of the Pamphlet Workshop in other SEAZ cities and we will negotiate dates and times as requests are made to us.

**Website [Nan B.]:** Made routine monthly updates to website, including: updating Call to Action, updating meeting list, adding Intergroup agenda and minutes to archives and editing events on Home page and Events page. Stefanie fielded one email from the site notifying us of a meeting cancellation in Safford. Please note that I will be on vacation from April 17 to May 2. I will be checking email periodically but may be slow to respond or attend to web maintenance. Thanks for your understanding.

#### **Questions for Committee Chairs:**

A member suggested old printed newsletters could be collected from OA membership and left at doctor offices and at events where a PIPO table is present. Old newsletters have outdated meeting list information as well as contact names and numbers for meetings. It was decided that more IRs need to be present to vote at the IG meeting if old newsletters can be distributed or not. Discussion is tabled for now.

There was discussion that many did not receive the electronic form of the newsletter via email. Beth will be working with Hannah and Alex to correct this. Nan reminded the membership that an electronic copy of the newsletter can be found on our website.

**IR Training [Cheryl L.]** IRs present 11 (new/alternates) Mail/hand deliver information to meetings not represented. As promised, I purchased 20 copies of the 12 Concepts pamphlets, to assure that all IG members have the latest version. I sent out emails to all those, whose addresses were listed on the We Care List, asking them to check their information and notify me if they want to leave it alone, make changes, or remove it. I also sent, through Beth, instructions to IRs to pass around the current list and a form for

new listing. The deadline for submitting changes is May 13. The new We Care List should be available at the May 20 Intergroup meeting. I was unable to hold a training session for interested IRs this last month, but will have one on Saturday, May 13. at 1 PM. It will be at my home, near Golf Links and Wilmot, unless I find somewhere more central. I will distribute a small flyer at Intergroup.

### **Unfinished Business:**

Volunteer Signup Sheet to be returned by IG Reps [Jill S]: IRs were requested to turn in the volunteer forms that were distributed at the March IG meeting. Some were brought and turned in. Jill requested to please bring your form in to the May IG meeting. Blank forms can be found on the Google Drive in the 'OA\_FormsAndDocuments' folder.

Name Change Survey: Southeastern AZ IG of OA to Southern AZ IG of OA, group feedback [Jill S]: IRs were requested to share their respective meeting's feedback regarding our proposed IG name change. Most groups had positive feedback including wanting to make sure our IG is inclusive for all our represented areas. There were questions from some groups asking about cost and difficulty. Chris N read the original proposal suggesting a nominal cost associated with changing the name. This will be a by-laws proposal that will most likely be presented in June and voted in the July IG meeting. Only IRs that are present at the July IG meeting will be able to vote.

### **New Business:**

Ways and Means proposal: funds from selling at OA World Service Business Conference [Chris N]:

**Motion: Propose to donate a portion of the proceeds (50%) from SEAZ Intergroup Ways and Means sales at Region and WSO events to the corresponding entity (Region III or WSO).** The motion, intent, implementation, cost, background, argument and history were read in its entirety. Discussion followed and IRs wanted to know if the split would be for any monies made from Ways and Means sales. Chris stated the motion only pertains to items sold at Region and WSO events. Judy G seconded the motion. The motion was passed unanimously.

Public Information/Professional outreach budget motion funds request [Beth M, Janet G]:

**Motion: Request for additional funding for Public Information, Professional Outreach Committee.** The motion, intent, implementation, cost, background, argument and history were read in its entirety. Discussion followed and Janet stated the bus ad would be plastic, displayed in 8 buses for 1 year with rotating routes. The purpose of the advertisement is to increase consciousness of OA and not necessarily to increase membership. The monies PIPO is requesting are available for use as SEAZ has been carrying a surplus for the last 5 years. Emily will form a committee of past and current treasurers, past and current chairs, and any other OA members interested in looking at the past budgets and the rationale for having an accumulation of funds in the past. The information gathered at this meeting will be presented during IG before SEAZ will proceed with any budgetary changes for the 2018 budget proposal. Jill S seconded the motion. Motion was passed unanimously.

**Vision/Goals:** Pathway 4, Financial Health [Jill]: We read only suggested task #1. Sara is still looking for the contact emails of all group treasurers. Request will be listed in the Call To Action. Jill will bring copies of the Visions document for future IG meetings.

We went around the room reading the Group Handbook (page 23, #13 and #14)

### **Announcements (through June 2017)**

TODAY: Retreat Planning Committee after Intergroup, here

May 1-6 World Service Business Conference

May 20, OA SEAZ Intergroup, 10:45 – 12:30, St. James

May 20, Retreat Planning Committee after Intergroup

June 13, Twelfth Step Within Committee 15-Week Workshop Begin

June 23, 24, 25 Courage to Change 2017 Summer Retreat (Prescott AZ, ASDI)

### **Recap of Action Items [Nan B.]**

**Adjourned 12:28PM with the Responsibility Pledge**