

SEAZ Intergroup of Overeaters Anonymous
Feb 18, 2017 Minutes | www.oasouthernaz.org

Attendance: Beth M, Chair; Jill S, vice-chair; Emily RS, secretary; Sara J, treasurer; Rhonda S, Sr. RR/Delegate; Chris N, Jr. RR/Delegate; Janet G, PIPO; Janis R, 12 Step Within; Leslie S, Meeting List; Barbara A, Special Events; Nan B, Website; Gina B, Telephone; Andy M, IR; Christine K, IR; Pat D, IR; Linda J, IR; Peggy P, IR; Jan F, IR; Nancy R, IR; Hannah R, IR; Valerie O, IR; Ari K, IR

Call to Order: At 10:47AM. 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 while reading 12 Traditions and 12 Concepts.

Minutes [Emily]: The minutes from the January 21, 2017 IG meeting were accepted as submitted electronically.

Treasurer's Report [Sara]: Sara changed layout of spreadsheet and will include gridlines in future spreadsheets. Income from previous month was noted as \$429.20 which included group donations, special events and other. Expenses were \$1,198.20. Current checkbook total is \$16,143.64. Janis R had questions about the numbers and Sara and Janis R reviewed spreadsheet after the meeting. Mail announced/passed and 7th Tradition envelope was passed.

Committee Reports:

RR/Delegates [Sr. Delegate, Region Reps: Rhonda S., Jr; Chris N. Sr.]: We are registered for Region III, March 24-26 in Dallas. I am registering for WSO with Jill S (alternate delegate) for May 1-6, most of these plans are still pending. I will be compiling and mailing the WSO Questionnaire Agenda decision after the Intergroup vote Saturday.

Public Information/Professional Outreach (PIPO) [Janet G.]: We still need volunteers for the following libraries: El Rio 1390 W Speedway Blvd, El Pueblo 101 W. Irvington Rd, Mission 3770 S. Mission Rd, Quincy Douglas 1585 E. 36h St, Sam Lena 1607 S 6th Ave, Santa Rosa 1075 S 10th Ave, Southwest 6855 S. Mark Rd, Valencia 202 W. Valencia, Wheeler Taft Abbett Sr 7800 N. Shisler Dr, and Greasa Marana 13370 N. Lon Adams Rd. Meeting for volunteers scheduled on Sunday Feb 26th from 1to3pm at Himmel Park Library 1035 N. Treat Ave. Bring your lunch if you wish. Volunteers needed for computer work, staffing tables, phone calls, and stuffing envelopes. And your creative ideas on how to share the message.

Lifeline & Resource Library [OPEN]:

Meeting List [Leslie S.]: Changes were made as submitted from the secretary. Copies are available for distribution. The following changes were made: the new IR for the Tucson Monday Reading, Writing and Recovery Meeting is Christine Kronenberg at 520-261-9911.

Newsletter [Hannah D., Alex J.]: Hannah is having trouble accessing the Newsletter e-mail. But she will be resolving this soon. Our deadline for submission is March 1st. Hannah and I will be reviewing submissions and searching for content the week after that. We will have our first issue out in April at the IG meeting to distribute. Please encourage your sponsees to write in on the topic "I can't, God Can - The First Step" by March 1st.

Phone [Gina B.]: There were 44 billed calls. There were 10 messages and 10 returned calls.

Special Events [Barbara A.]: At the Committee Meeting last month it was decided to plan some fun special events including a Party at Sally Hick's home and a Movie Night plus 2 other events(to be investigate). Would IRs please ask their groups if they are interested in these events.

Would you put the dates April 8th, July 22nd, September 9th and October 7th on your calendars as Add a Little OA Fun to 2017. The

committee will meet again March 4th to do some onsite visits re events. We welcome others to planning and enjoying these events.

Retreat Committee Meeting today after Intergroup [OPEN]: Only 1 meetings so far and chair position is open. Dates for the retreat are October 27-29 in St. David, AZ.

Twelfth-Step Within [Janis R., Roni B.]: Our first workshop will be on March 11 at St James Church from 11-1. We have flyers here today for IRs to take to their meetings and the flyer is on our SEAZ website. This workshop will focus on 3 new OA booklets: Carrying the Message, Twelve Stepping a Problem, and Strong Abstinence Checklist and Writing Exercise. During the March 11 workshop we will preview the TSW Committee's intensive 15 meetings working the 12 Steps during this summer. We are still working out the start and end dates and time for the meetings. Right now we are looking at beginning the workshops mid-June and lasting through the end of September. The meetings will be 2 hour sessions (one a week) as recommended in the new Twelve Step Workshop and Study Guide. After the first workshop the following workshops are closed and the number of attendees is limited. Stay tuned for more information.

Website [Nan B.]: Thanks to Roni B for taking the Action Items in my absence from Intergroup last month. Completed the Call to Action and posted it to the Google Drive on Monday, January 23rd. I may not always be able to get it out as expeditiously as our previous webmaster, but I will do my best and guarantee you will have it no later than the Tuesday morning following Intergroup. I also made the following updates to the website: edited the events on the home page and posted event flyers for Unity Day, the 12th Step Within workshop in March, and the Region 3 conference in Dallas, also in March, posted updated meeting list, archived December Intergroup meeting minutes and agenda, posted updated Intergroup calendar, and corrected date on newsletter and posted to site; archived previous edition. In an effort to keep myself organized, I made a checklist of routine updates needed and made some notes that could form the basis of a future Website Chair handbook. My call for volunteers last month was successful! Thanks to Stephanie G for stepping up to field emails, and to Roni B, Janet G, and Carol E for agreeing to provide help answer emails when needed. Stephanie G may help with additional tasks in the future.

Questions for Committee Chairs:

IR Training [Cheryl L.]: IRs present ___11___ (new/alternates). Copies of suggested meeting formats from oa.org website were available for IRs to look over. I made multiple copies of updated documents to keep available for IRs. I purchased some supplies for \$30.03 and submitted for reimbursement. I handed over supplies to Jill for making name cards for IG meetings. I made copies of my handout on saving Excel and Word documents to pdf format, to distribute at IG. Tip of the month: When you are sharing documents with others, save them in pdf format so others see what you saw. See handout. If need current 2015 copies of OA Handbook and Concepts pamphlets used during IG meetings, see Cheryl.

Unfinished Business:

Tally group responses: WSBC Agenda Questionnaire [Rhonda, Chris]: Chris went through each proposed amendment and tallied the results. Three Sierra Vista groups and three other groups submitted written votes/comments for 10 groups voting and WSBC Agenda Questionnaire results from Saturday's IG meeting are as follows: all new business proposals and By-Law Amendments are to be placed on the WSBC 2017 Agenda by a majority vote except: Proposal C- to discuss a 10th tool of mindfulness and Proposal K- instructing the Board of Trustees to research alternates to Robert's Rules for governance. This report has been e mailed to WSBC and to SEAZ secretary for documentation/archives.

Visions and Goals, Review and Discussion [Jill S]: V & G Carry the Message 2017 handout was created by Neva S, Beth M, and Janis R and presented by Jill at the IG meeting. The document was read in its entirety and grammatical errors were corrected. Discussion followed and Nancy R asked why so many of the goals were for the individual and not the IG. Beth stated that recovery needs to be at an individual level first. Cheryl L suggested the V&G read for the month at the IG meeting could then be discussed further at the group level. Jill and Beth created an OA sign up sheet for service to be distributed at meetings and returned to Jill at the March IG meeting. Janis presented the historical perspective of how the V & G document came to be. The WSO 10 years ago created a 5 year V & G plan and suggested that IG do the same. Thus SEAZ IG created our own V & G document that is revised and updated each year. Janis proposed a 2 year V & G document instead of 2017 only and to pursue further revision based on the IRs concerns. Jill took a vote to change the document for a 2 year period and a subcommittee will form for further revision. IRs voted and the vote was unanimously

approved. Jill will be heading the subcommittee with Ari K, Janis R, Linda J, and Emily RS to revise the V & G document.

New Business:

OA Event Signs- which committee or individual to store [Chris]: Green Valley is looking for the OA signs that they use at their meeting locations. The signs were given to the retreat committee in the past and Chris brought them with her to IG to hand over. Barbara A will bring the 2 smaller signs to Unity Day to stay in Green Valley and the chair of the Retreat Committee will keep the larger sign.

Read from Group Handbook (page 22, #9 and #10)

Announcements (through March 2017):

TODAY: Retreat Planning Committee after Intergroup, here

Feb 25 Unity Day 10:30 – 3:15, 600 S La Canada, St. Francis in the Valley Episcopal Church

March 11, Recovery Workshop, 11-1:00 p.m., St. James Church, 3255 N Campbell Ave [TSW]

March 18, OA SEAZ Board Meeting 10:00 - 10:30 followed by Intergroup, 10:45 – 12:30, St. James

March 18, Retreat Planning Committee after Intergroup

March 24 – 26, Region 3 Spring Assembly, Dallas TX

Recap of Action Items - Nan B

Adjourned at 12:00PM with the Responsibility Pledge

Respectfully submitted, Emily Riley-Saxton, Secretary