

**SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS
MINUTES**

**January 21, 2017
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 and Roni B, 12 Step Within; Leslie S, Meeting List; Barbara A, Special Events; Cyndi K, IR; Andy M, IR; Christine K, IR; Judith H, IR sub; Alex J, IR; Pat D, IR; Linda J, IR; Peggy P, IR; Lynda S, IR; Nora G, IR; Timi R, IR; Jan F, IR; Nancy R, IR; Lorraine W, IR; Judy G, IR; Hannah D, visitor

Call to Order: At 10:47AM. Beth asked those in attendance to silence their cell phones and led the Serenity Prayer. Introductions were made while answering the following questions: What is your fear about serving at IG, what made you decide to do this service? What is your wish for IG this year (i.e., more workshops? group travel to away meetings or Regional OA events, other?)

Secretary: [Emily RS] The minutes from the December 17, 2016 IG meeting were accepted as submitted electronically.

Treasurer's Report: [Sara] Income from previous month was noted as \$1,340.55 which included group donations, special events and other. Expenses were \$1,305.48. Current checkbook total is \$15,991.33. IRs were requested to check donations on the group donation statement to ensure all meeting donations were recorded correctly. Alex IR – how did we spend more than we made? Rhonda S – cushion in place, but budget was set for \$16,000 and donations didn't equal expenses. Mail announced/passed and 7th Tradition envelope was passed.

Committee Reports:

RR/Delegates: [Sr. Delegate, Region Rep Rhonda, Jr Delegate Chris] Chris and Rhonda are booked on a flight to Dallas, booked in the hotel and registered for March 24-26th. Chris registered and is booked for May conference. Rhonda will be unable to attend.

Public Information/Professional Outreach (PIPO): [Janet G.] Received PIPO information, pamphlets and other paraphernalia from Sara who helped me sort it all out. Began recruiting people for Adopt a Library PIPO meeting to be held for volunteers at Himmel Library on Feb 26th 1-3PM. Requesting sponsors to encourage sponsees to join the committee to work on different aspects of sharing the message. Adopt a Doc (all health providers), Public Service Announcements (PSA), Presentations, Staffing Tables, Phone work, Posters, Dealing with the media and newspapers. Will ask Intergroup reps to share info with groups: if still charging for pamphlets consider discontinue the practice to encourage members to pass on the info to others. Consider having a professional sign made (example will be passed at meeting) for all meetings and to have OA literature in all common areas of the building in which they hold their meetings. Yuma Outreach Event is planned for Saturday Feb 4, 1-4 p.m. Thanks to the Yuma group for getting this together!

Lifeline & Resource Library: [OPEN]

Meeting List: [Leslie S.] The new contact person for the Tucson Saturday 9:00 a.m. meeting at St. James Church on Campbell is Dorothy W. at 520-623-2357. The new IR for same meeting is Linda J. at 520-461-8345. The new IR for the Sierra Vista Thursday 6:30 p.m. newcomers meeting is Hannah R., 334-464-1801, Hannahrays@gmail.com. The new contact person for the Tucson New Tender Solutions Tuesday 10:45 meeting is Michael at 847-370-5845.

Newsletter: [Standing in: Peggy P.] Newsletter can be found on Google Docs and website. All new content except on the last page.

Phone: [Gina B.(excused)] Beth M. read report. 42 total billed calls; 2 messages left; 2 calls returned

Special Events: [Barbara A.] First committee meeting is January 24th at 2:30PM. Contact Barbara A. Will be arranging a party at Sally's. Barbara brought copies of Unity Day flyer to distribute at meetings.

Retreat Committee: [open] First meeting for 2017 Retreat was today, 1/21, after the IG meeting in the same room.

Twelfth-Step Within: [Janis R., Roni B.]

Roni and I have met and discussed the plans for TSW for 2017. 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 will be/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 Twelve Step Workshop plans for this summer. We are planning to do 15, 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. More information will be available at April's Intergroup when we'll distribute flyers. Right now we are looking at beginning the workshops mid-June and lasting through the end of September. Workshops will alternate between Roni's home and Janis' home. Cap will be about 15 members.

Website: (Nan B.) Emily RS read report. On December 15, 2016, I met with Cheryl L. for orientation and training on the duties of the Website chair. Although Tiffany M. joined us and planned to help on the website, she is unable to do so at this time. Since then, I have made several updates to the Website.

- 1.Changed drop-down menu under Find a Meeting. I renamed S. AZ Meetings to Local Meeting List and changed the order of drop downs. The name of the link to meetings in the side bar (Southern AZ Meetings) was unchanged.
- 2.Deleted Intergroup Agenda and Minutes archives from the Intergroup drop-down menu as Beth suggested. There were already links to those from the Documents page.
- 3.Posted IG Standing Rules under Intergroup
4. Documents per request from Chris N.
- 5.Posted 2017 Intergroup calendar.
- 6.Updated names of Intergroup board member. Changed homepage "Announcements" section to "News and Announcements" and posted links to current news items (Yuma outreach event, WSO Public Information Poster Contest, and new reading and writing tool from WSO.) This section is intended to be a more dynamic listing of current items and will be monitored and updated as needed. The website committee is responsible for fielding the general information emails from the website, as well as those directed to the webmaster. So I am seeking a few members willing to give me standing permission to give out your contact information when a new or prospective member reaches out for help. Ideally, I would like to have members across the spectrum of compulsive eating, from anorexia and bulimia to overeaters. Please email or call me if you would like to help. If anyone would like to field the general information emails, let me know. I am always looking for members interested in working on the website committee! It's not that difficult!

Questions for Committee Chairs:

Cindi IR – PIPO meeting is not on scheduled on Saturday, but a Monday; should it be changed? Janet G – yes she will change date/time and post it on the Call to Action. Pat D IR – is there an exact date for the intensive 12 step workshop? Janis R – Not yet, but will be starting in mid-June. There is a cap of 15 participants for the workshop and will require a commitment from participants for the entire 15 week step study. Rhonda S – Please clarify what AIDs is referring to in Special Events report. Barbara A - theme for the year will be aides for connections to recovery. Nancy R IR – doesn't see the money reflected in the Treasurer spreadsheet for IDEA day and a few meetings. Rhonda S – clarified that there the copy of the spreadsheet provided at the meeting is the correct version and nothing is missing. Nancy R IR – Why are there duplicate copies of IG documents? Beth M – there are different file types, ie word document vs. a pdf. Only need to print one.

IR Trainer: [Cheryl L.] IRs present: **14**. I got the IR Trainer supplies from Susan at the November IG meeting. I put together a binder for one IR who requested one and 2 more to have on hand. I made tent name cards for the new Board, Committee Chairs and IRs of whom I was aware. I made hardcopies of the SEAZ IG Policy Manual for the January 21st meeting. Tip of the month: Call Cheryl if you need copies of pamphlets or documents for your IR binder. Information for The Tender Solutions meeting, Thursdays Big

Book, and Friday Living in the Solution will be mailed the other meetings not represented will be hand delivered.

No Unfinished Business

New Business:

Appointment of Newsletter Co-Chairs for 2017 – two nomination forms were read and presented for Alex J and Hannah D. No questions for Hannah. Judith H asked Alex if she has worked through the traditions. Roni B asked if there are requirements for committee chairs. Beth – yes, we need to make a motion since neither candidate meets the requirements and we need to have 2/3 of IRs in favor. Beth made a motion to waive the IG requirement of 6 months for Hannah and Alex. Andy IR seconded. Pros / cons Peggy P – she worked on the newsletter and as long as the committee chairs stay true to OA materials, the requirements should be waived. No discussion. 14 Aye. Motion passes. Hannah D and Alex J were appointed as co-chairs.

Lifeline chair interest: Andrea R will be filling out a committee chair nomination form to be the Lifeline and Resource Library Chair.

Distribute 2017 IG Calendar – corrections will need to be made for March listing – both Board and IG meetings are on the 18th. November Board and IG meetings are on the 11th.

Distribute/verify that IG reps have new Policy Manual - done

Distribute WSBC Agenda Questionnaire [Chris N]: Agenda questionnaire and amendment proposal tally were distributed with 4 copies going to each group. Please present at group business meetings. 22 items are listed and the group conscience is taken to determine what issues should be brought to the floor of the May WSBC. On the oa.org website you can find a complete motion explanation and on the questionnaire, the explanations are condensed. Please bring to next IG meeting. At that meeting, report needs to be signed by Chair and Secretary and that must be submitted by March 2nd.

Presentation/Distribution of SEAZ 2017 Intergroup Inventory - feedback from IR's – IRs read their respective comments/suggestions from their groups and turned in comment forms to Jill S. Peggy P IR expressed concern that IG isn't readily available to outlying areas. Beth – would like to make an IG effort to be more of a presence in all of SEAZ, including Yuma. Janis R said that 12 Step Within will also hold a Workshop in Sierra Vista.

Audit Report [Chris N., Sara J., Rhonda S., Neva S.] committee met 1/3/17 and audited every 3rd to 5th check written during the year as well as picking 1 month per quarter to match income / expense. Some clarification needed to be made due to grouped checks, but no discrepancies were found. Audit forms will be in Google Drive as well as minutes binder.

WSBC alternate delegate [Roni B] a motion needs to be made to send an alternate delegate to the WSBC in May since Rhonda S will not be able to attend. In the board meeting, Jill S volunteered to attend. Roni B made a motion to send Jill to the WSBC to represent SEAZ IG as an alternate delegate. Janis R seconded the motion. No questions or discussion. 14 Aye. Motion passes.

Selection of Ad Hoc committee for 2017 Visions and Goals [Neva] concerns that only one member on committee and maybe the document is no longer useful. Group conscience was that the Vision and Goals document is necessary to know where we have been and where we want to go. Suggestions were made for Neva S to work with board and committee chairs. Beth M– how about each committee chair meets with Neva S about the V & G and IG inventory? Neva S requested a member of the board and Beth volunteered. Results will be reported at next meeting.

No time for Vision and Goals #3 – read and discuss or read from Group Handbook (pages 20- bottom 21, item #7&8 plus footnotes)

Announcements

Today - Jan 21st, Retreat Planning Committee, St. James UMC, 12:45PM

Special Events committee meeting, Jan 24th, 2:30PM

Feb. 4th Yuma Outreach event, 1-4PM. Yuma main library.

Feb. 18th SEAZ IG meeting at St James (Board meeting at 10AM, IG meeting at 10:45AM)

Feb 20th, deadline for Delegate registration for 2017 WSBC (May 1-6th)

Feb 25th, Unity Day Green Valley

Feb 26th PIPO meeting Himmel Library, 1PM-3PM

March 11th, 12 Step Within Workshop at St James Church from 11AM-1PM

March 24-26th, Region III Assembly/Convention in Dallas, TX

Recap of Action Items- Janis R and Roni B

Adjourned at 12:50PM with the Responsibility Pledge

Respectfully submitted, Emily Riley-Saxton, Secretary