

Minutes SEAZ Intergroup of Overeaters Anonymous

May 20, 2017 | www.oasouthernaz.org

Attendance: Beth M, Chair; Jill S, vice-chair; Emily RS, secretary; Rhonda S, Sr. RR/Delegate; Chris N, Jr. RR/Delegate; Janet G, PIPO; Leslie S, Meeting List; Barbara A, Special Events; Janis R, Twelfth Step Within; Hannah, Newsletter; Nan B, Website; Cheryl L, IR Trainer; Andy M, IR; Christine K, IR; Ari K, IR; Cyndi K, IR; Jane C, IR; Nora, IR Pat D, IR; Bev C, IR; Valerie O, IR; Elizabeth E, IR; Linda J, 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 happened while reading 12 Traditions and 12 Concepts.

Minutes [Emily]: The minutes from the April 15th, 2017 IG meeting were accepted as submitted electronically.

Treasurer's Report [Sara, excused]: Rhonda read report for Sara. Expenses for April \$1,383.76, income for April \$1,027.00 in group donations, \$227 from Ways and Means, \$25 scholarship fund. Checkbook total for April \$15,687.98.

Committee Reports:

RR/Delegates [Delegates, Region Reps: Rhonda S. Sr; Chris N. Jr.]: WSBC Summary - There were 188 registered delegates and 20 countries represented. We had a fantastic time being around our fellow compulsive eaters. Chris- I will be working with a Brazilian, Austrian, New Yorker and Bostonian on the finance 'campaign' committee (time zones will make virtual meetings interesting!). The multi daily OA meetings were helpful for this newbie to help navigate the pro's and con's and understanding the process. Most all the speakers were 'passionate' about their views! It was exhausting but rewarding to be a part of the global OA and hear the Serenity Prayer in many languages. Also, the boutique items were a hit as well :)

Beth- Web/Technology Committee.

Approved: *Maintaining a Healthy Body Weight*: Pamphlet revision with more inclusive language - replacing 'I' with 'we' and 'us.' Member stories from varied members with diverse backgrounds and experiences. *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, revised with more inclusive language and removing some idioms that did not translate well for non-English speakers. It will also include the spiritual principles.

Defeated: *Twelve Concepts of OA Service Pocket Guide*: New pamphlet with the concept, the principle associated with the concept and questions to the individual for each. There were many questions, and the CON speakers felt that the questions did not match the concept under discussion.

In Process (Conference Approved Literature Committee):

- *Body Image, Sexuality, and Relationships*: New pamphlet to be ready for a vote in 2018
- *Small Meetings, Small Towns: Help and Hope*: New pamphlet for 2018
- *Gifts/Promises/Affirmations of the OA 12 & 12*: New (not sure if a pamphlet or what) coming out in 2018
- *To the Teen*: Revision coming out in 2018
- *Welcome Back*: Revision coming out in 2018

Other Literature (Board Approved Literature Committee, PI, PO and Twelfth Step Within Committees):

- *Public Information Guidelines for Health Fair Participation*: Updated and published
- *Public Information Service Manual*: Updated, will be available for purchase. [Other PI suggestions here.](#)
- *Twelfth Step Within Handbook*: Available soon (no date given). [Other TSW resources here.](#)
- *Uniting with Diversity*: Tri-fold document is available for download
- *Guidelines for Addressing Disruptive Behavior*: Under review
- *Guidelines for Anonymity in the Digital World*: New
- *Is Food a Problem for You?* New four color design (bookstore)
- *Seventh Tradition Table Card*, new (online)
- *Seventh Tradition of OA*, revised (bookstore and online)
- *FAQ: Automatic Recurring Contributions (ARC)*, new (online)
- *Guidelines for Writing the History of Your Local Area*: revision
- *Focus on Anorexia and Bulimia Literature Packet*: revised with new stories from Lifeline.
- *OA C.A.R.E.S. Inmate Correspondence Guidelines*: upcoming revision
- *Service, Traditions and Concepts Workshop Manual*: upcoming revision
- *What to Remember when you see your Doctor or Healthcare Professional*: downloadable guide

- *Suggested Meeting Formats*, update to include OA's Responsibility Pledge, revised (online)

Business Considered

Policy Motions Passed:

- A: WSBC Policy 2014A revision to remove -Definition, an e mail loop may register as a meeting and the courtesy listing is not required.
- D: WSBC Policy 1991A changing wording to chair from chairman, members to delegates, etc.
- E: WSBC Policy 2009B changing service boards to service bodies to include regions and intergroups.
- G: WSBC Policy 1985 changing delivery of pamphlets and books to discuss at WSBC as a downloadable file instead of mailing to delegates.
- J: WSBC Policy 2014A adding to motions an explanation of how motion will help carry the message of recovery to those who still suffer.
- L: Create a separate Translation fund to help translate OA literature into other languages. Contributors may designate their money to it. This will be in addition to the WSO budget line titled, 'Translations/International Publications'.
- M: Establish an ad hoc committee to consider implementation/registration of a Spanish language service board.
- N: Create a Sponsorship Day the third Saturday in August.

Policy Motions Defeated:

- B: Copyright and ownership of creative works submitted to WSO would have legal claims to these works.
- C: Adding a tenth tool of mindfulness
- H: Adding verbiage to Unity with Diversity Policy which is already addressed elsewhere (1996A)
- K: Asking trustees to research/develop an alternative to using Roberts Rules of Order for business proceedings.

Withdrawn: E, I

ByLaw Amendments:

Passed: 1: Board of Trustees Election to include 'no candidate may run for more than one position.'

- Failed: 2: Definition of a group to include: requesting the use of a meeting format. 4 amendments so sent back to committee
- Failed: 3: Striking religious from definition of organizations to receive dissolution of corporation monies.
- Failed: 4: changing the trustee application 'meets qualifications' at time of election, not time of application.

Not addressed: 5: allowing the presiding trustee in agreement with the region chair to deregister a non functioning intergroup

Not addressed: 7: virtual service board will serve groups with the same language that they speak

Not addressed: 8: Biennial WSBC

Budget

2016 WSO Donations by Region

2017 WSO Budget WSO needed to dip into prudent reserves to cover actuals for 2016 (\$10K delegate support fund)

WSO comptroller/treasurer planning by 2018 to have a building operating expense prudent reserve and a building catastrophic expense prudent reserve of 3-4 months monies built into budget.

Committee Reports

Chair Report: Strategic Plan: 2017 Growing Unity Worldwide, 2018 Growing Recovery Worldwide, 2019 Growing Membership Worldwide. PowerPoint presentation on OA.org: Unity, Different Just like me! Lifeline articles: how we are more alike than different. Three groups were deregistered due to acting outside of Tradition Three, sponsors were requiring sponsees to practice specific actions in order to be considered a member of the group, including insisting that the use of prescribed medication was a break of abstinence.

Treasurer's Report: Literature sales decreased drastically in 2016. Please encourage purchasing new literature vs. buying secondhand. ARC (Automatic Recurring Contributions) established in 2012 is a great way of supporting OA and paying it forward, can be done online. E-lifeline can now be translated into over one hundred languages.

Managing Director report: 2016 averaged 6,344 meetings in eighty countries with 337 service bodies. Lifeline now has new sections called "Bits and Bites" and "What Works for me" and departments have an update look with new colorful art.

Public Information, Professional Outreach report: Wallet card (downloadable) about what to remember when you see your doctor or health care professional. Professional Outreach Manual, Professional Presentation Folder available.

Virtual Services (VS) Committee Report: A VS logo was approved and VS has its own website which was launched Jan 2017. An e mail ask it basket was created to take questions; quarterly newsletter available on web and continuing to encourage 7th tradition donations.

Young Persons Committee Report: OA Inc. is legally unable to target anyone younger than 18 so cannot target middle and high schools.

Elections: 4 new trustees were elected: Cyndy Lenz, Region 4; Karen Beck, Region 7 and three General Service Trustees; Lawrie Cherniack, Joanne MacDonald (Region 3), and Ron Pellerin to replace the rotating out trustee's to bring the board to a total of 17.

Miscellaneous: A chart of what literature has been translated is available. I do not know how to access these translations.

Instagram –OA is on now, The Public Information winning poster (voting until 5/15) will be available for free download.

The Public Awareness Committee moderates Facebook posts to the Overeaters Anonymous page.

Ads are on 21 markets including Spotify, Google and AdWords.

Public Information/Professional Outreach (PIPO) [Janet G.]: The poster ads for the city buses have been paid for and will be inside the busses by the end of the month. I will have the 3 posters at the next IG meeting. Letters have been sent out to the Chief Nursing Officers of the 5 major hospitals and the Deans of the 2 nursing programs in conjunction with Nursing Week. Another letter went out to the events coordinator at TMC offering our services to be a part of their community Health and Wellness programs. Pima Community College has placed a poster and the 15 questions on their employee health and wellness web site and will be left there indefinitely. NW campus also put a poster in their Student Life building. We need coverage at the other 3 campuses: Downtown 1255 N. Stone Ave, East 8181 E. Irvington Rd, West 2202 W Anklam Rd. This involves one trip and then a phone check-in every 2 weeks. Posters can be placed in: libraries, coffee shops, grocery stores, break rooms, churches, gyms, hospitals, offices, work places, "Y"'s, and urgent cares. New projects: 1. We have a list comprised of 200 Tucson employers rated by the number of employees. We hope to develop a plan of how to contact the Human Resources dept and what we would have to offer the companies. 2. Discussing and investigating the possibility of an OA blog. 3 We are starting to book events for the fall if anyone has any suggestions please let us know. Next committee meeting Sunday, May 28, 2-4pm at Himmel Park library.

Meeting List [Leslie S.]: The following changes were made. Chris N. is no longer to be listed as the IR for Tucson Monday 7:00 p.m. to 8:00 p.m. meeting. A new Tucson meeting, which will be in Spanish, exists - Friday 5:00 p.m. to 6:30 p.m. Manos Unidos (Joined Hands) #54978 Steps, Traditions, Pamphlets, Little House Meeting Place, 840 S. 6th Ave. Becky B. at 520-307-6063 is the contact person and Inge H. is the IR. Another new Tucson meeting has started - Tucson Tuesday 5:30 p.m. to 6:30 p.m. Relapse Recovery and Prevention #56000 St. Philip's Episcopal Church, 4440 N. Campbell Avenue, Salvia Room. Lauren M. will be the contact person and Bev. C. will be the IR. The Benson meeting is suspended until September 1, 2017. By that date, the members will decide whether or not it should permanently be discontinued.

Newsletter [Hannah D., Alex J.]: Newsletter deadline was last Friday. Not enough submissions. Extended submission date to 5/26/17. Email submissions to oasouthernaz.org – newsletter hyperlink.

Phone [Gina B.]: There were 22 billed calls. There were 4 messages and 4 returned calls.

Special Events [Barbara A.]: 3rd Saturday of August is now Sponsorship Day. Since IG meets the 3rd Saturday, we will try to plan for an event on the 4th Saturday in August.

Retreat Committee [Barbara R., Linda J.]: St David location is going to happen this year. Meeting on today, 5/20, to discuss further details. Retreat scheduled for October 27th – 29th. Save the date flier will be handed out at June IG meeting.

Ways/Means Committee [Chris N.]: Took SEAZ OA created items to WSO to sell in the boutique. They were a big hit! Once I receive a couple checks, we will have made \$386.50 which will be split with WSO per the motion passed last month at Intergroup. My volume has decreased markedly, yeah! Pamphlet pockets sold quickly.

Twelfth-Step Within [Janis R., Roni B.]: We are ready to start the 2-hour intensive 12 Step meetings on June 13. We have 15 people signed up and 1 person on a waiting list. The Relapse Recovery/Prevention Workshop will be 5:30 pm to 7:30 pm the evening of July 21 (Friday) and from 11:00 am to 2:00 pm on July 22 (Saturday) at St James. We will host a speaker from Region 3 and local members sharing their experience, strength, and hope. Flyers are available for IRs today and a flyer is posted on our website. We are scheduling a Pamphlet Workshop in Sierra Vista for August 5th. Fliers were handed out to IRs.

Website [Nan B.]: Made routine monthly updates to website, including: updating Call to Action, updating meeting list, adding Intergroup agenda and minutes to archives, editing events on Home page and Events page. Stefanie fielded one email from the site requesting information on meetings in Kingman. We also received a flyer for posting for the New Mexico retreat, which is the same weekend as ours. I told the member I didn't want to post it at least until we had a flyer for our own retreat. Upon reflection, I think it would be confusing to post it on our site. I welcome any feedback on this. I will not be able to attend the June Intergroup meeting, so am asking for a volunteer to take the Call to Action items. Translate option is now on the oasouthernaz.org website.

IR Training [Cheryl L.]: IRs present 13 (new/alternates). I held a training session for IRs on May 13 with 1 attendee. She said it was well worth the time. On May 5th, I sent an email to all Intergroup members reminding them that the deadline for returning We Care List Updates was in 8 days. I included, once again, the instructions, current list and a form for new listings. As of Thursday, May 18, I had only received them from 10 meetings. For this reason, I was unable to have the new lists for this month's meeting. On May 18, I sent an email asking IRs, and anyone passing around a list, to bring their updates to the May 20 meeting or get the info to me by phone, fax, or email, as soon as possible. I will seek out volunteers to help me call all those for whom we have no verification. Several IRs did not understand that we need people on the previous list, who do not have changes, to mark their info as OK. I don't know how I could have been clearer, but will get input and make notes for the next time. I will be out of town for the June 17 Intergroup meeting, so I will get the printed We Care Lists to the meeting with someone else. Tip of the Month: Explore the resources for groups on oa.org at the following link: <https://oa.org/groupsservice-bodies/groups/group-support/>. There is a lot helpful information. Mail/hand deliver information to meetings not represented

Unfinished Business:

We Care updates – Cheryl reported that she has received 10 We Care updates. It was asked that all IRs contact her and provide updated information. Cheryl also requested people to help her call people who have not responded on the We Care List.

OA Name Change – Reminder to IRs to talk to their groups about OA name change. For IRs who haven't brought feedback to IG, they will need to do so by June's IG meeting. Also, a reminder to bring the OA Service Sign-Up sheets back to June's IG as well.

New Business:

Mini Retreat: Bylaws and Policy Manual Review for SEAZ Board and Those Who'd like to Attend: [Beth] June 10 10:30-4:30. The group will be taking an in-depth look at these documents for consistency/clarity/carrying the message. All members were invited to attend if they would like.

Unity with Diversity: Spanish-speaking meeting, translatable website, other aspects [Beth]: Valerie O offered to attend the Spanish speaking meeting and ask if they need anything from IG.

Cleaning Up Google Drive – Janis R offered to clean up the Google Drive to make browsing easier.

Vision/Goals: Educating and Empowerment, Numbers 1 and 2 – IG discussed how to help the newsletter. A couple of members volunteered to submit articles for the next newsletter.

Group Handbook (page 24: #15-16) Read a sentence and discussed whether it is currently done in your group or shared what it means to you.

Announcements (through June 2017)

TODAY: Retreat Planning Committee after Intergroup, here.

June 10, 10:30AM – 4:30PM, Bylaws and Policy Manual Review, Sara J's. Please contact Beth if you would like to attend (520) 349-0810.

June 17, OA SEAZ Intergroup, 10:45 – 12:30, St. James

June 17, Retreat Planning Committee after Intergroup

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

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

Recap of Action Items [Nan B.]

Adjourned 12:10PM with the Responsibility Pledge

Respectfully submitted, Emily Riley-Saxton, Secretary