

Minutes SoAZ Intergroup of Overeaters Anonymous

October 21, 2017 | www.oasouthernaz.org

Attendance: Beth M, Chair; Jill S, vice-chair; Emily RS, secretary; Sara J, treasurer; Chris N, Jr. RR/Delegate; Janis R, 12 Step Within; Janet G, PIPO; Nancy N, PIPO Asst; Barbara A, Special Events; Leslie S, Meeting List; Alex J, Newsletter; Nan B, Website; Cheryl L, IR Trainer; Andy M, IR; Christine K, IR; Jan F, IR; Weze D, IR; Linda J, IR; Valerie O, IR; Sally H, IR; Deb B, IR; Ari K, IR; Bev C, IR; Jane C, IR; Maggy M, IR

Call to Order: At 10:45AM. Jill 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 September 16th IG meeting were accepted as submitted electronically

Treasurer's Report [Sara]: Balance is \$14,329.34. Expenses were \$1086.93. Income from groups \$806 plus a reimbursement for \$110 from Rhonda for registration for R3 as she didn't go. PIPO is in its own section. Income of \$455.95 and expenses of \$181.63 in September. Balance is \$595.32. At the end of September, we had \$1202.67 in the scholarship fund. I just received the checks for the retreat. 5 people used scholarship money which uses \$350, but there were several donations as well. So basically, you may take a Group Conscience at your meetings about not donating to the Scholarship fund since we have enough for several years. Thanks to the budget committee: Emily, Chris N, Mickey and Sally. We made some good progress, but I had made some errors in my calculations so it's not quite finished yet. Thanks to Janis who helped me figure those errors out.

Committee Reports:

RR/Delegates [Sr. Delegate, Region Reps: Sr. [vacant]]; Chris N. Jr.]: We arrived Friday afternoon, Cheryl L. and I attended the Forum to meet the Steering Committee and discuss/brainstorm reaching and keeping Hispanic or male or young members (maintaining diversity) and other Intergroups experience with this as OA is mostly mid 50's white women. We attended Convention Opening and listened to a 3-person panel for steps 1 and 2. This convention also hosted the Region Chair's annual meeting so we were graced with 6 of 10 Region Chairs as part of the Assembly/Convention speakers (Region 2: Anne O; Region 4: Annette PR; Region 5: CJ M.; Region 7: Ginny S. and Region 8: Viviana G. and Brenda Q.) Saturday attended Assembly where we heard the traditional readings (Serenity Prayer, Twelve Steps, Twelve Traditions, Twelve Concepts, For Today, Voices of Recovery), reintroduction of Steering Committee and were welcomed, heard a Relapse paragraph read by Vickie (Trustee).

- Roll Call and Credentials Report: 24 Representatives present from 18 Intergroups in Region 3
- Approval of Minutes from Spring 2017 Assembly, Adoption of Assembly Standing Rules and Adoption of Proposed Agenda, explanation of Parliamentary Procedure then time to ask questions pertaining to the reports from Chair, Vice Chair, Treasurer, Recording Secretary, Trustee and Communications Secretary.
- Elections – questions addressed to applicants for Vice Chair (Kathy Morris), Treasurer (Elaine Lang), Communication Secretary (Christina Saxton) and voting confirmed all for their applied positions.
- Affirmation of candidate for Region 3 Trustee - Neva Schulke will be presented as Region III Trustee applicant for appointment at WSBC 2018.
- Committee Meetings (Finance, Bylaws, PIPO, TSW) met from 11 to 1:15 (over lunch) and reports were presented
- Finance: rearranged some funds to increase the first-time representative funding available for next year's budget, also will be sending to representatives a Survey Monkey about sending a representative to Region 3 events.
- Bylaws: continuing to work on Bylaws and Policy manual, spoke of consistency between Region III and Region 3 in all documentation.
- PIPO: Creating a pocket card for remembering what to tell your doctor about OA.
- TSW: Finishing a locally produced piece of literature (Turn on's and Turn off's when approaching potential members) and contacting unaffiliated groups to find out why they don't affiliate with an Intergroup. (Trustee shared that it could be that it's too far for them to participate, or wondering what an Intergroup can do for them, also some Intergroups fold but meetings remain.)
- Lifeline Drawing collected \$140, which allowed 6 subscriptions to be drawn and given to representatives present.
- Kathy Morris (VC) reported on the Friday forum (her position also works with Intergroups to get hotel contracts for Assembly/Convention for Region 3)
- Unfinished Business: \$353 was collected as 7th Tradition from assembly attendees.
- New Business: none
- Announcements:
 - Spring 2018 Assembly in Salt Lake City, UT.
 - Fall 2018 Assembly in Colorado Springs, CO.
 - Spring 2019 San Antonio, TX
 - Fall 2019 Las Vegas, NV

- Spring 2020 - open
- Fall 2020 Phoenix, AZ.
- Dave, Las Vegas, retreat Oct 20-22, 2017 in Mesquite, NV.
- Tulsa will host Assembly Convention Spring 2020
- **SOAZ (Southern Arizona Intergroup) will host Assembly Convention Fall 2021**
- Good of the Order (thank you's and gratitude's all around)
- Chair adjourned the Assembly at 2:30 with 'I put my hand in yours'.

We were then able to attend the banquet, and enjoy the keynote speaker, music was provided after. Sunday, we attended the closing convention (steps 11 and 12) and ASK IT Basket questions to the Region Chairs and then we headed back to Tucson. Thank you for the opportunity to serve; Chris Nunn, Jr. Representative, Cheryl Lundgren, sub Sr. Representative

Public Information/Professional Outreach (PIPO) [Janet G.]: Collection: As of this date, \$734.95 was donated, expenses were \$332.33, leaving \$402.62 to complete the year. PIPO would like to thank all who participated in allowing us to continue to share the message. September 28th Lunch and Learn for professionals at NW Hospital: Three in attendance: nurse manager, head of dietary and an intern. All 3 took a total of 43 pieces of literature to share with their peers or patients and the nurse manager to share with her husband who is head of nutrition at the U of A. October 5th Recovery Fair on the Tohono O'odham Reservation: Spoke with 47 people and gave out 109 pieces of literature. Several contacts were made and follow up contacts were made. October 18th: Met with the nutritionist for the Pasqua Yaqui tribe (met at the Recovery Fair) who runs a diabetic support group. We will be speaking to them in January of 2018. November is Diabetic Awareness month and they are requesting we be a part of that. Stacy will be facilitating a meeting with the behavioral therapist on the reservation.

Meeting List [Leslie S.]: The following changes were made: Nora G. at 520-255-0784 is the IR for the Safford Saturday meeting. A physical address for the Monday San Xavier meeting was added to the paper list - People Wellness House, 2018 W. San Xavier Road, Tucson, AZ 85746. The Benson meeting which was suspended until October 1st has decided to end and has been removed from the paper list. Intergroup Representatives please check the information on the paper lists and let me know if it is correct.

Newsletter [Hannah D [excused]; Alex J]: We are currently taking submissions for the next newsletter. The deadline for the next newsletter's submissions is December 1st. The theme is "Keeping My Sanity Through the Holidays." Just as a reminder, we also accept art work, poetry, or anything else you might feel inspired to create! We appreciate everyone's willingness to serve and are grateful for this opportunity.

Phone [Gina B., excused]: There were 19 billed calls. There was 5 message and 5 returned calls.

Special Events [Barbara A.]: The committee continues planning for the Thank a Thon on Thanksgiving Morning. Several people have offered to help set up and to share. An informational flyer on the Thank a Thon was distributed at the IG meeting. If anyone is needing a ride from Tucson to Sierra Vista for Idea Day on November 18th please contact Barbara Agee at [520-548-0904](tel:520-548-0904).

Retreat Committee Meeting today after Intergroup [Barbara R, Linda J]: The retreat is next weekend. There are still 9 beds open for the weekend and 9 spots for Saturday only. There are also still scholarships available. Registration will remain open until the event.

Ways/Means Committee [Chris N]: More items were sold at the October 14th 12th Step Within workshop. The committee has now funded itself for the 2018 year. The committee has decided take items to WSBC, but not the Region Convention and Assemblies. Items will continue to be sold at workshops and the retreat.

Twelfth-Step Within [Janis R, Roni B, excused]: We have completed all the 15 meetings for the 2-hour intensive 12 Step meetings. The next series of meetings will start in January with Bev C and Lauren M leading. The TSW workshop "Making It Through the Holidays" was held on October 14 from 11am-1pm at St James with 33 attending. This workshop presented a 90 day focus to help members get through the holidays abstinely one day at a time. We'll have a follow-up workshop on January 13, 2018 and the focus will be looking back at the previous 90 days and forward to the New Year. We are partnering with the Relapse Recovery and Prevention meeting group on Tuesday nights to combine their regular meeting with an additional focus on Twelve-Step Within Day on the evening of 12/12/17. A skit is planned. We have received several suggestions for workshop topics for next year and welcome all ideas.

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. With Beth's help, references to Southeast Arizona were changed to Southern Arizona. If you notice any that we missed, please let me know. I also changed our general information email to oasoaz@southernaz.org. The oaseaz@southernaz.org will remain active till **November 15**. If you have any forms or flyers with that address, please change to the oasoaz address as soon as practical.

IR Training [Cheryl L.]: 14 IRs present. Mail/hand deliver information to meetings not represented. I have begun work on the Winter We Care List. Emails have gone out to anyone on the list with an email address listed. Packets were distributed to IRs at IG meeting and mailed to any meetings not represented. The packet is also available in the October folder on the Google Drive. I will be looking for volunteers to help call anyone who hasn't updated by the November 12 meeting. I invite any IRs who would like a little workshop and opportunity to ask questions on how Intergroup works to let me know and I will hold one. Call, text, or email me. All my information is on the Intergroup Name and Address list and the meeting list.

Unfinished Business

Policy Manual Motion (slate motion with multiple changes) [Chris N]: Chris read the motion in its entirety. The policy manual changes that were given to the IRs in September, had the name change throughout the entire document. For historical accuracy, Cheryl L made a friendly amendment to the motion to leave the SEAZ name on all amendments made prior to the July 2017 name change. Amendments from the name change forward will have our newly adopted SoAZ name. Sally H seconded the amendment. The vote was called for the amended motion and the motion passed unanimously.

New Business

Slate for November elections [Jill S]: Jill requested volunteers for the nominating committee. This committee will try to identify board and committee chair candidates who will then submit applications to IG during the November meeting. IRs are to take back the board slate to their groups. The slate will be voted on by IRs at the December meeting and committee chairs will be appointed that this time. Jill S, Cheryl L, and Barbara A volunteered. Presently the positions of chair, vice-chair, and secretary are open. Janet G will remain as PIPO chair and Janis R has said that she will remain as co-chair of the 12 Step Within committee.

Vision/Goals: #2, Education

Group Handbook (page 38: #1 through # 3 page 41)

Announcements

TODAY: Retreat Planning Committee after Intergroup, here

Oct 27-29 SoAZ Retreat, 'Growing in Recovery', St. David Holy Trinity Monastery

Nov 11, Intergroup, 10:45 – 12:30, St. James Church

Nov 11, 1:00PM – Retreat Committee after Intergroup St. James Church

Nov 18, 9:30AM – 3:00PM IDEA Day: Church of Christ Fellowship Hall, 815 El Camino Real, Sierra Vista, AZ

Nov 23, 9AM – noon Thank a Thon, St James Church

Recap of Action Items [Nan B.]

Adjourned at 12:04PM with the Responsibility Pledge

Respectfully submitted, Emily Riley-Saxton, Secretary