

## Minutes SoAZ Intergroup of Overeaters Anonymous

September 16<sup>th</sup>, 2017 | [www.oasouthernaz.org](http://www.oasouthernaz.org)

**Attendance:** Beth M, chair; Jill S, vice-chair; Emily RS, secretary; Sara J, Treasurer; Janis R, Twelfth Step Within; Leslie S, Meeting List; Gina B, Telephone; Janet G, PIPO; Nancy N, PIPO Admin Asst; Barbara A, Special Events; Alex J, Newsletter; Valerie O, IR; Jan F, IR; Andy M, IR; Deb B, IR; Nora G, IR; Bev C, IR; Linda J, IR; Sally H, IR; Nancy R, IR; Cyndi K, IR; Ari K, IR; Chris C, IR alternate; Mickey, IR alternate

**Call to Order:** At 10:46AM. Beth asked those in attendance to silence their cell phones and led the Serenity Prayer. Copy of Standing Rules available. Introductions and Sign-in happened while reading 12 Traditions and 12 Concepts.

**Minutes [Emily]:** The minutes from the August 19th, 2017 IG meeting were accepted as submitted electronically.

**Treasurer's Report [Sara]:** We took in \$1339.80 in group donations plus \$59 in committee income (Ways & Means and TSW) plus \$320 specifically, for PIPO. Group donations have been much higher after a quarter ends. On average, the other months bring in \$524. The July statement is different because Rhonda isn't going to the R3 convention, so her travel, \$363 was subtracted from July as if she hadn't been reimbursed. \$585.71 was spent in August. Our ending balance is \$14,128.32. That includes \$1152.67 in the scholarship fund so there is plenty of scholarship money available. So far in September, PIPO has taken in \$104.40. I have received all Budget requests. The following members have volunteered to be part of the ad hoc Budget committee: Chris N, Emily RS, Mickey, and Sally H.

### Committee Reports

RR/Delegates [Delegates, Region Reps: Sr [vacant]; Chris N. Jr., excused/attending R3 convention]: Am currently attending Denver Assembly 9/15-17, 2017 and will offer to host 2021 Fall Region III Convention Assembly in Tucson, AZ. Cheryl L. will accompany me as she volunteered at last IG and has been a past RR. Will have a report for next IG. Ways and Means will NOT accompany me, as the Denver Convention Committee is not accepting other intergroup sales, maybe next time. We were the only other IG at the previous Region III Convention in March selling items. TSW Region III idea 'call five and keep them alive' has been given to IR's and has been seen distributed in group meetings I attend.

Public Information/Professional Outreach (PIPO) [Janet G.]: Events attended: Aug 19<sup>th</sup> – Health and Beauty Expo at the Radisson Hotel. Interacted with 151 people and distributed over 400 handouts. Several contacts with follow up calls. Aug 29<sup>th</sup> – U of A med students during their psych rotation. 3 OA members spoke to 82 students and distributed 176 handouts. After the meeting, a student requested handouts for the Student Health Center. Handouts and posters were delivered the next day. Aug 30<sup>th</sup> – 4 hour Annual Health Fair at Casino Del Sol for employees. Interacted with 98 people, distributed 216 handouts, and made 5 contacts with for future interaction with follow up calls. Aug 31<sup>st</sup> – 4 hour Health Fair for the Pascua Yaqui tribe, same place and interacted with 46 people and distributed 89 handouts. Sept 12<sup>th</sup> – Northwest Hospital support group of there post bariatric surgery patients. 2 members spoke to 71 patients, 50 handouts were distributed, and was followed by questions and discussion. Began work on plans for 2018 in relation to budget and activities. Posters were brought to IG for distribution.

Meeting List [Leslie S.]: The following changes were made. The Friday Tucson 5:00 p.m. to 6:30 p.m. Spanish speaking meeting Manos Unidos (Joined Hands) has ended. Sally H. (429-5318) is the IR for the Sunday Tucson Miracle Happen 11:00 a.m. to noon meeting. Deb B. (248-7531) is the IR for the Monday Tucson Far East Abstinence/Step Study 7:00 p.m. to 8:00 p.m. meeting. Kiva B. (982-2253) is the IR for the Friday Tucson Fresh Start 7:30 a.m. to 8:30 a.m. meeting. Ellen C. (520-300-6419) is the IR for the Saturday Green Valley Step and Tradition Study 9:00 a.m. to 10:15 a.m meeting. Yuma has a new Saturday meeting starting on October 14, 2017 from 9:30 a.m. to 10:30 a.m. at 781 S. 2<sup>nd</sup> Avenue with Judy G. at 928-920-9787 as the contact person. The only Benson meeting has decided to wait until October 2017 to decide whether it should end rather than just be suspended. Previously, the paper meeting list said that a decision would be made in September 2017. Rhonda S. is no longer the Senior Delegate. That position is open. Intergroup Representatives please let me check the information on the paper lists and let me know if it is correct.

Newsletter [Hannah D., Alex J.]: Thanks to everyone who submitted articles for this month's newsletter! Alex will be at the meeting on Saturday with print copies of the newsletter to disperse to IG reps. We anticipate emailing the newsletter out by Sunday, September 17. The deadline for the next newsletter's submissions is December 1, 2017. The theme is Keeping Serenity Through the Holidays. Sponsors: please encourage your sponsees to submit articles to the Newsletter. Just as a reminder, we also accept art work, poetry, or anything else you might feel inspired to create! The next edition of the newsletter will be available at the December IG meeting. We appreciate everyone's willingness to serve and are grateful for this opportunity.

Phone [Gina B.]: There were 24 billed calls. There were 4 messages and 4 returned calls. A volunteer is needed to check messages on Friday morning and return any calls. If interested, contact Gina B (520) 390-3985 or [gigi00301@gmail.com](mailto:gigi00301@gmail.com)

Special Events [Barbara A.]: Sponsorship Day included 16 people, 13 who sponsored and 1 who wanted a sponsor. The program focused on common questions asked by both sponsors and sponsored. Three sponsors presented and answered questions. Lunch and lively discussion followed. Special thanks go to Sally, Emily, Nan and Neva for sharing their experiences and wisdom. The 7th Tradition of \$72.00 went to Intergroup. Thank a Thon, Thanksgiving Morning on November 23 between 9 and noon will be at St. James Methodist Church. A flyer to alert OAers of this special day will be at this IG Meeting. A second flyer will be distributed to I.R.s at the October IG meeting.

Retreat Committee [Barbara R., Linda J.]: SoAZ Retreat October 27-29, 2017, St David Holy Trinity Monastery. The theme is Growing in Recovery. Registration forms are on the website under the Events tab. **21 spaces left for the full weekend and 10 spaces left for**

**Saturday only.** The committee is looking for volunteers to help during the retreat. Scholarship money is available, requests can be made on the registration form. Groups are encouraged to donate gift baskets or gift cards as raffle items. Members may also donate clothing and accessories for the used clothing sale. For more information, see flyers on the website. Next planning meeting: **October 21** following Intergroup.

Ways/Means Committee [Chris N., excused]: No report

Twelfth-Step Within [Janis R., Roni B.]: We have completed 14 of 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 next TSW workshop will be "Making It Through the Holidays" on October 14 from 11am-1pm at St James in Room 6. This workshop will have a 90 day focus to help members get through the holidays abstinently. Flyers are available on our website and here today. 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 hold a mini workshop meeting on the evening on 12/12/17 Twelve Step Within Day. More on that later.

Website [Nan B., excused]: No new updates

**IR Trainer** [Cheryl, excused/attending R3 convention; Janis R read report] IRs present 17 (new/alternates). Mail/hand deliver information to meetings not represented. I cannot attend the Sept.16 meeting, because I will be at the Denver Assembly subbing for our Region Rep. I am sending some materials to the meeting with Janis. I made several books for new Intergroup Reps whose group either didn't have one or it couldn't be located. I updated the Table of Contents for the IR books and Nan posted it on the website. I submitted my budget worksheet for 2018, asking for a small increase. On August 29<sup>th</sup> I held a 1-hour workshop for 3 new IRs and they all said it was very helpful. 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. I ordered and received the latest 7<sup>th</sup> Tradition Pamphlets for all IRs, as suggested in our Visions and Goals. I ask that they be distributed at the September IG meeting. I suggest that IRs ask members of their group, especially the group treasurer, to read it, to see if they are following the tradition, and discuss at their group conscience meeting soon. Anyone can download the pamphlet free at the following webpage: <https://oa.org/files/pdf/seventhtradition.pdf>

### **Unfinished Business/Other**

Update on name change process [Beth]: The SoAZ name change is in effect and the paperwork for the name change was mailed out August 12<sup>th</sup> to the AZ Corporation Commission. After a follow-up call; it was determined that the paperwork needed to be resubmitted. The paperwork has been resubmitted and the update is in progress.

PIPO Committee description from oasouthernaz.org and oa.org [Beth]: It has been brought to the attention of the board that there has been some concern that some of the activities of the PIPO committee could be categorized as 'promotion' and thus a breach of Tradition 11. Beth read from OA's *Twelve Steps and Twelve Traditions* page 193 and provided a sheet of paper listing the PIPO committee descriptions from the OA website and our own SoAZ website. Members from San Xavier and Green Valley have been very excited by the work the PIPO committee did at the Casino Del Sol and Pascua Yaqui tribe health fair. Many members shared their support of all the work that is being done to carry the message. The PIPO chair stated that there were 2 instances of an anonymity breach, but the committee will be extra vigilant to make sure, individual OA member's names are not used during PIPO events.

### **New Business**

Policy Manual Motion to update (slate motion with multiple changes) [Beth M]: Board met in June to review the Policy Manual and make necessary updates. Policy Manuals with the changes highlighted can be found on the Google Drive and was available at the IG meeting for IRs. Beth went through the manual and pointed out the changes throughout the document. These changes will be voted on as a slate so a yes vote would be to accept all changes and a no vote would leave the policy manual as is for now. Friendly amendments can be made for editorial changes only. IRs are to take the Policy Manual with the changes back to their meetings to review. The motion will be voted on at the October IG meeting. Please note: on the first page of the Policy Manual under November: there should not be a line thru the We Care Update. Made in error. Will be fixed on the Google Drive.

Vision/Goals: #1, Service and Group Handbook (page 36: # 5 - 6)

### **Announcements**

TODAY: Retreat Committee after Intergroup, here.

Oct 14, 11AM – 1PM: 'Making it through the Holidays,' St. James Church, Room 6

Oct 21, 10:45 – 12:30 Intergroup, St. James Church

Oct 21, 1:00 pm – Retreat Committee St. James

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

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

Nov 23 9:00 – 12:00PM Thank-A-Thon event at St. James Church

Recap of Action Items [Emily RS]

**Adjourned** 12:08PM with the Responsibility Statement

Respectfully submitted, Emily Riley-Saxton, Secretary