

## **Minutes SoAZ Intergroup of Overeaters Anonymous**

April 21, 2018 | [www.oasouthernaz.org](http://www.oasouthernaz.org)

**Attendance:** Beth M., Chair; Jill S., Vice-Chair; Michelle S., Secretary; Sara J., Treasurer; Chris N., Sr. RR/Delegate; Sally H., Jr. RR/Delegate; Janet G., PIPO; Hannah D., Newsletter; Nan B., Website; Janis R., 12 Step Within; Barbara Agee, Special Events; Cheryl L., IR Trainer; Cyndi K., IR 45377; Davis, IR 54379, 37169, and 34898; Christine K., IR 53361; Deb B., IR 40522 and Retreat Chair; Bev C., IR 56000; Joanne B., IR 04330; Michael A., IR 00439; Mickey M., IR 14251; Judith, Rotating IR 12117; Jan H., IR 50474 and 51744; and, Judy G., IR 2 Yuma Meetings.

**Call to Order:** At 10:50 AM. Beth M. began with welcoming everyone, asking all to silence their cell phones, and ensuring that everyone had the Standing Rules. There was a moment of silence followed by the Serenity Prayer. Introductions and Sign-in happened while reading 12 Traditions and 12 Concepts.

**Minutes [Michelle]:** Michelle explained that although she is thrilled with the number of people reading and commenting on the minutes, only typographical errors or misinformation can be corrected. The document cannot be revised for clarity if it differs from what was actually said. Those types of clarifications can be made at the next meeting as the document needs to reflect what was actually said.

The minutes from the March 17th IG meeting were accepted as submitted electronically by Michelle S.

**Treasurer's Report [Sara J.]:** The \$475 "expense" under PIPO was just moving it to correct place in budget as it was received from WSO. The checkbook balance of \$14,704.72 reflects cleared balance.

Janis noted that the bottom of the report had the wrong year. The report was accepted as amended.

Mail was not passed, nor was the 7th Tradition .

### **Committee Reports**

**Region Rep/Delegates [Sally H., Junior Delegate]:** Sally had health issues that prevented her from attending some Region events. She also will be unable to attend the WSBC due to those same issues. The group was asked if someone

would be able to go with Chris. The requirements to serve were discussed. A suggestion was made to put it on the website, but there was not enough time as Chris leaves in two days. No one was able to attend.

**RR/Delegates [Sr. Delegate, Chris N]:** On Friday afternoon at the Region 3 Spring 2018 Conference in Salt Lake City, Utah, Sally and Chris attended the Forum to meet the Steering Committee and discuss dispersal of excess funds received by Region last year (\$20,000). They brainstormed where best to use this money; it was decided that \$10,000 will be sent to WSO General Fund and \$10,000 dispersal will be decided in Finance committee that weekend.

They attended the convention opening and listened to the keynote speaker but were unable to stay for convention closing due to transportation. On Saturday, they attended the assembly: 17 RR and 5 Steering Committee in attendance: Brenda Q., Chair; Kathy M., Vice Chair; Neva S., interim Recording Secretary; Elaine L., Treasurer, Christina S., Communications Secretary and Vickie W., Trustee. Parliamentarian explained how RR would handle the numerous bylaw/policy motions to be presented and ask questions pertaining to the reports from Chair, Vice Chair, Treasurer, Recording Secretary, Trustee and Communications Secretary.

The committee meetings (Finance, Bylaws, PIPO, and TSW) met from 10 to 1:15 (over lunch) and reports were presented.

**Finance:** Identifying possible social media advertising resources: collaborate with PIPO and TSW about long term projects requiring financial support and research convention proceeds split (currently 60% Region, 40% Hosting Intergroup). Funds provided for 'Turn On/Turn Off' and PIPO health fairs. Evaluating how to prevent excess in future.

**Bylaws:** Presenting motions to transfer from Bylaws to Policy Manual the job descriptions of the Steering Committee. Chris is currently Co-chair of this committee.

**PIPO:** A pocket card was created for 'remembering what to tell your doctor about OA' and 25 given to each RR. Public Information poster available for loan from Region, the PI manual letter to health care professionals was sent by email to Intergroup Chairs prior to Assembly. Chris will pick up 75 of them at WSBC.

**TSW:** Finishing a locally produced piece of literature (Turn-ons and Turn-offs when approaching potential members). Sally is a member of this committee.

A Lifeline drawing gave 3 subscriptions to representatives present. Vickie W. donated a new 12x12 and collected donations, which were returned to Region III as 7th Tradition.

\$519 was collected as 7th Tradition from assembly attendees.

Unfinished Business: Approved attendance and travel funding for Trustee nominee to WSBC (Neva S.)

New Business: Bylaw and Policy Motions presented to merge duties of Steering committee into Policy Manual only. VC asked for motion B to be amended for better clarity and all were passed.

Chris had asked about selling Ways and Means at this convention; however, there was no room/monitoring available per Chair.

#### Announcements:

- Las Vegas retreat Oct 20-22, 2018, in Mesquite, NV.
- Chair and Recording Secretary elections will be held in Fall 2018
- Silent retreat sponsored by CNMI, October 2018
- Galveston Conference 10/26-28, 2018 (hosted by Galveston and Houston IG's)
- Fall 2018 Assembly in Colorado Springs, CO.
- Spring 2019 Assembly to be held March 29-31 in San Antonio, TX
- Fall 2019 Las Vegas, NV
- Spring 2020 - open
- Fall 2020 Phoenix, AZ.
- Tulsa will host Assembly Convention Spring 2020
- SEAZ (Southern Arizona Intergroup) will host Assembly Convention Fall 2021

**Public Information/Professional Outreach (PIPO) [Janet G.]:** PIPO attended three events, talking to people, as well as handing out flyers and posters. The telephone committee responded to PIPO's request by explaining that it is not viable to ask how callers heard of OA as most just listen to the recorded message. It is estimated that 120,000 people each year see the bus ads. PIPO will check the budget at the end of the year to determine if the ads will be purchased again.

**Meeting List [Leslie S., absent]:** Janet read Leslie's report: Kiva B. is no longer serving as the IR for the Tucson Friday Fresh Start meeting. Pat D. is no longer serving as the IR for the Tucson Saturday Far East meeting. Cheryl L. & s

name is listed as IR per her request. Louise Davis is replacing Mary Anne as IR for the Green Valley Wednesday Discussion and Green Valley Saturday Step and Tradition study. Sally H. is no longer the IR for the Tucson Sunday Miracles Happen meeting. Chris B. has replaced Dorothy W. as the contact person for the Tucson Saturday Morning Study Group. Elisa R. is no longer the contact person for the Tucson Friday Living In The Solution meeting. Ann S. from the Tucson Wednesday Early Morning Big Book Study and Tucson Friday Fresh Start has a new phone number, 951-233- 7089. The Tucson Wednesday Early Morning Big Book Study is no longer a fragrance free meeting. Michele K. is the new contact person for the Tucson Thursday Seeking the Spiritual Path meeting.

6 of the 17 Tucson meetings currently have no IR. 1 of the 14 out of town meetings currently has no IR. 4 of the 17 Tucson meetings currently have no contact person listed. 1 of the 14 out of town meetings currently has no contact person listed.

Intergroup Representatives please check the information on the paper lists and let Leslie know if it is correct.

Beth commented that this was an excellent report.

**Newsletter [Hannah D.]:** The next deadline is June 1, and the theme is Facing Fears through Faith.

**Lifeline Resource Library:** No report

**Phone:** No report. [Report posted on drive]

**Special Events [Barbara Agee]:** Nothing to report.

**Retreat Committee Meeting [Deb B.]:** There was no meeting in March, but there is a meeting today, following IG. Deb has spoken to one potential speaker, and there are other potential speakers as well. Save-the-date flyers will be available next month.

**Ways/Means Committee [Chris N]:** Ways and Means was taken to the Amends Workshop and sold \$15. Chris mailed pamphlet pockets to Region 8 which cost \$18.90 to ship and received \$289.90 (\$270+shipping). They are requesting additional pockets be made. Chris will need to request additional committee funding to do this. Chris was unable to sell at Region III Assembly in Salt Lake

City, Utah. She has made 7th Tradition pockets, new refrigerator magnets, and book covers to fit the new 12 Steps and 12 Traditions of Overeaters Anonymous.

**Twelfth-Step Within [Janis R.]:** TSW held the Making Amends workshop on Saturday, March 31st at St. James followed by a BYO fellowship lunch. There was a total of 18 participants bringing in \$65.16 in donations. The committee had hoped for better attendance, but the 3 speakers were amazing and it turned out to be a great workshop .

The next workshop will be Saturday, May 12th from 1:00 – 3:00PM at St. James Methodist Church. This will be a Relapse Recovery and Prevention workshop. Hard copies of the flyers are available today for IRs to bring back to their groups as well as an electronic copy on our IG website. To encourage IG members to attend the workshops and support the TSW committee, there will be a few door prizes for attendees.

The OA 15-Week 12-Step Workshop was a magical experience. The Workshop offered the participants an opportunity to work through all 12 steps. Participants learned and shared about each step and did not let procrastination or fear delay the process. Intimacy, inspiration and abstinence were the goals.

The TSW committee will be participating in 2 out-of-town events and hope to be going to Safford and Green Valley to either incorporate a TSW activity into a meeting or to host a workshop depending on the interest of the members.

There are also 2 volunteers to facilitate the next OA 12-Step 15-Week Step Study which will start Tuesday, July 3, and run from 6:30PM to 8:30PM for the 15 weeks. Interested members should contact Joy at 520-834-7224 ([joyvmarie@centurylink.net](mailto:joyvmarie@centurylink.net)) or Jeanne at 520-444-5901 ([jeannemcardle123@gmail.com](mailto:jeannemcardle123@gmail.com)).

**Website [Nan B]:** Routine updates were done and Nan is receiving regular monitoring reports from Godaddy's security package. If any problems are observed on the site, please report them to Nan.

#### **Questions for Committee Chairs:**

Janet (to Chris): She asked for an explanation of the PIPO booklet.

Chris: It was a Region III PIPO produced piece of literature about Turn-ons and Turn-offs when approaching potential members. It is not finished.

Judith (to Chris): Where is the report on the drive?

Chris: It is in the 4/2014 folder.

Davis (to Janis): She had questions about TSW coming to Green Valley. It was decided that it would be discussed after the meeting.

Davis (to group): San Xavier would welcome members with long-term abstinence to attend the meeting.

Beth: This should be added to the announcements.

**IR Trainer [Cheryl L]:** The Spring We Care List is available in hard copy for IRs and emailed to members. Please follow the directions. It is also on the Google drive. Two people have volunteered to help Cheryl make calls confirming information. Please return them to Cheryl by May 19, but they can be turned in sooner. See Cheryl if her mailing address is needed.

Michael suggested that IRs make it clear that the We Care list is separate from meeting lists. Margaret and Cheryl agreed with Cheryl suggesting that IRs keep the directions on and pass it separately from group sign-ins. Nan suggested that IRs clearly explain the purpose before passing it; Cheryl and Jill agreed. Margaret expressed that privacy can be a concern; Jill suggested IRs clarify that it is a choice. Beth clarified that Google drive access is restricted to IG members, and access is deleted when IG reps rotate out of service. Minutes are on the website (Michelle edits addresses from minutes).

The IRs were counted and 14 were present. For the meetings not represented, volunteers were needed to deliver materials. Volunteers: Jill S. for Sunday Seeking the Power; Cheryl L. for Tuesday Tender Solutions and Thursday Big Book; and, Sara J. for Wednesday Early Morning and Friday Fresh Start. All others are out-of-town.

### **Unfinished Business/Other**

Activity Report Committee [Beth M.]: Meeting in room 5 at St. James, following Intergroup. All are welcome to attend.

Policy Manual Revamping [Jill S.]: Meeting April 22 at Jill's home at 1:00. All are welcome to attend.

### **New Business:**

**Open Microphone [facilitated by Jill S.]:**

Judy G.: She shared the third article in a series about OA in the Yuma paper. Yuma was disappointed that the series resulted in few newcomers. The phone meeting card passed out by Chris is great! The Monday meeting typically closes in May, but the group is going to try and keep it open. Members should call before going.

Janet: She discussed that it is not always easy to know how people heard of OA.

Cheryl: One “housekeeping” suggestion is that the Region Rep should be separate from committees so members could ask questions right after the report.

Nan: Not everyone remembers how they heard of OA.

WSO updates [Jill S.]: WSO updates include that Region 9 needs a trustee. Judith bought copies of the new 12 Steps and 12 Traditions of Overeaters Anonymous available for purchase from her. The WSBC is in two days. Lifeline magazine needs articles with a deadline of May 15. There are short videos on each of the 12 traditions on the WSO website under podcasts. There are newly designed “OA: It Works” prospect cards now available. The “What if I Don’t Believe in God?” pamphlets are discontinued. The upcoming Lifeline will deal with sexual and relationship issues. *Beyond Our Wildest Dreams* and *Overeaters Anonymous, second edition* are available at discounted rates.

**Vision/Goals: #4, Strong Meetings and Committees [Jill]:** The IG Treasurer communicated with group treasurers about contribution splits. IR trainer shares 7th Tradition pamphlets with groups. Region Reps made a bid for Tucson IG to host an upcoming convention (Fall of 2021). Hannah commented that the newsletter can always use more submissions. The second is on the next agenda. PIPO is a yes to all. The group read from page 43 to to the top of page 44 in the group handbook.

### **Announcements**

1. Retreat meeting, 12:30 St. James following Intergroup. All are welcome to attend.
2. Activity Report Committee, Room 5 at St. James, following Intergroup. All are welcome to attend.
3. April 22, Policy Manual Revamp Committee, text of call Jill S. for information (520-282-9818).

4. April 23-28: WSBC of OA, "Growing Recovery Worldwide" in Albuquerque, NM
5. May 12, 1-3 PM: Relapse, Recovery, and Prevention Workshop (Twelfth Step Within), St. James
6. May 19, 10:45-12:30 PM, Intergroup at St. James Church with Board Meeting at 10:00 AM.

#### **Recap of Action Items [Nan]:**

1. IRs: Please check the current meeting list for accuracy. Note that we need IRs and contact person for each meeting. Contact Leslie with any changes or corrections. Leslie 520-732-1339
2. Upcoming workshops: Relapse, recovery, and prevention, May 12, 1:00-3:00 pm, St. James Methodist Church. Flyer available at [http://oasouthernaz.org/EventFlyers/RelapseRecoveryPrevention\\_May2018.pdf](http://oasouthernaz.org/EventFlyers/RelapseRecoveryPrevention_May2018.pdf). Steps, Traditions, and Concepts in conjunction with Sponsorship Day, August 11. Contact Janis 520-599-4724 janistucson@gmail.com
3. Region III PIPO committee is producing a new pocket card, "What to Tell Your Doctor." Copies will be available at the May Intergroup meeting (May 19).
4. The next Intergroup meeting will be on Saturday, May 19, 10:45 a.m. to 12:10 p.m., at St. James Methodist Church, 3255 N Campbell Ave. The board meets at 10:00 and all are welcome.
5. Time to update the Southern Arizona We Care list! Update packet will be emailed to IRs. Please read instructions carefully and circulate at your meeting. Also clarify that this list is for ALL of Southern Arizona. Members must verify/update info by writing OK by their names. Additions and deletions can also be made on the list. Contact Cheryl with questions and for more information 520-591-8025
6. Ongoing need for stories, articles, poetry, and original artwork. Please submit to newsletter@oasouthernaz.org OR mail to her. Focus for Second Quarter 2018 edition: Facing our fears through faith. Next deadline is June 1, 2018.
7. Sponsorship Day in conjunction with 12-Step Within event on August 11.
8. Website committee is looking for volunteer trainees to maintain website in 2019. If you can use word processing software, you can learn WordPress. Contact Nan B.: nbadgett@gmail.com 520-940-0702
9. The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed. Revised for readability and inclusiveness. Judith H. has copies for sale locally. 520-323-9845
  - a. Previous ed. of Overeaters Anonymous (the brown book) now only \$5!



- b. A New Beginning: Stories of Recovery from Relapse (available from Amazon)
- c. Beyond Our Wildest Dreams (OA history), now only \$6!
- d. Prospect cards are now available from OA.org  
[http://bookstore.oa.org/pc\\_product\\_detail.asp?key=0B62ED3971ED4216B1DE486D99729F58](http://bookstore.oa.org/pc_product_detail.asp?key=0B62ED3971ED4216B1DE486D99729F58)
- e. A series of three-minute videos on the Twelve Traditions is available at <https://oa.org/podcasts/> Scroll down to find “Take a Walk Down the Traditions.”

**Adjourned at 12:08PM by Jill S., ending with the Responsibility Pledge.**  
Respectfully submitted, Michelle Sebert