

Minutes SoAZ Intergroup of Overeaters Anonymous

August 18, 2018 | www.oasouthernaz.org

Attendance: Beth M, Chair; Jill S, vice-chair; Sara J, treasurer; Chris N, Sr. RR/Delegate, acting secretary; Sally H, Jr. RR/Delegate; Gina B, Telephone; Leslie S, Meeting List; Nan B, Website; Janis R, 12 Step Within; Janet G, PIPO; Nancy N, PIPO Asst; Barbara A, Special Events, IR; Cheryl L, IR Trainer, IR; Valerie O, Lifeline and Resource Library, IR; Deb B, Retreat Chair; Lynda S, IR; Jan H, IR; Jan F, IR; Nancy R, IR; Judy G, IR

Call to Order: At 10:45 AM. 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 were while reading 12 Traditions and 12 Concepts. Sign-in happened with 7th tradition afterwards.

Minutes [Chris N., sub]: The minutes from the July 18 IG meeting were accepted as submitted electronically.

Treasurer's Report [Sara J.]: Balance is \$11549.09. Expenses were \$694.11. Income from groups \$672.76 in July. We have \$862.67 in the scholarship fund. Sara will update the meetings names on the report.

Committee Reports

RR/Delegates [Sr. Delegate, Chris N.; Jr. Delegate, Sally H.]:

- We continue to prepare for presenting the budget proposal for next years RR/Delegate due in September.
- Chris, by-laws committee chair, and Sally attended the phone meeting on Monday the 6th to revise the by-laws. They were revised, and sent electronically (by Chris) to all of the by-laws committee members.
- We've purchased our tickets, hotel room and for Fall Assembly in Colorado Springs and will be registering soon.

Public Information/Professional Outreach (PIPO) [Janet G.]:

- July 30 Annual Health and Wellness Fair for the Child and Parent Centers: 82 contacted, many flyers given and 3 posters taken
- Aug 13+14 SW Behavioral Therapist Conference: 180 contacted, 628 flyers given and 48 posters taken
- Possible project: Donating 12 of the new edition of the OA 12 and 12 books to the Pima County Libraries. It would cost \$15.00 each for a total of \$180.00 not counting shipping. If we ordered a box it would cost \$337.50 not counting shipping for 25 books each would cost \$13.51. That would leave us 13 books to try and sell. The question is if we order the case will we be able to sell the rest of the books?

Meeting List [Leslie S.]: *The meeting place for the Tucson Sunday Newcomers meeting from 5:30 to 6:60 pm was corrected to Banner University Medical Center. Also, "Bring Jacket. Room is cold." Was added in the notes column.

*Jan H. is the IR for the Tucson Saturday Far East Study Group. *The website for the OA Virtual Region was added to the list of websites at the bottom of page one. *Davis is the IR for the Monday San Xavier meeting. *Barbara A. is the IR for the Tucson Sunday Miracles Happen meeting. *Cyndi K. is no longer the IR for the Tucson Sunday Hope, Love and Acceptance meeting.

Newsletter [Hannah D.; Alex J., excused]: Read by Chris N

- The newsletter deadline is August 30, and we haven't received any submissions yet. The theme is Relapse and Recovery, so if sponsors or IG reps could encourage their sponsees/groups to share their stories we would really appreciate it! Submissions can be in the form of first-person narrative, poetry, original art, or anything else that can be printed in a newsletter!
- We would love to hear from OA members in every stage of recovery--whether they are brand new in the program or have years of abstinence under their belt. Writing is one of the tools of recovery and can be a great distraction from compulsive food thoughts.
- Submissions can be accepted through the OA email, via our physical mailing address (C/O Hannah Dahl), or in-person at a weekly meeting.

Lifeline Resource Library [Valerie O.]: nothing new to report

Phone [Gina B.]: There were 22-billed calls. There were 2 messages and 2 returned calls.

Sally Hicks volunteered to answer the phone for Sunday. She'll also answer Friday's until Lauren is back.

Special Events [Barbara A.]:

12 TSW was given a special thank-you for incorporating Sponsorship Day into the Workshop on Saturday. It honored this wonderful sponsoring partnership that has helped so many of us in recovery.

Retreat Committee Meeting [Deb B.]:

- Registration forms are available today, and can be mailed or given to Mickey M. The cost of the full weekend is \$130, which is a decrease of \$10 from last year. Saturday only is still \$50. The committee decided to allow half the registration cost for

scholarships for the full weekend. We believe it may help with accountability. In the past, there were some no show members, which could potentially block someone else if we are full.

- The registration information is on WSO website, and the form will be available on our Intergroup website. Region 3 website is in process.
- The committee has received approval for up to \$400 in expenses to be reimbursed by Region 3. These expenses may include airfare, hotel, meals and retreat registration for our guest speaker.
- Basket Raffle flyers are now available. Groups can volunteer to make a basket if they desire. They will be raffled off as in past years.
- There will be a clothing sale as in past years. The collection will start in September; flyers will be available at September Intergroup meeting. Mickey M will collect the clothing at her home.
- Next meeting is August 18, 2018 at 12:30 PM

Ways/Means Committee [Chris N.]: Sewing pamphlet pockets for Region 8, due in September.

Continue to create bookmarks, book covers and magnets. \$110 earned at Service, Traditions and Concepts with a nod to Sponsorship Workshop on 8/11/18, \$9 misc. earned from nonevent purchases.

Twelfth-Step Within [Janis R.; Emily RS.]:

- Our committee hosted the Service, Traditions and Concepts workshop on August 11th presented by our Region III Chair. The event was held at St. James from 10:30AM to 3:15PM. We had 29 participants (newbies to 42 years in program) and brought in \$90 in donations. We were extremely happy with the turnout and the content was fantastic! Sponsorship activities were also incorporated into the workshop in recognition of Sponsorship Day.
- Our committee is bringing the Making Amends and Relapse Recovery and Prevention workshops to Green Valley on August 25th. We will start at 10:30AM with the Amends workshop, break for lunch, and then finish with the Relapse Recovery and Prevention workshop. All OA members are invited to attend. An electronic copy of the flyer can be found on our IG website.
- The OA 12 Step 15 Week Workshop is happening every Saturday from 10:30AM to 12:30PM with the last session scheduled for October 7th. There are currently six members and they just finished week six. The participants are finding the workshop to be so very meaningful!
- Our next workshop, "Let's get real about food and make it through the holidays," will be Saturday, October 13 at St James Methodist Church from 10:30AM – 12:15PM followed by a BYO fellowship lunch. Hardcopies of the flyers are available today for IRs to bring back to their groups as well as an electronic copy on our IG website.

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
- I purchased the SSL security certificate and got it installed, with a little help from a friend.
- Beth brought up the possibility of updating the website appearance. I agreed that it is a bit dated and could use a facelift. We will talk more about this, but don't have a timeframe for this project. Let us know if you have any suggestions.

IR Trainer [Cheryl L.]: 8 IRs present.

- Copies of the corrected new index for the Policy Manual were distributed.
- Cindy K. has notified me that she is no longer the IR for the Sunday Hope, Love and Acceptance meeting.
- Francine M. has decided she cannot be IR for the Saturday Morning Study group meeting, after all.
- I am the new IR for the Monday Far East meeting.

Questions?

PIPO Chair reported not participating in a health fair on the Yaqui reservation due to not enough notice, will plan for next year.

When will Tucson be hosting the Region III Conference? 2021

Yuma hosting Making Amends/Relapse, Recovery and Prevention Workshops in February 2019

Barbara A is interim IR for Sunday Miracles Happen

Nancy R asked PIPO about a Sierra Vista health fair in October 2017, will speak with Janet after IG

Unfinished Business/Other

Website Budget Motion 'To provide \$225.00 in extra funding to be taken from the current general fund for continued operation of oasouthernaz.org, including hosting renewal, domain name renewal, and purchase of SSL certificate.' read (seconded by Chris) and explained by Nan.

Questions? Yuma questioned cost of domain name in proposal; Nan explained domain name purchased through GoDaddy is \$15 per year; hosting is \$10 per month. Research was not done in changing companies.

Call for the question, 7 yes, motion passed.

SECRETARY POSITION still open-please consider taking on this vital service to intergroup

New Business

1. Request for Budgets from Committee Chairs: Sara will be emailing Chairs a 'budget tips' and budget request form to be completed and turned in next month for 2019.
2. Accumulation of Funds and Operating Reserve Motion read by Janis: 'Each year's proposed Budget will be based on the previous calendar year's Income amount. One-Half that amount will be kept in the checkbook as the initial Operating Reserve for the current year.
After final figures for the year-end are accounted for, all monies above the needed current year's Operating Reserve will be disbursed by a mechanism to be determined by the Fellowship (donating or spending). This should happen by the end of January when final year-end figures can be determined.'
Questions?
Won't we run out of money if only keep 6 months? As monies are used in January, groups are donating so will have faith that money is available when needed. What if a committee needs it up front? Delegate is only committee that has immediate expenses and those could be handled with the 6 months' reserve. What about increase if costs of supplies? Chairs responsible to ask for what they need in budget request.
Comments:
 - Member felt groups would give more willingly and consistently since our account would have less than in the last 5 years.
 - Committee reports unable to find another OA Intergroup with 1 year of reserves, Region III and WSO have 3 months.
 - Chair reports current IG budgeting is against OA traditions (5, 7) and concepts (12-b) and our bylaws Article VII Source of Funds Section 2: Accumulation of Funds.
 - Chair reported that only one motion was presented (unlike the 2-option version that was sent to the meetings 6/18) as the survey of IR's in July reflected 7-10 meetings in favor of the 6 month reserve with or without a prudent reserve.
 - IR's are to bring back vote for September.
3. Request Ideas for Spending/Distributing Accumulated Funds: Chair requesting committee volunteers to review suggestions made by groups for spending (Judy G volunteered). Chair dispensed and discussed purchase of video/teleconferencing equipment to provide remote attendance by IR's for groups to consider. Questions ranged from who would be responsible to store/run, how to use and ongoing cost. Noted that 50% of meetings in SoAZ are outside of Tucson (30 meetings/15 in San Xavier, Bisbee, Green Valley, Sierra Vista, and Yuma) and this equipment would also allow more members to attend special events held in Tucson. IR's to return with other ideas for distribution of funds in September. Even if the current accumulation motion is defeated, we are breaking traditions and our own bylaws so another motion will be presented to deal with the accumulated funds.

Open Microphone [Jill S.] PIPO asked about Intergroup helping with the purchase of a case of new 12x12s to be given to the Library locations in Tucson. Case is 25; only need 12 but does save \$1.50 a book buying by the case. IG can't assist with literature purchase but many groups do purchase literature, suggested PIPO collaborate with several meetings to get the better price. Sally reports Liz is taking 12x12 donations for the Haven.

World Service Office (WSO) Updates read by Jill including 'Get a grip on your slip'.

Vision/Goals: # 4. Financial Health read by Cheryl (have completed these goals).

Announcements

Aug 18, Retreat meeting, 12:30 here - all are invited and welcome to attend

Aug 25, TWO-IN-ONE WORKSHOPS: 10:30-12- Making Amends Workshop AND 1-2:30 Relapse in Green Valley

Sept 15, 2018, 10:45 AM – 12:30 PM, Intergroup, St. James Church, Board meeting 10:00 AM

Oct 12-14, 2018 [Region 3 Convention and Assembly](#), 'Acceptance is the Key,' Hotel Elegante, Colorado Springs

Oct 13, 2018 'Lets get real about food and make it through the holidays', St. James Church 10:30AM-12:15 PM followed by BYO fellowship lunch.

Oct 26-28, 2018 SoAZ Retreat in St. David, Arizona

11/17/18 Idea Day in Sierra Vista (TBA)

11/27/18 Thankathon (TBA)

Recap of Action Items listed by Nan.

Adjourned at 12:10 PM with the Responsibility Pledge

Respectfully submitted, Chris Nunn, substitute Secretary