

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

February 17, 2018 | [www.oasouthernaz.org](http://www.oasouthernaz.org)

**Attendance:** Beth M., Chair; Jill S., Vice- Chair; Michelle S., Secretary; Chris N., Sr. RR/Delegate; Sally H., Jr. RR/Delegate and IR 23957; Janet G., PIPO; Hannah D., Newsletter; Nan B., Website; Emily R.S., 12 Step Within; Leslie S., Meeting List; Barbara A., Special Events; Cheryl L., IR Trainer; Cyndi K., IR 45377; Andy M., IR 49744; Christine K., IR 53361; Deb B., IR 40522; Ari K., IR 40963; Joanne B., IR 04330; Michael A., IR 00439; Jane C. (substitute), IR 14251; Jan H., IR 50474 and 51744; Judy G., IR 2 Yuma Meetings.

**Call to Order:** At 10:49AM. Beth began with welcoming everyone, asking all to silence their cell phones, and ensuring that everyone had the Standing Rules, indicating that extra copies were on the table. There was a moment of silence followed by the Serenity Prayer. Introductions and Sign- in happened while reading 12 Traditions and 12 Concepts.

**Minutes [Beth M.]:** The minutes from the January 20th IG meeting were accepted as submitted electronically by Michelle S.

**Treasurer's Report [Sara J. absent]:** Beth shared the financial statement provided by Sarah.

Mail was passed, as was the 7th Tradition.

### **Committee Reports**

**RR/Delegates [Sr. Delegate, Chris N]:** Both Chris and Sally are registered for WSBC and will be compiling the WSBC Agenda Questionnaire responses today. These will be sent to WSO by February 20, 2018 for WSBC, April 23- 28, 2018. The 2017 Contributions Report is available from WSO, with information about SoAz on page 13.

**Public Information/Professional Outreach (PIPO) [Janet G.]:** On January 25, 2018, there were OA speakers at three sessions of the Pascua Yaqui's 12- week nutrition class for 42 employees of the reservation. Work is still being done on

the Craigslist ad and PSA. After hearing that there were 52 phone calls last month, Janet will contact the Phone Committee Chair to see if those answering the calls can ask how new members heard of OA to help determine the most effective forms of outreach.

In addition, IRs are asked to talk to those in their meetings who are newcomers to OA (came in 2017) how they heard of OA and report that information to Janet. PIPO received a \$475 grant from the WSO Professional Exhibit fund for the Southwest Behavioral Conference in August in Tucson. Also, Judy G. was able to share that the local Yuma paper had a series of weekly articles featuring the stories of OA members (article passed to each IG member to view).

**Meeting List [Leslie S]:** The following changes were made: The new IR for the Tucson Wednesday Welcome Home meeting is Joanne B. at 520- 271- 5060, and she will serve as IR until the end of April 2018. Michael A. is the IR for the Tucson Thursday Seeking the Spiritual Path meeting. The Tucson Thursday Over and Under meeting will discuss Lifeline and the Twelve Steps and Twelve Traditions of Overeaters Anonymous. The Tucson Friday Fresh Start group will discuss OA literature. Mickey M. at 520- 885- 6861 is the IR for the Tucson Friday Living in the Solution meeting. Linda J. is no longer the IR for Tucson Saturday Morning Study Group. Hannah R. is no longer the IR for the Sierra Vista Thursday meeting.

All IRs are asked to please check the meeting lists for accuracy and inform Leslie if any changes need to be made.

**Newsletter [Nicole reported]:** Theme is prayer and meditation. Submissions are needed. The deadline is March 1, 2018, and original artwork is accepted as well.

**Lifeline Resource Library:** No report.

**Phone:** No report.

**Special Events [Barbara A]:** The Retreat Committee was formed and includes both past and new members. Sponsorship Day will be done in conjunction with

Twelfth Step Within. Barbara is traveling to Unity Day and has room for two in her car, so contact her if interested.

**Retreat Committee Meeting [Deb B.]:** The planning meetings will be held monthly after the IG meeting. Six came in January although ten are interested. Volunteer positions were assigned. There are two speakers being considered. The scholarships will be discussed at today's meeting.

**Ways/Means Committee [Chris N]:** Chris made 15 pamphlet pockets for Region 8 and will deliver them at WSBC. She is continuing to sew, and she will bring Ways and Means items to Unity Day.

**Twelfth- Step Within [Emily R.S.]:** The committee is currently planning the Saturday, March 31, 2018, Making Amends workshop which will be at St. James Methodist Church from 10:30- 12:30 PM; this will be followed by a BYOL (bring your own lunch) fellowship lunch. Flyers are available for IRs and on website.

The leaders of the 12- Step, 15- week workshop series report it is going well, and the group is currently on Step Four. The group reads, shares, writes, and recovers. There are currently 12 participants.

There will be a Relapse Recovery and Prevention workshop on May 12th from 1:00- 3:00 PM at St. James Methodist Church.

The committee is also coordinating with Special Events to incorporate Sponsorship Day into the Service, Traditions, and Concepts workshop being planned for August 11, 2018, which will be led by an outside speaker. More details will follow.

**Website [Nan B]:** Phoenix is impressed with our website and wants Nan's help in improving their site.

**Questions for Committee Chairs:** none.

**IR Trainer [Cheryl L]:** No one contacted Cheryl, so there was no need to hold the scheduled workshops for new or out- of- practice IRs. She is still willing to do this workshop at any time if there is a need. There were Table of Contents pages and other materials for the IR books on the table.

WSO is selling off its inventory of pamphlets and books in Spanish for the cost of shipping only. It is first come, first served. If interested, WSO needs to be contacted via phone.

Always call or email Cheryl if you have any questions. The IRs were counted and 13 were present, representing 14 meetings. For the meetings not represented, volunteers were needed to deliver materials. Volunteers: Cheryl for the San Xavier meeting, Hannah for the Tuesday Relapse Recovery meeting, Janet for the Wednesday Big Book meeting, Beth for the Thursday 5:30 meeting, none for the Thursday Big Book Study meeting, Sally for the Friday Fresh Start meeting, Chris for the Saturday Far East meeting, none for the Saturday Study Group meeting, and Cheryl will contact out- of- town groups.

#### **Unfinished Business/Other**

WSBC Agenda/Questionnaire: Chris asked for the IRs to do a consensus vote to turn in questionnaire results directly to her for her and Sally to tally and report back rather than taking the time to vote on each one- by- one. Sally made the motion, and Chris seconded it. Ten IRs voted yes, so questionnaires were given directly to Chris. She can accept them up until February 20th. The results will be reported back next month.

Policy Motion to move appointment of ad- hoc budget committee from October to September: Jill read the policy motion proposed by Sara. The rationale is that there is so much on the calendar and moving the month allows the group more time to schedule meetings; it also helps to spread out the work. No questions were asked so Jill made the motion which Janet seconded. Fourteen IRs voted yes.

IG Inventory Feedback from IRs: Three very positive areas are PIPO, the Retreat, and Twelfth Step Within workshops. There were suggestions about

having a men's meeting, having a teen's meeting, extending Thank-a-Thon to all day, and perhaps having IDEA and UNITY Days in three locations simultaneously. There was also a comment that IG meetings are boring. The full summary of results is available on the Google Drive. The Open Microphone came out of the feedback in the surveys.

Michael shared that it was a great idea to do the feedback survey. Emily asked if committees had turned in year-end reports. Beth answered that she and Jill are still compiling them and they will be shared in March.

## **New Business**

### **Policy Manual Format [added to agenda] (Jill S.):**

Jill would like IRs to inform their groups that she is looking to put together a committee next month that will work to make the policy manual more readable. She is looking at Phoenix's policy manual as an example of readability. It will be added to action items.

Beth shared about the Board goals which are to initiate and codify a yearly summary of activities for board members and committee chairs; analyze budget, create a policy or bylaws motion to address the accumulation of funds which is prohibited by the Bylaws; analyze budgeting/distribution of funds to make the budgets more flexible and make some changes possible with less formality/paperwork with possibly setting aside accumulation for discretionary allocations during the year; revamping the policy manual format for readability and clarity; and, facilitate and explore options for remote attendance for out-of-town members, using Oovoo or similar utility.

Beth shared the the Nogales, Sonora, group already took advantage of the Spanish literature deal from WSO.

Someone asked why WSO is selling off the Spanish literature, and it was explained that it will be made available through the language service boards and not sold through WSO any more. Emily asked how the language service boards were funded, and Chris responded they are funded through WSO's budget.

**Open Microphone [Jill]:** The open microphone is a chance for IRs to bring up successes, issues, ideas and concerns. It is for sharing of problems and how to deal with them. If there is a problem that warrants further discussion, it will be added to the next month's agenda. Each speaker will have three minutes with Jill timing, which will allow for about six speakers per meeting. Michelle will go first to demonstrate how it works.

Michelle S. [Secretary] shared feedback from men who have felt unwelcome at meetings and asked IRS to remind groups about inclusivity and how OA thrives on diversity.

Judy G. [IR, Yuma]: Yuma is really excited about the idea of remote attendance. She also shared success that Yuma has had an annual step study that people could attend remotely as well.

Jan H. [IR, Patagonia]: Sponsors are desperately needed for the growing meeting in Patagonia. Please talk to Jan if you are willing to sponsor someone in Patagonia.

Michael A. [IR, 00439]: He went to several OA business meetings in addition to the one he led in Oro Valley. It was a struggle to do the WSBC questionnaire as it was overwhelming. He would like for the group to look at ways to better prepare and help IRs to bring it back to their groups; for example, he observed a group who automatically said yes to any of the ones suggested by WSO which cut the number in half.

Sally H. [Jr. RR/Delegate and IR 23957]: She is willing to help with preparing IRs for the next questionnaire.

Deb B. [Retreat Committee]: She has printed flyers for Unity Day but forgot them. Contact her if you need them. Otherwise it is on the website. Cheryl suggested that IRs could each print off a few for their groups.

Beth [Chair]: The Thursday Over and Under group has a strong core of homegroup members, but attendance is low.

**Vision/Goals: #2, Education [Jill]:** The TSW Committee has scheduled Relapse Recovery and Service, Traditions, and Concepts workshops meeting the first goal. The second goal was also met as Cheryl is willing to conduct workshops for new and out- of- practice IRs. The third goal is ongoing as Cheryl creates new documents for IR mentoring.

### **Announcements**

1. Retreat meeting immediately following today's IG. All are invited and welcome to attend.
2. Unity Day on February 24, 2018, will be held at St. Francis Episcopal on 600 S. La Canada Drive, Green Valley.
3. The next IG meeting will be on March 17, 2018, at 10:45 AM- 12:30 PM at St. James Church. The Board meeting will be at 10 AM.

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

1. IRs: Please check the current meeting list for accuracy. Contact Leslie with any changes or corrections. Leslie 520- 732- 1339.
2. Members with good writing and editorial skills are needed for a committee to update and reformat the Policy Manual to make it more readable and easy to understand. Contact Jill.
3. OA World Service is selling all Spanish language literature for the cost of shipping only. Orders must be placed with WSO by phone 505- 891- 2664.
4. Unity Day is February 24, 2018, in Green Valley, 10:30 AM to 3:00 PM. Flyer available on website.
5. Ongoing need for stories, articles, poetry, and original artwork. Please submit to newsletter@oasouthernaz.org OR mail to Southern Arizona OA, c/o Hannah Dahl, PO Box 43221, Tucson, AZ 85733- 3221. Focus for First Quarter 2018 edition: Prayer and Meditation. Next deadline is March 1, 2018.
6. The next Intergroup meeting will be on Saturday, March 17, 10:45 AM to 12:30 PM, at St. James Methodist Church, 3255 N Campbell Ave. The board meets at 10:00 AM, and all are welcome.
7. IRs: Please review the Intergroup Inventory results which were distributed at Intergroup and are available online. Contact Beth or Jill with any questions.
8. Upcoming workshops:

- a. “Making Amends” on March 31, 2018, from 10:30 AM - 12:30 PM (flyer available online).
  - b. “Relapse, Recovery, and Prevention” on May 12.
  - c. “Steps, Traditions, and Concepts” in conjunction with Sponsorship Day on August 11th.
- 9. All members are asked to help get information from anyone who joined OA in 2017 regarding how they found out about OA (website, another person, etc.). Please provide information to Janet G. [PIPO].
- 10. The IR trainer is available to conduct trainings for new IRs.
- 11. Open Mic:
  - a. Remember that all are welcome in OA regardless of race, gender, etc. We thrive on diversity and inclusivity.
  - b. Sponsors are needed for members in Patagonia, Arizona.
- 12. The Website Committee is looking for volunteers to train for 2019.

Deb B: She asked Judy G. of Yuma to clarify about the Step Study. Judy explained that it meets once per week and they are currently studying Lori C. from Canada. It is something Yuma does each winter.

**Adjourned at 12:03 PM with the Responsibility Pledge**

Respectfully submitted, Michelle Sebert