

Minutes SoAZ Intergroup of Overeaters Anonymous

July 18, 2018| www.oasouthernaz.org

Attendance: Beth M, Chair; Sara J, treasurer; Chris N, Sr. RR/Delegate, acting Secretary; Sally H, Jr. RR/Delegate; Janis R, 12 Step Within; Janet G, PIPO; Nancy N, PIPO Asst; Gina B, Telephone; Leslie S, Meeting List; Nan B, Website; Cheryl L, IR Trainer; Barbara A, Special Events; Christine K, IR; Jan F, IR; Jan H, IR; Michael A, IR; Francine M, 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 and Sign-in happened while reading 12 Traditions and 12 Concepts.

Minutes [Jill S. /Beth]: The minutes from the June 16 IG meeting were accepted as submitted electronically.

Treasurer's Report [Sara J.]: Balance is \$11,570.44. Expenses were \$2,290.15. Income from groups \$921. We have \$862.67 in the scholarship fund. Explanation of previous corrections now listed on bottom of outflows.

Committee Reports

RR/Delegates [Sr. Delegate, Chris N.; Jr. Delegate, Sally H.]: We're also starting to prepare for putting the budget together for next years RR/Delegates, due in September.

Chris continues working on the By-Laws Committee as Chair. Sally has been officially added to the By-Laws committee.

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

6-18 Arizona School Nurse Conference	Flyers: 126	People: 54	Posters: 1
6-28 Haven Therapists	Flyers: 15	People: 7	Posters: 3
7-10 NW Bariatric Support Group	Flyers: 34	People: 35	Posters: 3
7-17 NW YMCA teen group	Flyers: 11	People: 10	Posters: 1

- Clarified the information about the person needing signatures as proof of attendance. The nurse said it is one of the requirements from the insurance company prior to authorization for bariatric surgery.
- Info from the new Young People Committee, anyone under the age of 18 is required to be accompanied by an adult. The committee is in the process of revising the literature to reflect the changes. Young people designation per the committee will be from 18 to 30 years of age.
- The Haven is very interested in having an OA meeting on campus.
- Still hoping to find a Spanish speaker who would be available for different experiences.
- Still collecting Life Lines to distribute at the SW Behavioral Therapist Conference. It starts Aug 13.

Meeting List [Leslie S.]: Reported changes in several meetings IR's

Newsletter [Hannah D.; Alex J. excused]: Not much to report this time around! The next deadline for submissions is August 30 and the theme is Relapse and Recovery. Copies of our last newsletter are available in the meeting binders and on the website. As always, we welcome submissions of any kind! Given the theme for this quarter, we would especially love to hear from those walking the joyful path back to recovery after a relapse.

Phone [Gina B.]: There were 25-billed calls. There were 2 messages and 2 returned calls.

- A caller inquired about why there was no information about the retreat on the website and suggested there could be a save the date possibly. The person who answered the call assured them that as soon as the information was available it would be posted.
- Sunday is still open; I called a volunteer from the list I was emailed and never heard back.
Are there any volunteers? Could you call or email me if you know/find someone?
- Friday person will be unavailable to answer the phone on Friday from 7/31-8-17.
Are there any volunteers? Could you call or email me if you know/find someone?

Special Events [Barbara A.]: no report

Retreat Committee Meeting [Deb B., absent]: Barbara reported that in August registration flyers would be available.

Ways/Mean Committee [Chris N.]: Sewing pamphlet pockets for Region 8, due in September. Continue to create bookmarks, book covers and magnets. Will bring to next TSW event.

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

- Please join us for the upcoming Service, Traditions and Concepts workshop on August 11th. Our out of town speaker will also incorporate Sponsorship activities in recognition of Sponsorship Day. The event will be held at St. James from 10:30AM to 3:00PM with a break for lunch. We really hope to have a good turnout from our IG members. 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.
- 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. 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.
- 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 seven members as well as the 2 leaders meeting each week.

Website [Nan B.]: Made routine monthly updates to website, including: updating Call to Action; updating meeting list; adding Intergroup agenda and minutes to archives; editing events on Home page and Events page

- As technology has advanced, cyber security has become a greater issue in website management. These security concerns have resulted in some unexpected expenses.
 - In March of this year, our site was hacked, necessitating a subscription to GoDaddy security service, which regularly scans our site for compromises. Now we also need to purchase an SSL certificate so Google will not tag our site as not secure. The SSL also provides a layer of protection against hacking by encrypting our data. In addition to the security certificate needed, our domain name and hosting will be up for renewal soon.
 - When I purchased the 2-year security service, Beth authorized a budget overrun. This expense used most of the committee's budgeted funds, so I will be submitting a request for more funding as a new business item today.
- Nan will check if there is information on website about the retreat currently.

Resource Library/Lifeline Committee [Valerie O, excused] Nothing new to report.

IR Trainer [Cheryl L.]: 10 IRs present. I held a training session with one new Intergroup Representative and anticipate meeting with one other new IR very soon. I invite anyone who would like to attend a little session on being an IR to contact me. At Beth's request, I printed copies of the "Uniting with Diversity" tri-fold sheet to distribute at the July 21 Intergroup meeting.

Questions:

- PIPO: Are leaders full name/signature needed for attendance at meeting, no. First name and last initial; only need used Lifeline donations, not 12x12; WSO YP committee manages YP Facebook.
- Telephone: Is there a specific time volunteers need to check for calls/return calls? Previous volunteers mentioned no set time to do this service.
- Retreat: No retreat meeting today.
- Newsletter: No date listed for submissions deadline? August 30

Unfinished Business/Other

Secretary Position is still open-please consider taking on this vital service to Intergroup

Accumulation of Funds Draft Options Feedback and Group Ideas [Beth] polled IR's present and SV (3 mtgs) preferred Option 1 as it is more like what IG is currently doing, most other IR's (7) reported their groups were in favor of Option 2 with

some IR's voicing a suggestion of removal/reduction of the reserve of \$700 as ½ years' income would be the reserve. One group suggested trying for a year.

Ad Hoc Policy Manual Committee [Cheryl, Jill, Chris]: We created an index that is more like other indices, which allows us to look up a topic and find it in the policies. We did not really change the policy manual itself, except to try removing the table lines. As items are added to the manual, it should be easy to add topics or items to the index. We are presenting copies for input at Intergroup.

- We would like Intergroup to consider adding a section at the end of the Policy Manual with the rescinded motions. They were removed a couple of years ago. Copies of one page of the policy manual will also be presented to get input on whether members think it is easier to read with the lines or without them. Also, alphabetization of index will be revised.
- IR's agreed that table is easier to read with than without lines. It was found that a policy dated 2011 had been accidentally deleted in 2018 revision and has been corrected. New copies for Intergroup will be available with the 2019 update/revision.

New Business

Open Microphone [Sally H]: No IR's had issues, ideas or concerns to share.

Website Budget Funding Request: friendly revision: 'To provide \$225 extra funding to be taken from the general fund for continued operation of oasouthernaz.org, including hosting renewal, domain name renewal, and purchase of SSL certificate.'

- Where would money come from? General fund, though Nancy (PIPO) mentioned that this motion falls under the definition of Prudent Reserve usage.
- Michael questioned motion needing to go back to the groups. Wasn't that what groups tasked to the IR's? as it is a small amount of money to discuss and do have the money in the general fund? Valid question. Yes, it is IG's current motion process.
- Can this vote wait until next month? Yes, renewal due in August. Nan stated she would pay for the renewal now as it is 'on sale'.

Questions were asked/answered and IR's will bring vote back next month.

WSO Updates [Beth] read highlights, links/information in Google drive

Vision/Goals: [Beth] #3, Strong Meetings and Committees: Both TSW and IR trainer working on their goals.

University with Diversity Tri-Fold read by attendees and IR's encouraged to share with their groups.

<https://oa.org/files/pdf/UWD-trifold.pdf>

Announcements

Aug. 11, 10:30 AM to 3:30 PM Service, Traditions & Concepts Workshop [TSW Committee], St. James. 3255 N Campbell

Aug. 18, 10:45 AM to 12:30 PM Intergroup at St. James Church, Board meeting at 10:00 a.m.

Aug. 25, 10:30 AM to 2:30 PM TWO-IN-ONE WORKSHOPS: 10:30-12 Making Amends Workshop AND 1-2:30 Relapse

Oct 12-14: Region 3 Convention and Assembly, 'Acceptance is the Key,' Hotel Elegante, Colorado Springs

Recap of Action Items [Nan B.]

Adjourned at 12:25 PM with the Responsibility Pledge

Respectfully submitted, Chris Nunn, substitute Secretary