

MINUTES: SoAZ Intergroup of Overeaters Anonymous

June 16, 2018 | www.oasouthernaz.org

20 Members in Attendance: Beth M., Chair; Jill S., Vice Chair acting as secretary; Sara J., Treasurer; Chris N. RR/Delegate; Sally H., Jr. RR/Delegate; Nancy N., PIPO Admin Asst; Janis R., 12 Step Within; Leslie S., Meeting List; Barbara A, Special Events and IR; Cheryl L., IR Trainer and IR; Bev. C, IR; Cyndi K., IR, Davis D., IR, contact GV; Michael A., IR; Jane C, sub IR; Jan H., IR; Francine M., New IR; Nicole R., new IR; Deb B., IR and Retreat Chair, Lynda S., IR, Bisbee contact

Meeting called to order @ 10:47am - Chair lead the meeting.

Serenity Prayer was said.

Introductions made, and the sign-in sheets were passed while reading the 12 Traditions and 12 Concepts.

Minutes were approved with no changes.

Treasurer's Report: Treasure read her report. There was 2,009.08 in expenses, 641.90 income, and 12,939.59 is the balance.

Region Representatives/Delegate Report: This report was read by Sally H. We continue to make plans for upcoming Region 3 Fall Assembly in Colorado Springs. 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 (they met via phone conferencing 6/4/18). Sally has requested the By-Laws committee also. But due to illness was unable to participate and Region 3 and WSO. She is looking forward to getting started soon.

COMMITTEE REPORTS

Public Information/Professional Outreach: Nancy N. presented the PIPO committee's report. Janet G. was at a school outreach event. 5- 22 Per request from a Bariatric Surgeons office delivered 20 flyers and left several Lifelines for the waiting room.

5-28 Spoke to 21 people and left 35 flyers at the Tucson Indian Center downtown Tucson

6-11 Spoke to 8 residents of The Haven and gave out 8 flyers

Working on having an opportunity to speak to the therapists at both of these facilities.

We are in Phoenix starting a table at the Arizona School Nurses Conference today.

Meeting List: Report: The following changes were made.

The Tucson Thursday Big Book Study from 7:00 p.m. to 8:00 p.m. been removed from the paper list as it ended June 1, 2018.

Judy G. is the new contact person for the Yuma Monday meeting.

6 of the 16 Tucson meetings currently have no IR.

1 of the 14 out of town meetings currently has no IR.

4 of the 16 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 me know if it is correct.

Newsletter: Alex J. and Hannah D. were both absent. IG Reps were asked to remind OA members to submit articles for the newsletter. The topic of the next newsletter is, Working the Steps- Stepping up to Life.

Lifeline Resource Library: Valerie O. was absent from the meeting. Nothing new to report.

Phone Committee: Gina was absent from the meeting. There were 28 billed calls. There were 1 messages and 1 returned calls. It was announced that the phone committee is needing help with a Sunday phone slot.

Special Events: There was no report for Special Events. Barbara A. was at the meeting and announced that there is a Sponsorship workshop coming up along with 12 Step Within Workshop on Making Amends and Relapse Recovery and Prevention. Please see, Twelfth-Step Within Committee report for more information about these workshops.

Retreat Committee: Deb B. was present at the meeting and reported that she does not have anything new to report about the retreat at St. David.

Ways and Means Committee: Chris N. was able to read the report. Purchased supplies to create Region 8 pamphlet pockets.

Twelfth-Step Within Committee: Janis R. was able to read the report. 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. 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.

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 next OA 12 Step 15 Week Workshop will be held from June 30th – October 7th on Saturdays from 10:30AM to 12:30PM. Registration is now closed. For any questions or to be put on a backup list, contact Joy by calling or texting 520-834-7224 or by email at joyvmarie@centurylink.net.

Respectfully submitted: by Janis R and Emily RS

Website: Nan B. was absent. Her report was read by the Chair.

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

I have some great news! Joy has volunteered to join the website committee as the potential committee chair for next year. Since she is conducting the 15-week Step Study this summer, she'll start training next fall. And this will prompt me to create a website manual. Joy and I will collaborate on refining the manual as she learns about our website maintenance.

IR Trainer: The report was read by Cheryl L. The Spring We Care List was completed. Thank you to Elisa M., Judith H, and Beth for helping with phone calls. The new list had 210 members listed. It was emailed on Thursday (6/15) to all with an email address on the list. I will have 150 hard copies for IRs to take back to meetings.

There were 13 IG reps at the meeting. Cheryl L. took tally of who can take information to meetings that were not present at the meeting.

Cheryl announced out that Andy M has not been IR for Sunday Seeking the Power for several months and that Jan H is no long the IR for Patagonia Tuesday and Thursday meetings and that the address and meeting lists need to be updated.

UNFINISHED BUSINESS/OTHER

NEW BUSINESS

Secretary

Member announced that a Secretary is needed for IG. New IR stated that she might be able to be the secretary for the meeting. Chair will talk to the new IR about this position.

Accumulation of Funds

Chair thanked Cheryl L., Nancy N., Janis R., and Sara J. for being on the Accumulation of Funds Committee. Cheryl L. was thanked for lending her equipment for the powerpoint presentation. IG reps were given a handout to take back to their meetings. The handout can be located at...

<https://drive.google.com/drive/folders/1kQJsyuh48TuLe2PBmbnjlnCwkvEQp-75>.

This handout discussed 2 different options to address the accumulation of funds in IG treasury. The first option was to keep 12 months of annual income as the operating reserve and the \$700 dollars of prudent reserve would not be needed. After all figures for year-end are accounted for, all monies above the needed new year's operating reserve will be disbursed by spending or donating the extra money. The second option is to keep 6 months of annual income as the operating reserve for the year and the prudent reserve of \$700 dollars would remain in the budget. After all figures for year-end are accounted for, all monies above the needed operating reserve would be disbursed by spending or donating the extra money.

Chair presented the powerpoint presentation. The presentation can be found at...

<https://drive.google.com/drive/folders/1kQJsyuh48TuLe2PBmbnjInCwkvEQp-75>

A timeline was presented to the groups.

The timeline for moving forward with this is...

July: Bring your group's ideas and feedback

August: Bylaws/Policy Manual proposals sent to the groups for discussion and voting in Sept & begin discussion of ideas for spending or donating extra accumulated funds.

September: Vote on proposals and narrow down options for releasing funds. Identify top choices for voting.

October: Motions for spending and/or donating the funds are presented

November: Vote on spending motions, execute decisions as soon as possible

Questions that were asked by members were:

What about the 2020 Convention that Tucson is hosting and the funds needed for this convention?

Why did IG request extra monies last year for PIPO? It was explained that the budget was already set and money was not available to give to PIPO.

How many times do people go over the budget? It was stated that this does not happen often.

Who has voting rights to spend accumulated funds?

Member discussed that other IG's and WSO do not carry a whole year's worth of excess funds. The Board of Trustees carries 6 months worth of funds. Most IG's carry 3 to 6 months worth of funds.

Chair discussed if a prudent reserve is needed if we carry 6 months of funds. A discussion happened about removing the \$700 dollars prudent reserve from option 2. It was decided to keep the prudent reserve of \$700 in the 2nd option until receiving feedback from the groups.

Remote Attendance

The IG reps were given handouts about considerations and costs of providing IG virtual attendance. The IG reps were asked to get feedback from the groups.

Nine of ten IRs/Service positions from outside Tucson wanted the ability to attend virtually

1. Hotspot to provide Internet access
Walmart Straight talk- \$50 device and then \$15 for 1GB, \$40 for 4 GB data
2. Platform to provide ability to attend virtually
Zoom- professional package is \$14.99/month
3. Access Consideration
Members will have to bring a computer with microphone
Members will need to move by computer when speaking
A member will have to monitor the platform

Open Microphone: Jill moderated the discussion.

Member brought up that she appreciates speakers coming to GV. Attendance at the speaker meetings have increased.

Member brought up that a new person came to mtg and stated that her Dr. told her that she has to go to 3 OA meetings before having bariatric surgery. She asked if PIPO is going to the clinics.

Member stated that she was surprised how well IG is run. She reported she is proud to be a member of this IG.

Member stated that 30 years ago IG was nuts and IG has changed once members were sent to conferences.

Member asked how to respond to a OA member who has had bariatric surgery. Chair stated that it is an outside issue. Another member stated that people have been shunned from OA if they did have surgery and reminded everyone that anyone can belong to OA if they have a desire to stop eating compulsively.

World Service Office (WSO) Updates: Jill provided information received from WSO about their activities.

Here is the link to find the WSO announcements...

<http://mailchi.mp/oa/news-from-the-wso>

Vision/Goals: #2 was read. Education is a pathway to unity and recovery.

Announcements: Open Secretary Position on Board- PLEASE ANNOUNCE Policy Manual Meeting, today after Intergroup, here –all are invited and welcome to attend Retreat meeting, 12:30 here - all are invited and welcome to attend Jul 21, 10:45 AM – 12:30 PM, Intergroup, St. James Church, Board meeting 10:00 a.m. Aug 11, 10:30-3:30 Service, Traditions & Concepts Workshop [TSW Committee], St. James. 3255 N Campbell Aug 25, 10:30-2:30 TWO-IN-ONE WORKSHOPS: 10:30-12- Making Amends Workshop AND 1-2:30 Relapse Recovery & Prevention, St. Francis in the Valley Church, 600 S La Canada Dr, Green Valley

Recap of Action Items: Janis read the recap of action items. Nan B. was absent from meeting.

Meeting Closed at 12:19 p.m. with the responsibility statement.