

# MINUTES: SoAZ Intergroup of Overeaters Anonymous

May 19, 2018 | [www.oasouthernaz.org](http://www.oasouthernaz.org)

**18 Members in Attendance:** Barbara A., Deb B., Gina B., Nan B., Bev C., Davis D., Janet G., Judy G., Nora G., Sally H., Sara J., Christine K., Cheryl L., Beth M., Mickey M., Chris N., Valerie O., Emily R.-S., Jill S., Leslie S.

**Committee Chairs and Board Members Present:** Beth M. [IG Chair], Jill S. [IG V. Chair], Sara S. [IG Treasurer], Chris N. [Sr RR/Delegate], Sally H. [Jr RR/Delegate], Gina B. [Phone Chair], Leslie S. [Mtg List Chair], Nan B [Website Chair], Emily R-S [TSW Co-Chair], Janet G [PIPO Chair], Barbara A. [Special Events Chair], Deb B [Retreat Chair], Cheryl L [IR Trainer], Valerie O. [Lifeline/Resource Library Chair]

**Intergroup Reps and Other Members Present:** Barbara A. [11am Miracles Happen], Davis D. [Monday 11 am San Xavier, Thursday 6:30 Green Valley, Green Valley Saturday], Christine K. [Monday 5:30 Reading, Writing and Recovery], Deb B. [Monday 7p Far East Abstinence], Bev C. [Tuesday 5:30 Relapse Recovery and Prevention], Valerie O. [Wednesday 7:30 Early Big Book Study], Mickey M. [Friday 10:30 Living in the Solution], Cheryl L. [Saturday 9a Far East Group], ??? [Saturday 9a Saturday Morning Study Group], Nora G. [Safford Saturday 9a], Judy G. [Yuma Thursday 12p, Yuma Saturday 9:30a]

## Meeting called to order

Serenity Prayer was said. Beth acknowledged that because of OA she was abstinent and able to pursue and obtain her degree in Computer Programming.

The meeting was then turned over to Jill, who welcomed everyone to IG, requested that cell phones be silenced. Standing Rules: Does Everyone Have a Copy? She announced and emphasized that IG is missing the very important position of secretary. If you know someone please encourage them to apply. Requirements are 6 mos as IG rep and current abstinence. IG rep requirement can be waived.

Jill passed around the OA Service sign-up sheet, asking IR's to take the sheets back to their groups and bring the completed sheets to June IG.

Introductions made, and the sign-in sheet was passed while reading the 12 Traditions and 12 Concepts.

**Minutes** were approved with no changes.

**Treasurer's Report:** Sara J. noted that April as a big month for both spending and income. She passed the 7th tradition bag, and passed around the mail/announcements folder.

**Region Representatives/Delegate Report:** Chris Nunn presented the WSBC summary as follows.

# DELEGATE REPORT

## OA World Service Business Conference

May 1 through May 6, 2018

**In Attendance:** There were 188 registered delegates and 17 countries represented.

**Personal Summary:** Grateful to be of service for SoAZ and rub elbows with so many fellows in recovery, despite the fear. The multi daily OA meetings were helpful for this second timer to help navigate the pros and cons and understanding the process plus mentor a newbie from Texas.

As OA members we were 'fed' a forum and workshops for our personal recovery while bolstering us for the business part of World Wide OA work to come (I got to sit up front to hear better!). It was exhausting but rewarding to be a part of the global OA and hear/see the Serenity Prayer in many languages (sign, Gaelic, Swedish and Greek). We each got a nickel, which stated 'In God We Trust' and we're told to turn it over!

The boutique items were well received. SoAZ donated \$242.50 to WSO on site.

**Literature Approved:** *To the Family of the Compulsive Eater*: Pamphlet revision updated the abstinence definition and rearranged information.

**Defeated:** *To the Young Person*: CLC asked to refresh stories, possibly request submissions.

*Twelve Concepts of OA Service: An Introduction* New pamphlet with the concept, the principle associated with the concept and questions to the individual for each. CON speakers felt that the questions did not match the concept under discussion, CLC to continue revision.

**Withdrawn:** *Welcome Back*: revision will be done and merged with another like pamphlet (2019)<sup>[SEP]</sup>

**In Process** (Conference Approved Literature Committee): more detail on page 244 in Delegate binder on SoAZ Google drive

- *Body Image, Sexuality, and Relationships* (new, year three): conference review 2019<sup>[SEP]</sup>
- *Small Meetings: Help and Hope* (new, year four): to be distributed on OA.org as guidelines until incorporation into the OA

**Handbook**<sup>[SEP]</sup>

- *Dignity of Choice and Questions and Answers* (revisions, year one): conference review 2019<sup>[SEP]</sup>
- *Sponsorship Stories* (new, year one): call for stories postponed.<sup>[SEP]</sup> Business Considered<sup>[SEP]</sup>

**Policy Motions Passed:**<sup>[SEP]</sup>

A: BOT to create an ad hoc committee to research/seek proposals for software development of a smartphone app, refining website + upgrade data functions, or other means revealed to be useful in the research.

B: Inclusion of bariatric surgery as OA has no opinion on weight loss surgery.

C: WSBC Policy 2004b Appeals process clarified when service bodies are denied credentials at WSBC due to not meeting the requirements.<sup>[SEP]</sup>

D: WSBC Policy 2010e: To clarify requirement that all groups /service bodies wishing to register with WSO need an email and name submitted.

G: WSBC Policy 2004a Rescind unneeded policy directive for online proposal submission instructions (is now ordinary and routine practice)<sup>[SEP]</sup>

H: WSBC Policy 1991c Amend policy to direct Literature Committee to view for terms used in literature to be appropriate to the topic and context.

I: WSBC Policy 1087b: Rescind as this wording also appears in OA, Inc. Bylaws, Subpart A, Section 7e.

J: Alternate celebrating Unity Day every other year from last Saturday to last Sunday in February at 11:30 am (unity/inclusivity-work/religion).

K: Celebrating Idea Day third weekend in November.

L: Celebrating Sponsorship Day third weekend in August.

M: WSBC Policy 2012a Amend to correct the current instruction for use of OA-approved literature.<sup>[SEP]</sup>

N: WSBC Policy 1988a concerning using OA literature: Makes the policy a directive, stronger than a non binding consideration.

O: WSBC Policy 1982c Definition for a closed group to include newcomers

**Policy Motions Defeated:**<sup>[SEP]</sup>

E: WSBC Policy 2009d: Disband Web/Tech Committee.<sup>[SEP]</sup>

F: WSBC Policy 2009a Rescind WSO providing website templates.<sup>[SEP]</sup>

S: Eliminate restrictions for use of *For Today* thru virtual media and make open source (was copyright infringement)

**Bylaw Amendment Proposals:**<sup>[SEP]</sup>

Passed: 1: Defining group affiliation and participation (including voting) with other service bodies (Intergroup, NSB, LSB, Region).

Passed: 2: Definition of a land based (F2F) Intergroup and virtual Intergroup and allow interchangeable affiliation.<sup>[1]</sup><sub>SEP</sub>  
 Passed: 3: Adding Virtual Region definition and striking virtual service boards.  
 Passed: 4: Striking VSB (removed with #3) and adding one virtual region.  
 Passed: 5: Striking virtual service boards from definition.<sup>[1]</sup><sub>SEP</sub>  
 Passed: 7: Remove Finance from active committees as their goals are being done by the BOT and EC (duplication of efforts).<sup>[1]</sup><sub>SEP</sub>  
 Withdrawn: Literature A-c, Bylaw amendment proposals 6, 8, 9 +10.<sup>[1]</sup><sub>SEP</sub> P, Q, R (tools) did not make agenda.

## Budget

[2017 WSO Donations by Region](#)

[2018 WSO Budget](#) WSO needed to dip into prudent reserves to cover actuals for 2017 (\$36,000)

\$15,978 contributed at WSBC (7th Tradition)-\$10,000 from Region 3.

## Committee Reports

**Chair Report:** Second ed. 12x12 sold 5000 in first 6 weeks so will help WSO's financial bottom line (last two years in a budget deficit). We are not self supporting (book sales down 29% while donations up 18% from 2014 to 2017) so Board of Trustees looking for cost cutting strategies (fewer F2F meetings/some meeting virtually; no car rentals, **ad hoc to look at restructuring BOT (↓ trustees), shorten WSBC by 2 days in 2020, reduce/combine committees to open hotel options beyond current Embassy contract (only hotel able to accommodate WSBC's needs).** Executive Committee and WSO staff continue to look for cost saving measures (using Amazon to print ordered books rather than printing and storing).

**Treasurer's Report:** In 2015 WSO was in the black due to bequests; 2016 in the red, despite a successful Convention and 2017 in the red (~↓\$36,000). Encouraged fellowship to use ARC (Automatic Recurring Contribution) online to support WSO (anniversary contribution/if every member gave \$7.50 quarterly WSO would be solvent!, virtual meetings use ARC, if you listen to podcasts, attend virtual meetings, use find a meeting when traveling, contribute beyond your F2F meeting contribution). BOT will send out a semi annual appeal letter to all groups/intergroups and is generating a document about bequests. Delegate Support Fund had \$25,178 and \$24,590 distributed, ARC donations can be sent to this fund.

**Managing Director report:** 2016 averaged 6,276 meetings in eighty countries with 337 service bodies. New online version of Lifeline has improved search and stories translatable into 100 languages. Find a meeting has digital meeting options (loop, email, social media pages-Facebook, forums or bulletin boards and mobile applications) including non real time meetings. The annual *Professional Community Courier* newsletter is discontinued with a dateless 'evergreen' version downloadable for distribution. All OA books are available as EBooks with Amazon (Kindle), Barnes and Noble (Nook) and Apple (iBooks) except workbooks (7581 purchased). Translations are being done in 23 languages in 42 countries, including Afrikaans and Zulu. EC voted to allow groups to 'translate and reprint OA print material currently on the OA website...without written permission.' 10% royalties are paid to WSO for this. Translation Assistance Fund established 2017 received ~\$9423 and disbursed ~\$7258 to Brazil, Hungary, China, Iran. Four IGs, including SoAZ, rec'd Professional Exhibits Funding (\$4608). "You are a piece of the puzzle" dept. added in Lifeline, articles that highlight OA's common goal in our meeting rooms and in our recovery, and a 'take a walk down the traditions' series of videos that are available on podcast page.

2018	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10	Virtual	Total
Affiliated groups	346	945	429	258	498	828	454	623	723	166	230	5500
Unaffiliated Groups	32	50	36	24	31	30	35	127	136	12	339	852
<b>Total Groups</b>	<b>348</b>	<b>995</b>	<b>465</b>	<b>282</b>	<b>529</b>	<b>858</b>	<b>489</b>	<b>750</b>	<b>859</b>	<b>178</b>	<b>569</b>	<b>6322</b>
Total Intergroups/SB	25	35	21	17	29	38	21	54/3	51/13	12/1	73/9	402

**Spanish** Language Service Board meetings: Region 2=363, Region 3=5, Region 8=104, Region 9=49, Virtual=64. [SEP]

**Virtual Services (VS) Committee Report:** [www.oavirtualservices.org](http://www.oavirtualservices.org) is website with 21,843 visits in 2017. Quarterly newsletters are sent, they are creating a page for members needing sponsors and a 'how to' page to help members attend and start virtual meetings.

**Public Information, Professional Outreach report:** Pat O. asks for PIPO IG's to report success of PIPO that doesn't need WSO funding. Public Awareness Committee (PAC) monitors Facebook, and anonymity was discussed, not just private but secret settings to protect. Uses Google Ad Buy to get OA known. Plans made for asking fellowship to create animated GIF images to attract newcomers.

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**Web/Technology Committee Report:** [www.webtechoa.org](http://www.webtechoa.org) created to help fellowship on tech-related issues. This committee was not disbanded (new business proposal E failed) and they are creating a new goal to help with website templates for Intergroups.

**Young Persons Committee Report:** Have a Facebook page: Overeaters Anonymous YP! (700 'likes'). Please send any known YP or youth focused meeting information to YP email address at [youngpersons@oa.org](mailto:youngpersons@oa.org).

**Elections:** 5 new trustees were elected: our own Neva S., Region 3; Pat O., Region 1, Dora P., Virtual Services, Judy H., GST and Bonnie L., GST to replace the rotating out trustee's to bring the board to a total of 17.

**Miscellaneous:** 12x12 Workbook will be ready next month and Voices of Recovery and For Today will be updated as referenced in the new 12x12 at next printing, larger print available on demand on Amazon next month. **WSO Convention 2020** is scheduled Renaissance Orlando at Sea World, Orlando, Florida, August 20-22, 2020, see flyer for other region conventions and Men of OA flyer.

I would love to share my WSBC Notebook with anyone interested for detailed information about the week's activities (WSBC Bylaws and Policies)

Chris highlighted some changes at the World Service Office (WSO). In looking at expenses and budgeting WSO is examining how they can reduce overhead of the WSO. They are moving away from a literature-based income structure to a member-donation-based one. Literature will be available on Amazon instead through WSO. This will reduce storage and administration costs. They are considering reducing the WSBC by 2 days which will enable a wider hotel bidding pool to possibly get better hotel pricing options. They are also considering reducing the total number of Board of Trustees from the current 17, which will reduce travel expenses and other related BOT expenses. WSO is actively encouraging the fellowship to enroll in the Automatic Recurring Contributions (ARC).

## COMMITTEE REPORTS

**Public Information/Professional Outreach:** Janet G. presented the committee's report. (PIPO) [Janet G.]

Date	Event	People	Literature	Posters
March	Pima Community College Health Fair	54	56	5
Apr 14	YMCA Kids Health Fair	63	96	-
Apr 17	Sun Clinic*	4	17	-

Apr 19	Palo Verde Hospital*	9	46	2
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- The correct numbers for people who ride the 8 buses on which we have signs (buses change routes on a regular schedule). They are 60,000 monthly impressions, 120,000 yearly impressions.
- Our current bus sign contract will expire in June. At the end of this year we will see how much money is left in the budget to continue with the buses.
- PIPO is collecting old OA 12x12's and Lifeline magazines for their committee

\*Sun Clinic and Palo Verde Hospital contacts were made at the college health fair.

**Meeting List:** Leslie S. reported the following changes:

- Weze. D.'s name was changed to Louise D. for the Green Valley Wednesday Discussion and Green Valley Saturday Step and Tradition study.
- The Tucson Wednesday Welcome Home meeting needs an IR as Joanne B. was only able to serve until April.
- The Tucson Sunday Seeking The Power meeting from 5:30 pm to 6:30 pm changed its name to Newcomers and its topic to OA 12& 12 discussion.
- On page 2 at the bottom where numbers for board members and chair persons are listed, Emily R.S. number was corrected to 490-1409.
- The Tucson Thursday Big Book Study from 7:00 p.m. to 8:00 p.m. is ending June 1, 2018.
- 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.

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

**Newsletter:** Alex J. and Hannah D. were both absent- but dropped off copies of the current newsletters for distribution. No additional report was submitted.

**Lifeline Resource Library:** Valerie O. reported that she continues to compile a quick-reference sheet for online speaker recordings as well as our current resource library as well as a Lifeline handout that will inform about what Lifeline is and how to subscribe as well as encourage written submissions and include instructions for submission. Once completed, these handouts are intended to be shared at meetings.

She also asked if there was anyone who had been this committee chair recently, or who has knowledge of our Intergroup resource library so that she can get up to speed on what we have? If so, please contact her at 520-275-8697, or [riversflowagain@gmail.com](mailto:riversflowagain@gmail.com).

**Phone Committee:** Gina B. reported that There were 33 billed calls with 3 messages and 3 returned calls.

**Special Events:** Barb A. indicated that she had no report, but did mention that the Special events committee is collaborating with the TSW to present sponsorship day.

**Retreat Committee:** Deb B. reported that the committee has obtained a male speaker for the retreat event. Beth M. encouraged the committee to disburse the scholarship funding as no other committees utilize it, and it has been accumulating for the past few years without use.

**Ways and Means Committee:** Chris N. announced that the WSBC was very successful, Ways and Means-wise. She sold \$485.40 and contributed \$242.50 to World Service, receiving a receipt for the contribution. This will prevent problems with bookkeeping at Intergroup.

She will present a motion today for additional funding for Ways and Means as Region 8 requested another set of pamphlet pockets.

**Twelfth-Step Within Committee:** Emily R.S. reported: We had our Relapse Recovery and Prevention workshop on Saturday, May 12<sup>th</sup> at St. James from 1-3 PM. There were a total of 21 participants bringing in \$62 in donations. Our committee wanted to try an afternoon workshop to see if we attracted more attendees and it does seem to be a good time for some people. We will probably do both morning and afternoons for future workshops.

The next OA 12 Step 15 Week Workshop will be held from June 30<sup>th</sup> – October 7<sup>th</sup> on Saturdays from 10:30AM to 12:30PM. Registration begins May 20<sup>th</sup> and closes on June 15<sup>th</sup>. This is a closed workshop and World Service recommends up to 15 participants. Note, participants are requested to plan to attend all meetings if possible. To register, contact Joy by calling or texting 520-834-7224 or by email at joyvmarie@centurylink.net. 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.

Mark your calendars for the Service, Traditions and Concepts workshop on August 11<sup>th</sup>. Our out of town speaker will also incorporate Sponsorship activities in recognition of Sponsorship Day.

Our committee is planning to bring the Amends and Relapse Recovery and Prevention workshops to Green Valley on August 25<sup>th</sup>. We will plan to 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. Location TBA.

**Website:** Nan B. reported that she 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

Stefanie fielded one email from the site requesting information on meetings in Kingman.

They also received a flyer for posting for the New Mexico retreat, which is the same weekend as ours. She asked for feedback from Intergroup regarding whether we should post the New Mexico flyer on our website. The group agreed that we should post the flyer.

Nan will not be able to attend the June Intergroup meeting, so asked for a volunteer to take the Call to Action items.

**IR Trainer:** Cheryl L. reported that she received updates for the We Care list through many replies to email. She has received packets from a few groups but hopes to collect many more today. She will contact any groups that have not returned theirs. She has 2 volunteers and hopes to get at least two more to help call those on the list who haven't updated their information. The completed lists will be available in print and email by the June Intergroup meeting.

She purchased more 12 Concepts pamphlets and Group Handbooks if anyone needs one.

She encouraged anyone with questions on how Intergroup works to call, text, or email her. All of her information is on the Intergroup Name and Address list as well as the meeting list.

IRs present = 11

Members volunteered to take information to meetings who did not attend.

## **UNFINISHED BUSINESS/OTHER**

Jill S. provided an update on the Policy Manual revamping effort. The committee looked at several examples and chose to pursue a format similar to the World Service's indexing schema.

Beth M. reported that the activity report committee made several suggestions to the activity report format. They also suggested incorporating its update into the policy manual: to be updated monthly instead of requiring committee chair's to do a year-end report as was requested of them in 2017.

Beth M. reported that Accumulation of Funds Committee met on Wednesday and had a very productive meeting. The group's ideas for possible remedies to the accumulation of funds will be brought to intergroup in June, where the membership will be asked to take the draft ideas to their groups and to add to- or change these ideas. Feedback from members will be presented at the July Intergroup. Based on feedback received at the July meeting, the committee will draft one or more ongoing policy motions that will be presented in August- to be voted upon in September.

## **NEW BUSINESS**

Chris N. read her Ways and Means funding motion to fund creation of additional pamphlet pockets requested by Region 8. The \$200 requested will be used to purchase supplies (canvas, bias, thread) to enable production of the pockets which have been requested by Region 8. Implementation: Transfer \$200 from general fund to W+M in 2018 budget. Chris fielded some questions regarding whether we would be making the money back, which we will. The motion was approved 11 votes in favor, zero against.

**Open discussion:** Beth asked for help in researching equipment and resources needed to enable remote attendance at IG by members outside of the Tucson Area. Nora G., Leslie S., Judy G. and Davis D. agreed to provide input and assistance in evaluating options and requirements.

**Open Microphone:** Jill moderated the discussion. The Green Valley and San Xavier meetings have pooled their resources to purchase a case of the new edition of the OA 12 and 12 which is enhancing their recovery. The meeting is looking for speakers with 6 months or more of abstinence to speak at their meetings. Davis D. passed around a speaker sign-up sheet.

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

**Vision/Goals: #1,** Service is a pathway to Unity and Recovery was read

**Group Handbook,** page 44 #2: 'What is a region?' Was read.

**Announcements:** Retreat meeting, 12:30 here - all are invited and welcome to attend; Policy Manual Meeting, 12:15 here –all are invited and welcome to attend; June 16, next IG

**Recap of Action Items:** Nan B. reviewed the recap of action items

**Meeting Closed at 12:15 p.m.** with the responsibility statement