

Minutes SoAZ Intergroup of Overeaters Anonymous

November 10, 2018 | www.oasouthernaz.org

Attendance: 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. Jill 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.]:

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

10-27 Health and Wellness Expo People: 91

Packets: 57, included 2 OA flyers, meeting list and 15 questions

Posters: 3

Meeting List [Leslie S., excused]: Report read by Marta from Sierra Vista will bring the meeting list copies. The Yuma Monday meeting, which is a seasonal meeting, will restart on November 5, 2018 and run until May 2019. The Yuma Tuesday and Thursday meetings will meet at the Yuma Main Library for approximately 3 months due to water damage at their usual meeting place, Central Church of Christ. The Tucson Monday Far East Abstinence/Step Study is not meeting December 24, 2018. Intergroup Representatives please check the information on the paper lists and let me know if it is correct.

Newsletter [Hannah D.; Alex J., excused]: no report

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

Phone [Gina B.]: 32 calls, 5 messages, 5 returned calls.

Special Events [Barbara A.]: I.D.E.A. Day starts this coming Saturday (Nov. 17th) in Sierra Vista. Thank a Thon planning is complete. We will hear from 3 speakers and participate in various activities, integrating grace, gratitude, and community into our Thanksgiving Day. It starts at 9 A. M. Nov. 22 with the 3 consecutive 50-minute meetings. Thank you to all those making these events come to life.

Retreat Committee Meeting [Deb B.]: Another successful retreat has come and gone. We are grateful to Mike K., our speaker from Denver, for giving us a weekend of recovery strength, hope and experience. And also a lot of laughs! And thank you to the groups who put together the 12 baskets for the basket raffle.

- Final registration numbers-We had 57 people attend the entire weekend. 10 people requested scholarships. We had 9 people for Saturday only. 2 Saturday only people requested scholarships. We collected \$7130 in registration fees.
- The total fee paid to the monastery was \$8295, \$1235 to be deducted from the Scholarship Fund. (Balance of Fund was \$862.67, additional donations were made for the retreat of \$335; the amount of 37.33 was taken from the General Fund. Our Intergroup received \$350 from Region 3 toward speaker expenses.
- Total Expenses- \$1027.19 The amount paid to the monastery was \$8295
- The expense of the flight for our speaker was \$375.96.
- We paid \$130 for the attendance fee for our speaker, and \$151.23 for hotel.
- We paid \$120 for meeting room rental for our committee meetings.

- There were additional expenses of almost \$250 for copies, nametags and holders, labels, notebooks, craft materials, gift for speaker, one meal for speaker, drinks for retreat.
- Fundraising money collected at the retreat-

Basket Raffle	\$260.00	
Drinks	\$69.86	
Clothing	\$217.46	
50/50 Raffle	\$80.50	
Ways + Means	\$203.00	(This amount not included as retreat income on Financial report)
Total	\$830.82	

- We received 33 feedback forms with comments about what worked for people and what could be improved plus a few suggestions for new ideas for the future. Overall the feedback was very positive, with kudos for Mike as leader, the writing exercises, sharing, sexuality session, all of the extra sessions such as music, exercise, meditation, craft activity were well liked.
- Thanks to a wonderful committee for its amazing teamwork. We had a wrap up meeting on Sunday, following the retreat, with 7 current members and 5 potential new members. Our first meeting for the 2019 Retreat will be January 19 at 12:30, following the Intergroup meeting.
- 2019 Retreat dates are Oct 25-27, again at the St. David Holy Trinity Monastery.

Ways/Means Committee [Chris N.]: Took W+M to 'Stepping Up to Life SoAZ 2018 Retreat' = \$203

Twelfth-Step Within [Janis R.; Emily RS.]: Twelfth-Step-Within Day (December 12th) is an annual event established by the World Service Business Conference of Overeaters Anonymous in 2009. Groups and Intergroups around the world are encouraged to plan events to support the still suffering compulsive eater within our fellowship. Our committee will be providing each group with either an envelope or jar for the IRs to bring back to their groups for our IG recognition of 12/12. Starting the week of December 4th, we ask the IRs to have members draw one name of a member to reach out to on 12/12. The names come from our We Care List. We encourage phone calls or texts and email if necessary. This is a wonderful opportunity to work the tools while supporting our fellows.

The third OA 12 Step 15 Week Workshop has wrapped up and the TSW workshop series will be offered in 2019 again, but will spread over the year. The workshops will be held on the first Saturday of each month from 10:30AM to 12:30PM beginning on January 5th, 2019. The registration window is November 17th to December 8th. To register, call or text Joy 520-834-7224 or Julia 520-488-3804. The workshop will held at St James United Methodist Church on Campbell just north of Fort Lowell. 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. Thank you for a wonderful year!

Website [Nan B. excused]: No report

IR Trainer [Cheryl L.]: 13 IRs present. So far I have received 30 We Care List Updates in response to the email and 7 from mail or phone calls. I hope to be receiving many lists back today from the IRs. After the November 13 deadline, I will send out another email to those who haven't updated and then we will be calling people. I need at least 3 volunteers to help with the phone calls around November 20th. Anyone interested may call, text, or email me to let me know.

Printed copies of the final Fall list will be brought to the December 15 Intergroup meeting and emailed to everyone with an email address listed.

Questions? Subjects for the Thankathon meetings on the hour are Grace, Gratitude and Community. Volunteers needed at 8:30 to help set up.

Unfinished Business/Other

2019 Budget Motion [Jill S.]

Read and explained by Emily. To be taken to groups for vote in December. (See below)

2019 Nominations Committee Motion [Janis R.]

Read and voted today, 13 yes votes, passed. Two vacancies remain.
Spending/Distributing Committee Update [Jill S.]
Email from Beth read to address the tabling of the committee until the beginning of the New Year after the income from 2018 is known and 2019 budget is funded.

New Business

Open Microphone [Jill S.] Sally and Jill thanked all OA members for their service keeping the program alive and fun.

A member mentioned that they were having a business meeting this week to re-discuss crosstalk, outside issues and interrupting when members are sharing as this has caused a schism in the meeting. Many attendees shared their experience and Sally (as IG representative) will attend this business meeting to share as a teaching moment the tradition guidelines to keep our groups thriving?

World Service Office (WSO) Updates read by Jill.

Vision/Goals: # 3, Strong Meetings and Committees read by Sally.

Announcements

WSO changed PO Box 44727 so please notify group treasurers.

Dec 15th, 10:45 AM – 12:30 PM, Intergroup, St. James Church, Board meeting 10:00 a.m.

Nov 17, 10-3 PM, IDEA (Int'l Day Experiencing Abstinence) Day Event, Church of Christ, 815 El Camino Real, Sierra Vista

Nov 22, 9-12:00, Thanksgiving Thank-a-Thon, St. James Church, Room 6, drop in any time

Dec 12 (12/12), Twelfth Step Within Day, TBD

Jan 5, 2019 12n12 starts Saturday 1/5 at St. James Church 10:30-12:30 pm

Recap of Action Items listed by Emily. See Call to action for meetings open or closing for Thanksgiving.

Adjourned at 12:10 PM with the Responsibility Pledge

Respectfully submitted, Chris Nunn, substitute Secretary

Southern Arizona Intergroup of OA New Business Motion

Date: November 4, 2018

Motion: Propose that the 2019 SoAZ OA operational budget based on a projected total of \$10,630 be allocated among committees as shown below. If the income through Dec. 31, 2018 totals more than \$10,630, the balance will be allocated to the General Fund. If the income through Dec. 31, 2018 is less than \$10,630, the balance needed to make the 2019 beginning check book equal \$5315 will come from the accumulated funds prior to its distribution.

FIXED AMOUNT LINE ITEMS	2019 Budget
Phone Service	\$ 750.00
Rent	\$ 600.00
P O Box	\$ 100.00
Office Supplies	\$ 75.00
ACC Tax Exempt Fee	\$ 10.00
Website	\$ 240.00
Sub-total	\$ 1775.00
DISCRETIONARY AMOUNT LINE ITEMS	
Delegate Fund	\$ 4550.00
Special Events	\$ 500.00
Retreat	\$ 700.00
PIPO	\$ 2000.00
TSW	\$ 300.00
Resource Library	\$ 50.00
I R Trainer	\$ 120.00
Ways and Means	\$ 300.00
Meeting List	\$ 80.00
Region 3	
WSO	
General Fund	\$ 255.00
Sub-total	\$ 8855.00
Total	\$10,630.00

Intent: Create a working budget for Intergroup, based on income through December 31, 2018, to carry out responsibilities in 2019.

Implementation: A "yes" vote would establish the 2019 Intergroup budget as proposed.

Cost: Approximately \$1.50 for copies for IRs to take to their groups for discussion.

Background:

- The SoAZ Intergroup operates in the current year using funds collected in the prior year.

2018 income so far through October	7684
Estimated income through EOY	2066
Estimated Grand Total for 2019	9750

- The budgeting process is used to allocate funds to different activities and committees.

- The Intergroup's ad hoc budget committee developed the proposed budget at the November 4, 2018 budget meeting.

Rationale: Each year it is the responsibility of the Intergroup to create and adopt a budget for the following year.

History: Has this or a similar motion been submitted to SEAZ or SoAZ IG since January 1995? Yes, annually.

Submitted by: Sara J (2018 Treasurer), Cheryl L, Janis R and Emily R-S