

Minutes SoAZ Intergroup of Overeaters Anonymous

October 20, 2018 | www.oasouthernaz.org

Attendance: Beth M, Chair, sub IR; Sara J, treasurer; Chris N, Sr. RR/Delegate, acting secretary; Sally H, Jr. RR/Delegate; Leslie S, Meeting List; Nan B, Website; Janis R, 12th Step Within; Emily RS, 12th Step Within, sub IR; Janet G, PIPO; Nancy N, PIPO Asst; Valerie O, Lifeline and Resource Library, IR; Deb B, Retreat Chair, sub IR; Michael A, IR; Mickey M, IR; Lynda S, IR; Jan H, IR; Jan F, IR; Judy G, IR; Sheila A, IR; Adrienne H, IR; Betty D, IR. Joy V, Julia P and Shona D were visitors.

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 were while reading 12 Traditions and 12 Concepts. Sign-in happened with 7th tradition afterwards.

Minutes [Chris N., sub]: The minutes from the September 15 IG meeting were accepted as amended (unfinished business: An ~~Accumulation of funds~~ committee changed to Spending committee)

Treasurer's Report [Sara J.]: Balance is \$11684.08. Expenses were \$812.60. Income from groups \$818.90 in Sept. We have \$862.67 in the scholarship fund.

Committee Reports

RR/Delegates [Sr. Delegate, Chris N.; Jr. Delegate, Sally H.]: (see last page for complete report)

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

	People	Flyers	Posters	
10-3 Speakers to La Frontera Intensive Out Patient Clinic	8	8	0	
10-6 Clinica Amistad Out patient free clinic	20	10	0	Spanish Packets 20
10-11 Radiology Limited Health Fair	75	97	17	
10-12 Assc of Universities for Research in Astronomy Health Fair	57	42	3	
10-13 Red Road to Recovery Fair Tohono O'dom Reservation	36	51	0	

Please consider being part of the PIPO committee for 2019. There is still much work to do.

Meeting List [Leslie S.]: Adrienne H. is the IR for the two Patagonia meetings. Sheila A. is the IR for the Saturday Yuma meeting. Susan C. is serving as the electronic IR for the Tucson Sunday Hope Love and Acceptance meeting. She will not attend meetings but will receive email. Intergroup Representatives please check the information on the paper lists and let me know if it is correct.

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

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

Phone [Gina B., excused]: There were 43-billed calls. There were 3 messages and 3 returned calls.

Special Events [Barbara A., excused]: Read by Beth

IDEA Day in Green Valley is November 17th. The Thank-a-Thon occurs Thanksgiving A.M. Flyers with further information can be found on our website under Events.

Retreat Committee Meeting [Deb B.]:

The retreat is next weekend. There are currently 56-58 weekend participants, and 8-10 Saturday only participants. We will be sorting clothing for the Clothing Sale tomorrow, Oct 2 at Mickey's house. Time is 2:00 to 4:00.

Raffle Baskets are being collected today for transport to the retreat. Barbara A. is contact person for carpooling to retreat.

Ways/Means Committee [Chris N.]: Verified delivery and thanks for creating the Pamphlet Pockets from Region 8 and have received \$220 reimbursement (given to treasurer). Did not take W+M to Region III Convention this October. Continue to create bookmarks, book covers and magnets.

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

Our committee hosted the "Let's get real about the food and make it through the holidays" workshop. The event was held at St. James, Saturday October 13th from 10:30AM to 12:15PM followed by a BYO fellowship lunch. We had 24 participants and brought in \$42.10 in donations. We had four speakers share on their food plans and strategies for handling food during the holidays. Participants were able to take home *Plan of Eating, Before Taking the First Compulsive Bite* and *Dignity of Choice* pamphlets, journal and Big Book phrases jar, as well as an inspirational token to help make it through the holidays.

The OA 12 Step 15 Week Workshop is happening Saturdays from 10:30AM to 12:30PM at Joy's house with the last session being on Saturday, November 3rd. The TSW committee would like to offer another 15-week session in 2019 and will be looking for volunteers to lead.

The October 13th workshop was our last workshop for the year. We will be recognizing Twelfth Step Within Day, December 12th, with more details to follow.

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 Events page; Added a Member Support page with links to 12 Step podcasts, Slipping and Sliding tool, and Lifeline, all located at OA.org.

Please let me know what else you'd like to find on this page.

IR Trainer [Cheryl L., excused]: Read by Janis 13 IRs present.

- Janis R will be distributing the We Care List Updates for me at Intergroup. I have already mailed a few packets to out of town IRs, who are not usually in attendance, and will be emailing this same information to all IRs on Monday or Tuesday, so everyone will have a back up, if needed.
- I ask all IRs, or members carrying info to unrepresented groups, to please read the instruction page to your group, before passing the packet, and remind members they only need to do it at one meeting.
- IRs are asked to return the packets to me at the November 10 Intergroup meeting or by November 13 for other methods.
- I am looking for volunteers to help make phone calls to all the non-responders. Let me know if you would like to help.
- 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?

Reiterated Retreat Clothing sorting to be held at Mickey's 1318 S. Camino Seco/Rolling Hills area 10/21

Retreat Openings? Yes

Joy requested the 15-week 12 Step Workshop change to monthly if possible. Chair instructed that was up to the presenters. Joy volunteered to run the next workshop if this could happen due to difficulty of attendees to commit to 15 consecutive weekly meetings.

Unfinished Business/Other

- SECRETARY POSITION still open-please consider taking on this vital service to intergroup
- RR/Delegate Funding Motion 'To transfer \$260 from general funds to RR/Delegate Budget line to cover expenses for October 12-14, 2018 Assembly in Colorado.' read by Chris N, Sally seconded. Passed 12 (1 abstention)
- Standing Rules Motion To revise '5. All motions must be submitted in writing to the Intergroup Chair (on the new business motions form, by ~~snail~~ mail or email one week prior to the next Intergroup meeting in order for the proposed motion to be put on the agenda. Exceptions must be approved by majority of Intergroup Representatives present. **IR's present can request the exception to vote on a motion presented but not yet sent to the membership at large.**
- 6. Debate and discussion (to be done **on motion presentation and/or** when the IRs return with the membership votes and before the IG vote is tallied)': read by Beth, seconded by Chris. Passed 13-0.
- Nominations Committee Motion read by Janis R. Each application read by applicant (or representative present), to be taken to groups and voted on as a slate next Intergroup. Two positions are still open for individual consideration (PIPO and TSW).
- Spending Committee Update and Discussion explained by Beth M.

New Business

Sara presented the 2019 Budget Motion. Lengthy discussion and input ensued about revising the motion due to lack of some committee positions currently not filled for 2019, reducing those budget lines in order to provide more funding for other items (budget committee could only fund 2 delegates to WSO but not any to Region). The budget motion was tabled after Chair explained that the estimated ~\$9000 budget (reduced from last year) is not sufficient to adequately fund budget lines. Spending committee has discussed creating a 'bridge' of funding (possibly \$1,000) from this year's funds to next year's budget so as not to limit the fellowship's ability to carry the message. The spending committee will meet after IG to discuss. Budget committee to speak with new chairs to discuss their budget needs for 2019 and will bring a revision next month.

Open Microphone: tabled due to time

World Service Office (WSO) Updates highlighted by Beth.

Vision/Goals: # 2. Education read by Michael but not discussed (have completed 2 of these goals).

Announcements

Nametags will be available next IG

Retreat meeting, 12:30 pm here - all are invited and welcome to attend

Oct 26-28, 2018 SoAZ Retreat in St. David, Arizona

11/10/18 10:45 am -12:30 pm, Intergroup, St. James Church, Board meeting 10:00 am.

11/17/18 10 am-3 pm, IDEA (Int'l Day Experiencing Abstinence) Day, Church of Christ, 815 E. Camino Real, Sierra Vista

11/22/18 9-12, Thankathon, St. James Church, Rm. 6, drop in any time

12/12/18 Twelfth Step Within Day, TBD

Recap of Action Items listed by Nan.

Adjourned at 12:25 PM with the Responsibility Pledge

Respectfully submitted, Chris Nunn, substitute Secretary

Region 3 Representative Report Spring 2018
(Oct 12-14, 2018, Colorado Springs, CO)

Friday afternoon Sally and I attended the Forum to meet the Steering Committee and discuss request for assembly documents to be not 'protected' for transparency and education on Region 3 Website. Discussed having the committee minutes and documents available electronically (currently thru email and at Assembly on paper). There was also discussion of the WSO annual appeal letter, ways to donate (cash, check, CC (Square) but noted this was in addition to group contributions, not replacing. WSO donations do not go back to cover group expenses. It was mentioned that if every member contributed \$35 year to WSO, they would be solvent and wouldn't need to rely on literature sales. An attendee mentioned she evaluated her personal donating process to prioritize OA as this had 'saved her life' so measured her OA donations in comparison to other personal donations she made and adjusted this. Karen B (Region 7 trustee) presented a power point about restructuring the OA Board of Trustees from 17 to 12 and the reasoning behind this proposed action.

We attended Convention Opening, Keynote Speaker (Neva S.) and stayed for Convention closing but not wrap up.

Saturday attended Assembly: 24 RR and 5 Steering Committee in attendance: Brenda Q., Chair; Kathy M., Vice Chair; Barbara G., secretary; Neva S. Region 3 trustee; Elaine L., treasurer. (Chair not counted as would break a tie)=28

Parliamentarian explained how RR would be voting for the chair and secretary positions. Due to two secretary candidates, she explained that an x by one name would be a valid vote, returning a ballot without anything marked would be a valid vote, that not returning a ballot would be a valid vote (they count at beginning of session the voting members) and anything else would be invalid (two x, write in, other marks on paper/comments) and that candidate would need to receive 51 % of the votes to be elected. Treasurer's report: SoAZ donations \$584.57 (see second sheet to view your groups contributions)

Committees met from 10 to 1:15 (over lunch) and reports were presented

Finance: Will bring motion to Spring 2019 to change convention/Region split from 60 Region/40 Host Intergroup to 50/50. Collaborate with PIPO to look at possible social media advertising.

Bylaws: Continue working on revision of Policy Manual, Sections IV and V for presentation Spring 2019. (I am currently CoChair of this committee).

PIPO: All IG Chairs were contacted via mail to ask how R 3 could help and provided resources. No responses so will create an electronic survey to send to Chairs for feedback, one intergroup closed. Looking to seek representation at Metabolic Bariatric Surgery Convention in LV in November. Sally is a member of this committee.

TSW: Locally produced piece of literature (Turn on's and Turn off's when approaching potential members) completed and given to RR to take to their Intergroups. Continue with email blasts on the 12th and updated unaffiliated group list.

Lifeline Drawing allowed 2 subscriptions to be given to representatives present.

Neva S. donated a new 12x12 Workbook and collected donations, which were returned to Region III as 7th Tradition.

\$982 was collected as 7th Tradition from assembly attendees, \$79 for 12x12 Workbook, \$56 for Lifeline = \$1117 donated.

Unfinished Business: no unfinished business

New Business: Brenda Q was re-elected to Chair, Vonnie N. was elected recording secretary for 2018-2020.

I did not ask about selling W+M at this convention, they did have a hospitality room and had literature for sale and raffle baskets in the meeting room with drawing during the banquet, but no separate sales area available.

Announcements:

Spring 2019 Assembly to be held March 29-31 in San Antonio, TX

Fall 2019 Las Vegas, NV

Spring 2020 Tulsa, OK

Fall 2020 Phoenix, AZ.

Spring 2020 - open

SEAZ (Southern Arizona Intergroup) will host Assembly Convention Fall 2021

We were then able enjoy the keynote speaker (Neva S), music and a skit that was presented at opening.

Thank you for the amazing opportunity to serve; Chris Nunn, Sr. Representative, Sally Hicks, Jr. Representative