

Minutes SoAZ Intergroup of Overeaters Anonymous

September 15, 2018| www.oasouthernaz.org

Attendance: Beth M, Chair; Jill S, vice-chair; Sara J, treasurer; Chris N, Sr. RR/Delegate, acting secretary; Leslie S, Meeting List; Emily R-S, 12 Step Within; Janet G, PIPO; Nancy N, PIPO Asst; Cheryl L, IR Trainer, IR; Alex J, Newsletter, Deb B, Retreat Chair; Lynda S, IR; Jan F, IR; Nancy R, IR; Judy G, IR, Michael R, IR, Mickey M., IR, Betty D., IR, Shelia, A., IR, Adrienne H., IR, Davis, IR

Call to Order: At 10:48 AM. Beth asked those in attendance to silence their cell phones and led the Serenity Prayer. Beth announced that Neva (Region 3 Trustee) will be speaking today. 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 Aug 18 IG meeting were not approved and can be found on the Google drive to approve at the October 20th IG meeting.

Treasurer's Report [Sara J.]: Balance is \$11,576.96. Income was 548.00 in August. Sara stated that Region 3 sent \$350 dollars for the speaker and this will change the retreat budget line. Cheryl, Beth, and Sara will be the 2018 Budget Committee. The 2019 budget requests were accepted and received except for the Newsletter. The Saturday meeting from Yuma would like to be added to the budget spreadsheet.

Committee Reports

RR/Delegates [Sr. Delegate, Chris N.]: Report read by Chris N.

We have completed our budget and have submitted it to the Treasurer.

Chris has received annual appeal from WSO and distributed 100 copies to the IR's/groups.

We are both registered for upcoming fall assembly.

Jr RR/Delegate Sally H. was not in attendance.

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

Flyers People Posters

8-28 Women's Health Expo Flyers, 178 - People, 98 - Posters, 2

9-5 La Frontera Tx Center Flyers, 30 - People, 10 - Posters, 3

9-6 Clinca Amistad Flyers 28, - People, 25 - Posters, 3

9-7 Pilgrim Rest Missionary Baptist Church Flyers, 67 - People, 26 - Posters, 2

Yuma OA has ordered a box of 12 and 12's. PIPO will reimburse them for 12 of the books. 3 of the 4 events were in south Tucson it was our first time there. It is an underserved area for the African American and Hispanic communities. I know we tried a Spanish speaking meeting before that didn't work out. Maybe we need to bring the meeting to them as well as the African American community. The Haven also requested a meeting on site for their clients. It is time to think about how you practice the 12th Step and share the OA message. We need a chair for the PIPO committee for 2019, as well as committee members. No one person can do it alone. If we want our OA community to thrive and grow we ALL have to be willing to share the message. During the time I have been chair only 1 person approached me to be part of the committee. Others at my request acted as adhoc members to be available as needed, the list was not very long. Sponsors set an example for your sponsee's and encourage them to get involved.

Meeting List [Leslie S.]: Report read by Leslie S. It was announced that Betty D, Sheila A, and Adrienne H. were all new IR's. Report Summary for Minutes: Changes were made as submitted from the secretary. Copies are available for distribution.

Report: The following changes were made. Betty D. is the new IR for the Tucson Tuesday New Tender Solutions meeting from 12:45 a.m. to noon. Intergroup Representatives please check the information on the paper lists and let me know if it is correct.

Newsletter [Hannah D. -excused; Alex J.]: Alex gave an update on the newsletter. She reported that the newsletter is out this month and asked IR's to take 3-4 copies to their groups. The next newsletter submissions date is on Nov. 30th. The topic is Living in the Solution. Alex stated that the newsletter committee is open next year and she also asked about

reprinting articles from this year to hand out at the end of the year. . Beth M. suggested that rather than reprinting the newsletters, perhaps a digest of the articles from 2018.

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

Phone [Gina B.]: Report read by Jill S. There were 36 billed calls. There were 2 messages and 2 returned calls.

Special Events [Barbara A.]: Report Read by Jill S. Upcoming Events:

I.D.E.A. Day. Saturday, November 17th in Sierra Vista and planned and sponsored by the Sierra Vista O.A. meetings. Flyers will be available on the Web site and at I.G.

Thank-a-Thon. November 22nd from 9-12pm with a different meeting each hour. The Thank-a-Thon usually has family, friends and guests also come for this special morning in rm. #6 at St. James. Flyers are available at I.G. and on the Web site. Help is needed at 8:30 A.M. from Set up and Barbara 520 548 0904 is looking for a Thank -a-Thon Buddy to help flesh out the theme and activities. Please Call.

Retreat Committee Meeting [Deb B.]: Read by Deb B. Registrations are currently at 37 for full weekend, 0 for Saturday, and 5 scholarship requests. There will be between 50 and 60 beds available to us. There may be a maximum of 65 for Saturday lunch, this is to be determined by our hosts. Registration forms are available through meetings IRs, on SOAZ website under Events, and on the WSO website. Flyers are available today for the Clothing Sale. Boxes have been provided to IRs for collection of clothing at their meetings. There are also flyers available regarding the Raffle Basket. Our years to date expenses are as follows:

Copies \$53.04

Airfare for speaker \$375.96

Room rent for committee meetings \$120.00

Speaker Registration \$ 130.00

Total \$ 679.00

Annual Budget:

SOAZ Intergroup \$800.00

Region 3 Donation \$350.00

Member Donation \$30.00

Total \$1180.00

Balance \$501.00

Next meeting is September 15, 2018 @ 12:30pm

Ways/Means Committee [Chris N.]: Read by Chris N. Mailed 14 pamphlet pockets for Region 8 PIPO Chair in Florida. Continue to create bookmarks, book covers and magnets.

Twelfth-Step Within [Janis R.; Emily RS.]: Read by Emily RS. Our committee hosted the Making Amends and Relapse Recovery and Prevention back-to-back workshops. The event was held at St. Francis in the Valley Episcopal Church in Green Valley from 10:30AM to 2:45PM. We had 25 participants and brought in \$47 in donations. We were extremely happy with the turnout and the shares by the speakers and the participants were great. We think bringing events to on-the-road are very appreciated by our membership outside of Tucson.

The OA 12 Step 15 Week Workshop is happening every Saturday from 10:30AM to 12:30PM at Joy's house with the last session scheduled for October 7th. The six members are going strong and keep in touch by text throughout the week.

Our next workshop, "Let's get real about food and make it through the holidays," will be Saturday, October 13 at St James Methodist Church from 10:30AM – 12:15PM followed by a BYO fellowship lunch. 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. We plan on having roughly 4 speakers as well as a few group activities and gifts for members to take home.

Website [Nan B.]: Read by Chris N. In addition to the routine monthly updates, we made some changes to the website Home page. These changes were made to improve the Home page appearance and decrease its verbiage in keeping with current website design trends. Thanks to Beth for improving the photo and name on the home page. I moved much of the text from the Home page to other appropriate pages. For example, all events now appear on the Events page rather than on the Home page as well as on the Events page. The links to our members stories in the media, formerly on the Home page,

are now found in Personal Stories under the About OA tab. This is a work in progress; if you have any comments or suggestions, please let Nanknow.

Nan also renewed our domain name and hosting with GoDaddy.

Domain renewal: \$20.17

Hosting renewal: \$119.88

Since we are using only 4 gigs of the storage on our Deluxe hosting account, I was able to downgrade to the 100 gig Economy account and save about \$40.00. We can always upgrade if our needs change.

Questions?

Beth M. stated that an action item is to send comments and suggestions about the OA website.

Janet G. is asking for Lifelines and Spanish Speaking Speakers.

Feb. 11th there will be a traditions/concept workshop in Yuma from Region 3 Chair – Brenda

IR Trainer [Cheryl L.]: 16 IRs present. Betty D. is the new Intergroup Rep for the Tuesday Tender Solutions meeting. Cheryl plans to hold a training session in the next 2 weeks, for anyone who wants help with the Google Drive and/or anything else related to the IR position. If you know of someone who is thinking about being an IR, let her know. This month she has provided copies of the Strong Meeting Checklist and suggested that all groups hold a group conscience meeting to review it. Many groups already do this regularly. Next month, the next We Care List updates will go out. Sheila A, Betty D., and Adrienne H. are new IR's and will need IR training.

Unfinished Business/Other

SECRETARY POSITION still open-please consider taking on this vital service to intergroup.

Beth M. reviewed and read the Accumulation of Funds Motion and it passed by 16/16 votes. A copy of the motion can be found in the 8/2018 Google Drive folder.

Beth M. discussed remote attendance and how that without the projection screen and overhead projector the camera and speakers would cost OA around \$1000 dollars. Nancy R. stated that she will look into how much a camera on a tripod will cost. Cheryl L. stated that a \$100-\$200 dollar microphone would be worth the investment. Beth M. stated that remote people would be able to listen to the OA IG meeting either by phone or by video.

An accumulation of funds committee was formed at the meeting and this committee includes; Emily RS; Jill S.; Beth M.; Sheila A.; Adrienne H.; Davis; Judy G.; and Jan F.

Chris N. read the Delegate/RR motion stating that there is a change in the standing rules to not have to take the budget motions back to the groups. Beth made a friendly amendment to this motion deleting the line restricting matters on which IG can vote to only budget items. This motion can be found in the 9/2018 Google Drive folder. Neva stated that usually, the budget motions do not have to go back to the groups.

New Business

Neva S. was able to speak at the IG during the new business section of the meeting. She explained her role as the Region 3 Trustee. She explained that there are 10 regions at WSO and 1 virtual region. Neva passed around an Ask-It-Basket. Neva gave the OA.org-document page to the IG to recommend flyers, workshops, meeting formats, etc...from WSO. Neva stated that she answers questions from OA members, explores tradition violations, and does workshops for the Region. Neva stated that anyone can send her questions, if they have any questions for her.

The nominating committee was formed. Emily RS, Janis R, and Jill S will be on the 2019 nominating committee. The open microphone, WSO updates, and Vision/Goals were skipped to allow time for Neva to speak to the IG.

Announcements

October 20th, Retreat meeting, 12:30 here - all are invited and welcome to attend

October 20th, 2018, 10:45 AM – 12:30 PM, Intergroup, St. James Church, Board meeting 10:00 AM

Oct 12-14, 2018 [Region 3 Convention and Assembly](#), 'Acceptance is the Key,' Hotel Elegante, Colorado Springs

Oct 13, 2018 'Let's get real about food and make it through the holidays', St. James Church 10:30AM-12:15 PM followed by BYO fellowship lunch.

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

11/17/18 Idea Day in Sierra Vista (TBA)

11/27/18 Thankathon (TBA)

Recap of Action Items read by Emily RS

Adjourned at 12:26 PM with the Responsibility Pledge

Respectfully submitted, Jill S., substitute Secretary