

Minutes SoAZ Intergroup of Overeaters Anonymous

April 20, 2019 | www.oasouthernaz.org

Attendance: Emily R-S., Chair; Linda J., Vice Chair; Cheryl L., Treasurer; Jill S. Jr. RR/Delegate; Jan F., Meeting List; Joy V.M., Website; Barb A.-IR sub; Nan B., IR; Barb M, IR; Michele K., IR; Betty D., IR; Mickey M.. IR; Teresa C., IR; Greg M., IR; Judy G., IR

Call to Order: At 10:45 AM. Serenity Prayer was said. Standing Rules: Does Everyone Have a Copy (extra copies provided). Introductions were done while reading 12 Traditions and 12 Concepts. Concept 4 was read. Sign-in happened while the 7th tradition was being passed. Mail was passed around.

Minutes [Chris N. - excused]: The minutes from March 2019 IG meeting were accepted and approved. Jill S. will be acting as Secretary for April IG 2019.

Treasurer's Report [Cheryl L.]: Our income for March was \$1371.09 and expenditures were \$725.56. The bank balance and the checkbook balances were both \$12,557.25 with no outstanding checks. This month I paid the Post Office Box fee for the next 12 months. The price went up from \$96 to \$106, which put us \$6 over what was budgeted and will show up on the April Statement. I added the Donation for and Committee Income form to the "FormsAndDocuments" folder on the Google Drive. The Reimbursement form was already there. The forms are also available on the table at all Intergroup meetings. I have been notified who most of the group treasurers are and have sent an email to someone from each of the missing meetings to try to get the remaining few.

RR/Delegates [Jill S.; Jr.]: Thank you for the opportunity to be of service to Southern AZ OA! I enjoyed every moment of the assembly. Spring 2019 Assembly – San Antonio, TX - March 29, 30, & 31st

Friday, March 29th Virtual Meetings IGs are using call in numbers for IG reps who unable to attend IG meetings; It is free to set up a call-in number; This helps members from outlying areas to participate in IG meetings; Zoom is also being used at IGs; Zoom is free; Members can go to oavirtualregion.org to request a sponsor; If a member is unable to attend a face to face meeting, they can attend a virtual meeting; Currently, there are 450 phone meetings and 500 meetings online; OA members can go to oavirtualregion.org to set up a phone or online meeting. There is a workshop every second Sunday of the month that can be found on this website.

What Region 3 has to offer members and IGs Region 3 has a speaker list; Region 3 will fund up to \$350.00 for IGs to have speakers speak at events; Region 3 has a display that can be requested for use at health fairs and events. Contact Brenda Queen if interested in using this display; Region 3 has funding for Region Reps to attend assemblies; There is \$150 for the first rep and \$50 dollars for the second rep; There is an application process on Region 3 website; IGs do not have to show a financial need to receive these funds; Region 3 has \$750 dollars that IGs can apply for help carry the message to professionals; We can post events on the Region 3 website go to <http://www.oaregion3.org/datebook/>

How do we get IG reps to IG? Ask people individually; Send board members to meetings that do not have a rep and ask for the meeting to send a rep; Commit for the month not a full year; Create a brochure of what IG does and hand this to meetings; Do conference calls; Give a person a job at IG; Reimburse people for

gas who come from outlying areas; Give a prize for people who attend IG; Have a meeting with IG reps quarterly after IG to explore how they are doing in the service position

Vision and Goals I asked about Vision and Goals . Most IGs do not have Visions and Goals. It was recommended to have the visions and goals match the WSO's yearly focus. This year's WSO focus is Growing Membership in Your Area.

Saturday, March 30th There were 20 IG reps and 5 steering members, a total of 25 votes; It was announced that WSO did well with income in 2018; The new 12& 12 book helped increase funds at WSO; There was a net loss of \$10,456 dollars in the Region 3 budget in 2018 because Region 3 gave \$10,000 dollars to WSO. (Oct-Jan.);The total of the checking account is \$17,647 & there is \$12,769 in the prudent reserve. There \$30,816 total assets; In the Fall, the steering committee will address what to do with excess funds in Region 3; It was announced that the steering committee gets a total of \$500 dollars to perform workshops for IGs; It was brought up that a suggested donation might be increased to \$5 dollars instead of \$3 dollars; 1960's - \$1 dollar is now \$9 today; Sept. 2018- 441 meetings in Region 3; Feb. 2019- 432 meetings in Region 3; 21 IG's in Region 3; 1.8 million total operating fund for OA

Voting A new communications technology OA member was voted in. All Motions were passed at the assembly, including; a motion on how to make a request to host an assembly/convention, a motion that defines committees and their purpose, and a motion that allows assembly/conventions proceeds to be divided as follows: 50% will go to Region 3 and 50% will go to IGs; the split used to be 40/60 respectively.

PIPO Committee I volunteered to be the Region 3 Chair for the PIPO committee. We are working on having OA be represented at a large Health Fair in Las Vegas. We are putting together a workshop about how to talk to health professional about OA. We are designing a flier to send to the IGs asking every Region 3 OA member talk to at least one health professional about OA in 2019.

Announcements 2020 Spring Assembly with be held in Tulsa; Please see the announcements of upcoming retreats and assemblies in the mail folder and on the table; Questionnaire final results for WSBC - 127 IGs voted. All Items will be on the questionnaire at WSBC accept for item L- pausing.

Committee Reports

Public Information/Professional Outreach (PIPO): OPEN.

Meeting List [Jan F.]:

The following changes were made.. The Green Valley Wednesday meeting has closed; Andrea D. is the IR for the Green Valley Saturday meeting; The Thursday Tucson meeting at St. Francis Cabrini Church has moved to Room 3; The IR position for the Tucson Saturday morning study group is open; The Tucson Sunday Hope, Love & Acceptance meeting won't be meeting Easter Sunday, April 21, 2019.

Intergroup Representatives please check the information on the paper lists and let me know if there are any changes or corrections. Thanks.

Newsletter [OPEN]:

Lifeline Resource Library [OPEN]:

Phone [Leslie S.]: Emily R-S. read the report. Intergroup was billed for 10 telephone calls. 7 messages were left. 6 calls were returned. The unreturned call was a robocall.

Special Events [Beth M.- excused]: Cheryl L. read the report. The April 6 Speaker Marathon event came off excellently. Thanks to my volunteers Kiva B., Becky R., Jen G. and Wells M. for all of their help with meeting leading, registration table and set up/take down. Thanks also to our speakers Michele T., Jill S., Janet R. from Yuma, Linda J., Judy G. from Yuma and Suzanne F. The speakers were recorded and the recordings will be posted soon under the 'Find a Meeting' -> 'Audio Files' drop down. The event was held at the Randolph/Reed Park Recreation Center at Broadway and Alvernon in Tucson from 8:30-3 p.m. This was a lot of fun and I know the recordings will enrich anyone who listens. I need to know if the fellowship would like CD's made of the recordings. [Please take a show of hands from the meeting.] If so, I can make 15 CD's. Our next event will be held in July. This will be a survey of 4th step methods. What this means is that for each method of working the 4th step including working it from the 12 and 12, the workbook, the big book and possibly others. Each speaker will share their experience strength and hope on a particular method. We may have another Marathon Speaker event later this year.

Retreat Committee Meeting [Deb B.- excused]: No Report.

Ways/Means Committee [Chris N.-excused]: No report.

Twelfth-Step Within [OPEN]: Read by Emily R.S. Although there is no current chairperson for this committee, activities to carry the message are still happening. Joy is leading the 12 step study meetings the first Saturday of every month this year in Room 5 at St James Church. The 4th step 4 ½ hour meeting was held on April 6th with a make-up class held the following week. Janis and Roni are leading the same step study in Green Valley with the second step completed on Thursday April 11th They will continue on the second Thursday of each month with 10 people in attendance in addition to Janis and Roni.

Website [Joy V.]: The following items were posted on the OA website: • Current Meeting List • Audio file for Speaker Event (April 6) Routine updates were posted on the site: • March 2019 Call to Action • March Agenda Document(s) that will be added: • April Call to Action, April Agenda, and March Minutes (when approved) • Months for Agendas on the website have still to be aligned properly -Action accomplished since last meeting: • Stef G fielded a request for speakers at Empire High School in Vail for 400 juniors and seniors at a health fair. Two volunteer speakers were found (Paula & Michael), but the event has been postponed until August. Former PIPO Chair has informed us, though, that for any contact with those under 18 years of age, a parent must be present.

Questions? There was a discussion about possibly legal issues that may arise from reaching out to teens. There were several different opinions about this topic. Emily stated that she will follow up with Neva (Region 3 Trustee) and ask what WSO's ideas on this topic.

IR Trainer [Janis R-excused]: 9 IRs present. Linda J. read the report. I shared the Call to Action with all IRs and Contacts and asked for information about newcomers. Last Saturday I sent a reminder email about today's meeting and again asked for any info about newcomers and changes in IR positions. I received no responses about IR changes. In May I will have the We Care list copies ready for distribution at meetings

for the annual update. I regret missing today's meeting but I am on a bus heading to Los Angeles taking my granddaughter back home after having her for Spring Break. Enjoy the meeting.

Unfinished Business/Other

Accumulation of Funds Motion- Emily read the motion. **Motion:** To distribute the SoAZ OA IG accumulation of funds totaling \$6,500 in the following manner: 1. Create a budget line for the upcoming 2021 Convention and Assembly with \$1,000 seed money. 2. Establish a prudent reserve of 50% of only the actual budgeted fixed expenses for 2019 budget year -\$890. 3. Increase the delegate / region representative budget line to fund another delegate / region representative for the Fall 2019 Convention and Assembly in Las Vegas - \$625. 4. Set aside \$2,500 for a general outreach grant fund for individual projects within SoAZ OA IG. 5. Set aside \$485 to purchase remote access equipment allowing for remote access for IG and committee meetings. 6. Give a onetime donation of \$1,000 to WSO.

Intent: To distribute our accumulated funds as required by our September 2018 approved motion so that we do not continue to carry over funds in our checkbook above 50% of our yearly income at the start of 2020.

Implementation: A "yes" vote will allow for the distribution outlined in the motion to be carried out upon approval. Any money that is not used in the delegate / region representative fund, outreach grant fund or for remote access, will be reevaluated and distributed by the 2019 ad hoc budget committee at the end of the calendar year. The budget line for the 2021 Convention and Assembly will roll-over in to 2020.

Cost: Paper copies of this motion.

Background: In September 2018 a motion was passed not to carry over unused funds from the annual budget and keep only 50% of our yearly income as a starting checkbook balance for the new year. The funds, totaling \$6,500, have been set aside from our operating reserve for 2019 and are supposed to be allocated in this 2019 calendar year.

Rationale: The distribution of funds shown above was completed through suggestions from meetings, Intergroup discussions, and the ad hoc Accumulation of Funds committee meetings.

History: There is no history of SoAZ OA IG distributing excess funds that have carried over from the previous years.

Submitted: Nancy R, Judy G, Janis R, Emily R-S (Chair 2019) and Cheryl L (Treasurer 2019)

One question was asked about the motion and it was... What is needed for remote access? It was explained that it could mean buying a speaker for phone conferences or a video screen for Zoom.

9/9 votes passed the motion.

Senior Delegate/ Region Rep Applicant - Emily R.S read Randi F.'s application for Sr. Delegate. Her application was approved by the IG with 8 in favor and 1 abstention.

Vision and Goals – Linda read the Vision and Goals rough draft and this can be found in the Google Drive. Linda reported that a final draft will be available and brought to IG in May for voting.

New Business

2021 Convention and Assembly in Tucson committee Volunteers – Emily read and distributed the handout to be taken to meetings asking for volunteers to sign up for 18 different committees for the 2021 Tucson Convention/Assembly. This handout can be found on the Google Drive.

Group Handbook pages 4-5

Announcements

Positions at IG are open and anyone with 6 months IR experience is eligible to serve, please announce at meetings.

May 6-11, World Service Business Conference, Albuquerque, NM

May 18th, 10:45 AM – 12:15 PM, Intergroup, St. James Church, Board meeting 10:00 AM

Recap of the action items were read by Joy V.M.

Adjourned at 12:01 PM with the Responsibility Pledge

Respectfully submitted, Jill S., substitute Secretary