

2019 Minutes SoAZ Intergroup of Overeaters Anonymous

August 17, 2019 | www.oasouthernaz.org

Attendance: Emily R.S., Chair; Linda J., Vice Chair; Chris N., secretary; Cheryl L., treasurer; Randi F., Sr. Delegate; Jill S., Jr. RR/Delegate; Joy V'M, Website; Jan F., Meeting List; Janis R., IR Trainer; Deb B., Retreat; Michael A., 2021 A/C; Betty D., IR; Nan B., IR; Marilyn B., IR; Nancy R., IR; Jan H., IR; Jane C., IR; Barb M., IR; Greg M., IR; Mickey M., IR; Judy G., IR; Cynthia N., new IR; June P., new IR; Cris P., IR; Jody M., IR (remote).

Call to Order: At 10:47 am Emily asked those in attendance to silence their cell phones and led the Serenity Prayer. Introductions and Sign-in happened while reading 12 Traditions and the long form of Concept 7 and 8. One member is attending remotely thru freeconferencecall.com.

Minutes [Chris N.]: The minutes from the June 19th IG meeting were accepted as submitted electronically.

Treasurer's Report [Cheryl L.]: Our income for June was \$720.40 and expenditures were \$1204.49.

Our income for July was \$497.00 and expenditures were \$456.06 The bank balance on 7/31 was \$11,945.79 and the checkbook balance was \$11,345.79, with one outstanding check for \$600, which has since cleared.

Committee Reports

RR/Delegates [Sr. Delegate, Randi F.; Jr. Delegate, Jill S.]:

Randi and I were able to meet and discuss plans to attend the October 2019 Region 3 Convention in Las Vegas. Randi was able to register us both for the convention. Thank you, Randi! Region 3 TSW committee has sent a flier to present at your meetings to inform OA members about a podcast and video about Relapse Prevention. You can find this flier on the Google Drive or go to <http://oa.org/member/relaspe-prevention/> to access the podcast/video.

Public Information/Professional Outreach (PIPO) [Open]: Leslie reports Sierra Vista has networked with 14 Cochise County Libraries and they've agreed to catalog and put 12x12s and other OA books on shelves.

Meeting List [Jan F.]: The following changes were made. Intergroup Representatives please check the information on the paper lists and let me know if there are any changes or corrections.

- The IR position for the Tucson Thursday Seeking the Spiritual Path meeting is open.
- June P. is the IR for the Tucson Sunday Newcomers meeting.
- The Patagonia Tuesday meeting has been suspended.

Newsletter [Open]:

Lifeline Resource Library [Open]:

Phone [Leslie S.]: In June 18 calls (3/3), in July there were 11-billed calls. There was 1 message and 1 returned call.

Special Events [Beth M.]: The July 27 special event was canceled due to a dearth of volunteers. No events are scheduled for the remainder of the year unless a group or groups step up to provide one. This includes Sponsorship Day, IDEA Day, the Thanksgiving Thank-A-Thon and 12th Step Within Day.

2021 Region 3 Convention/Assembly [Michael A/Jill S]: Region 3 holds a Convention & Assembly twice each year, Spring and Fall. The Fall 2021 C&A will be held here in southern Arizona and though it's two years away, we've already begun to plan.

- **Planning Committee** We are working with Kathy M., our Region 3 Vice-Chair and studying the detailed planning manual. Nearly 50 people have signed up to help and most of the 19 leadership positions have been filled. I am very happy to announce that Jill S. has agreed to serve as co-chair and Janis S. will be our secretary.
- **Meeting Schedule** Our first meeting was in June. Our second will be on Saturday, August 17 (after Intergroup) and we'll be meeting every other month for the next several months.
- **Purpose & Mission** There's a lot going on at a C&A but, in keeping with Tradition 5, the primary purpose is to promote recovery from compulsive overeating. There will be speakers, workshops, literature and fellowship, all focused on making our program strong.
- **We Need a Theme!** In addition to locating a date and hotel site for the event, one of our first tasks is to decide on a theme. We're soliciting ideas in this month's *Call to Action*. Please encourage all your groups to participate.
- **Upcoming Conventions** I will be attending upcoming C&As to collect good ideas and best practices. The next one is in Las Vegas, Friday through Sunday, October 11-13. Several of us are going and we'd love to have more company. We'll be reporting to Intergroup as we move along and we welcome your suggestions and comments.

Retreat Committee Meeting [Deb B.]: The Retreat Committee has been meeting every 1-2 months since January. We have 9 active members on the committee. The theme is: **3-2-1 Action!: Recovery through the Big Book**. We have a speaker who is very experienced in sharing the OA message of recovery by using the AA Big Book as reference. I have heard her speak at another retreat, and she is a powerful speaker.

The registration forms are coming out August 17th. The retreat center charges us \$140 per person, and \$50 for Saturday only. This is the amount we are charging members. We are also having a gift basket raffle, and clothing sale at the retreat. There is a flyer announcing these events, which comes out August 17th as well. These are also on the website.

The committee usually receives 10-15 requests for scholarships each year. There is currently no money in the scholarship fund. The committee would like to request donations from the groups as well as individuals to enable us to grant scholarships to those who would perhaps not be able to attend without assistance. \$100 will remain in the scholarship fund. The committee will meet in August, September, and October.

Twelfth-Step Within [Open]: Janis to present motion.

Website [Joy V'M.]: Posted on the OA Website: Current Meeting List; Updated OA Donation Form; Retreat Registration Form; Retreat Basket Information

Routine Updates Posted: June 2019 Call to Action; June Agenda

Documents to be Added: June Minutes (when approved); August Agenda; August Call to Action

Action Taken Since June Intergroup Meeting: The OA website was "unsecure" for a few days in late July because a payment was late to GoDaddy – totally my fault. Payments for the following were made: Standard SSL Renewal (one-year term); Economy Hosting Linux Renewal (one-year term); The .ORG Domain Renewal - oasouthernaz.org (two-year term)

Once the payment for the SSL was approved, a badge for the certification authority was chosen for the site – and then the site was secure once more.

IR Trainer [Janis R.]: 14 IRs present. (One remote)

I shared the Call to Action with all IRs and Contacts and asked for information about newcomers. I sent a reminder email about today's Intergroup meeting with documents attached, shared the WSO Bulletin, and worked on the 2019 update of the We Care list. Today I have the 2019 We Care list copies ready for distribution at meetings.

Questions: none

Unfinished/Old Business/Other

- Bylaws motion: To Amend: Article V: Meetings Section 1: Regular Meetings
Proposed wording to be added: The Intergroup shall meet monthly **a minimum of ten months** per year at a designated time and place. Submitted by: Marilyn Bredeson, Intergroup Representative To be sent to groups for discussion/decision at Sept IG.

- Janis read motion/Chris seconded

Propose that the TSW 2019 budget amount be increased by an additional \$300 to cover 2019 expenses.

The TSW account is overdrawn by a few dollars and there is a need for rent for Joy's 12 Step class at \$20 a month for 6 months, and \$20 for each of the next 6 months for travel to Green Valley for the 12 Step study there. An additional \$60 is requested for expected copying expenses. Money can come from Lifeline/Resource Library and General fund. **Passed** unanimously.

New Business:

- [Cheryl] 2020 Budget requests for committees announced and expected return next month.
- Nominating Committee recruitment requested: Linda J., Mickey M. and Emily volunteered to build a slate for October IG.

Group Handbook read pages 12-13: *How to Keep Them Coming Back*.

Ideas: Nan: Meeting changes to Step One when newcomer attends, giving old 12x12's to them. Joy sends texts and reaches out to non-attending members from we care list passed at meeting. Judy stated notifying MD garnered a newcomer. Jill gives newcomer pamphlet and greets. Cynthia (NY transplant) would give a newcomer pocket card with prayers.

Vision & Goals: #4 Financial Health read by Linda J. Emily encouraged a discussion about WSO's request for a change to \$5 (suggested donation). The increased request funds translation of the "Where Do I Start" newcomer pamphlet. Several IR's mentioned that their groups were hesitant to add it to their format due to the groups being self-supporting, having retirees and no one is required to give anything. Some are leaving the \$3 suggested donation in format. ARC was mentioned as a member option to personally directly donate.

Announcements:

August 17th/18th Sponsorship Day

September 21, 10:45 AM – 12:15 PM, Intergroup, St. James Church, Board meeting 10:00 AM

September 21, 12:45 PM Retreat Committee, St. James Church

October 19th, 12:45 PM, 2021 Region 3 Convention committee, St. James Church, room 5

October 15th: Deadline to submit theme ideas for the SoAZ Region 3 Convention & Assembly to Michael by

Email michael@evanstongroup.com or text (847) 370-5845.

Members attending the Las Vegas Convention are asked to contact Michael A/Chris N to let them know.

November 16th IDEA Day will be sponsored by Sierra Vista, flyer will be out soon.

Recap of Action Items by Joy V'M

Adjourned at **12:03 pm with the Responsibility Statement**

Respectfully submitted,

Chris Nunn, Secretary