

2019 Minutes SoAZ Intergroup of Overeaters Anonymous

June 15, 2019 | www.oasouthernaz.org

Attendance: Emily R.S., Chair; Chris N., secretary; Cheryl L., treasurer; Jill S., Jr. RR/Delegate; Joy V'M, Website; Jan F., Meeting List; Janis R., IR Trainer; Betty D., IR; Nan B., IR via phone; Lynda S., IR via phone; Marilyn B., IR; Nancy R., IR; Jan H., IR; Jane C., IR; Barb M., IR; Judy G., IR; Michele K., IR; Andrea D., IR; Michael A., Chair 2021 A/C via phone/in person; Linda H., new IR; Cris P., new IR.

Call to Order: At **10:49 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 of the Month. Three members are attending remotely thru freeconferencecall.com.

Minutes [Chris N.]: The minutes from the May 20 IG meeting were accepted as submitted electronically.

Treasurer's Report [Cheryl L.]: No hard copies available, on drive for printing.

Our income for May was \$960.23 and expenditures were \$1,140.26.

The bank balance and checkbook balance on 5/31 were \$11,808.94, with no outstanding checks.

I moved the "Outreach Grants" line to the "Outflow" section of the statement, as we discussed in May.

I discovered that the meeting number for the Saturday Far East meeting has been incorrect on Intergroup documents. I notified the Meeting List Chair, Intergroup Secretary, and the Treasurer for that meeting. The correct number is 45696. I downloaded the just-released report of World Service Office donations received by group and region. I have emailed it to group treasurers for them to match it to their records, with a reminder to always write the group number on checks they send and include a donation form. WSO told me that, when a nonexistent group number appears on a check, they apply it as a donation from an individual from the region of the check writer's address. IRs, please ask your Treasurer if they made sure your group's donations showed up. I noticed that Region 3 and World Service request more information than we have had on our donation forms, so I updated ours and it should appear on the website soon. I have recently learned why it is helpful to have an email address and/or phone number of the person sending in the donation, when someone sent us a check that was supposed to go to the Phoenix Intergroup and I had no email or phone number to contact her quickly. I have sent the new form to group treasurers.

Committee Reports

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

I will read the WSO newsletter to IG to announce what is happening at WSO. The WSBC 2019 Wrap Up Report is now available for download at <https://oa.org/members/events/world-service-business-conference/>

Region 3 PIPO committee has sent out an invitation and a flier that I brought to announce at your meeting...

Greetings, OA Region 3 Intergroup!

Members of the recently appointed Public Information/Professional Outreach (PIPO) Committee are contacting all Intergroups in Region 3 to seek your help with launching a very important goal for our region. Since obesity continues to escalate as a very serious medical problem in our country, we feel that reaching those who suffer from compulsive eating behaviors can best be done through the medical community itself. Those of us in OA know that we have the solution to that problem. But we need our medical professionals to be more aware of what we offer, so that they can refer patients who are struggling with weight issues to our fellowship.

Our committee's goal in 2019 is to have *every* OA member in Region 3 talk with *one* medical professional this year; our mantra for that goal is "**Each One — Reach One**". At your next Intergroup meeting we ask that you please provide each of your meeting representatives with a copy of the attached flier, outlining our suggestions for introducing this goal and implementing it at their individual meetings. If this could be discussed thoroughly at your Intergroup meeting, we feel it would help the meeting reps to know how best to handle an introduction of Each One — Reach One at their next OA meeting. They are the ones who will actually be on point to get the ball rolling, so an enthusiastic and supportive initial discussion at your Intergroup meeting will really help.

(Note: the fourth bullet on our flier suggests guidelines available on the OA website that may help a person initiate a brief OA conversation with a doctor. This might be good to have on hand as you discuss this initiative with your meeting representatives.)

Service is one of our key tools in OA. As each person shares with his or her own physician (the medical professional who cares the most about our health) regarding how OA is helping us achieve recovery, we are finding a very personalized way to share our message and, potentially, reach *so many more* of those who still suffer from our disease. And of course that is OA's primary purpose – to continue to carry that message of recovery in every way we can. Thank you for your attention to this initiative; we think it has the potential to make a huge impact on the health and happiness of many, many people in our communities in 2019 and beyond. Region 3 Public Information/Professional Outreach (PIPO) Committee

Public Information/Professional Outreach (PIPO) [Open]: Judy G. (Yuma) explained their plan to request \$600 PIPO funds to use toward a 15 week Movie Theater advertisement.

Meeting List [Jan F.]:

- The IR positions for the Tuesday and Thursday Patagonia meetings are open.
- The address/instructions for the Sunday Tucson meeting at Banner UMC have changed.
- Address: 1625 N. Campbell Meeting Rooms: 2500 C/D in Tower 4. Entrance to Use: Main entrance on north side.
- The Green Valley Wednesday meeting has reopened.
- Andrea D. is the IR for the Green Valley Wednesday meeting and the contact for the Green Valley Saturday meeting. The IR position for the Green Valley Saturday meeting is open.
- The correct group number for the Tucson Saturday Far East meeting is 45696.
- Cris P. is the IR for the Tucson Sunday Miracles Happen meeting.

Newsletter [Open]:

Lifeline Resource Library [Open]:

Phone [Leslie S.]: excused: Cheryl read report. There were 39-billed calls. There were 2 messages and 2 returned calls.

Special Events [Beth M., excused]: Save the date for July 27th from 10:30 to 2:30. This will be the 4th step inventory survey with speakers sharing their experience, strength and hope with different ways of working the fourth step. The location will be the Randolph recreation center at Alvernon and Broadway. We will also have OA skits to break things up. Are you interested in performing or helping organize? Please text or call Beth M. 520-349-0810 (beth.marlatt@gmail.com).

Retreat Committee Meeting [Deb B.]: no report, meeting after Intergroup planned. Save the date flyers were dispersed to IR's for meetings, applications will be available for retreat next month.

Twelfth-Step Within [Open]:

- 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 combined 6th and 7th steps meeting were held on June 1st.
- Janis and Roni are leading the same 12 step study in Green Valley with the 4th step started on Thursday June 13th They will continue on the second Thursday of each month with 10 people in attendance in addition to Janis and Roni.

Website [Joy V'M.]:

- The following items were posted on the OA website: Current Meeting List; Updated OA Donation Form Routine updates were posted on the site: May 2019 Call to Action; May Agenda
- Document(s) that will be added: May Minutes (when approved); June Agenda; June Call to Action
- Action accomplished since last meeting: The Website Handbook is now in final form, and we are looking for someone to field test it. Help needed: Might need someone to take notes for the Call to Action document for the July Intergroup meeting. I'm hoping to use Zoom and attend the meeting, creating the document from afar. If, for some reason, the Zoom connection doesn't work for me, that's when assistance would be needed. Please let me know if you would be willing.

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

I shared the Call to Action with all IRs and Contacts and asked for information about newcomers.

I sent a reminder email last week about today's meeting asking for the return of the We Care Update documents and again asked for any info about newcomers and changes in IR positions.

A few days ago I emailed the agenda for today's meeting along with reminders to bring the We Care updates to Intergroup and to let me know about newcomers to meetings and where they heard about OA.

The new We Care list should be available at the July Intergroup meeting.

Questions: none

Unfinished/Old Business/Other

Remote access again attempted with successful outcome. For remote IR's to hear, members needed to speak into the connected phone (Emily). IR's in the room could not remote in to the conversation, as there was feedback, which made hearing difficult.

We care lists were collected and Janis will update for the July intergroup.

Michael A reported Region 3 Convention and Assembly 2021 planning committee core met via conference call Wed 6/12 to establish an agenda and all volunteers are invited to the first meeting at St. James Church 6/22 @ 10:30 am. Michael has notified all volunteers via e-mail.

New Business:

Group Handbook read pages 8-11; *Getting started in a small community.*

Emily, Chris N and Joy V'M announced they would be absent for July Intergroup and other members would cover these duties (chair, secretary and website). It was noted that there was no pre-determined items on the calendar for July so a verbal motion to cancel the July IG was proposed (Cheryl), seconded (Chris) and voted unanimously (23) by the board/IR/attendees remote and present.

Marilyn noted after the vote that we were in violation of our bylaws Article V: Meetings, Section 1: Regular Meetings; 'The Intergroup shall meet monthly at a designated time and place.' She voiced that this would need to be changed in bylaws if this action (cancelling IG) would be taken again in the future. There was discussion concerning 'shall/will' verbiage meaning under parliamentary procedure and any IG policies or standing rules to address this variance. Board will research. Per chair, cancellation stands.

Announcements:

June 22nd, 10:30 AM – 12:30 PM, First 2021 Region 3 Convention committee, St. James Church, Room 5

Cancelled: July 20th.

July 20th, 12:45 PM Retreat Committee, St. James Church, room 5

July 27th, 10 AM -2:30 PM, Randolph Recreation Center.

Survey of 4th Step Methods: Experience Strength and Hope Regarding Different Methods used to take this Life-Changing Step.

August 17: 10:45 AM – 12:15 PM, Intergroup, St. James Church, Board meeting 10:00 AM

8/17-8/18 Sponsorship Day noted, no plans currently.

Recap of Action Items by Joy V'M

Adjourned at **12:10 pm with the Responsibility Statement**

Respectfully submitted,
Chris Nunn, Secretary