

2019 Minutes SoAZ Intergroup of Overeaters Anonymous

May 18, 2019 | www.oasouthernaz.org

Attendance: Emily R.S., Chair; Linda J., vice-chair; Chris N., secretary; Cheryl L., treasurer; Jill S., Jr. RR/Delegate; Joy V'M., Website; Janis R., IR Trainer; Betty D., IR; Nan B., IR; Marilyn B., IR; Nancy R, IR; Jan H., IR; Jane C, IR; Barb M., IR; Judy G, IR; Michele K., IR;

Call to Order: At **10:46 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.

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

Treasurer's Report [Cheryl L.]: Our income for April was \$1201.59 and expenditures were \$1803.87, \$1000 of which was our donation of accumulated funds to WSO. The bank balance on 4/30 was \$13,082.97 and the checkbook balance was \$11,954.95, with three outstanding checks totaling \$1,128. Those checks have since cleared.

- I have added the accumulated funds distribution items to the statement and would appreciate feedback on the format. I anticipate that there will be modifications next month.
- I created an "Adjusted" budget column to add the \$485 for Remote meeting Access, the increase of \$625 to the Delegate Fund, and \$1000 for WSO.
- I created a line below the Scholarship Distribution line for the Outreach Grants, since this is an unusual situation, but am wondering if I should move it up to the Outflow section. I need input on this part, especially.
- I restored the Prudent Reserve Line in the Checkbook Totals section with the amount of \$890.
- I created a line in the Checkbook Totals section for the 2021 Region 3 Convention seed money of \$1000 and labeled it and the Scholarship Fund as "carryover".

Committee Reports

RR/Delegates [Sr. Delegate, Randi F.; Jr. Delegate, Jill S.]: Please see complete report at end of minutes.

Recommended reviewing questions contained in report in Group meetings or hold workshop. Jill/Marilyn brought back fortune cookie recovery quotes (tiny rolled scrolls) to share with the IR's.

Public Information/Professional Outreach (PIPO) [Open]:

- Yuma applied for money from the outreach grant fund to bring in a speaker for a February 2020 2-day Big Book workshop. Board approved grant.
- Joy reported being part of an annual UofA panel for medical students with great interest and questions about program.

Meeting List [Jan F.]: excused. Report read by Emily.

The following changes were made. The Sunday Tucson Newcomers meeting at Banner UMC is now meeting in Rooms 2500 C/D on the 2nd floor of Tower 4. Use new main hospital entrance. 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.]: excused: Cheryl read report. There were 39-billed calls. There were 2 messages and 2 returned calls.

Special Events [Beth M.]: attempted remote access, unsuccessful. No report.

Sierra Vista reported that they had used Zoom for a 12-step study guide workshop 4/25 so people could attend remotely.

Retreat Committee Meeting [Deb B.]: no report, meeting after Intergroup cancelled.

Ways/Means Committee [Chris N.]: no report, requested to report only when special events happen as this is when income is generated and Ways/Means is a committee under special events.

Twelfth-Step Within [Open]: Read by Janis.

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 5th step meeting was held on May 4th.
- Janis and Roni are leading the same 12 step study in Green Valley with the third step completed on Thursday May 9th. 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 item was posted on the OA website: Current Meeting List

Routine updates were posted on the site:

April 2019 Call to Action: April Agenda

Document(s) that will be added:

April Minutes (when approved); May Call to Action: May Agenda

Actions accomplished since last meeting:

The Website Handbook Nan B created now includes a draft of an expanded version of the step-by-step actions to take to update the website with screenshots included. The merged documents will then constitute a Training Manual for the Website Chair once reviewed and approved by Nan B. The Training Manual will then be field-tested. My thanks to Nan B for her compilation of the initial handbook and her tutelage and collaboration on this expanded Training Manual.

IR Trainer [Janis R.]: 12 IRs present. Report: 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 meeting asking for the sharing and return of the convention sign-up sheet and again asked for any info about newcomers and changes in IR positions. Here are the results so far: Of 24 newcomer reports, 3 heard about OA on the internet, 12 were brought to a meeting by a friend, or were referred to OA by someone they know, 2 were in OA previously, 2 were referred by a health care professional, and 5 found out about OA in other ways-poster in library, local FB page in Yuma, in another 12 step program, saw an OA pamphlet at an AARP office, and one person who has known about OA for years. I posted the excel document I'm using for tracking on the May IG Google drive.

Today I have the We Care list copies ready for distribution at meetings for the annual update. Please share the list and update information at group meetings and return the sheets to me at June's Intergroup meeting.

Questions: How to apply for grant money to carry the message? Submit expected project expenses to board for approval. Member mentioned his group was concerned about the increased expense for attending (~\$5) and WSO's financial health. Jeopardy Question was reiterated as a cause for a 50% increase in inquiries to WSO.

Unfinished/Old Business/Other

Vision and Goals 2019/2020 presented by Linda J (Janis R and Andrea D on committee) and available on Google drive. Will do 'catch up' since we're currently in May with meeting these goals.

Fall 2021 Convention and Assembly committee volunteer sign up sheets returned to Janis for compilation and continued addition of new members.

Guidelines for carrying the message to youth (under 18yo) Emily contacted Neva S (Region 3 trustee) and stated that WSBC considers youth 18-30yo. There was mention of having parents attend with teens/tweens at meetings but no formal guidelines for interactions with this age group or the need to have parents present to discuss information at a sponsored health fair. Joy reports the high school health fair that created this question is rescheduled for August.

New Business:

We care list update: Janis distributed the We Care update forms to IR's present and to those attendees willing to take to groups not represented. Instructions given to read introduction at meetings and pass x 1 month and to return to June IG meeting.

Group Handbook pages 6-8 ('The Twelve Traditions are our guide') read.

Announcements:

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

June 15th, 12:45 PM Retreat Committee, St. James Church, room 5

Recap of Action Items by Joy V'M

Adjourned at **12:20 pm with the Responsibility Statement**

Respectfully submitted,
Chris Nunn, Secretary

WSBC Minutes

Date: 5/11/19

Phone: Jill S. 282-9818

Position: Jr. Region Rep/Delegate Rep.

Report: May 2019

May 7-11, 2019

Marilyn and I arrived at WSBC on Tuesday afternoon. It was a joy to be with Marilyn at the convention. 18 countries were represented at WSBC and it was nice to meet fellow OA members from all over the world. The theme of this convention was EACH ONE, REACH ONE, EVERYDAY. At WSBC it was stressed how it is our job as OA members to reach out and share the OA message. Here is a list of items discussed at WSBC...

PIPO suggestions are to advertise OA through ads in movie theaters, post OA signs in college restrooms, and have OA newspaper ads.

The WS PIPO committee will have images that are available to download this upcoming year on OA.org that all IGs can access and use to spread the message.

One OA Region is allowing newcomers (1 year or less) to not pay for registration fees while attending their first assembly/convention.

There is an OA recovery from relapse Facebook group.

It is recommended that groups think about handing to newcomers. the OA pamphlet: "How to Start?"

There are 6,209 groups in OA & 338 IGs in OA.

104,000 people are receiving the monthly WSO emails.

12.4% of OA members are under the age of 30 years old. WSO is adding podcasts for these young people on OA.org. WS is trying to reach out to universities and colleges to increase membership in Young People in OA. Marilyn attended a workshop on Reaching Out to Young People in OA. Young people enjoy meetings with laughter and fellowship in them. Have compassion and understanding when working with young people and respect young people's anonymity especially on college campuses. Identify your commonalities rather than your differences and do not mention that you are glad the young person got to OA early. There was a suggestion of having OA meetings in Natural Foods Grocery Stores (Sprouts, Whole Foods) to attract young people to OA. A document found on OA.org is available to remind IGs to reach out to younger individuals in OA. Lastly, it was suggested to be sure to "be a sponsor" and "not mother" the younger individuals.

WSO currently, has 15 paid employees who work in the office.

OA was mentioned on Jeopardy and the next day the website had an increase of 50% of activity.

Marilyn and I attended the forum EACH ONE, REACH ONE, EVERY DAY. The following questions could be used for a great workshop in Southern, AZ...

CARRYING THE MESSAGE TO POTENTIAL MEMBERS

1. What got me into the door of OA?
2. What is your favorite one-on-one encounter you've had introducing someone to OA?
3. What is a simple, easy idea I have heard for carrying the message?
4. Describe a successful PIPO outreach project your IG or group has put on?

TALKING TO NEWCOMERS AND MEMBER RETENTION

1. What is a great way to greet a newcomer?
2. How can I help and encourage a newcomer in OA?
3. What keeps me in OA?
4. How do I carry the message of HOPE to my meetings?
5. What is a good way to make coming back an attraction?
6. How can I help and encourage a member who is struggling?

UNITY: OUR COMMON WELFARE WITH WORLDWIDE OA

1. How can I understand the challenges of OA in countries other than my own, and how can I be of service to these members?
2. How might I expand my OA circle by attending virtual meetings?
3. How can face-to-face and virtual meetings help one another?
4. How can I help OA members who do not have literature in their own language?
5. How can I reach beyond my own meeting and service body to find ways to help those in OA in other areas?
6. How can I support members and meetings, which have a different way of approaching the program than I do?

ACTION PLAN: EACH ONE, REACH ONE, EVERY DAY

1. What actions can I take to help grow OA membership?
2. What actions can I ask OA friends and sponsees to take with me?
3. What actions can I ask my meeting to take?
4. What actions can I help my intergroup /service body take?
5. How can we make taking action to grow OA membership an ongoing, daily recovery action for every OA member?

Why is Lifeline so expensive? Lifeline only has 8% of OA members subscribing to it. Lifeline will no longer be accepting any subscriptions after DEC. 31, 2019; and Lifeline will be discontinued after DEC. 31, 2020, because of the net loss associated with it. If you have a lifelong subscription, you will receive a refund from WSO. OA does not receive the non-profit postage rate because OA does not have a large enough volume of business to receive these benefits. OA is thinking of other methods of sharing OA stories that will not have subscription costs for members. The Lifeline had a total net loss of \$71,000 and \$103,000 per year goes towards employees who produce Lifeline.

Why is WSO asking for more money from its members? In 2018, OA had a very positive cash flow of \$350,089.80 because of the new "12 & 12" publication (27,000 copies were sold). There were also a few bequests that were given to OA in 2018. The annual appeal letter from last year brought in \$23,341.11; Tradition Seven contributions from land meetings brought in \$100,000; and virtual seventh tradition brought in \$58,000. The extra funds requested in 2019 are needed for the website, outreach to carry the message, and the translation of OA literature into different languages.

An OA member can have money automatically withdrawn from his or her bank account. Currently, 350 OA members are using this service.

Membership is dropping each year. WS wants every member to start doing more outreach to still suffering compulsive overeaters.

EACH ONE REACH ONE EVERY DAY!

The BOT's Reorganization Committee gave a presentation. Currently, there are 17 members on the BOT (Board of Trustees). The BOT will be presenting a motion in 2020 to decrease gradually the BOT to 12 members, which will save costs. Many questions received by the BOT can be answered at the local or region level. Each region will have one liaison from the BOT to contact throughout the year.

VOTING

Adopted - Consent Agenda Items: Proposals E, H, 5,6,7,8,9,10

There were 188 eligible voters.

Adopted – Publication of a book called *Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*.

Defeated - Publication of a new *Dignity of Choice: Establishing a Plan of Eating*.

Adopted- Publication of new *Welcome Back: Suggestions for Members in Relapse and for Those Who Care*.

Adopted- Proposal J - rescind WSBC policy 2016

Adopted- Proposal F – use Google search

Adopted- Proposal D - Hybrid meetings may only register once

Withdrawn- Proposal P – Newcomer packet online

Defeated- Proposal I – Have all BOT meetings virtually

Adopted- Proposal B – WSBC Policy 2008a by striking and adding words

Defeated – Proposal O- Adding another closing for OA meetings

Withdrawn- Proposal 11- Changing wording

Defeated - Proposal 3- Board of Trustees qualifications

Adopted-Proposal 12- Disbanding conference committees

Defeated- Proposal 13 -Amend the 12 concepts

Defeated- Proposal 4 – Amend Bylaws, Subpart B, Article VII

Defeated- Proposal C- Translation – More simple English for translation

Adopted- Proposal M- Change statement of abstinence

Withdrawn – Proposal M- Statement of anonymity in an OA meeting

Adopted –Proposal K – Amend WSBC policy on anonymity regarding public media and social media

Proposal 1 went back to committee- Bylaws, subpart B, Article VII

Withdrawn – Proposal 2 – Bylaws, subpart B, Article VI

The next WSBC will be on April 20-25th, 2020

Respectfully submitted by Jill S. & Marilyn B.