

2019 Minutes SoAZ Intergroup of Overeaters Anonymous
November 9, 2019 | www.oasouthernaz.org

Attendance: Emily R-S., Chair; Cheryl L., Treasurer; Randi F., Sr. RR/Delegate; Jill S., Jr. RR/Delegate; Joy V'M, Website; Liz D., PIPO (Acting); Janis R., IR Trainer; Cris P., IR; June P., IR; Betty D., IR; Jane C, IR; Mickey M., IR; Jan H., IR; Cynthia N., IR; Lynda S., IR via phone; Marilyn B., IR; Nancy R., IR; Judy G, IR via phone; Jodi M, IR via phone, Chris, visitor.

Call to Order: At 10:45 AM by Emily R-S., Chair, 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. Eleven.

Three members are attending remotely thru freeconferencecall.com.

Minutes [Randi F., acting]: The minutes from the October 20th IG meeting were accepted as submitted electronically by Chris.

Treasurer's Report [Cheryl L.]:

Our income for October was \$754.89 (which includes \$280 income from the retreat registrations).

Expenditures for October were \$1,047.61.

The bank balance on 10/31 was \$11,302.91 and the checkbook balance was \$11,282.91, with one outstanding check for \$20.00.

The Scholarship fund received \$788.00 in donations in October and paid \$340 toward scholarships to the Retreat.

Once again I remind all committees that we don't carry unused budget money into the next year, so please pay attention to what you have remaining. If you will have unspent funds, I recommend purchasing items now that you will need in 2020.

Ads are running in movie theatres in Yuma and Sierra Vista. It was discussed that SOAZ submitted a logo permission form to WSO to use the OA logo on these ads only.

7th Tradition envelope and mail passed

Committee Reports

Region 3 Representatives/World Service Delegates' Report [Randi F. Sr. Delegate; Jill S. Jr. Delegate]

1 - Submitted 2020 budget for attendance at Regional Conferences and WSBC. Based on one delegate attending the regional assemblies (1 apiece) but both delegates would attend WSBC.

2 - Committee work proceeding on Bylaws committee. Latest rewrite will undergo its final review on Monday November 11 to be presented to the full Region III assembly in the spring.

3 – Proposal for creating generic email addresses for each meeting, each Board member and each Committee chair was discussed. Nan B., Jill S. and Randi F. will be the committee to set this up.

4 – From "A Step Ahead"

A – Save the date for 2020 World Service Business Conference April 20-25, 2020 in Albuquerque. Initial documents are on the WSO web site. Deadline for submission of motions is December 10, 2019. Deadline for delegate registration is February 10, 2020.

B – World Service Convention will be August 20-22 in Orlando. To receive electronic announcements and updates, send an email to conventioninfo@oa.org and list your full name, email address and US state.

C – Lifeline will cease publication in December 2020. Deadline to purchase a print subscription is December 17, 2019 and deadline to purchase an online subscription is December 31, 2019.

Public Information/Professional Outreach (PIPO) [Liz D., acting]:

Attended St. Paul's United Methodist Church Health Fair September 22, 2019 and Armory Park Senior Center Health Fair October 17th, 2019. Both health fairs were very successful and would definitely attend them again.

Ads will be running in Sierra Vista and Yuma movie theatres for 15 weeks starting on November 15.

Outreach to:

TMC The Core La Encantada
UMC Banner Department of Psychiatry
UMC Banner College of Nursing Research Department
Tucson Police Department
American Airlines Union Employee Assistance
A variety of Tucson Doctors Offices
A Variety of General Public Places
OA Meetings

Networked with AA PIPO chairs.

Researching ideas for 2020

- Program to mentor newcomers into first 3-5 meetings.
- Each IR asked to reach out to one newcomer and one experienced member to ask how they heard of OA and report back next month.
- In process of getting logo approved for general use.

Spent \$136.64 ordering new healthcare pamphlet "When Should I Refer Someone To Overeaters Anonymous" and "Is Food A Problem For You " Pamphlet , New Prospect Cards and Public Information Posters.

Meeting List [Jan F.]

Changes were made as submitted from the secretary. Copies are available for distribution.

The following changes were made.

- Linda H. is now the IR for the Tucson Sunday Hope, Love & Acceptance meeting.
- As of 12/1/19 the Tucson Sunday Newcomers meeting (currently meeting at UMC) will move to St. Frances Cabrini Church, Ed. Bldg. Rm 3, 3201 E. Presidio. Call Elisa M. 243-0123 to verify meeting information.
- Call to check if the Tucson Thursday Over and Under Eaters' Meeting will be meeting on Thanksgiving, 11/28/19.
- The Tucson Thursday Seeking the Spiritual Path will not be meeting on Thanksgiving, 11/28/19.

Newsletter [open]

Phone [Leslie S.]

Telephone Committee Report for October 2019:

Intergroup was billed for 13 telephone calls.

0 messages were left.

0 calls were returned.

Special Events [Beth M.]. No report.

Retreat [Deb B., absent]

The 2019 retreat provided a fulfilling weekend of recovery and fellowship. We are so grateful to Joy V. for being willing to lead the retreat on just 2 weeks' notice. She did an amazing job, and everyone seemed to really like her methods of getting members to mix and participate in sharing. ! Thank you to the groups who put together the 15 baskets for the basket raffle.

We had 45 people attend the entire weekend. 5 people attended Saturday only. There were 6 people who each received \$70 scholarships, 1 person received a \$60 scholarship. We collected \$6260 in registration fees. There was \$590 received in scholarship donations.

Total Money Collected: \$6850.

Total Expenses- \$6814.80

- Monastery fees - \$6320
- Registration fee for our speaker - \$140
- Speaker travel expenses - \$64.80
- Committee meeting room rental - \$120
- Miscellaneous expenses - \$170 (notebooks, folders, pens, gift for speaker, and drinks for the retreat)

Fund raising money collected at the retreat-

Basket Raffle \$244.00

Drinks \$ 46.50

Clothing sale \$223.55

50/50 Raffle \$ 0.00 (The total from ticket sales was \$125.00. The money was split with the winner of the raffle, and the remaining \$62.50 was lost.)

Ways and Means \$119.50 (This amount not included as retreat \$633.50 income on financial report)

Total Fund raising Money \$633.55

34 boxes of clothing/shoes/purses were donated to the Monastery Thrift Shop.

We received 19 feedback forms with comments about what worked for people and what could be improved. Overall the feedback was very positive, with special gratitude expressed for Joy as leader. Multiple comments regarding the help received, learning about the steps, hearing lots of sharing, meeting other people, the food, meditation, stretching, games, crafts, the dance party, clothing exchange, fashion show, candlelight meeting, laughter yoga, and connecting with other OAs. We had a terrific committee this year, thank you for all of the amazing teamwork .

We had a wrap up meeting on Sunday following the retreat, with 6 people attending. Our first meeting for the 2020 retreat will be on January 4, 2020, at 12:30 pm, at St James.

2020 Retreat dates are November 6-8, again at the Holy Trinity Monastery in St David.

Region 3 2021 C & A [Michael A. and Jill S.]

Next meeting will be on December 21 at 12:20 PM (after the Intergroup meeting). Venue selected is Doubletree on Alvernon. Dates are August 19-22, 2021. Hotel rate is \$99/night plus tax/fees.

Twelfth-Step Within [Janis, Acting]

Joy is leading the 12 step study meetings the first Saturday of every month this year and the group completed Step 11 last week.

Janis is leading the 12 step study in Green Valley with Step 8 planned for Thursday November 14th.

Plan to use the We Care sheet for outreach for TSW day on Dec. 12.

Website [Joy V.]

Posted on the OA Website:

- Current Meeting List for November
- October 2019 Call to Action
- October Agenda

Documents to be Added:

- October Minutes (when approved)
- November Agenda
- November Call to Action

Action Taken Since September Intergroup Meeting:

Deleted information about the Retreat and provided details about the 12 in 12 Workshop series under Events.

IR Trainer [Janis R.]

IRs present 13 (new/alternates)

Mail/hand deliver information to meetings not represented

Old Business

Vote on 2020 Board Slate [Emily R-S]

Chair: Emily R-S

Vice Chair: Linda J

Secretary: Chris N

Treasurer: Cheryl L

“Senior” Delegate: Randi F

“Junior” Delegate: Cynthia N

Motion passed 13 yes, 0 no.

Appointment of 2020 Committee Chairs [Emily R-S]

Motion to waive 6 month requirement for Liz D. Motion passed, 11 yes, 1 no.

Following committee chairs were appointed:

Meeting List: Jan F

TSW: Janis R

IR Trainer: Deb B

Website: Joy V

Telephone: Leslie S

PIPO: Liz D

Special Events: Open

Retreat: Becky R

New Business

2020 Budget Motion presented [Cheryl L.]

Modified budget is in Google Docs. Take back to meetings and vote in December IG meeting.

Committee Chair description [Janis R.]

Vision and Goals #3 Strong Meetings and Committees [Linda J.]

Question about when meetings are to schedule this.

Group Handbook page 18-20 Getting Things Done in Your OA Group – Item #6 What does the treasurer do?

Announcements

November 16th, IDEA Day 9:30AM – 3PM, in Sierra Vista at Fellowship Hall in the Church of Christ, 815 El Camino Real

November 28th, Thank-a-thon; 8:30AM – noon, St. James Church – meetings on the hour

November 28th, Candlelight Gratitude Meeting in Sierra Vista 6:30PM Church of Christ Rm 1 (see info above)

December 12th – Twelfth Step Within Day

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

December 21st, 12:20PM, 2021 Region 3 Convention planning meeting, St. James Church

Phoenix Intergroup reached out to SOAZ to request assistance for the Fall 2020 Region Convention and Assembly.

Meeting adjourned at 12:15 PM with the Responsibility Pledge.

Respectfully submitted,
Randi F., Acting Secretary