

## 2019 Minutes SoAZ Intergroup of Overeaters Anonymous

October 20, 2019 | [www.oasouthernaz.org](http://www.oasouthernaz.org)

**Attendance:** Linda J., Vice-Chair; Chris N., Secretary; Cheryl L., Treasurer; Jill S., Jr. RR/Delegate; Joy V'M, Website; Jan F., Meeting List; Janis R., IR Trainer; Cris P., IR; Linda H., IR; June P., IR; Nan B., IR; Betty D., IR; Barb M., IR; Jane C, IR; Laurie L., sub IR; Mickey M., IR; Jan H., IR; Cynthia N., IR; Lynda S., IR via phone; Marilyn B., IR; Judy G, IR via phone; Jodi M, IR via phone, Barbra V., visitor.

**Call to Order:** At 10:45 am Linda J, acting 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. Three members are attending remotely thru freeconferencecall.com.

**Minutes [Chris N.]:** The minutes from the Sept 16th IG meeting were accepted as submitted electronically by Jill/Chris.

**Treasurer's Report [Cheryl L.]:** Our income for September was \$1657.00 plus \$320.50 in Scholarship Fund Donations. Not included in Scholarship Fund donations is what has been donated with registrations, because those checks have not yet been cashed. Expenditures were \$1009.26. The bank balance on 9/30 was \$11,367.63 and the checkbook balance was \$11,147.63, with three outstanding checks totaling \$220.00. It was discovered in September that the Website charge of \$79.00 in August was actually \$242.21 and was charged to Nan B and not SoAZ Intergroup. Nan was reimbursed and the additional \$163.21 entered in September. Once again, I deposited a check that came with one of our forms, which should have been sent to Serenity in the Desert Intergroup. When I discovered it, I wrote and mailed a check to SDI for that amount. This time the sender included their contact information and I was able to communicate with them that they needed to send their donations to SDI.

The 2020 Budget Committee, consisting of me, Janis R and Andrea R, met regarding next year's budget. Based on what we predict will be our 2019 income and what patterns have been for the previous 6 years, we do not anticipate that we can fully fund all of the requests. We decreased a few of the requests by 15% but also added a General Fund amount of about \$400. Once the October numbers are finalized, we will review the budget again and will submit it in November for IRs to take back to their groups for a vote.

I would like to 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.

### Committee Reports

**RR/Delegates [Sr. Delegate, Randi F.(absent); Jr. Delegate, Jill S.]:** See Region 3 Fall report attached at end of this report.

**Public Information/Professional Outreach (PIPO) [Open]:** Judy (Yuma) announced their OA presence at a hospital employee fair with 500 people in attendance.

**Meeting List [Jan F.]:** Changes were made as submitted from the secretary. Copies are available for distribution.

- Cynthia is now the IR for the Tucson Saturday Morning Study Group. Intergroup Representatives please check the information on the paper lists and let me know if there are any changes or corrections. Thanks.

### Newsletter [Open]:

**Phone [Leslie S.]:** There were 12-billed calls. There were 1 message and 1 returned call.

### Special Events [Beth M., excused]:

The Thanksgiving Thank-A-Thon is scheduled for November 28, 9:00 AM to 12:00 PM. There will be discussion meetings on the hour but all are welcome to come and go as their schedule permits. Topics are Gratitude, What's My Plan of Action for Thanksgiving and Open discussion-What are my challenges and how am I taking care of myself?

**Retreat Committee Meeting [Deb B. excused]:** Mickey noted the retreat clothes sorting party is at her house tomorrow 2-4p.

**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 and the group completed Step 10 two weeks ago.

Janis is leading the 12-step study in Green Valley with Step 7 completed on Thursday October 10<sup>th</sup>.

### Website [Joy V'M.]:

- Posted on the OA Website: Thanksgiving Thank-a-Thon flyer; Current Meeting List for October; September 2019 Call to

Action: September Agenda

- Documents to be Added: September Minutes (when approved); October Agenda; October Call to Action
- Action Taken Since September Intergroup Meeting: Made some corrections and additions to the website, like consistent hyperlink treatment (bright blue and bold) and added more detail to an event (the date).

**IR Trainer [Janis R.]:** 15 IRs present. (3 remote)

- I shared the Call to Action with all IRs and asked for information about newcomers.
- I sent a reminder email about today's Intergroup meeting and the slate motion to review.
- During the last month I shared the WSO Bulletin.
- I sent emails to all IRs with documents for today's meeting.

**Questions:** Cheryl noted that the documents link on the website is to an outdated donation form. Joy will fix.

### **Unfinished/Old Business/Other**

Ad Hoc Budget Committee report was given with treasurer's report.

### **New Business:**

**Motion: To elect the following Board officers to serve as the SoAZ Intergroup Board for the calendar year, 2020**

Chair: Emily R-S

Vice Chair: Linda J

Secretary: Chris N

Treasurer: Cheryl L

"Senior" Delegate: Randi F

"Junior" Delegate: Cynthia N

Volunteers for Committee Chairpersons (these positions are appointed rather than elected):

Meeting List: Jan F

TSW: Janis R

IR Trainer: Deb B

Website: Joy V

Telephone: Leslie S

PIPO: Liz D

Special Events: Open

Retreat: Open

Linda read Emily's and Randi's application, and the rest of the applications were read by the present board applicants. This motion is to be discussed at meetings and voted on next IG.

**Group Handbook** read pages 15-18; *Getting Things Done in Your OA Group – Item #5 What does the secretary do?*

### **Announcements:**

October 21, Yuma Monday 1pm meeting restarted this past week.

November 9th, 10:45 AM – 12:15 PM, Intergroup, St. James Church, Board meeting 10:00 AM

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 Fellowship Hall Room 1

November 28<sup>th</sup> Thanksgiving Gratitude Meeting will be held in Yuma at 12N.

November 28<sup>th</sup> Seeking the Spiritual Path will meet, Over and Under Meeting unknown if holding meeting.

Janis announced a TSW Open House in February (date TBD).

Joy announced that she and Lauren would host the 12x12 Workshop starting in January 2020 at St. James.

### **Recap of Action Items by Joy V'M**

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

Respectfully submitted,  
Chris Nunn, Secretary

# Southern Arizona Intergroup of Overeaters Anonymous

## P.O.B 43221 /Tucson, AZ 85733-3221

[www.oasouthernaz.org](http://www.oasouthernaz.org)

Date: 10/14/19

Phone: Jill S. 282-9818 & Randi Freeman 310-614-7846

Position: Sr. & Jr. Region Rep/Delegate Rep.

Report: October 2019

### Overeaters Anonymous Welcome Home Assembly and Convention: Las Vegas October 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup>, 2019

10/11/19

- Region has a surplus of funds they want to make available to Intergroup who request it. Prudent reserve is budgeted at \$7700 and is now sitting at about \$14K.
  - Can request up to \$250 for first time delegates from IGs that have not attended R3 assemblies in the past. If an IG is sending one rep. that has been to C & A before qualifies for \$150.00 and the second rep. can qualify for \$50 per assembly
  - We can also request funds for speakers
    - **Request funds to assist retreat speakers?**
    - **Request steering committee speakers to do IG workshops?**
- When a regular meeting registers with WSO, they would like to have a generic email address set up for the meeting. The use of personal email addresses caused anonymity concerns. In addition, it's in violation of EU law. "GDPR" is an EU regulation stating that any entity (including non-profits) doing business in the EU needs to adhere to GDPR. The meeting can set up a forwarding address to the appropriate contact. Our communications secretary showed how this would work in Gmail. You can specify in your settings that the "from" address will be the same as the "to" address. This will avoid the contact person from inadvertently exposing their personal email address when responding to messages sent to the generic email.
  - **Does the SOAZ intergroup want to set up generic emails for our Board members?**
- What other Intergroups are doing...
  - Visit unaffiliated meetings to entice them to affiliate with their intergroup and provide them with free literature. Ask the group for a temporary rep. to attend IG until the group can find a permanent rep.
  - Invest in Bluetooth microphones and speakers in their budget for intergroup meetings. Use a glass bowl to amplify the sound.
    - **Have we looked at this?**
  - Dallas Metro has taken out ads in Coffee News. Ads were placed in 4 areas and ran about \$1200. There is Coffee News in Tucson. Region 3 paid for this PIPO outreach project. **Is this feasible for our intergroup?**
  - Asked clergy in churches holding OA meetings to reach out to their congregations. The project was named Chatting with Churches. **Place ads on church bulletin boards?**
  - Houston IG has developed a "What is the Intergroup" brochure designed to get members to participate more widely in intergroup events. **Is this feasible for us?** They also have created a form with talking points for intergroup reps to use to take notes during intergroup meetings. This will help the reps to prepare concise reports back to their meetings. (NOTE: we did this in LA and it was quite successful. **Can we do this with SOAZ?**)
  - Central Colorado has implemented a young person's committee and a Spanish-speaking meeting. **Do we want to consider putting an indication on the We Care list that a person speaks Spanish?**
  - **What have we done to reach out to the University of Arizona?**
- Some IGs have funds that they have set in their budget for individuals to attend IG from outlying areas.

- An IG sent out an anonymous online survey along with a paper survey for the IG inventory and had great success with the online survey.
- Future Assemblies/Conferences:
  - Spring 2020 – Stillwater, OK
  - Fall 2020 – Phoenix, AZ
  - Spring 2021 – OPEN
  - Fall 2021 – Southern Arizona
  - Spring 2022 – OPEN

#### 10/12/19 – Assembly Notes

NOTE: full reports have been posted to the secure part of the R3 website. Details are available upon request.

- Chair –
  - Attend WSBC and Regional Chairs committee meetings.
  - During Region Chairs Committee meeting in Minneapolis, the Region Chairs will be speaking at workshops as well as collaborating on various projects, including preparing for WSBC 2020 and identifying ways to support the newly formed Virtual Region.
  - Other Chair projects include two workshops scheduled in Texas in the coming months. In addition to these workshops, focusing on
    - Establishing an Intergroup Chairs email group for Region III
    - Revising the document “Chair Best Practices
    - Helping obtain a new PIPO tradeshow display
- Vice Chair –
  - Liaison with chairs for upcoming Assemblies and Conventions.
  - Liaison with Bylaws committee and participated in interim conference calls.
- Treasurer–
  - Full report is available on request
  - Region is solvent financially
  - Audit completed with no issues
  - All state and federal tax reports completed
  - Funds to support two PIPO events (Obesity Week in Las Vegas and Physical Therapist convention in Denver)
  - Seed money for upcoming assemblies
  - Presented 2019-2020 budget
    - Buy tablets to replace paper R3 committee documents.
    - Fund website improvements.
    - One-time donation to WSO equally \$12,000
- Recording Secretary–
- Communications Secretary –
  - Keep regional calendar up to date. Make sure we contact <http://www.oaregion3.org/datebook/> to ensure that our events are listed.
  - Analysis of website and recommended areas of improvement in both content and user experience.
  - While the R3 website is mostly for internal use, we can assist newcomers by referring them to WSO and local intergroup sites rather than duplicating content.
  - Setting up systems and documentation for knowledge transfer.
  - Please send the Communication Secretary any recommendations or suggestions about what you want to see on the OA Region 3 website.
- Trustee –
  - Net loss of 17 affiliated groups since July 2018. Net gain of 2 unaffiliated groups since July 2018. Same number of intergroups (21).
    - **What can we do to encourage the creation of new meetings in SOAZ?**
  - Liaison with TSW committee.
  - Drawing for 12 Step workshop books (6)

- Reviewing intergroup bylaws.
- Serving as Trustee Co-Chair of the Conference Bylaws Committee, two other Board committees, and two new Ad Hoc committees.
- Feedback on the new language with the \$5 suggested donation (most IGs were not updating their formats to include this).
- OA World Service Convention 2020 is in Orlando, FL, August 20-22, 2020. Bookmarks are being distributed to reps at assembly.
- Audit
  - 1 minor discrepancy, which was resolved.
- Speakers List
  - If you are currently on or want to be added to the Region III speakers list, please use the following link.  
<https://forms.gle/eqTX7oafgRvU9r9p6>
- Elections
  - Vice Chair – Kathy M (unopposed)
  - Communication Secretary – Sam W (unopposed)
  - Treasurer – Mary R (from floor)

Bylaws Committee meeting:

Attending: Pat O (chair), Carole C (secretary), Randi F., Kathy M (Steering Committee Liaison), Vonnie N (Steering Committee Liaison)

Committee continually reviews Regional Bylaws and Policy manual annually for the following:

1. Consistency between regional and WSO bylaws and policies
2. Modifications as required

Group goals for this session are:

1. Review motions created previously which will be presented to the full assembly Spring 2020.
2. Prototype an electronic version of the committee folders for possible adoption by the full assembly. Note that tablets for all committees are included in the 2020 budget. Questions as to where the central repository would be placed and how to make it accessible to others.

We reviewed a number of motions relating to the updating of Sections VI, XII, XI and XII. While the language of the motions was determined at prior meetings, The Intent and Argument sections still needed work. Work on this will continue during our interim calls. Our next interim call will be on Monday, 11/11 at 6:30 PM MT.

Committee Reports:

- Ways and Means/Finance
  - Website committee
  - Include funds for speaker funds and workshops. Publicize that funds are available.
  - Fund better intergroup representation at regional assemblies.
  - Educate people on how the region funds are spent.
- Twelfth Step Within
  - Continue eblast to make more aesthetically pleasing and to instruct intergroups and region reps on how to use the eblast locally.
  - Unaffiliated meeting list consolidation and outreach.
  - Speakers list (see above)
- PIPO
  - Two events scheduled – Obesity Week and Physical Therapist conventions
  - Presented skit to be added to R3 web site
  - Popup display needs to be repaired before Obesity Week
  - Discussed Facebook ads, PSA and radio spots about OA.
- Bylaws
  - Reviewed Policy Manual revisions in sections VI-XII
  - Will work with Communications Secretary to build prototype of electronic committee handbooks.

Ongoing Business:

- 2020 budget passed

New Business:

- \$188 collected in 7<sup>th</sup> Tradition
- Will get new PO Box for the new Treasurer

Good of the Order:

- San Antonio has Spanish literature if anyone needs it
- Spring 2020 Assembly and Conference save the date 3/27-29. Registration opens 12/1/19.
- Fall Convention and Assembly 8/7-9 in Phoenix.

Respectfully submitted by:

Randi F. & Jill S. Sr. & Jr. Region Rep/Delegate Rep.