

2020 Minutes SoAZ Intergroup of Overeaters Anonymous

April 18, 2020 | www.oasouthernaz.org

Attendance VIA ZOOM: Emily R-S., Chair; Linda J., Vice Chair; Chris N., Secretary; Cheryl L., Treasurer; Randi F., Sr. RR/Delegate; Cynthia N., Jr. RR/Delegate; Leslie S., Telephone; Joy V'M, Website; Janis R., TSW; Deb B., IR Trainer; Jan F., Meeting List; Andrea D., IR; Barbara A., IR; Barbara V., IR; Becky B., IR; Betty D., IR; Bev C., IR; Bill B., IR; Christine, new ZOOM IR; Greg M., IR; Jan H., IR; Judy G., IR; Nan B., IR; Nancy R., IR; Rae S., Inclusion and Diversity Ad Hoc Committee.

Call to Order: At 11 AM by Emily R-S., Chair, instructed those in attendance on Zoom to mute/unmute and led the Serenity Prayer. Chris took attendance and 12 Steps and 12 Traditions read.

Minutes [Chris N]: The minutes from the March 21, 2020 IG meeting were accepted as amended by Chris. Emily will grant access to the drive for the new members and IR's.

Treasurer's Report [Cheryl L.]: Our income for March was \$645.30. Our expenses were \$2940.66, 2000.00 of which was the donation to WSO from the excess funds from 2019. We are still waiting for the libraries to re-open before we purchase the books we voted to buy with more of the 2019 excess funds.

The following is as of Thursday night: The PayPal account is open. Joy and I are working with a consultant to figure out the best way to put the PayPal button on our website. We have running into some snags with finding a way to include the group number with the donation. We are using some of the money given to improve our website to work with a consultant on this. We are looking at a 3rd party service call, which would allow selecting the group number from a dropdown list, but it still would go through PayPal and possibly incur more fees and more consultant time. I want to give an example of the effect the fees have on donations. We pay 2.2% plus \$.30 per transaction plus credit card fees. A small donation from an individual for \$5 incurred fees of \$.52. A \$288.00 donation we received from one group normally would have had \$6.64 deducted for fees, plus more if a credit card was used. Fortunately, as of around April 10, PayPal has temporarily suspended the fees on our transactions during the current Covid-19 crisis, but this is temporary. At this time, if members and group treasurers can make donation by logging into their own PayPal account and choosing the "send" button on the right half of the screen, entering treasurer@oasouthernaz.org, changing "paying for an item or service" to "sending to a friend" and following the rest of the prompts. We are also looking at Zelle as fee free alternative that requires a separate phone app, if your bank is not a participant. The Board will be discussing these things before the Intergroup meeting.

Committee Reports

Region 3 Representatives/World Service Delegates' Report [Randi F. Sr. Delegate; Cynthia N. Jr. Delegate]:

- The Spring 2020 Region 3 Assembly/Convention originally scheduled to take place in Tulsa, Okla. March 25-27 was cancelled due to the COVID-19 pandemic. However, the region reps held a virtual meeting recently to discuss the steering committee reports as well as to pass emergency policy amendments in regard to the ongoing pandemic. The steering committee reports will be made available upon request.
- The Region 3 treasury has a new mailing address: P.O. Box 15771, Las Vegas, Nevada 89114
- Unfortunately, Region 3 was forced to forfeit \$4,000 due to a non-negotiable deposit on the hotel in Tulsa. Pro-rated refunds are currently being worked out to those that registered for the convention. If you wish to waive your registration fee and donate it to the region, please let the region treasurer know.
- There was no discussion of new business due to the current bylaws.
- Cynthia was assigned to the 12-Step Within Committee. A new chair and co-chair were elected since the current chair was being phased out. The committee will be working on getting groups non-affiliated with an IG to locate an IG near them and try to get them to join. Hopefully we will address the issue of unity with diversity. We will also look at ways to address the still suffering fellows and those returning from relapse. We determined that our next meeting will take place on May 23.
- Randi continued her commitment on the Bylaws Committee. A new chair and secretary were appointed. There were 10 motions for revisions to the Policy and Bylaws manuals to be presented for voting at this assembly. However, we could not vote on those motions since our bylaws do not recognize virtual regional assemblies. They will be voted on during the next two assemblies. In addition to these motions, the committee will be working on motions to deal with virtual meetings in the next few months. The next conference call will be May 28th. (NOTE: that has been changed to June 1).

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

Meeting List [Jan F.]: The following changes were made.

- The Tucson Monday Reading, Writing & Recovery, Thursday Seeking the Spiritual Path, Saturday Far East, Sunday Newcomers and Yuma Thursday and Saturday meetings are now a Zoom meeting.
- The Tucson Monday Far East Abstinence, Tuesday Relapse, Recovery & Prevention, Wednesday Early Morning Big Book Study, Thursday Big Book Study, Friday Fresh Start, Friday Living in the Solution, Saturday Morning Study Group, Sunday Miracles Happen meeting are now a phone conference meeting.

- There's a new Tucson Big Book Study Zoom meeting on Wednesday at noon.
 - All three Sierra Vista meetings have been cancelled until further notice.
- Intergroup Representatives please check the information on the paper lists and let me know if there are any changes or corrections. My new email address is on the meeting list. Thanks.

Newsletter [OPEN]

Phone [Leslie S.]: Intergroup was billed for 17 telephone calls, 6 messages were left, 6 calls were returned.

Special Events [OPEN]:

Retreat [Becky R.,]: no report; Retreat committee will meet first week in May. Planning on hold.

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

- Purpose & Mission: The following is the mission statement for our convention and assembly: "Have an open, fun Tucson-themed convention and assembly where people feel safe sharing about recovery from compulsive eating. Have attendees hear new things, see new things and help individuals feel refreshed, enriched and motivated to continue in recovery. Provide connection and fellowship to all attendees, including OA newcomers."
- We're Zooming!: Thanks to the great help from Joy V'M, we will host our first Zoom meeting on Saturday, April 18th. Thanks to Joy for providing reliable and detailed help on how to use this virtual platform.
- Committee Leadership: We've had some changes in our committee leadership.
- Program: Joy V'M has asked to step down as chair. We're sorry to lose her and we thank her for getting us off to an excellent start. We're glad to welcome Richard F. and Emily R-S who will serve as co-chairs.
- Registration: Marilyn B. has asked to step down. We thank her for her very good work, bringing so much experience to the position. We are grateful that Jan F. (Marilyn's co-chair) will take the leadership.
- Publicity: Ann S. has agreed to head this very important committee. Her goal is to get a C&A "ambassador" for each meeting (probably starting with the IG reps). The vast majority of Region 3 C&A attendees are from the host area, so we want to be sure to get the word out in our local groups, encouraging every member to participate in the big event!
- Meeting Schedule: Till now, we've been meeting every other month, but starting in April, we will be meeting every month until the C&A in August of 2021.

W+M: April meeting moved and May 24 meeting planned at Chris. N.

Twelfth Step Within [Janis R.]: There are 2 12 in 12 Step Studies going on in the Tucson area this year—both are currently Zoom meetings—Eastside on the first Saturday led by Joy and Chris N and Midtown on the second Saturday of each month led by Lauren and Randi. The Study Guide has been revised to go along with the second edition of the OA 12&12. Rae is offering a meditation workshop via Zoom tomorrow with a limited attendance of 16. Future plans for TSW activities will be announced when ready.

Website [Joy V.]:

Posted on the OA Website: Announcement on Home Page about Meetings—Phone, Virtual; Current List for Phone Meetings; Current list for Zoom Meetings; Instructions for those wishing to host an OA Zoom Meeting; Tips & Techniques for those participating in an OA Zoom Meeting; March Agenda; Meeting List of SoAZ

Documents to be Added: March Minutes (when approved); April Agenda; April Call to Action

Action Taken Since March Intergroup Meeting:

- Working with computer consultant well-versed in Web design and WordPress (the software we use to update our website): 5 of 10 hours completed. Part of this time was Roy working with Cheryl about PayPal and the 7th tradition
- Conducting one-on-one training for OA Zoom Hosts
- Scheduling new Zoom Meetings for Intergroup and OA hosts – we now have 7 recurring Zoom Meetings and 2 recurring 12 in 12 workshops
- Creating Checklist of Zoom Hosts and sending it to those applying for a scheduled Zoom meeting
- Making a few changes to the website to put essential information at the top of the home page

Inclusion & Diversity Ad Hoc Committee [Rae S.]:

The purpose of the Diversity and Inclusion committee is twofold. Its first purpose is to provide space for committee members to support each other's individual learning and skill building around diversity work. Its second purpose is to support the Tucson OA community in their learning and applications of diversity and inclusion. The focus starts with HOW we are carrying the message not just that we are doing it. It is neither kind nor compassionate to ask underrepresented people to come to the group when the group hasn't done its required internal work to be truly welcoming.

It is also unkind to expect OA people to know how to do this internal work for themselves. The committee's focus will be on supporting the community in doing their internal work.

Goals:

- To meet regularly and to attend and report to intergroup monthly
 - To get the word out about the OA demographic survey that was done in 2017 and encourage members to look at that information and think about how it impacts what we talk about in program as diversity.
 - To get the word out about what OA already has to offer in the way of diversity and inclusion literature and guidance
 - To encourage meetings to add the diversity statement to formats
 - To encourage meetings to start participating in the Unity with Diversity Check list, to have diversity and inclusion literature on hand and use it in meetings, and to work with the Uniting with Diversity pamphlet.
 - To provide spaces and events that help support the overall Tucson OA community in the work of looking at diversity and inclusion first internally, and then at how that impacts how we deliver the message and attract and keep members.
1. Links for IR's to look at and share with their meetings: 2017 Survey. Proof that Diversity work needs to be done in program. <https://oa.org/app/uploads/2019/12/OA-Membership-Survey-2017.pdf>
 2. Policy Statements related to Unity with Diversity: The first paragraph to be added to meeting formats whenever a group is willing. https://oa.org/app/uploads/2019/12/unity_diversity_policy.pdf
 3. Uniting with Diversity pamphlet Please add to your IR notebook and share with meetings. <https://oa.org/app/uploads/2019/12/UWD-trifold.pdf>
 4. Unity with Diversity Checklist Please add to your IR notebook and share with meetings. Consider doing this checklist as we do a healthy meeting check list. Also provides a list of literature on diversity that meetings can provide and also read from in their meetings.
 5. April Report <https://oa.org/group-resources-list/unity-with-diversity-checklist-2/>

Questions: Requested current meeting list be posted on website (Joy will do)

Cheryl will send IR's and treasurers instructions for sending donations to Intergroup. Cheryl requests that all IR's let her know their groups current treasurer.

IR Trainer [Deb B.]: 14 IR's present. We Care List to be updated when meetings return to Face to Face.

Old Business:

PayPal option on website - appoint ad hoc committee [Randi F.] Volunteers asked for donation ad hoc committee; Barbara V, Bill B. volunteered along with Randi F., Cheryl L., and Joy V'M.

Cheryl reminded all to update WSO website with meeting information. Deb will send a notice to IR's to update.

Judy mentioned that along with voting for trustees that 4 new pieces of literature will be viewed/addressed at WSBC. Unsure if voting needed, just presented.

New Business:

Discussion about monthly rent for meetings at board: Groups are asking how to deal with prepaid or unpaid room rent for March/April/May meetings that are not currently being held. This is a group issue and needs to be discussed at this level but IG (Emily) will contact the pastor and negotiate with him a fee for storage of information (1/4 or \$10/meeting) until access to meeting rooms are again available. Groups can model this or determine another plan. Paying without using reported as a break of Tradition 6, supporting an outside enterprise. Linda noted her meeting would be paying \$10 mo. for storage of materials to her meeting location and most groups do have this additional service at their meetings.

Vision and Goals Vision and Goals #4: Financial Health; Cheryl read.

Group Handbook Group Handbook page 27-29 Getting Things Done in Your OA Group – Item #18 & 19 (not read due to next meeting)

Announcements

April 18th, 2021 C&A planning committee meeting, 12:20 PM – 2:15 PM

April 20th-25th, WSBC Albuquerque, NM – physical meeting cancelled – will be voting remotely

May 16th, 11:00 AM – 12:15 PM, Intergroup, Zoom meeting, Board meeting 10:00 AM

May 16th, 2:00 PM, 2021 Region 3 Convention planning meeting, Zoom meeting

Bill B. mentioned encouraging groups/individuals to donate now instead of holding until meetings resume.

Rae announced A Meditation Workshop to be held 4/19 virtually from 1:30 to 3:30pm is full but plans on another one in the future.

Recap of Call to Action items done by Joy and will be available soon on website.

Meeting adjourned at 12:10 PM with the Serenity Prayer.

Respectfully submitted,
Chris Nunn, Secretary