

2020 Minutes SoAZ Intergroup of Overeaters Anonymous

August 15, 2020 | www.oasouthernaz.org

Attendance VIA ZOOM: Linda J., Vice Chair; Chris N., Secretary; Cheryl L., Treasurer; Randi F., Sr. RR/Delegate; Cynthia N., Jr. RR/Delegate; Leslie S., Telephone; Jan F., Meeting List; Joy V'M, Website; Janis R., TSW; Deb B., IR Trainer, IR; Rae S., Inclusion & Diversity Ad Hoc Committee; Lauren, sub, IR; Bev C., IR; Bill B., IR; Barbara V., IR; Becki B., IR; Betty D., IR; Christine K., IR; Jan H., IR; Judy G, sub., IR; June P., IR; Marilyn B., IR; Nan B., IR; Layli, I&D, visitor.

Call to Order: At 10:45 AM by Linda J., Vice Chair, instructed those in attendance on Zoom to mute/unmute and led the Serenity Prayer. Chris took attendance and 12 Traditions and Concept 8 read by attendees.

Minutes [Chris N]: The minutes from the July 18, 2020 IG meeting were accepted as revised by Chris. Betty D requested notation that she was present though no one could hear her and so she was unable to vote.

Treasurer's Report [Cheryl L.]: Our income for July was \$1,045.38. Our expenses were \$141.55.

I am presenting a motion to change our Procedure Manual to allow the Intergroup Treasurer to distribute group donations to World Service and Region III during special situations, such as the one now with meetings not able to meet face to face.

Committee Reports

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

See below

Meeting List [Jan F.]: New IR for Yuma Glen V., to replace Judy G.

Newsletter [OPEN]

Phone [Leslie S.]: Intergroup was billed for **18** telephone calls, **3** messages were left, **3** calls were returned.

Special Events [OPEN]:

Retreat [Becky R.]: absent; no report

Region 3 2021 C & A [Michael A. and Jill S. excused]: Read by Chris N

Meeting Schedule

We will be having our meeting on August 15th, 2020 @ 1:00pm. A new meeting time was voted on in last C & A meeting to change to 1:00- 2:30pm to give board members who attend both meetings a break. The next meeting is scheduled for September 19th @ 1:00pm. All are welcome to attend. We have been meeting by ZOOM because of COVID 19. Please email Michael or Jill, if you are interested in attending. We will send you a ZOOM link.

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.

Updates

All committee members are working hard and contributing to making this a wonderful C & A. We thank everyone! Alex J. will be completing the color logo by August 15th. Jan F. is continuing to update the registration form. The program committee is planning a solid informative healing program. A virtual option committee has been formed and they are planning for the future. This Saturday on August 15th, we will be voting on a motion to have the C & A go all Virtual in 2021 because of COVID 19.

Region 3 Conventions

Many Tucson C & A committee members attended the Virtual Phoenix C & A that happened this last weekend. Ideas were gathered. Jill S, Barbara V, and Chris N. attended the wrap up meeting and gained resources and contacts for suggestions for the Tucson 2021 C & A. We are excited to plan a 2021 C & A that reaches many OA members and look forward to continue to make progress on this event.

W+M: no report

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. August is Step 8.

There was a special topic Zoom meeting held on August 2nd from 1- 2:30. The topic was Program Certainty in Uncertain Times. Including facilitators, there were 14 people attending. The next TSW Zoom Special Topic meeting is for new or never before Sponsors and will be held on Sunday, September 13 from 1:00-2:30. Deb has shared information flyers with the IRs and that flyer is posted under Events on the oasouthernaz.org website. Registration is required and the Zoom ID and password will be shared with registrants.

Future plans for TSW activities will be announced when ready.

Inclusion & Diversity Ad Hoc Committee [Rae S.] see below

Website [Joy V.]:

Posted on the OA Website: Current List for Phone Meetings – 4; Current list for Zoom Meetings – 16; Current list for In-Person Meetings – 3; July Agenda; July Call to Action

Documents to be Added: July Minutes (when approved); August Agenda; August Call to Action

Action Taken Since July Intergroup Meeting: Worked with Jan F to split the meeting list into the various types of meetings; Set up a dated automatic message for event registration to be modified for various workshops and events to include Zoom information when applicable; Posted flyer about the Sponsorship special focus meeting to be held on September 13, 2020.

Action to Be Taken Soon: Once the logo for SoAZ IG is approved, that will be added to the website; a black-and-white logo for the Region 3 2011 Convention has been approved; Continue work with website coach to make more changes to the home page (5 hours remain budgeted)

Questions: How many IR's are needed to have a quorum? Bylaws Article V: Meetings, Section 5: Quorum A quorum shall consist of at least 6 IR's.

Sponsorship Day is today and Southern Oregon is hosting an event at 1pm. TSW is hosting a Sponsorship Workshop for new sponsors September 13 via Zoom. Flyer on website.

IR Trainer [Deb B.]: 12 IR's present.

Old Business:

Treasurer motion [Cheryl L.] Move to Amend: Policy 02/95, amended 01/16 'That all groups will operate autonomously and donate to Intergroup, Region, and WSO at the group level, but Intergroup ~~will no longer~~ can be responsible for sending these funds as a temporary measure by Board Decision. Intergroup may donate to Region and WSO a percentage of its income (from Special Events, 7th Tradition, etc.) after all Intergroup needs are met.' Read and shared on zoom screen by Cheryl. Becky B. requested this motion be voted on today rather than going back to groups, Deb B. seconded. Chris N read the Standing Rules about voting (#6). Several questions were asked by IR's present including how would members designate donations? IG only or 60/30/10 (Cheryl will revise donation form to instruct how to do this), not every group is virtual (those groups meeting F2F can continue donating as before) and that group treasurers are still primarily responsible for these donations unless the funds bypass the group treasurer and the person donating wants IG to split the donation. Vote 12/0 in favor of policy amendment.

We Care List [Janis R.]: Janis R has emailed the revised We Care List to those members on the list. If someone in your group does not have access to it, Deb B can print or email to them. Any member on the list can email this to another OA member. Janis noted that if a contacted member did not contact her either via email or phone she deleted them from the list (the purpose of the list was for easily contacting members either email or phone)

New Business:

Committee Budget requests [Cheryl L.]: All committee chairs/Board members need to submit a budget request for 2021 at next IG meeting.

Appoint Nominating Committee [Linda J.]: Linda mentioned needing a nominating committee for 2021 Slate to contact her if interested, to mention to members at group business meeting as well. Janis mentioned that typically these are garnered from the IR's/board. To be created next month.

Vision and Goals #4: Financial Health [Linda J.]: read.

Group Handbook page 33-36 How Things Done in Your Intergroup or Service Board– Item #1, 2 & 3: read.

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

Announcements:

August 15th – Sponsorship Day (Cheryl noted that Southern Oregon Intergroup of OA is hosting today at 1 pm)

September 19th, 10:45 AM – 12:00 PM, Intergroup, Zoom meeting, Board meeting 10:00 AM

September 19th, 1:00 PM, 2021 Region 3 Convention planning meeting, Zoom meeting

November 6-8th, SoAZ virtual retreat – Past, Present and Future, more details to follow

Meeting adjourned by Linda J. at 12:05 with the Responsibility Statement.

Respectfully submitted,
Chris Nunn, Secretary

Thumbnail Notes from Region III Assembly August 7-8 2020

Delegates Forum

1. Lively discussion on how to address virtual participation and voting in the assembly. Input will be used to create motion(s) to be voted on at the spring assembly. Suggested addressing the issue in two phases (1) completely virtual meetings under “emergency circumstances” and (2) hybrid meetings including both face to face and virtual. The second option would probably be more complex so it was suggested to address phase one first.
2. Discussion about how groups are adjusting to the pandemic.
 - a. Use of Zoom vs phone meetings. Most meetings are going to Zoom. Some groups are reporting “Zoom Fatigue”. Groups reported attendance being steady or increasing slightly but people have had the tendency to attend Zoom meetings put on by larger cities (like LA) to the detriment of local meetings.
 - b. Challenge on how to attract and keep newcomers.
 - c. One intergroup has put on “tailgate” meetings held in the parking lot of the regular meeting place.

Business Meeting

1. Meeting was called to order at 8 AM.
2. Morning roll call: 18 delegates representing 14 Intergroups and 5 Steering Committee members. Afternoon roll call 20 delegates representing 15 Intergroups and 5 Steering Committee members.
3. Modifications needed to be made in the Standing Rules to accommodate the virtual nature of the meeting. Standing rules were adopted.
4. Financial audit for 9/19 – 3/20 was completed by R3 Chair, R3 Treasurer and two members of the Las Vegas Intergroup. One was an accountant. No major discrepancies identified and minor discrepancies were quickly resolved.
5. Steering Committee reports were read and are available upon request.
6. Elections were held for Chair and Recording Secretary. Elaine Lang was elected Chair and Sue Hackenmiller was elected Recording Secretary. Voting was done via Zoom polling.
7. There were no applications for Region 3 Trustee and no qualified nominees were suggested from the floor. Steering Committee will communicate with intergroups to solicit candidates and will affirm. This needs to be done before the end of the 2021 WSBC. If the position is still unfilled, the Board of Trustees will appoint a region trustee.
8. Committee reports were read and are available upon request.
9. Proposed 2020-2021 budget was passed.
10. Consent agenda was passed which includes 13 motions proposed but not voted on during Spring 2020 Assembly. They are available upon request.
11. The 4 committees individually met to discuss their agenda and goals for the region.
 - a. Twelfth Step Within Committee
 - Determine which Intergroups have e-blast format in place and to help other Intergroups set-up the format if needed.
 - Monthly e-blasts sent directly to regional members and Intergroups regarding Twelfth Step material.
 - Updating speaker list for the region.
 - b. PIPO Committee
 - They developed a skit targeted for professionals. Waiting for approval. The script version has been posted to the web site and its existence has been publicized on the website.
 - Working on getting tabletop displays into health professional offices, gyms and health fairs.
 - Work on platform to reach out to younger people.

- c. Bylaws Committee
 - Discussed and created motion to allow for virtual assemblies. However, we need to comply with the laws of the state in which Region III was incorporated. Karen B or Sue M will research. This motion will be presented at the Spring 2021 Assembly.
 - Need to change Bylaws and Policies so they can be voted on during any assembly, not just Spring. This will be presented at the 2021 Spring Assembly.
 - Create a review plan and go through the review process again.
- d. Ways and Means/Finance Committee
 - Compile a list of missing Intergroups for the last two Assemblies and reach out to them.
 - Send e-blast out detailing available scholarships and 7 th tradition in virtual meetings.
 - Prepare document describing where the 7 th tradition goes and what its used for.
 - Budget for virtual or possible hybrid community.
 - Investigate fundraising opportunities available virtually.
- 12. Upcoming Region III events:
 - a. Spring 2021 Assembly 3/19-21 hosted by Houston Intergroup. Final dates and format (live, hybrid or virtual) are to be determined.
 - b. Fall 2021 Assembly 8/19-21 hosted by Southern Arizona Intergroup. Unknown if this will be face to face, hybrid or virtual.
 - c. Spring 2022 – TBD. Host has not been determined.
 - d. Fall 2022 –date TBD. Northern Colorado Intergroup has volunteered to host.
- 13. Meeting was adjourned at 2:47 PM.

The OA Diversity and Inclusion Committee:

Members:

Rae, Stephanie G., Becky R. Layli, and Randi.

All of us welcome being contacted by OA members about the work of the committee.

Rae S. : 520-262-1887, rstrozzo@ses.psr.edu

Stephanie G: 520-955-3370, Stefanie.goebel@gmail.com

Layli: 505-401-6396, how-many-roads@hotmail.com

Becky R: 520-404-2108, bannraymond97@gmail.com

Randi: 310-614-7846, randi322@gmail.com

New members:

As of the end of July, Randi has joined us both as a new member and as a liaison for the committee to the OA Tucson Board. The committee is developing a process around including more members to the committee and will announce that in future months.

Committee Purpose and Vision:

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 support the Southern Arizona 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 people to come to the group when the group hasn't done its internal work. It is also unkind to expect people to know how to do th 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 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

To encourage meetings to add the diversity statement to formats

To encourage meetings to start participating in the Unity with Diversity Check list, to and in meetings, and to work with the Uniting with Diversity pamphlet.

To provide spaces and events that help support the overall 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.

Putting the word out to the community: The committee has also met with folks expressing concern about the survey, and we are working to make sure that needed information is getting out to the community. One question that needed to be addressed was how to provide not just the survey information but committee information to the community as a whole. The survey was placed on the website but then taken down so as not to create confusion to newcomers. Currently the information has been provided to IRs, and Deb has supported us in making sure that IRs have it to share with their meetings. The information was sent to the Sat. Far East side meeting email list. The We Care List has not been used to distribute the survey because the committee felt that this might be an overstep in using that information. Emily will also send the survey and committee information out via the EBlast. The committee has decided to work to go to all of the area meetings and announce about the committee and the survey and to also be present in the event that members have questions.

The committee is asking that the provided information sheet be a part of the Call to Action and included in the EBlast to the community.

More about the survey:

As of Aug. 14, 46 OA members have responded to the survey. Using the We Care Sheet as the only know place for tracked membership numbers, nearly one third of that number of folks has answered. We are so pleased that people are responding and would like to see more folks participate.

This survey is based off of the survey that was done for OA as a whole by the WSO in 2017. We decided that we cannot offer things to our community without first knowing who we are serving and how they feel about inclusion and diversity issues in program. This is an effort to get to know our community better and to look at barriers that may be present that come to program via what is present for us culturally. Looking at how things like race, gender identity, disability, class, etc impact our ability to carry the message both as individuals and as community as a whole is key to creating and maintaining a healthy and welcoming group. We hope that folks will encourage each other to take the time to participate, and that folks will be interested in the information that we learn as a result. The survey is completely anonymous, and we will provide a report on the results once we have gathered all the responses from participants.

The survey is online. Members can go to the following link to answer the questions. It takes about 10 minutes.

https://docs.google.com/forms/d/e/1FAIpQLSekklxOP_wsxNwXJVM-F4EasLI_uP9RIrz_DamK4fI5ImcBmg/viewform

The survey will be available through Sept 19, 2020.

What can IRs do to support the work of the committee?

We would ask that IRs take the survey and then offer the link to their meetings and encourage members to participate. If there is an individual meeting list for the meetings you attend, please send the link out to meeting members. The committee asks that this be a part of the Call To Action when you make announcements to your groups also ask that this be added to the Call to Action.

There is a much shorter version of this document on the drive. It is called "OA Diversity and Inclusion Information for Meetings Aug. 2020". That can be used to announce the survey to the group the IRs serve. In the interest of transparency, All of the information in this report can also be shared with all of the OA meetings in our area.

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>

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

Uniting with Diversity pamphlet

Please add to your IR notebook and share with meetings.

<https://oa.org/app/uploads/2019/12/UWD-trifold.pdf>

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.

<https://oa.org/group-resources-list/unity-with-diversity-checklist-2/>