

**2019 Minutes SoAZ Intergroup of Overeaters Anonymous**  
**February 15, 2020 | [www.oasouthernaz.org](http://www.oasouthernaz.org)**

**Attendance:** Emily R-S., Chair; Linda J, Vice Chair; Cynthia N., Jr. RR/Delegate; Joy V'M, Website; Liz D., PIPO; Janis R., TSW; Jill S.; C+A; Deb B., IR Trainer; Jan F., Meeting List; Leslie S., Telephone; June P., IR; Nan B., IR; Greg M., IR; Marilyn B., IR; Laurie L., IR; Bev C., IR; Betty D., IR; Nancy R., IR; Barbara A., IR; Becki B., new IR; Barbara V., new IR; .

**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.

**Minutes [Chris N]:** The minutes from the January 11, 2020 IG meeting were accepted as submitted electronically by Chris. Emily will grant access to the drive for the new IR's.

**Treasurer's Report [Cheryl L.]:** absent, presented by Janis: 7th Tradition envelope and mail passed.

- Our income for December was \$1025.75. Expenditures for were \$449.69.
- The checkbook balance on 1/31 was \$12,654.87.
- The 2021 Convention and Assembly seed money of \$920.00 was transferred to a new separate checking account this month.
- I have placed a new Expenditure/Reimbursement Form, the Committee Income Form, the Group Donation Form, and the Budget Tips for 2020 sheet in the January 2020 folder on the Google Drive. Anyone spending or collecting money for Intergroup needs to read the Budget Tips and it and use the current forms. IRs, please make sure your group treasurer has the current forms.

### **Committee Reports**

**Region 3 Representatives/World Service Delegates' Report [Randi F. Sr. Delegate; Cynthia N. Jr. Delegate]:** Cynthia collected questionnaires to tally for WSBC submission.

#### **Public Information/Professional Outreach (PIPO) [Liz D.]:**

- Attended Two Day Casino del Sol Health Fair January 2020 For 1600 Casino Del Sol Employees
- Attended Casino of the Sun Health Fair January 2020 For Pascua Yaqui Tribe
- OA 11:00 A.M. SAN XAVIER MISSION MEETING  
AT THE PEOPLE WELLNESS HOUSE (ACROSS STREET FROM SAN XAVIER MISSION) 2039 W. SAN XAVIER ROAD  
\*THIS MEETING NEEDS SUPPORT/OPEN MEETING\*

Pascua Yaqui Mental Health Counselor  
Pascua Yaqui Director of Diabetes  
Casino Del Sol Human Resources/Health and Wellness  
Red Road to Wellbriety Day Fall 2020  
Tohono O'odham District Office  
Several Treatment Centers  
Raising OA Awareness at Public Places.  
Administrative Organization

Vantage West Credit Union Human Resources/Health and  
Wellness Pima Heart Human Resources/ Health and Wellness  
Township of Oro Valley Employee Health Fair February 11  
M.E.B. Property Management Health Fair February 25  
Car Kit

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

- The IR positions for the Tucson Sunday Miracles Happen meeting, Tucson Monday San Xavier meeting, Tucson Monday Far East Abstinence meeting, Tucson Wednesday Early Morning Big Book and Tucson Saturday Morning Study Group meeting are open.
- The correct address for the Tucson Monday San Xavier meeting is 2039 W. San Xavier Rd.
- Laurie L. is the new IR for the Tucson Thursday Seeking the Spiritual Path meeting.
- Bev is the new IR for the Tucson Friday Living in the Solution meeting.
- 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 13 telephone calls, 4 messages were left, 4 calls were returned. Two days need coverage for phone committee.

#### **Special Events [OPEN]:**

**Retreat [Becky R.]:** absent-no report; Retreat committee met first week in February.

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

- **Planning Committee:** We welcome June P. to the committee! She has volunteered to be an assembly assistant. We are still looking for a publicity chair to inform meetings and members about the C & A.
- **Meeting Schedule:** We will be having our meeting on February 15, 2020 @ 12:20pm, after IG. The next meeting scheduled is for April 18<sup>th</sup> @ 12:20pm. All are welcome to attend. Please feel free to bring your lunch.
- **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 :** A theme has been voted on! The theme is Act AZ If. There will be a Site Visit to the hotel on Feb. 15<sup>th</sup> after the C & A meeting. All are welcome to join us in viewing the hotel and meeting spaces for the C & A. Barbara V. has opened a checking account. Joy is planning a program meeting for March 14<sup>th</sup> to start to design the program. Alex will be presenting Logo suggestions at the February meeting.
- **Region 3 Conventions:** The registration committee has made Save the Date fliers to hand out to delegates at the March 2020 Assembly and Convention held in Tulsa, Oklahoma. We have a few Save the Date fliers for you to take to your meetings today. More will be coming at a later date.

**W+M:** Had a brainstorming/planning meeting 1/25 with 5 fellows attending. Next meeting will be 4/25/20 from 2-4pm at 9631 E. Stella Rd (Golf Links and Harrison) for those interested in helping create and help with the 2021 Tucson Convention fund raising (W+M, boutique).

**Twelfth Step Within [Janis R.]:**

- There are 2 12 in 12 Step Studies going on in the Tucson area this year—both on the first Saturday of each month. Joy V and Chris N are leading the one on the East Side and Randi and Lauren are leading the one at St James Church on Campbell. Both completed the second step session on February 1<sup>st</sup>. The Green Valley group completed the 12<sup>th</sup> Step February 13<sup>th</sup>.  
**Comments from Lauren:** Mid-Town Second Session OA workshop went fantastically well. 13 people showed up. We had a robust discussion on "What Abstinence Means." Talked about Red light/Yellow light/Green light Foods and Red Light Behavior. Compared Abstinence to Food Plan. \$30 rent paid.  
**Comments from Joy:** Another powerful workshop session! No expenses.
- A Fireside Chat about Sponsoring was held at my house on January 16. There were 11 attendees. As a group we answered some canned questions about Sponsoring and fielded questions and comments from the group. During feedback it was suggested that once a quarter was often enough for a session on sponsoring and there could be a session for members who want to be sponsors. There was also discussion about doing a group chat about sponsoring in NW Tucson and Green Valley.
- Other TSW activities planned for this year are an Intergroup Open House on Saturday March 21<sup>st</sup> and a Meditation workshop on June 13<sup>th</sup> at this church in this room from 1-3PM.

**Website [Joy V.]:**

- Website: Posted on the OA Website: Current Meeting List for January; January 2020 Call to Action; January Agenda; The Unity Day flyer
- Documents to be Added: January Minutes (when approved); January Agenda; January Call to Action
- Action Taken Since January Intergroup Meeting: Consulted with Nan B about boosting the SEO for the website so that our site comes up more often when someone Googles some aspect of compulsive overeating. Some of that work can be done by me on the website at no cost. Our recommendation: used unspent funds toward hiring a computer consultant by the hour. We have contact information for two different consultants of them should this be funded.

**Questions:** Janis was asked to repeat info for Meditation workshop: 6/13 1-3p.

Joy and Nan are updating website with current documents under Intergroup Documents (2017).

**IR Trainer [Deb B.]:**

IRs present 11. Reviewed meetings not represented and others need to carry information to these meetings.

I sent an email to all IRs reminding them to bring the Intergroup Inventory for 2019, and the WSBC Agenda Questionnaire to the meeting Saturday. I made 100 copies of the Unity Day flyer per request of Andrea D. from Green Valley. The flyers will be distributed to IRs at the meeting. Expenses: Copies \$5.44

**Old Business:**

- Emily collected the IG Inventory from those who brought it.
- WSBC agenda questionnaire group responses passed to Cynthia to tally.
- Accumulation of Funds Committee (Janis R, Judy G, Randi F, June P, Cheryl L, and Linda J ) Motion read by Linda J. Explained committee rationale about not adding to standing committee's budget (except funding second delegate as original budget request was not accurate) but working toward spreading the message. See below.

**New Business:**

Linda reread Motion: Questions answered concerning disbursement of funds. IR requesting vote be taken at meeting (Standing rule 5). 11 IR's present and voting, unanimous consent. Janis suggested renaming the committee which now needs to be a permanent committee meeting in January "Donations and Disbursements".

**Vision and Goals #2:** Linda J. reviewed. 1) Open House planned next IG; 2) website promotion use happening; 3) Do's and Don'ts is Region 3 created document, Joy will link on website; 4) WSBC Agenda Items on website for IR's access.

**Group Handbook** page 24-27 Getting Things Done in Your OA Group – Item #15,16 & 17

**Announcements**

February 29, Unity Day in Green Valley; 10:30AM – 3PM, St. Francis of Valley Episcopal Church, 600 N La Canada Dr. 85614

March 21st, 10:45 AM – 12:15 PM, Intergroup and Open House, St. James Church, Board meeting 10:00 AM

March 27th-29th, Region 3 Convention & Assembly Tulsa, OK

April 20th-25th, WSBC Albuquerque, NMWSO Bookstore has lifelines available for \$4.

Joy mentioned Sally Celebration from 3-7pm 3/1/20 behind Trader Joes on Bellevue (Alano meeting room) and to dress like Sally (hats/wigs/snazzy outfits).

Recap of Call to Action items by Joy.

Meeting adjourned at 12N with the Responsibility Pledge.

Respectfully submitted,  
Chris Nunn, Secretary

\*Attach Accumulation of Funds Motion from Linda when submitted (below is my document from IG)

Southern Arizona Intergroup of OA  
Distribution of Accumulated Funds Motion

Date: Feb. 14, 2020

**Motion:** To distribute the So.AZ OA IG accumulation of funds totaling \$4,185.85 in the following manner:

1. 200.00 dollars set aside to pay for one night hotel for Phoenix Convention and Assembly. *Representative - not done*
2. \$100.00 to buy OA Business cards for members to distribute in their communities.
3. \$785.85 to buy 2 cases of the OA (story book) to be placed in libraries throughout So. AZ OA communities.
4. \$800.00 set aside to hire a website consultant to enhance the So.AZ OA website and link outlying communities OA websites to So.AZ OA.
5. \$2,000 a onetime donation to WSO.
6. \$300.00 to send our Jr Delegate to World Service Conference.

**Intent:** To distribute our accumulated funds.

**Implementation:** A "yes" vote will allow for the distribution outlined in the motion to be carried out upon approval.

**Cost:** Paper copies of this motion.

**Background:** So.AZ OA IG accumulation of funds totaling \$4,185.85 going into the 2020 budget year. In keeping with the motion passed in September 2018 excess funds can't be carried over to the next year's budget and must be used or donated.

**Rationale:** The distribution of funds shown above was completed through suggestions from meetings, Intergroup discussions, and the ad hoc Accumulation of Funds committee meetings.

**History:** In September 2018 a motion was passed not to carry over unused funds from the annual budget and keep only 50% of our yearly income as a starting checkbook balance for the new year. The funds, totaling \$4,185.85, have been set aside from our operating reserve for 2019 and are supposed to be allocated in this 2020 calendar year.

Submitted: Linda J, Judy G, Randi F, June, Janis R, and Cheryl L (Treasurer 2020)