

2020 Minutes SoAZ Intergroup of Overeaters Anonymous
June 20, 2020 | www.oasouthernaz.org

Attendance VIA ZOOM: Emily R-S., 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; Bill B., IR; Barbara V., IR; Becky B., IR; Betty D., IR; Christine K., ZOOM IR; Jan H., IR; Judy G., IR; June P., IR; Marilyn B., IR; Nan B., IR; Nancy R., IR.

Call to Order: At 10:48 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 Traditions and Concept 6 read by attendees.

Minutes [Chris N]: The minutes from the May 16, 2020 IG meeting were accepted as submitted by Chris.

Treasurer's Report [Cheryl L.]:

- Our income for April was \$1,059.44. Our expenses were \$1,317.43, of which \$756 was from accumulated funds that were designated for books for the libraries.
- I ordered the 2 cases of the brown Overeaters Anonymous books, put a sticker in each one with the SoAZ Intergroup website and phone number, and Janis delivered them to the Main Library for distribution.
- Joy updated the instructions on the homepage with the new information for PayPal and Zelle.
- Will amend statement to reflect April income correction.
- Reminder to treasurers to disperse donations 60/30/10.

Committee Reports

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

- The Fall 2020 Region 3 Assembly/Convention originally scheduled for August 7-9 was changed to be a virtual meeting due to the COVID-19 pandemic. The revised agenda is being developed.
- The Region III Steering Committee Chair and Recording Secretary positions are up for election this assembly. To apply, please review the qualifications, which can be found at <http://www.oaregion3.org/r3-welcome/region-iii-steering-committee/>.
- The application deadline is JUNE 23, 2020 and the online application is located at <http://www.oaregion3.org/steering-committee-application/>.
- Cynthia continues her work on the 12 Step Within Committee. They are creating a Holiday Toolkit workshop format for the four OA "holidays".
- Randi continued her commitment as chair of the Bylaws Committee. 12 motions for revisions to the Policy and Bylaws were submitted to be voted on during the fall assembly. The Steering Committee is working on a revision to the standing rules so that proposed Bylaws and Policy changes could be voted on in August. In addition to these motions, the committee will be working on motions to deal with virtual meetings in the next few months.
- In addition, Randi attended the expanded Steering Committee conference call on 6/8.

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

Meeting List [Jan F.]: no report, see Meeting List in drive.

Newsletter [OPEN]

Phone [Leslie S.]: Intergroup was billed for 45 telephone calls, 8 messages were left, 8 calls were returned. Telephone committee needs someone to answer phones on Sundays and Thursdays.

Special Events [OPEN]:

Retreat [Becky R.]: excused; no report

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

- **Planning Committee:** We welcome Andrea R, Beth M, Jim M, and Serena C. who have joined us to help with the Registration committee! We are still looking for a few OA members to help with the publicity committee.
- **Meeting Schedule:** We will be having our meeting on June 20, 2020 @ 12:20pm, after IG. The next meeting scheduled is for July 18th @ 12:20pm. 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:** Alex J. will be completing the C & A Logo by June 20th. Barbara V. has set up a checking account and will be setting up a budget for committees. We have updated the Region 3 website and the OA Datebook on Facebook about the C & A.

The program committee has been working hard on developing an amazing program for the event. We have developed a Virtual Option committee to explore options of having the C & A virtually or having hybrid C & A. We thank Christine K., Emily R-S, Nan B., and Richard F. who volunteered to be on this committee.

- **Region 3 Conventions:** Michael has been attending virtual meetings about the Phoenix C & A Convention. The Phoenix C & A has decided to adjust to a virtual event because of the low registration for in-person attendance. This has encouraged Michael to think of what is needed for our event, especially if we are unable to meet in person because of COVID 19.

W+M: no report

Twelfth Step Within [Janis R.]: TSW 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. June is Step 6.

There is a special topic phone-in meeting scheduled for June 28 from 1-2:30. The topic is Program Certainty in Uncertain Times. Attendance is limited. Sign-up with ronibyrdne@gmail.com before June 27.

Website [Joy V.]:

Posted on the OA Website:

Changes on Home Page to the 7th Tradition, adding information about Zelle as another option: Current List for Phone Meetings – 5: Current list for Zoom Meetings – 15 (added Wednesday's Early Morning Big Book Study): May Agenda: May Call to Action: Meeting List of SoAZ: Flyer for Special Topic Phone Meeting: Program Certainty in Uncertain Times (1 to 2:30 PM, Sunday, June 28th)

Documents to be Added: May Minutes (when approved); June Agenda: June Call to Action

Action Taken Since May Intergroup Meeting: Scheduled new Zoom Meeting for Wednesday's Early Morning Big Book Study and another for Ad Hoc Committee: Sent Checklist of Zoom Hosts to one new meeting host with a copy of the Zoom invitation and completed a one-on-one orientation

Action to Be Taken Soon: Once the logo for SoAZ IG is approved, that will be added to the website: Continue work with website coach to make more changes to the home page (5 hours remain budgeted)

Questions:

- Randi will ask Neva about *Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous* and when it might be available thru WSO.
- Limited attendance for virtual **phone** workshop is capped at ~16.
- Verified Phone service need Sunday and Thursday and that task was to check msgs a couple times **that** day and return calls (msg machine).
- Alex is modifying logo for IG/PayPal use post completion of Convention obligations.
- ZOOM room information is obtained by contacting hosts, not posted on website with password, like LA.

IR Trainer [Deb B.]: 12 IR's present. Janis will work with updating the We Care List over the next month.

Old Business:

Ad hoc committee to review IG docs report [Emily R-S.]

- Our committee of 5 members met via Zoom on Sunday, June 14th at 2PM. Prior to our meeting, the intergroup secretary went through the Bylaws, Standing Rules and Policy Manuals to find items that would need to be addressed this year. No changes were found to be needed in the Standing Rules and only 1 change in the Bylaws regarding signing checks – we no longer need two signatures on all checks.
- The bulk of our proposed changes that IRs will vote on will be for the Policy Manual. These changes include reflecting our actual practices in IG as well as defining our meeting location to include virtual real time attendance for voting purposes.
- Our committee will be working in the next month to present the motions for voting on the proposed changes. Special thanks for the guidance to Marilyn B for being our Parliamentarian extraordinaire.

New Business:

- Cynthia is working on duplicating an email blast for our Intergroup with in-between updates to IG events/information like WSO. Individual members/IRs can sign up for this by emailing chair@oasouthernaz.org. Deb (IR trainer) currently sends any needed updates between IG meetings to IR's via email to notify their meetings. Individual members can sign up for emails from WSO. Emails might be once a week or as needed. Cynthia mentioned her previous IG had used email blasts called 'Remind Me' with positive response.
- Emily will check with C+A Chair about pushing their virtual meeting time back to accommodate the continuation of Board/IG ZOOM meetings rest of year with some flexibility with spacing meetings virtually.

Vision and Goals Vision and Goals #2: Education; Cheryl read.

Group Handbook Group Handbook page 30-32 Getting Things Done in Your OA Group – Item #20,21 & 22.

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

Announcements:

June 28th, TSW workshop – 'Program Certainty in Uncertain Times' 1:00 PM – 2:30 PM limited participation.

Register before noon on Friday, June 26th by emailing ronibyrd@gmail.com.

July 18th, 10:45 AM – 12:00 PM, Intergroup, Zoom meeting, Board meeting 10:05 AM

July 18th, 12:20 PM, 2021 Region 3 Convention planning meeting, Zoom meeting

August 7-9th Region 3 Virtual Fall Convention & Assembly – 'OAsis in the Desert'

Judy mentioned participation in Medical and Mental outreach as part of the WSO PIPO Committee.

Judy noted that ZOOM servers are located in China so be cautious about posting financial information/statements.

Meeting adjourned at 11:45 with the Responsibility Pledge.

Respectfully submitted,
Chris Nunn, Secretary