

2019 Minutes SoAZ Intergroup of Overeaters Anonymous
March 21, 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; Joy V'M, Website; Janis R., TSW; Becky R., Retreat Chair; Deb B., IR Trainer; Jan F., Meeting List; Jan H., IR; Nan B., IR; Nancy R., IR; Barbara V., IR; Judy G., IR; Bill B., IR; Rae S., Inclusion and Diversity Ad Hoc Committee; Wendy A., guest; Stefanie G., guest.

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 February 15, 2020 IG meeting were accepted as amended by Chris. Nan had amended she did not assist with website 2017 corrections. Emily will grant access to the drive for the new members and IR's.

Treasurer's Report [Cheryl L.]: Our income for January was \$149. Expenditures for were \$1587.63. The checkbook balance on 2/28 was \$11,281.24.

Committee Reports not given verbally due to meeting time constraints.

Region 3 Representatives/World Service Delegates' Report [Randi F. Sr. Delegate; Cynthia N. Jr. Delegate]: Monitoring April WSBC; at this point, WSBC **not** currently cancelled due to coronavirus pandemic.

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

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

- Effective immediately until further notice the Tucson Thursday Seeking Spiritual Solution will be by conference call. Phone number and conference code is listed on the meeting list.
- Until at least 4/6/2020, all Tucson meetings held at St. Frances Cabrini Church will be closed. This includes the Wednesday Early Morning Big Book Study, the Thursday Over & Under Eaters' meeting, the Friday Fresh Start meeting and the Sunday Newcomers meeting.
- The Tucson Tuesday Relapse Recovery and Prevention meeting will be by conference call. Phone number and conference code is listed on the meeting list.

Newsletter [OPEN]

Phone [Leslie S.]: absent: Intergroup was billed for **19** telephone calls, **4** messages were left, **4** calls were returned.

Special Events [OPEN]:

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

Region 3 2021 C & A [Michael A. and Jill S.]: absent: no meeting, no report.

W+M: Attended Unity Day = \$85 income, will submit to treasurer.

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 third step session on March 7th

Comments from Lauren:

Expenses: \$30 Rent + \$76.68 Photocopying
(getting ready for Step 4)

Comments from Joy:

Our attendance was down. We had nine participants and the two of us. Not sure what is going to happen in April. Will make plans the week before.

Expenses were a copy card for \$40.24.

- A Sponsorship group discussion was facilitated by me at the Saturday, March 14, meeting in Green Valley. There were 10 people attending and we discussed the various ins and outs of sponsoring.
- Unfortunately the Open House scheduled for today was canceled. A future TSW activity planned is a Meditation workshop on June 13th at St. James church in main room from 1-3PM. Details to follow later.

Website [Joy V.]:

- Posted on the OA Website: Announcement on Home Page about Meetings—Phone, Virtual; Current List for Phone Meetings; February Call to Action; February Agenda; The Unity Day flyer; Harlan's taped talk – Yuma Event

- Documents to be Added: February Minutes (when approved); March Agenda; March Call to Action
- Action Taken Since February Intergroup Meeting: Working with computer consultant well-versed in Web design and WordPress (the software we use to update our website): 2 of 10 hours completed. Roy has provided a very useful first-impression assessment of the website and is using Tag Manager and Google Analytics to learn how to increase the accessibility of our website. Stay tuned to see some changed design elements to the website to enhance form and function. Our aim? To increase visibility and accessibility and to improve site user's experience.
- Renewal of Website Security Essential 2-year GoDaddy renewal.

IR Trainer [Deb B.]: 6 IR's present. (guestimate)

Old Business:

Emily collated the information submitted by IR's and IG Inventory report at bottom of minutes.

New Business:

ZOOM: Emily reported Board voted 3/20 to purchase the monthly subscription to ZOOM (\$15) for IG and will be available after today. Groups can use this subscription (which allows for greater than 40 minute meetings) to create their own meetings once the committee meetings have been scheduled on the calendar (12N12, Retreat, Convention, etc.). As ZOOM does not allow concurrent meetings, this 'sharing' of the subscription won't be usable by all meetings. Some meetings have already created phone meetings that don't use ZOOM.

Website: Joy and Emily dialogued about how to best serve the groups for notification and current information concerning group meeting changes/accommodations during the 'social distancing' required by pandemic and facilities that provide meeting space for these meetings. On our websites' main page, Joy has listed those meetings that have already temporarily converted to a phone/ZOOM meeting. She has experience with ZOOM meetings and will create a tutorial for IR's to assist their meeting members in joining in these meetings and post this on the website.

Questions:

- Member requested that the instructions Joy writes also includes customizing the settings so smoother meeting participation is possible.
- Cheryl asked by Emily to clarify how donations to these new meeting versions can happen. Cheryl mentioned the WSO phone meeting suggested meeting format mentioned sending to intergroup/WSO directly and that some of her meetings suggest mailing to their group treasurer. An IR said a meeting he attended had a PayPal link for their group donation. Cheryl will research this option. She is concerned that meeting attendees will not continue to support the meetings/IG without an easy mechanism for this to happen.
- Cheryl asked that the email addresses set up through our GoDaddy account for the board be cleared of passwords and reactivated for use. Joy will look into this.

We Care List update postponed.

Inclusion & Diversity Ad Hoc Committee [Rae S.] Explained reasoning for this committee (met last week) and currently gathering resources and literature information to assist groups improving on this facet of their meetings. Report pending.

Vision and Goals and Group Handbook readings tabled for this meeting.

Announcements

April 4th, 1:00 PM – 2:00 PM Retreat Committee Meeting will be held virtually.

April 18th, 10:45 AM – 12:15 PM, Intergroup Meeting will be held virtually and IR's will be notified of meeting information

April 20th-25th, WSBC Albuquerque, NM

Recap of Call to Action items not done by Joy but will be available soon on website.

Meeting adjourned at 11:50 AM with the Serenity Prayer.

Respectfully submitted,
Chris Nunn, Secretary

Report from 2020 SoAZ Intergroup Inventory submitted by Emily RS, 2019-2020 IG Chair:

I distributed the annual Intergroup Inventory at the December 2019 IG meeting using the same form that we used in 2018. The Inventory included 2 questions to be asked during the IRs weekly meeting and then a series of questions specifically for the IRs share their experience with IG. The goal being that we, as an Intergroup, look at our strengths as well as our weaknesses so that we can grow and improve our effectiveness to serve Southern Arizona meetings.

We received many of the forms back at both the January and February meetings and here's the tally:

Question 1: Members requested to raise their hand if they attended an IG sponsored OA event in 2019 – examples are the Retreat, a TSW workshop, Unity Day, the IDEA event, Thank-A-Thon, etc. – **72**

Question 2: Members requested to raise their hand if they accessed the SoAZ website anytime in 2019. – **86**

Additional question asked by only some IRs because we added it at the last minute after the inventory was handed out at the meeting (my fault – it would have been really good to include). Members who got or made a call on 12/12 (Twelve Step Within Day) Only 3 IRs reported on this, but the tally from those 3 totaled - **24**

I just wanted to highlight some of the responses from the IRs about their experience with intergroup and being a representative for their meetings. Many IRs read the Call-to-Action the first week after the IG meeting and then read highlights for the rest of the weeks until the next IG meeting. There was a request to get the CTA out ASAP so this can be read at the Monday meetings and this is happening now – thank you Joy. We go thru a couple of drafts, so she gets it out as quickly as possible. Some IRs feel that their groups are not always interested in listening to the CTA or in the events and flyers. They are not sure what can be done to improve group interest and how much should be shared at the group level due to that lack of interest. A few other comments about the interworking of IG included that the budget issues can be confusing (I would agree), but they appreciated IR trainer sending out the agendas, motions, and reminders so that they could be prepared for the meeting. I was happy to read that many IRs felt that being an intergroup rep is important for their recovery, it helped them be accountable to their meeting, they enjoyed interacting with other IRs at IG and sharing ideas to bring back to their meetings.

Thank you all who spent the time and energy asking for responses at meetings as well as sharing your thoughts. We used to complete a much more thorough inventory in previous years, but we didn't seem to get a lot of response or valuable feedback from the more intensive questions. I'm happy to have feedback either today or separate from today's meeting if you would like to see other items included in the future

