

INTERGROUP CALL TO ACTION

Nov 13,2021 [Southern Arizona Intergroup – of Overeaters Anonymous \(oasouthernaz.org\)](https://oasouthernaz.org)

BE IN THE KNOW! Sign up for periodic SoAZ email updates at about news and events.

EVENTS

Details at: <https://oasouthernaz.org/calendar/>

The Responsibility Pledge: SoAZ IDEA (International Day Experiencing Abstinence) Day Event: Saturday, Nov. 20, 1-2:30: Details on the calendar linked above.

Thanksgiving Thank-a-Thon, November 25, 8-Noon in person at St James Methodist Church. See map and details on the calendar linked above.

Feb 26, 2022 is Unity Day. The theme is, “A Work in Progress.” Details TBD.

EGO: Easing God Out – Sunday, October 24th from 1 to 2:30 PM, a virtual workshop with speakers. This is the tenth of the 12th Step Within workshop series. Register by emailing SoAZ.TSW.Event@gmail.com.

The Road to Recovery: SoAZ IDEA (International Day Experiencing Abstinence) Event - Saturday, Nov. 20, 1-2:30 PM. Sponsored by the 12th Step Within Committee; register by emailing SoAZ.TSW.Event@gmail.com.

Thanksgiving Thank-a-Thon, Thursday, November 25, 8 AM to 12 PM at St James Methodist Church, Tucson. Sponsored by the Special Events Committee. Click on the calendar link above for more information.

NEWSLETTER

Articles on “Abstinence” due Nov 15 Deadline for the Dec. 1 issue. Submit articles to newsletter@oasouthernaz.org.

INTERGROUP

Intergroup Reps ask your groups to vote on the budget motion for 2022 with is out to your group and on the Google Drive in the “11/2021” Folder named, “2022 budget motion”

The next **Intergroup Saturday, December 18, 11 AM** via Zoom. The **Board meets at 10 AM and all are welcome**. Zoom links for IG and Board meetings are at <https://oasouthernaz.org/calendar/>, and also at the bottom of the online list meeting on our website.

Consider representing your group and becoming an Intergroup Rep if your meeting doesn’t have one.

UPDATED DEFINITION OF ABSTINENCE: update your meeting formats to the new definition:

”**ABSTINENCE** is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual,

emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.”

SERVICE VOLUNTEERS NEEDED:

The Intergroup Board still needs a Secretary.

Committee Positions Still Needed: Newsletter, Special Events and 12th Step Within (TSW). For Applications and Information visit: [Service Opportunities – Southern Arizona Intergroup \(oasouthernaz.org\)](http://oasouthernaz.org).