

## **2017 SEAZ Intergroup Inventory (January-December 2016)**

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Attached is our Southeastern Arizona (SEAZ) Intergroup Inventory for 2016. Please look it over and think about what more our Intergroup can do to help *Carry the Message* within and outside of OA. Please jot down your suggestions below.

Question: *What more can we do to carry the message and how can you help?*

I'd like to help. Sign me up (name/phone #/email) so that I can have more information about Intergroup and/or one of the committees or positions shown below.

*Intergroup Rep*

*Telephone Committee*

*Twelve Step Within Committee*

*Special Events Committee*

*Public Information Professional Outreach Committee*

*Lifeline/ Resource Library*

*Ways and Means Committee*

*Retreat Committee*

*Newsletter Committee*

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Like a personal inventory, our intergroup inventory tells us how we're doing and where we want to improve and/or focus our attention. We also use it as part of how we set Intergroup's goals each year.

This inventory is divided into three parts:

1. A look at the function of the Intergroup
2. Twelfth-step work within the fellowship
3. Carrying the message to the still suffering compulsive overeater.

When you have completed the inventory, you will probably discover that your Intergroup has more strengths than you realized. After all, it takes commitment to be willing to do an inventory in the first place. You may also find some weaknesses. Just as in your personal recovery, appreciate your strengths. As for your weaknesses, remember that help is available to you both through your region and your WSO representative, the Region Trustee. *The following sets of questions are suggestions only. Their purpose is to evaluate the Intergroup's present performance and to share some ideas from other Intergroups about service.*

Items below that are ~~lined through~~ were done in 2015 and/or earlier, but **not** in 2016. Items in **red** occurred in 2016. Items in plain black text are ongoing.

**Groups' suggestions for tasks to meet our goals and participation in their carryout are appreciated. IRs, please bring them back to the March Intergroup meeting to be compiled with the other groups' input to generate the SEAZ 2017 goals and action steps.**

### Preliminary Questions

1. **Are we satisfied with the function of our Intergroup? If not, why not?** Yes, we have an active and dedicated group of people in our Intergroup. The Intergroup functions more effectively and inclusively when we have all our positions filled and could be most effective if we had an Intergroup Rep representing each group. **In 2016, we failed to keep full Intergroup Board. We lacked a Vice Chair and a Region Rep/Delegate. The Chair attended WSBC as an alternate Delegate so that we could have full representation for SEAZ. We also had several open committee chair positions.**
2. **Have we ever taken an Intergroup inventory? If not, why not? If so, what were the results?** Yes, yearly for the past ~20 years; results are included with the minutes following inventory and are used to create our intergroup goals.

### Part 1- The Function of the Intergroup

1. **What is the purpose of our Intergroup?** Abbreviated from the SE AZ bylaws: "A. To aid those with the problem of compulsive eating and to serve, support, and represent the OA groups within the Intergroup area. B. To further the OA traditions; C. To coordinate activities within the Intergroup region. D. To disseminate to the groups information from WSO and Region III. E. To handle necessary administrative duties. F. To serve as the clearinghouse for carrying the message of OA to those who still suffer. G. To support actively the delegates representing the Intergroup at WSO and Region III conferences and assemblies." Also, our World Service delegates/region representatives take the will of our membership to the WSBC and Region III assemblies.
2. **Do we have a statement of purpose or bylaws?** Yes
3. **Do we use Robert's rules of order and our bylaws during our business meetings?** Yes
4. **Are we incorporated?** Yes, since 1998. **Do we have a nonprofit tax status?** Yes, since 1998
5. **Do we set realistic short and long-term goals?** In 2009 we created a Visions and Goals **plan** for SEAZ to guide us in fulfilling our purpose guided by WSO (the 2017 theme for OA World Service Strategic Planning is "Growing OA Unity Worldwide") and we have **updated them it annually**. We review our Visions and Goals document at intergroup meetings.

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6. **Does our Intergroup have a need for regular steering committee meetings or board meetings?** Yes, monthly prior to IG meeting.
7. **How can we keep the WSO group registrations up to date?** IRs/group secretaries with assistance from the SEAZ Meeting List Chair are asked to keep their group listing current with WSO. Our Intergroup Meeting List chairperson produces a monthly meeting list with information from Intergroup Reps and reviews and updates the WSO meeting list quarterly.
8. **Do we choose our service people with care and consideration, placing principles before personalities?** IRs announce vacant service positions and request volunteers. Requirements for each position are published in the by-laws (for Board positions), on our website, or in a separate sheet of paper distributed to the IRs for the committee chair positions. Applications are reviewed prior to election; IRs can ask candidates questions. Many groups are not represented at IG, as they have no IRs. It is also true that sometimes there are few volunteers for filling IG positions and sometimes they are vacant. We have voted people into positions by waiving some of the time criteria. The committee job descriptions are available on our SEAZ website.
9. **Is anonymity honored within our Intergroup?** We believe so. *This was brought into question later in the year when someone questioned their anonymity on our meeting list posted on the website. The information was removed, and IRs were reminded that the meeting list is on our website and people may choose whether or not their contact information is used there.*
10. **Is an opportunity given to each and every member to participate in the Intergroup's activities?** Yes, IRs are asked at IG to announce opportunities at their meetings. Our concern is that there are meetings with no IRs and they might not get flyers, newsletters, and announcements. Having our own website helps with information disbursement.
11. **Do we have a budget that includes (a) a prudent reserve and (b) contributions to region and the WSO?** (a) Yes; (b) In our 2016 budget we did include Region 3 and WSO contributions.
12. **Have we done all we can to provide an attractive and convenient meeting place?** Our current meeting place is relatively convenient to I-10 for out-of-town groups and close to many of the local groups' meeting locations, but not all. We are occasionally moved to alternate space when our presence interferes with church activities. This space meets our needs.
13. **Are we committed to participating in the region and world service structure?** Yes, we consistently send two region representatives/delegates to Region 3 Assemblies and the annual World Service Business Conference.
14. **Do we make every effort to fund our representative/delegates to regional assemblies and the WS Business Conference?** Yes

### Part 2- The Twelfth Step Within

1. **Do all the groups in our geographic area know about our Intergroup and the service provided?** Yes. IRs attends the intergroup meeting or if no IR, information is sent to a group contact, where available.
2. **Do all the groups in the area belong to an Intergroup?** Yes, according to the most recent information from WSO.
3. **Do we keep in touch with groups that don't send representatives or contributions to Intergroup?** If an IR attends an unrepresented meeting, he/she delivers newsletters/info. Our IR Trainer (or representative) e-mails or mails information to IR's without e-mails to groups that are registered with WSO but didn't attend the Intergroup meeting. The IG treasurer reviews donations during the year and discusses them with the groups' IRs or treasurers as appropriate.
4. **Do we let all groups know how they can support the Intergroup through service and financial contributions?** IRs announces service opportunities to their groups. Information about the donation distribution could be added to local meeting formats and it is in the WS Suggested Meeting Format. Articles are submitted and published in the SEAZ newsletter.
5. **Do we encourage the 60/30/10 contribution formula, making sure our area groups know about it?** Usually this

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information is passed from former treasurer to current treasurer without discussion at the group level and this information is in the WS Suggested Meeting Format. The 60/30/10 guideline is also part of the format of a donation form available on the SEAZ website and at our Intergroup meetings.

6. **Do we inform all members/groups of the structure of OA?** A handout in the WSO newcomer packet describes the OA structure. We also have a link on our SEAZ website to the picture and explanation of the OA structure on the oa.org website.
7. **Do we sponsor OA workshops and marathons for OAs in our area?** Over the last year our SEAZ area has enjoyed the IDEA event, Unity Day, and weekend retreat in St David. Our Twelve Step Within committee **was without a chair or active committee in 2016. The Special Events chair organized** a Thanksgiving Day Thank-a-thon.
8. **Do we keep our meeting list current?** Yes. The meeting list is updated monthly. Changes are submitted to the meeting list chairperson, announced at the IG meeting, and given to IRs to announce at their meetings. The meeting list is in the bi-monthly newsletter (available in hard copy and electronically) and the Meeting List chairperson coordinates the info with the newsletter chairperson and website contact. Those IRs who can, print out extra copies for meetings. We encourage groups to provide a meeting list with each Newcomer Packet that is handed out. The list is also included in the literature packets by the PIPO committee. IG secretary, IG-meeting list chair, IG members, IRs, and meeting contacts update the OA.org meeting list quarterly or as needed.
9. **Do we publish an intergroup newsletter for the groups in our area?** Yes. It is published every other month and the chairperson asks IRs to announce article submission information at meetings. The number of copies printed is limited due to budget and there is now an email address available for submitting articles, listing events, receiving an email copy and giving feedback to the newsletter. Since August 2006 the newsletter has been distributed by e-mail to OA members who signed up for e-mail distribution and is also available on the SEAZ website.
10. **Do we maintain a stock of OA literature for sale?** No, that is each group's function, not IG's.
11. **Do we encourage subscriptions and written contributions to Lifeline?** IRs are urged to get their groups to subscribe and to promote subscriptions by group members. In 2008 a new Lifeline Discussion meeting was formed (The Over and Under Meeting of OA), where they also encourage submissions to Lifeline. Some groups purchase a subscription to Lifeline for loan to members and/or to leave in a lobby/library/waiting area of the meeting place to carry the OA message. Lifeline is now electronic and weekly articles are available. Some groups have a Lifeline Rep in a service position.
12. **Do we help new members find sponsors?** IG publishes a We Care List twice a year and sponsors are identified. Many meetings ask for a show of hands for sponsors, and almost all meetings have a space on their own we-care sheet for people to note that they sponsor. **Some meetings also ask available sponsors to introduce themselves near the beginning of their meeting.**
13. **Do we arrange a system for groups to obtain abstaining OA speakers?** Yes, speakers are listed on the "We Care" list. Some meetings have a "Speaker Seeker". **The Region III Twelfth Step Within committee also keeps a list of members who are willing to speak at meetings and events within the region when expenses can be covered by the hosting group.**
14. **How do we help floundering groups?** We announce at Intergroup for IRs to notify members of need to support struggling groups and announce the need for support in our newsletter.
15. **Do we assist unaffiliated groups in nearby areas to form their own Intergroup?** SEAZ has an extended geographic area, which includes meetings in Yuma, Patagonia, Benson, Bisbee, Green Valley, Safford, and Sierra Vista. There are no known unaffiliated groups in Southeastern Arizona.
16. **Do we address the special needs of our members, e.g.; newcomers/young people/people with disabilities, and try to find ways to meet their needs without isolating them?** We list need to know information like wheelchair

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accessibility and fragrance-free requests in the meeting list. Sierra Vista has a Newcomers meeting.

### Part 3- Carrying the Message

1. **Do we have a permanent address and a phone number that is answered 24 hours a day?** We have a PO Box and voice mailbox system that provides detailed meeting info. We have a telephone chairperson who ensures that volunteers pick messages up daily. In 2007 we launched our own website [www.oasouthernaz.org](http://www.oasouthernaz.org). Our website includes our phone number and email address. Email queries are answered within 24 hours.
2. **Is our Intergroup phone number listed in the area phone books?** Yes, in the Tucson, Green Valley, and Sierra Vista directories. **A query to the phone company this year revealed that we cannot extend our listing to other area directories.**
3. **Are we reaching compulsive overeaters in our community through:**
  - a. *Meeting listings in local newspapers:* Sierra Vista, Yuma, and Green Valley have meetings listed regularly. The Sierra Vista yellow pages indicate the OA meetings in the meeting location's ad.
  - b. *Radio & TV Public Service Announcements, calendar notices:* ~~Tucson meetings are sometimes listed in the community calendars of the Arizona Daily Star and the Tucson Weekly. PSA's delivered to 15 radio stations; KIIM, KHIT, KTUC, KCUB and 97.5 broadcast a 1/2 interview around Thanksgiving.~~
  - c. *Newspaper and magazine articles in the Tucson Weekly for several months.*
  - d. *News releases about special OA events for several TSW workshops in the Tucson Weekly:*
  - e. **Bulletin board notices: OA members are encouraged to post notices; some groups distribute these cards at meetings. We regularly have OA contact information, literature and meeting schedules at offices on the UA campus including the recreation center, campus health (students), and the work-life office (faculty and staff). OA-flyers with stamped post-it notes are posted locally and members are encouraged to rotate them as needed.**
  - f. *OA literature in libraries. Of the 10 copies of the OA 12X12 donated, 1 is still in circulation and of the 10 copies of the Overeaters Anonymous books donated in 2010, 5 are still in circulation at the Pima County library system. Books have also been donated to the libraries in Patagonia and Green Valley. A random check shows anywhere from 2-4 books checked out at a time. In May of 2015, we gave 10 12&12S AND 10 OA ("Brown Books") to the library.*
  - g. *Special newcomer meetings:* Sierra Vista: Thursday 6:30 pm.
  - h. *Speakers at various community gatherings: SEAZ staffed a table with literature and OA members who can respond to questions at the NAWBO Health and Wellness Fair in January, staffed table at Bookman's Health Fair in January, the Red Road to Wellbriety in San Xavier in March and September, Health and Wellness Expo in October. "Not Simply Red" in March and "Red Road to Wellbriety" in September. We had a table at the Lunch and Learn: "The Many Facets of Addiction: A Community Response to Recovery" put on by Cenpatico and Interfaith Personalized pens purchased for fair presentation.*
  - i. *Other:* Members are encouraged to share Lifelines in Drs' offices and other public places.
4. **What have we done to bring the OA message to the attention of the professional community:**
  - a) *Medical professionals; physicians, nurses, dieticians, nutritionists, medical technicians, psychiatrists, psychologists, and counselors:* PIPO provides packets including The Courier for members to take to professionals (IRs can get these free for group members) OA is listed in the Green Valley Health Services Directory. Two OA members spoke to the UAMC second year medical students in September and for the last five years OA has participated in a panel for first year med students.
  - b) *Teachers:*
  - c) *Social workers:* See "a" above.
  - d) *Clergy:*
  - e) *Military:*
  - f) *Employee assistance counselors:* See "a" above and 3.e above.

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- g) Other:
- 5. **What are we doing to carry the message to institutions:**
  - a) Schools: ~~PIPO worked with U of A and TUSD to get information into schools.~~
  - b) Hospitals: ~~See "a" above.~~
  - c) Training facilities: ~~See "a" above.~~
  - d) Nursing homes and retirement communities Tucson: ~~Green Valley meetings serve local retirement communities. In 2009 we moved a meeting into Foothills Rehabilitation Center, which has many patients who could take advantage of OA meetings~~