

## R6 Intergroup Officers Training Workshop Oct 14-15, 2016

### Agenda

#### Friday 7:00 - 9:00 pm

- OA and Intergroup Health (2)
- Intergroup Transformation (9)
- Personal Recovery & IG Leadership

#### Saturday 9:00 - 5:00

- Mission: Old and New (20)
- Sources of Information, Ideas & Guidance (24)
- Inventories (29)
- Member Surveys (30)
- Strategic and Operating Plans (32)
- Focused Meetings (33)
- Targeted Recruiting (36)
- High-Value Communications (37)
- Committees (43)
- Qualifications (44)
- What Makes a Strong Intergroup (46)
- Policy Manuals and Bylaws - Continuity

#### Tradition Five

Each group has but one primary purpose – to carry its message to the compulsive

#### OA' s Health

- Am I personally doing everything I can? Am I living the program and passing on the gift to others who suffer from the disease?
- Are we as an intergroup doing everything we can
  - a. To help our members strengthen their recovery & meetings?

## **Mission**

**OA Handbook** (p.33-38) (quoting)

...IGs/SBs may manage administrative functions, such as meeting lists, hotlines, and websites, but their primary purpose remains the same as every other group or service body in OA – to carry its message to the compulsive overeater who still suffers (Tradition Five). This includes those still suffering both inside and outside of OA. IGs are in a unique position to help those still suffering within OA. A few representatives working together on an IG/SB committee can organize recovery events, such as Unity Day, IDEA Day, retreats, and conventions, which may benefit large numbers of members.” ...

### **What functions do Intergroups/Service Boards have?**

Item #4:

“Sponsoring and arranging workshops, marathons, and other special events aimed at educating, informing, and helping members strengthen their personal recovery, since everything in OA begins with personal recovery.”

## SERVICE POWER

### LEADING THROUGH SERVICE

- Intergroups can lead through service and information.
- Intergroups by their nature are in the best position to inform, educate, organize, suggest, energize and provide opportunities for OA members to strengthen their personal program and OA and carry the message to the still-suffering.
- We create opportunities for members to help themselves.
- We plan plans and take actions. The results are up to members and God.
- Miracles happen when people put themselves in a position to receive them. We can help them do that.
- There is no they, only us.
- Everyone is a part of intergroup, whether they attend IG meetings or not.
- If not me, who?

#### **Intergroup's Greatest Service**

**Show** people HOW to strengthen their PERSONAL RECOVERY.

**Show** people HOW to work the Program.

- More recovery
  - Means more sponsors, more service
  - Means more attracting & retaining newcomers
    - Means OA growth
      - Means carrying the message to more suffering compulsive eaters

## The New Intergroup

### Vision

High value IG that:

1. Serves membership and attracts
2. Strengthens OA as a whole

### Strategic Plan

1. **First priority:** Create training/educational activities and opportunities to help members recover or strengthen their recovery. Supplements sponsorship. Helps close sponsor gap. From more personal recovery comes more sponsors, more attraction, more retention, stronger IG and OA.
2. **Second priority** (but required): complete ongoing IG admin tasks, e.g., meeting lists, hotlines/answering service, PI/PO, reps to Region & WSBC, Unity Day, IDEA Day, other.
3. **Third priority:** Proactively train/teach/assist meetings on administrative matters, e.g., formats, organization (job descriptions), group conscience, job descriptions, treasury, inventories, etc. This will facilitate and increase member service at the meeting level, strengthen meetings, and facilitate ease of movement from group service to IG service.

### Goals

1. Help members strengthen their personal recovery
2. Increase the number of sponsors
3. Increase the number of newcomers
4. Increase the retention of newcomers
5. Help those in relapse
6. Increase outreach and public information activities

### Action Plans to Achieve Goals

- |    |    |    |     |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

IG's value is measured by its usefulness to members and meetings.  
Usefulness is our main product.

**Connecticut Intergroup  
Potential 2019 Initiatives (Operating Plan)  
to fulfill Strategic Plan Objectives**

Strategic Plan

1. Help members strengthen their personal recovery.
2. Increase the number of sponsors.
3. Increase the number of newcomers.
4. Increase the retention of newcomers.
5. Help those in relapse.
6. Increase outreach activities, especially to healthcare professionals.

Alternatives

- Back to Basics Workshops
- Quick Step Studies
- 15 Week Step Study
- Sponsor Bank
- New Sponsor Training
- Speaker Bank
- Member survey
- Increased Pubic Information/Professional Outreach
- Enhanced Website
- Enhanced Newsletter
- Marathons
  - OA Birthday (Jan)
  - Unity Day (Feb)
  - Sponsorship Day (Aug)
  - IDEA Day (Nov)
  - 12SWI Day (Dec)
- Encourage/Promote
  - Identify and celebrate abstinence at meetings
  - Identify all sponsors at meetings
  - Newcomer process
  - Speaker meetings
- Other

October 3, 2018

Hi Christina,

The net of the transformation I am suggesting is this:

All data shows that OA is declining in membership, groups, and intergroups. At the core of everything is less and less personal recovery. Less personal recovery means less attraction, less retention, less sponsors, less members, less meetings, and a declining OA. In our inverted pyramid structure Regions and World Service are invisible to the average member. Only intergroups have the potential to quickly do something to reverse the trend. I have transformed the five intergroups I have chaired into high value organizations whose top priority was to help members strengthen their personal recovery. This means organizing and enabling all sorts of training and educational opportunities for members that supplement sponsorship. In the process of doing this, intergroups become much more attractive, fulfill their Tradition 5 responsibility, and OA is strengthened.

The Intergroup officer training I've done in the last four years with members from approximately 95 intergroups covers this transformation as well as intergroup basics. The transformation process begins with an intergroup inventory, followed by a member survey and a strategic plan based on the results of the inventory and survey. Then it's about a leader or leaders organizing and energizing various types of training programs.

Don Carmichael  
Bloomfield, Connecticut  
603-305-0684  
fobb1234@verizon.net