INTERGROUP RENEWAL
Katrina S, Region 8 Chair
WHY RENEW YOUR INTERGROUP?

• Want better function but don’t know where to start?
• Want more members involved at Intergroup level?
• Want to know what do members/groups want from IG?
• Want an IG that supports stronger meetings?
• Want an IG that provides opportunities for OA members to strengthen their personal recovery and Carry the Message to the still suffering compulsive eater?
• Want help in this effort?
DOES ANYTHING WORK? YES!!

• Some Intergroups (with support from their Regions) have used a process that we are calling Intergroup Renewal
  • Those using the process have seen positive results:
    • Higher participation levels
    • Stronger Intergroups
    • Stronger meetings
    • Increased attraction & retention of newcomers
    • More personal recovery
    • OA growth
    • Carrying the Message to more suffering compulsive eaters
A BRIEF OVERVIEW OF THE PROCESS

**BASIC REQUIREMENT:** A dedicated leader or group of leaders who walk the walk, talk the talk and attract through their personal recovery.

1. Intergroup Inventory: Use OA wisdom. Don't overthink it. Just do it!
2. Membership Survey: Get the wisdom of the group!
3. Option: Choose an IG to “sponsor” your IG. Compare / Contrast / Improve!
4. The results will provide the cause, suggestions and recommendations
5. Recruit a team: It can be small
6. Establish goals / priorities with supporting activities and budgets
7. Set responsibilities / commitments / accountability
8. Distribute information at EVERY STEP
9. Review progress
10. Celebrate achievements – HAVE FUN!!

**NOTE:** You can ask for help
A REGION 8 EXAMPLE

• IG Chair wanted to know:
  • What do members want IG to be?
  • How can we get more people interested in IG?
  • What do people want from IG?
• The IG conducted a survey
• Region 8 Chair was asked to analyze the data, compile the results and provide suggestions that could be considered unbiased.

• One question and the results are shown on the next slide.
A REGION 8 EXAMPLE

Question #5: Do you think IG is responsive to our meeting's needs?

<table>
<thead>
<tr>
<th>Yes:</th>
<th>Neutral / I Don’t Know:</th>
<th>No:</th>
</tr>
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<tbody>
<tr>
<td>IG will respond if they know what our needs are.</td>
<td>I’m grateful for the office but don’t know how IG relates to Region or World Service affects my meeting.</td>
<td>Not enough PIPO in our area. Should be higher priority.</td>
</tr>
<tr>
<td>Yes, but our group is not responsive to IG needs.</td>
<td>Don’t know what needs have been brought to IG.</td>
<td>Need more Outreach.</td>
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<tr>
<td>Supports any group that needs new members by putting the info in the minutes.</td>
<td>There is miscommunication on both sides.</td>
<td></td>
</tr>
<tr>
<td>Keeps up the meeting list for our group.</td>
<td></td>
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</tbody>
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Total Responses: 25
Yes: 11 / 44%
I Don’t Know: 12 / 48%
No: 2 / 8%

Suggestions:
- Teams of OAs could visit all meetings to assess needs, such as speakers and bringing workshops to outlying areas.
- It would be good if the IG meetings could use conference calling. For example, ZOOM is free and would make it easier for IG reps to attend via phone.
- Don’t see the point of monthly IG meetings.

Reviewer Comments:
- High percentage of “I Don’t Know” responses may relate to people not knowing what IG is or does.

Reviewer Suggestions:
- There seems to be an opportunity to improve communication between IG and meetings. Please review and consider the Suggestions listed above for ways to improve.
A REGION 8 EXAMPLE

• Early Results:
  • Problem areas revealed
  • Many actionable solutions received
  • Large turnout to review results. Usually meetings are not well attended.
  • High interest in Suggestions and Recommendations
  • Completed some immediate “go do” items like updating the website
  • Formed a 3 person Task Force to bring back the top 3 things from each question

• Next: Setting responsibilities / commitments / accountability
REGION 1 EXAMPLE

• Region 1 uses the outlined process
• In addition, the Region 1 board travels to IGs to assist in the process
• Intergroups apply for an Intergroup Outreach Visit
• Over a Friday to Sunday weekend the board leads an Intergroup Renewal Retreat / Workshop / Marathon
• Results
  • Higher participation levels: 50% OF IGs attend Assemblies
  • Stronger Intergroups
  • Stronger meetings
  • Increased attraction & retention of newcomers
  • More personal recovery
IS YOUR INTERGROUP INTERESTED?

Questions / Comments