



*“I Need My
Sponsor!!!”*

Well, Maybe Your OA
Intergroup Does, Too!

Just What Do You Mean?!?

Do you:

- ...have an active intergroup that has a case of the “slows”?
- ...have an inactive intergroup?
- ...have NO intergroup?
- ...have no clue about whether there is or ever was an intergroup near you?
- ...have no idea what an OA intergroup is?
- ...have an intergroup that could really use a sponsor?
- ...think your intergroup could NEVER host a big event or regional assembly?

IF so, then maybe your Intergroup or Area needs a Sponsor!

The Southeastern Overeaters Anonymous Region 8 (SOAR 8) Intergroup Outreach (IGOR) Committee wants to help YOU! Our mission is to support intergroups, intergroup growth, and intergroup involvement at a regional level and we are willing to bring help to YOU!

Let's save lives together.

Contact: igorchair@oaregion8.org



Intergroup Support Workshop Packet

From the OA Region 8 Intergroup Outreach Committee (IGORChair@oaregion8.org)

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Intergroup Support Workshop

Information Sheet



Goal of Workshops: To save lives. To enliven and sustain Overeaters Anonymous in Region 8 by making information and resources available to existing or potential intergroups. To increase service involvement at an individual, district, and regional level in OA.

Method: Making available intergroup sponsors that act as mentors and liaisons as needed for Region 8 district intergroups or potential intergroups requesting assistance. These sponsors could be available for conducting workshops, video, phone, or online assistance. Providing a format and resource materials for persons wishing to lead intergroup sponsorship workshops.

Why have an Intergroup Support Workshop?

To access persons with decades of experience to help...

- ...energize the current intergroup
- ...reactivate an inactive intergroup
- ...create an intergroup where there has never been one
- ...give ideas for building up group participation in intergroup
- ...encourage intergroup representation at SOAR 8 Assemblies
- ...assist in hosting an event or a Regional Assembly

Workshop Supplies:

- Laptop
- Service Manual
- Pens/pencils, paper, post-it notes, tape
- FAQs
- The Intergroup Twelve Step Check-up
- New Intergroup start up packet and sample intergroup by-laws
- Appropriate pamphlets and other goodies from SOAR 8
- Region 8 Resource sheets and links including:
 - Region 8 officers and committee chairs contact list
 - Info on opportunities for funding to send someone to assemblies
 - Speaker List
 - Instructions on how to sign up on SOAR 8 emails

Sample Workshop Format



PREPARATION

In preparation, select date, time, meeting length, who will attend as Intergroup Sponsor(s), an idea of the needs, current status of that district with SOAR 8, needed resources and supplies to take or ship; transportation and accommodations

WORKSHOP FORMAT

Serenity Prayer (in appropriate languages)

Welcome and Introductions

- Affirm the group
- Find out what the needs/wants are
- Share some personal service experience

Discuss the FAQs (handout)

- Address other questions that arise

Intergroup Checkup (handout)

- See where this leads and address what is possible; make notes on things to research or connections needing to be made
- Discuss possible goal ideas

Goal Setting – So What Now? (handout)

- Move into a Group Conscience time of quiet
- Help group fill out the goal sheets

Resource Handouts

- Handout any resources brought and note any others needed

Close with Prayer

FAQs



What is the difference between a group and an intergroup?

A group is a meeting or a group of meetings of OA that usually take care of their own business and govern themselves. Often they are registered with SOAR 8 (Southeastern Overeaters Anonymous Region 8) or OA World Service.

What exactly is an intergroup?

An intergroup is made up of representatives from each of the different groups within a geographical district or area. They meet together to share information, support each other and discuss local and larger issues which affect OA as a whole. They also can choose a representative to take their ideas and feedback on OA issues to the SOAR 8 Regional Assemblies which are held twice a year in different places within the Region. An active intergroup also can help the group members put on events or projects or reach out into the community.

What is a Regional Assembly?

SOAR 8 Regional Assembly is part of the OA service structure that allows representatives from intergroups throughout the Region to get together and discuss business that affects the Region and OA as a whole. Intergroups send one or more (depending on how large the intergroup is) representatives to be voting members of the Assembly. The voting body also votes on Regional Representatives to send to World Service to represent our Region on matters affecting OA as a whole organization. Also, the Assemblies typically have a recovery track for OA members who are not in the Business Assembly. Assemblies are hosted by different intergroups on a rotating basis. Sometimes smaller intergroups that might be fairly close to each other might join together to host this event.

Why have an intergroup? What are the advantages?

...To build your base – several small meetings in your area can band together to make a larger intergroup and have a voice in the larger Region 8 business.

...Your intergroup representative can get feedback from your area and vote on important issues and the future of OA at Regional Assembly (there are some funds available to help send them).

...Your intergroup can collect funds to put on events or send people to events and you can access SOAR 8 members with lots of experience that will be willing to advise and help.

...Your intergroup can purchase literature collectively saving some shipping charges .

...Your intergroup can find out what assistance Region 8 has available for the growth and functioning of OA in your area.

Why should we have someone sponsor our intergroup?

There is no need to re-invent the wheel. There are many OA members with service experience at a comprehensive level that can help to smooth the way and be a lifeline when questions or issues arise. Just as we each need a sponsor to assist us in our journey and to be of support for our process, an intergroup can use the same sort of support and the IGOR Committee is available to set up that sort of connection.

What is the basic structure of an intergroup?

Intergroups are made up of group representatives (others are welcome to attend intergroup meetings but do not vote) each of which can vote on items of OA interest in your area. As well, these representatives can create larger events in the area. There are usually officers, Chairperson, Vice Chairperson, Treasurer, Secretary, and Intergroup Representative to SOAR 8. There can be other committees formed out of intergroup members that do things like help to educate the public, spread the word about OA to hospitals and institutions as well as other opportunities. Intergroups decide how often they need to meet and conduct the business of the area at those meetings. The Intergroup also discusses issues that have been sent from Region 8 and gathers feedback from the local groups to be taken by the Intergroup Representative to the SOAR 8 Business Assembly twice a year. That Rep will be able to vote at the Assembly and will bring information back to the Intergroup from the Assembly.

How do we set up an intergroup and register it with the larger SOAR 8 Region?

There is a New Intergroup Packet for brand new intergroups. Also, it is possible that there was an Intergroup in your area in the past that has gone inactive and just needs to be reactivated. Someone on the IGOR Committee, or your Intergroup Sponsor can check on this for you and help you get properly registered and connected to SOAR 8 email lists and websites links.

We have an intergroup but it is just not functioning well. What can we do?

See the Intergroup Twelve Step Checkup listed later and work with whomever is willing to be active in your area and your Intergroup Sponsor to go through those, share ideas and experience, and create a plan for moving forward. There are also resources the sponsor has to assist you every step of the way.

We look forward to seeing you at SOAR 8 Assemblies and to your continued recovery in Overeaters Anonymous!

An Intergroup Twelve Step Checkup



- Step 1 – We looked at our need for outside assistance, asking about where we were in need of help; where were we unmanageable or felt stuck.
- Step 2 – We acknowledged that the foundation of our intergroup is the group's connection to the Higher Power of the group and that this Power could lead us into effective service.
- Step 3 – We decided that the work of the intergroup is Higher Power's work, and we were the workers, open to direction and guidance.
- Step 4 – We took a group inventory of what was and what was not working, looked at this in depth, identifying and releasing what was not working.
- Step 5 – We decided we needed our group's Higher Power and someone in OA with more service experience involved in the process, welcomed them, and became open to feedback.
- Step 6 – We looked for the places where the group had some unhelpful patterns or was lacking.
- Step 7 – We became willing for Higher Power to release those patterns and remove obstacles and became willing to do our part.
- Step 8 – We look at where we might be alienating or been uninviting to others.
- Step 9 – We took measures to connect with those identified wherever possible.
- Step 10 – We continued to meet and monitor the functioning of the intergroup, and when unhelpful patterns surfaced, acknowledged this and made amends and corrections.
- Step 11 – We pause to become connected through prayer or meditation to the next right steps for the group and strength to move forward.
- Step 12 – We invited and involved others into this process of service and let recovery and service be the platform on which we lived.

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

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So What Now?

How can our intergroup move forward?

(Take a few minutes of silence to connect with HP to access the group conscience)



Our Big Goal 1: _____

Step A toward Big Goal: _____

Method: _____

Target Date: _____

Person in the Lead: _____

Step B: _____

Method: _____

Target Date: _____

Person in the Lead: _____

Step C: _____

Method: _____

Target Date: _____

Person in the Lead: _____

Do we really WANT to complete this goal? [] YES [] NO (choose a different goal)

What will we need to access or gather? _____

Do we have a clear timeline and completion date? _____

What will we be able to SEE when this is complete? _____

Our Big Goal 2: _____

Step A toward Big Goal: _____

Method: _____

Target Date: _____

Person in the Lead: _____

Step B: _____

Method: _____

Target Date: _____

Person in the Lead: _____

Step C: _____

Method: _____

Target Date: _____

Person in the Lead: _____

Do we really WANT to complete this goal? [] YES [] NO (choose a different goal)

What will we need to access or gather? _____

Do we have a clear timeline and completion date? _____

What will we be able to SEE when this is complete? _____

Comments and notes: