



Region One

INTERGROUP RENEWAL

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Overview and Help Getting Started

Our hope is that this document will assist your Intergroup in your Renewal efforts. Encourage your Intergroup Board to look over these pages and get excited about the possibilities! **If you are interested in Renewal, the first step is to fill out an application form found at the end of this document and send it to Sue B., Region 1 Board Intergroup Renewal Coordinator, at vicechairr1@oaregion1.org.** Sue will coordinate your request with two board members who can assist you throughout your process and ultimately visit your Intergroup to facilitate your renewal process.

Once your Board Renewal Team is determined and dates have been chosen, you can decide what part of the process you need the most on-site help.

Your Region 1 Board created the following document to describe the what and why of Intergroup Renewal and to guide you in your efforts. The sections are:

Leadership: The Leadership in OA section is excellent for your Intergroup Board to read. Think about how to be a more inspired leader in OA, and encourage others to do the same! This is also a good point to listen to the Intergroup Renewal “Orientation” audio podcast available on the Region 1 Website at <http://www.oaregion1.org/intergroup-renewal.html>. It provides an excellent orientation of the renewal model.

Intergroup Inventory: Inventories can be done via an Intergroup Board meeting or even written with submission turned in and someone recording the feedback. There is a very well done OA Intergroup Inventory at <https://oa.org/files/pdf/intergroupinventory.pdf>. We encourage you to take a look and tailor the inventory to fit your needs. Some Intergroups might do an Intergroup Inventory before the Board visit; others may want the Region 1 Renewal Team to facilitate this part.

Surveys: Developing a survey can seem daunting in the beginning, but there are resources available on Region 1’s website with sample surveys for your IG Board use to customize one that fits for your intergroup. Two survey tips: keep it to ten questions, and make sure it is anonymous. This increases the responses. Notice the sample survey announcement on page 9. Again, Region 1 can help you with your surveys (creation, delivery, stats afterward if needed). Some Intergroups might want help creating the survey and sending it out, having the Board Renewal Team help them during their visit to process the survey data into meaningful goals and action plans.

Mission: Survey data many times provides a clear message of what membership wants and thus developing a Mission may seem very apparent. Your Region 1 Renewal Team will also be able to assist during their visit in this effort.

Strategic and Operating Plans: Discussion and small group break outs are good to flush out what actual activities and actions are needed, based on feedback.

Targeted Recruiting: This section provides thoughts about how to make targeted “asks” for help to get “actions” done. “Survey data pointed to this activity as a high priority. We need your help. Can you help with this activity?” There is great information in this section to help get more volunteers!

Intergroup Renewal: What is It?

Simply put, Intergroup Renewal (IGR) is the process of turning Intergroups into training organizations to supplement sponsors—providers of opportunity for strengthening personal recovery. **In essence, Intergroup Renewal moves Intergroups toward being primarily focused on Tradition 5 work.**

Tradition 5: “Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.”

This refocus on helping members with their recovery has a “ripple-effect” throughout OA as a whole. Here’s why:

Increased personal recovery

= more sponsors, more service

= more attracting & retaining newcomers

= OA growth

= carrying the message to more suffering compulsive eaters

Intergroups are in the best position to inform, educate, organize, suggest, energize and provide opportunities for OA members to strengthen their personal program and carry the message to the still-suffering compulsive eater.

Regions are in a position to help Intergroups in this effort.

Below is a basic outline of IGR. With your help, we will be applying this process to Region One at Assembly this year, and hope you will try this in your Intergroups, as well. And, although this process is called *Intergroup* Renewal, the same principles can be applied to any service body in OA, even individual groups or project teams!

Intergroup Renewal Model

Basic requirement for getting started: A dedicated **leader or core of leaders** living in recovery; people who walk the walk and talk the talk and attract through their physical, emotional and spiritual recovery.

1. Intergroup inventory.
2. Membership survey.
3. Create the “cause” based on results of inventory and membership survey.
4. **Recruit.** Go out and talk to other members in physical, emotional and spiritual recovery to get them to buy into the cause; one-on-one conversations with people in recovery from as many different meetings as possible.
5. Kickoff meetings to talk about what to do about the cause. As many members as possible. Everyone has a voice. Common cause.
6. Establish a clear **vision** (based on inventory and survey and other information).
7. Establish a clear set of goals/priorities (to work toward vision).
8. Set a clear set of activities to accomplish the goals.
9. Set responsibilities/commitments/accountability – with a budget for each.
10. Through this process a “team” has been created. Individuals have “ownership” because they have been involved. Individuals have a high stake in carrying out their commitments as well as the team meeting its overall objectives.
11. **Distribute information** (newsletter/email) to ALL members and meetings explaining group conscience determined vision, goals and activities planned, appealing for everyone’s involvement. One possible theme: Freedom isn't free.
12. Set a clear beginning and clear ending of the plan, for example the calendar year.
 - **Review progress** at each intergroup meeting/articles in newsletter/other channels.
 - Celebrate achievements -- have fun.

Let’s look more closely at six major elements of IGR:

LEADERSHIP
INVENTORY
SURVEYS

RECRUITING
MISSION/VISION
GOALS/PLANS

Intergroup Renewal: Leadership in OA

Personal Recovery and Leadership:

I must be before I can do. The doing is the expression of the being. Strong recovery is the first requirement of leadership. Clearly, the most important thing I can do each day is to try to help another compulsive eater, and the first and most important part of that is to be an example. I need to be before I can do.

First comes my own recovery. If I'm not living the 12 step program of OA, including being abstinent, working the steps, passing it on, etc. I am not going to be a good leader in OA. Role modeling is a big factor in leading, facilitating, getting cooperation and most importantly - attracting people to intergroup. Humility, gratitude, self-respect, and confidence are everything.

If I feel OK about my own recovery, then I need to do an inventory of my own assets and liabilities as they pertain to leading a group of disparate compulsive eaters. What aspect of relationships do I need to work on? Thin skin? Self-centeredness? Controlling? Intolerance? Emotionalism? What new skills do I need to cultivate, if any? Not just emotional, but administrative as well. What do I need to work on changing in me, or adding to my assets? Do I have any attitudes about OA or different philosophies in OA that I need to reframe?

All important in Intergroup leadership is acceptance, patience and tolerance toward all. I need to stop any judging and criticizing, instead accepting, opening my mind, and being flexible. I need to cultivate gratitude and humility. Intergroup leadership is a great training ground for relationships!

Literature Quotes about Leadership:

- "...when we let go of our need to control people and simply allow our HP to serve others through us, we receive an abundance of joy and strength." - *OA 12&12, p. 106*
- "Trust God and focus on service." - *Voices of Recovery, August 14*
- "A leader in A.A. service is a man (or woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us naturally want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own - well, he really isn't a leader at all. - *As Bill Sees It - The A.A. Way of Life, p. 224.*
- "All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness." - *Alcoholics Anonymous, 3rd edition, p. 567.*

Good leaders lead by:

example	service
organizing	energizing
informing	training
asking questions	

Good leaders in OA:

- Create an atmosphere for honest communication. We need to be able to courteously tell each other what we are thinking about the issue at hand -WITHOUT FEAR. This is a value system set by the leader. The leader's patience, tolerance, kindness and love sets the tone. Without this, people are always worried about looking stupid or being criticized.
- Motivate by creating a compelling vision.
- Facilitate, but don't micro-manage, within the framework of the IG's vision and goals and OA's steps and traditions. All activity should in some way be related to the vision and goals.
- Allow for mistakes, and are available to help an individual or committee overcome obstacles when they need help. Be an ex-officio member of every project team, but a member of no project teams!
- Take no credit. It's always the group. "I help organize and energize, but other people do all the work, not me!"
- Are always wearing their recruiting hat, on the lookout for recovery and skills that could be useful to Intergroup.
- Help people volunteer to do things they love. They will give their time to do things they love, or which they feel it could be really useful to OA or to members.
- Treat intergroup meetings as an event, focused on helping groups and members, where there is a high return-on-investment for attendees.
- Are PASSIONATE! Enthusiasm breeds enthusiasm. Leaders cultivate gratitude in themselves and others that is just waiting to be paid forward! OA leadership is about waking up and organizing the gratitude in grateful people.

OA leadership is about waking up and organizing
the gratitude in grateful people.

Intergroup Renewal: Intergroup Inventory

What?

An Intergroup Inventory, sort of a 4th step for your service body.

Why?

It's the first step in the renewal process.

The answers to the inventory questions naturally lead to the question of what we can we do about the issues raised, and help refine the structure and mission of your Intergroup.

An Intergroup inventory, followed by member surveys, is critical to raising awareness, arousing interest and helping people identify and take ownership of the Intergroup. It helps us become a true "we."

The ultimate goal is to bring all members to the point of understanding that we are all part of Intergroup and Intergroup is part of us, whether we go to Intergroup meetings or not.

Who?

Invite every OA that the Intergroup serves (not just the Intergroup regulars). This helps build enthusiasm throughout your organization and allows the "we" to become solid, so everyone knows they are part of Intergroup.

How?

Start with the Intergroup Inventory form from World Service. Find it at <https://www.oa.org/pdfs/IntergroupInventory.pdf>.

Invite everyone, and then gather as many people as are willing to work through the questions in the document.

When?

It's most effective to have a special 3-4 hour session totally devoted to the inventory. It is best not to just do a little at each Intergroup meeting. So schedule a time that is likely to allow the most participation, but don't let perfect be the enemy of good enough.

And then what?

Meet.

Sometimes Intergroups ask a third party to facilitate the discussion, but you don't have to.

Someone needs to take notes, so you remember what you talked about and can create an action plan once you are finished. If the note-taker feels it would be helpful, you might record the session, but do delete the recording after the notes are finished.

Remind everyone to participate with honesty and objectivity and with a spirit of patience, tolerance, kindness and love. There will be disagreements, and (almost always) disagreement and a diversity of opinions lead to the most creative and useful ideas.

Go through the questions. Summarize the results. Create action plans from those results.

Publish the summary and action plan widely. Ask everyone what they think. This is, in essence, the member survey. The basic question is: "How can Intergroup help you?" Follow up after you get reactions and responses to the action plan.

Intergroup Renewal: Surveys

IG inventories followed by member surveys are the most critical part of raising consciousness and awareness, arousing interest in doing something, building a cause with which people can identify and eventually take ownership of. It becomes a true “we” or “our” OA. Intergroup inventories and member surveys touch every member and raise awareness of Intergroup in a positive way.

After summarizing the results of the inventory, the next step is action plans. One of those action plans has to be to publish the results of the inventory to the membership and then ask them what they think. **That’s the member survey which is basically, “How can we (IG) help you?”**

Organizations stick around for a long time if they are “learning organizations.” That means they have a mechanism in place to get continual feedback from “customers,” and to learn from the feedback their customers give them. These organizations make adjustments, keep up-to-date, do new things.

Lack of attendance at intergroup is feedback. Non-attendance is the same as a written survey. If an Intergroup learns nothing from that, ultimately it fades away.

Member surveys are the grass-roots tool for getting member involvement and eventually ownership for OA’s health in their area. Surveys:

- Establish communication with the groups.
- Help build community with a “to and from” flow.
- Generate interest.
- Stimulate service.
- Focus Intergroup efforts on the highest priority needs of groups and members.
- Become the basis for
 - ❑ Strategic Plans: long range objectives
 - ❑ Operating Plans – current year’s priorities and budgets.

Consider making use of electronic survey tools: The survey on the next page was a paper-and-pencil survey with open-ended questions, manually distributed and collected. It involved lots of footwork and visiting of meetings to maximize the numbers of completed surveys getting back to intergroup. And the many open-ended questions meant reading and categorizing endless words expressed in the vocabulary of each individual. Needless to say, the tabulating of results was lengthy. Today it can mostly all be done electronically.

Region One can help your intergroup create and conduct an electronic survey. A sample survey is on our website at <http://www.oaregion1.org/intergroup-renewal.html>.

Example Survey:

EXTRA! EXTRA! EXTRA! Member Survey Underway!

See your Intergroup rep for a copy, or print out the survey from ___ (website).

EVERY person's opinion is needed - newcomer or long-timer, in recovery or in relapse.

OA suggests that every intergroup and group periodically take an inventory of itself. Your Intergroup recently completed this self-assessment. One of the strong conclusions was that Intergroup would like to increase its level of service to member groups, if possible. As a first step in doing this it needs to know what each of you think. Following is a 26-question member survey designed to provide several things:

1. Information about the overall health of OA in the area;
2. Your ideas on things that might strengthen your individual recovery;
3. Your ideas on things that might help carry the message to more people;
4. Information that could help OA stay vital and growing in our area.

This is an **anonymous** survey. The more people who participate, the greater the value of the information gained. Every person's opinion counts, no matter how long he or she has been in OA. A summary will be published in a future newsletter. Survey results are expected to serve as the basis for setting our Intergroup priorities in the coming years.

Intergroup Renewal: Mission-What are we Aiming For?

The idea is to make Intergroups a center of recovery activity. Ask your IG: What is our Mission?? Keep it focused and short. Establish your Intergroup's overriding theme and print it on your agenda every time. Keep it simple. For example:

Working the Steps, Carrying the Message, Grow OA, Make OA KNOWN, Make OA strong, or whatever mission speaks to your members.

Training Prop: a bunch of Arrows. No focus - all scattered.
Gathered together - focused in a single way strong and powerful. Bulls eye!

There are a few core functions that need to happen to make OA more viable in an area: a web site, a list of meetings (paper/online), a phone contact line, public information to announce newcomer events and workshops, publicity about the availability of OA (free and paid), supporting recovery workshops, sponsor training and Step and Tradition Studies. Your IG may be a certified non-profit. How we do these things can vary greatly depending on the available resources. **But Bylaws and Policies and formal committees don't take us forward unless they support a core mission that is crystal clear.** All of these functions will be enhanced if they are powered by a clear mission and we tap in to our members' passion to help OA.

Writing Exercise - Consensus Building - Choosing our Mission:

Intro to Bull's eye. Supplies: Post it notes, Bull's EYE target, pens, timer. Time: about one hour.

Activities/Timeline:

1. Take 60 seconds (real time minute) think and pray for an open mind and heart.
2. Write down a simple short and sweet MISSION for your IG.
3. Moderator collects and posts all the Notes on the Target.
4. Each person comes up and grabs a note NOT their own.
5. Break into groups of 5-7 persons each. We need a discussion timer/moderator for each group.
6. Each group has 15 minutes - Go around the group. Read each post it note suggestion and explain what it means to you. (one minute each). Even if you don't like the idea you have, put it in the best light you can. No criticism of an idea. After everyone has presented, moderator asks for input on the idea that appeals most to the group - choose a top contender from your group via discussion. The person who spoke on the idea selected presents it to the whole group. (2 minutes each)
7. The most appealing ideas from each of the groups are presented to all. (3-5 ideas) All are posted on the outside of the target. Heads down vote show of hands for each idea in turn about moving it onto the target. Then repeat with any ideas that move on to the target as needed to move ideas closer to the BULL'S EYE. Finally, shares for 15 minutes (2 - 3 minutes each) what the remaining ideas mean to you. Lastly open consensus (vote head nodding whatever seems to be arising) on which is the MISSION statement we feel is best for us now - the one that hits the BULL'S EYE.

Choosing a mission is powerful. Once you have agreement and buy in, the next phase is to generate activities that support the mission. **Ask: HOW do we support our mission? Hold up everything you do in IG to the mission: is it aligned?**

There's a quote from an Irish statesman Edmond Burke that says, "The only thing necessary for evil to triumph is for good men to do nothing." I translate that into: The only way for OA to fade away is for people whose lives it has saved to do nothing

The value of Intergroup is measured by its
usefulness to members and meetings.
Usefulness is our main product.

Intergroup Renewal: Strategic & Operating Plans

The word *strategic* typically means long-range, and the word *operating* typically means current year.

Pain inspires action; hope inspires action; dreams inspire action; goals inspire action. It's the same with IG as in our personal life. Goals motivate. They give us a destination. Without goals we are adrift. Goals also drive attraction and intergroup is an organization of attraction.

Visions, goals, a cause, the opportunity to feel really useful – all these drive intergroup attraction. Once goals and action plans are in place, they “pull” people into action. They energize, empower, focus and allow people to feel useful. The whole renewal process starts out with a cause. The phrase that has motivated the most effort by members in all the intergroups I've chaired: *Provide opportunities for members to strengthen their recovery.*

More detail:

We need to have clearly defined goals and action plans. Without goals and plans (and budgets to implement the plans) the intergroup is adrift. Having goals and plans focuses our attention and energy on getting where we want to go. Without them we wander around meeting to meeting in a “reactive” mode. Goals and plans put us in a proactive mode. **Goals not only steer the ship, they inspire action.**

When creating something new we start with the vision. Then we make a plan to get there. Then we pull together all the tools we need for the process. We set interim short-term goals (follow- ups) to keep us focused rather than scattered, as well as “pull” us forward. Members can't be pushed, but they certainly can be steered and pulled in a direction that aligns with their recovery.

Sometimes defining a vision can be useful to attract and raise awareness. A vision is a broad, clear direction/intent of what we want to do. Creating a vision can be an important part of the journey. People need to be able to visualize the desired outcome. **One that I have used successfully is basically Tradition Five – the reason we exist: “Save Lives Through Carrying OA's Message to the Still Suffering.”** My mantra through my years of leading IG's has always been Tradition Five. Intergroup shouldn't be doing anything that doesn't in some way relate to that.

Goals – sometimes called objectives - can be long term (multi-year strategic plans) or short-term (single year). Goals put meat on the vision and inspire action. Having no goals leads to drift and lethargy, a reactive organization rather than a proactive one. Goals define how we will seek to fulfill the vision.

Here's an example of goals that are strategic in nature that have been in all the intergroups I've chaired. These strategic goals appear on every intergroup meeting agenda to keep us focused on why we're here. We don't do anything that is not related in some way to these strategic 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. Inspire people to give more service
7. Increase Outreach activities, including professionals

Goals: A goal without an action plan is simply a wish. Action plans specifically define what projects or activities we will undertake to achieve the goals. Sometimes the word “priorities” is used interchangeably with goals or action plans, but more often than not it sorts out the dozens of action options we might use to achieve a goal.

Here’s an example from one intergroup’s priorities for the year. They looked at 20-25 potential actions suggested by members, then selected the following. All, of course, were designed to help fulfill the strategic goals above.

1. Working and Living the Steps Workshops. These were five three-hour workshops on Sunday afternoons covering various groupings of steps. Three speakers speak on the topic (the topic, not qualify), then the audience is divided into discussion groups with each speaker leading a group. These are discussion groups, not sharing groups. Participants raise personal issues or problems on the steps being discussed that day members of the group who have experience with that particular problem or issue share how they solved the problem, or got through the issue. Example of a common question: “I’m stuck on step 3. I can’t get through the God thing.” People share how they got through the God thing. The format makes each group discussion a learning experience. Five of these were held with average attendance of about 70-75. They were free.
2. Booklet. The group voted to organize the writing of a local booklet on How I Got Abstinent and Stay Abstinent written by as many local members as we could get with one year or more of abstinence. About 30 people wrote 500 word articles answering the question. Two hundred fifty copies of this “local literature” booklet were distributed free to all members (one each).
3. Marathon events including IDEA Day, and Unity Day.
4. Quick Step Studies. Groups of 10 members were guided through the 12 steps over 4 weeks using the Big Book. The number of groups would depend on how many members signed up. We ended up having six sessions (60 people).
5. Retreat. A weekend retreat on Sponsorship Training.
6. Sponsor training. Monthly training at three different sites for NEW sponsors. One hour training using existing OA literature on the subject.

Plans and goals are ways we keep our attention focused on where we want to go. Goals “pull” rather than “push”. Where we want to go is to have a strong and thriving OA fellowship that helps us recover, supports us in recovery, and attracts new people who need our help.

Intergroup Refocus Example:

Here's a summary chart that brings all the planning pieces together.

Vision: High Value Intergroup that:

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

Strategic Plan: Priorities:

1. First Priority: Create training/educational activities/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): ongoing IG admin tasks, e.g., meeting lists, hotlines/answering service, PI/PO, reps to Region & WSBC, Unity Day, IDEA Day, etc. etc.
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 would 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. Inspire people to give more service
7. Increase outreach and public information activities

Action Plans to Achieve Goals:

1. Working and living the steps workshops
2. Create local literature booklet: "How I Got Abstinent and Stay Abstinent"
3. Marathons events – IDEA Day and Unity Day
4. Quick Step Study groups
5. Retreat on sponsorship training
6. Monthly one-hour sponsor training meeting

Intergroup Renewal: Targeted Recruiting

There are two fundamental points here:

1. Our resource base is our entire membership, not just the people who come to Intergroup.
2. Don't wait for people to volunteer for anything. Go get them.

Few volunteer, but many say yes when asked. The targets are people in recovery. While the Chair is the primary recruiter for the officer and committee chairs or co-chairs, the committee chairs or co-chairs are the recruiters for their committees.

There are many people who want to help, but can't come to intergroup for various reasons. People don't have to come to Intergroup to be part of the Intergroup team. They want to help their friends, OA, the still suffering, and if they see IG as doing that kind of work, recruitment is easy.

A key point is that almost all committees are ad hoc committees, not the traditional standing committees laid out in the bylaws. Ad Hoc committees are formed yearly to execute whatever the various projects are for that year. Then they go away to be replaced by whatever committees are needed for the new year. A lot of members of these various committees – other than the Chair or CoChair of the committee – don't ever come to intergroup. Our resource base is our entire membership, not just the people who can attend intergroup.

Clarity of task and resources: When recruiting, ask people to do specific tasks, not just come to Intergroup and provide service. No one responds to general requests to do service. Acceptance is directly proportional to the clarity of the task. Clarity includes a clearly defined beginning and end. This clarity puts a nice box around your proposal, which makes it much easier for your candidate to fully assess impact on herself, her family, or other commitments.

Another important factor is whether or not this particular task has been done before. If, for example, you're organizing a workshop that's been done before where processes and procedures are already in place – or at least a previous chair will pass on exactly how she did it – this also increases the odds that your candidate will say yes.

Of course, the idea of **clarity of task assumes the Intergroup has a clearly defined plan** so people can see exactly where they fit into the bigger vision.

“Someone with solid abstinence who is working the program has a very hard time saying no to a specific job request, especially if it is a one-time, ad hoc committee request, as so many are. What I have done consistently over five IGs is go after the long-timers in recovery for special projects. Almost all used to do a lot of service, but got tired or for whatever reason drifted away from IG. None of these are going to sign on for long term IG positions or just come back to do general service. But when asked to take on a concrete task, with beginning and ending, they can't say no. This is where their gratitude comes in. Whether they realize it overtly or not, there is the grateful quiet voice within whispering that here is a do-able opportunity to pay it forward.”

There are also many grateful, newer people who haven't yet done any service beyond the group level. Many of these new people are fearful they don't have “skills” to offer IG, or they aren't good

enough. They have the urge to help, but hold back. Let them know that we share a common disease and a common solution, but each of us is unique in the contribution we can bring to the table. Tell them “We need what you can bring!” I explain some of the things that need to be done with which they might help – from the complex to the manual work, and let them choose.

“Our Intergroup had about 100 cover letters, the enclosure materials, the addressed envelopes and stamps for a mailing to health care professionals. I mentioned during announcements at a Wednesday morning meeting that we needed to have all this stuff ready in the next few days, and I wondered if anyone would be willing to stay after the regular meeting next week and help us get everything ready for the post office. Several people said yes. At the end of the following week’s meeting I pulled out all the materials and virtually everyone in the meetings quickly organized themselves into an assembly line. The task was done in 20-30 minutes. I sat back and watched in amazement.”

Much of this process is about relationships. Recruiting is at the core of developing one-on-one relationships to form a team and get things done. Recruit like-minded people who want to help OA and strengthen their own recovery.

A few good people in recovery at Intergroup can recruit, organize and inspire huge numbers of members to do service work.

Our resource base is our entire membership, not just the people who attend Intergroup.

Application for 2017-2018 Region Board Intergroup Outreach Visit

The Region Board is excited to offer a restructure of our intergroup outreach travel—instead of sending all of our Board members to visit only four Intergroups each year, we’d like to use the same travel dollars to visit *all* of our Intergroups at least once over the next two years, sending two Board members on each visit.

Here’s what we can offer:

- Two Board members visit for the weekend (Friday arrival, Sunday departure) to
- Lead a marathon, workshop, or retreat on topics chosen by your intergroup, and to
- Present a 2-3 hour interactive workshop on Intergroup Renewal.
- Region covers travel costs to and from the event, and
- Proceeds from all Intergroup raffles, registration, etc. are retained by the Intergroup.

We ask the Intergroup to:

- Provide meeting space,
- Create and distribute a flyer to get the word out about the event,
- Invite members from nearby Intergroups to attend, and
- Provide an overall structure and timeline for the event.
- Cover registration fees (if any) for Board members, and
- Allow Region One to offer journals, quilt tickets, and/or Convention raffle tickets for sale.

We hope you’ll invite us to visit! Please talk with your Intergroup and complete the following:

Intergroup _____

We would like R1 to visit: (mm/year)

Location (State/Prov) _____

First choice _____

Contact Name _____

Second choice _____

Email _____

Third choice _____

Phone _____

Address _____

Has your IG ever hosted R1? _____

Address _____

If so, when? _____

Comments:

Thank you! Please return this form to board@oaregion1.org or mail it to:
Region One, P.O. Box 23235, Tigard, OR 97281, USA