

Intergroup: Bitterroot Intergroup

Mailing Address: 150 Larch Hill Drive, Columbia Falls, MT 59912

Intergroup Phone Number: (360) 520-3190

Chair Name: Yvonne L

Number of Meetings: 10 **Face to Face:** 3 **Virtual:** 2 **Hybrid:** 5

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

- There has been low attendance at intergroup meetings the past couple years, however attendance is improving this year. We filled all our 2024 board positions and are currently looking for a 2025 Treasurer and Vice Chair.
- We changed our intergroup communication and file system to Groups.io and continue to encourage members to sign up.
- We were able to send our WSBC Delegate/Region One Representative to 2024 WSBC, Assembly, and Convention.
- We held a 2024 Spring Retreat and our 2024 Fall Retreat is in September.
- We formed a committee to maintain our Website and are considering developing a Facebook page.
- We formed a committee to update our Bylaws.
- We formed a committee to develop a Scholarship Policy.

What is working for your Intergroup that you want to celebrate?

Intergroup meeting attendance is improving!

- Members stood up to serve in intergroup – our board positions are filled for 2024!
- Members stood up to serve in intergroup committees!
- Our Spring and Fall retreats are amazing and we have great attendance!

What challenges is your Intergroup experiencing?

- The status of our Montana shared website has been up in the air for quite a while. It is likely we will continue the website on our own. We decided we want to continue the website despite longstanding difficulty finding members to serve doing website maintenance. Gratefully, three intergroup members stepped forward to work on this area.
- Our Bylaws are out of date but we have not had the resources to address an update. Gratefully members have stepped up to serve on a Bylaws Committee.

Our Assembly theme this year is "Gateway into Recovery" How can Region One help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

- Continue to help get the message of OA out to those who are still suffering.
- Keep us updated on new and available resources.

Has your Intergroup participated in Region 1's Intergroup Renewal Process? Please tell us about your experience and outcomes.

- We are hoping to participate in the future. Currently we are focusing on filling 2025 service positions, figuring out Website maintenance, and updating our Bylaws.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

- We have a website (<https://www.montana-overeatersanonymous.org/>). We recently formed an intergroup committee for maintaining our Website and looking into Facebook.
- We participated in OA R1's Facebook ad campaign. We are considering forming an intergroup PIPO committee to participate in Montana community events.

How would you like to see Region One support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

- We appreciate all of these resources.

How are you nurturing and retaining newcomers?

- We Care lists, outreach, offering a variety of both in person and hybrid meetings, striving to always have someone in the room at the in person meetings for newcomers, and encouraging abstinent members to consider local and virtual sponsorship as service so newcomers have resources for finding sponsors.

How are you helping those in OA who are struggling?

- We keep We Care lists and do outreach calls to new comers. We encourage members to attend retreats and offer scholarships.

Do you have any Tips and other News you'd like to share?

- Go to <https://www.montana-overeatersanonymous.org/> to find out about our exciting, fun and absolutely inspiring Spring and Fall Retreats.

Submitted By: Yvonne L, Bitterroot Intergroup Chair

Intergroup: Peninsula Intergroup

Mailing Address: 1240 West Sims Way, #393, Port Townsend, WA 98368

Intergroup Phone Number: 360-981-3220

Chair Name: Toby Warren

Number of Meetings: 10 **Face to Face:** 4 **Virtual:** 5 **Hybrid:** 1

IG Information & Services: All of our board positions are filled at this time. We have an annual Summer Gathering Workshop that we host every year in Chimacum, WA in July. This year we will co-host with Pierce County IG and South Sound IG. This is the first time to co-host this event and we are looking forward to expanding the attendance to other parts of Western Washington.

What is working for your Intergroup that you want to celebrate? We are seeing more meeting representatives attend Intergroup this year with interest from people who have not been to this meeting in many years or have never been to an Intergroup meeting.

What challenges is your Intergroup experiencing? Having people give service at the Intergroup meeting has always been a challenge. We started out the year with only a few people attending Intergroup, and we now have all but three meetings represented. The need for more people in service was mentioned at the meetings and we found people willing to step up in the second quarter of this year. Communication and service are still our biggest challenges, and we are working on this at the meeting level.

Our Assembly theme this year is "Gateway into Recovery" How can Region One help your Intergroup return to face-to-face meetings to help strengthen your Intergroup? It would be helpful to have more face-to-face workshops so that people are used to seeing each other. This cost is not in the budget since we are still recovering from COVID. We know that Region 1 has funds to help for these events, but we don't have the manpower to put them on. The Outreach program is something we can think of using in the future. Our IG Chairs in the past did not always communicate all of the resources that Region 1 has available for the IG to use. A handout or presentation with the resources would be helpful for the Chairs to present at the IG meeting.

Has your Intergroup participated in Region 1's Intergroup Renewal Process? Please tell us about your experience and outcomes. Yes! Margie did this for us in February of 2021. She did a great job, and we made a lot of changes to our IG meeting and bylaws from the outcome of the process. Here are the highlights:

Survey Highlights

The survey received 45 responses, which is about 56% of our 81 members reported in the January 2021 Intergroup meeting by representatives. The top respondents came from 48% of members who have been with OA for over 10 years, which shows many years in program throughout our Intergroup. The two top areas of abstinence are less than 90 days and 1 to 5 years. This may be why our Intergroup members have seen a lot of relapses during their program years. Over 74% of our survey respondents have relapsed, but 88% of the respondents are not in relapse at this time. It was also interesting to see that over 88% of our members hold some type of service position. This shows a lot of diversity in our members and what they bring to our meetings.

There are four areas of concern: newcomers, sponsoring, engagement, and meeting strength and weaknesses.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook? We participated in the Facebook campaign last year. We saw minimal response to this advertisement. Our newcomers are coming from the oa.org meeting list and word of mouth. We get a few double winners from other 12 Step programs.

How would you like to see Region One support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts? Region 1 is already supporting us financially through a Zoom license. We would like to use the resources of the Outreach Campaign and Workshop scripts in the near future. This would help us build up our treasury for more events in the future.

How are you nurturing and retaining newcomers? Some of our meetings are using pamphlets, books, coins, and resource handouts to offer to newcomers at meetings. We would like to add more to our website in the future with links to the Region 1 website resources.

How are you helping those in OA who are struggling? A lot of people are struggling because they do not have a sponsor. We are suggesting they go to the Region 1 Virtual Sponsorship page to find a sponsor who meets their needs.

Do you have any Tips and other News you'd like to share? We have a new Treasurer this year and she has organized the reporting to make it easier to report every month. The IG members like the new format and it is easier to read. The Excel spreadsheet is all on one page and has all the information the Treasurer collects and pays for the year.

Submitted By: Toby Warren

Intergroup name: Southern British Columbia Interior Intergroup (SBCII)

Mailing Address: c/o Lori Brodie, 1521 Holland St. Nelson BC Canada V1L 3E2

Website: oasbcii.org

Intergroup Phone number: none

Chair name: Lori Dale

Number of Meetings: 10 **Face to Face:** 3 **Virtual:** 7 **Hybrid:** 0

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year. Please answer the following questions:

What is working for your Intergroup that you want to celebrate?

- We have added a Vice Chair and are seeking a Treasurer.
- We held the 2nd in person retreat.
- We hosted a virtual event called the '12 Steps in 12 Days to a Serene 2024' for all members to participate from 10 to 30 attending each evening.
- Unity Day Event in Kelowna face to face.
- Working on updating our By Laws with an active committee.
- Volunteer Chair at the Region 1 Convention.

What challenges is your Intergroup experiencing?

- Our biggest challenge is the large geographical boundaries of our intergroup and encouraging member participation at intergroup.

Our Assembly theme this year is "Gateway into Recovery." How can Region 1 help your Intergroup return to face-to-face meetings to help strengthen your Intergroup?

- In our smaller communities it may not be realistic to have face to face meetings.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook?

- We participated in the Region 1 Facebook Ad twice. Our website did see more activity; however, we don't know how many new members continued to participate. (kept coming back)
- Our webpage is available on Region 1 and OA.org

How would you like to see Region 1 support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts?

- All the above suggestions
- Intergroup Policies and Procedures and Bylaw templates
- Work with a Board member to create a workshop or script
- Continue with Board Liaison at Intergroup meetings

How are you nurturing and retaining newcomers?

- We give seed money (\$200) to two new F2F meetings to help get started
- Encourage representation at Intergroup
- Intergroup member on the Newcomer Support Team at Region 1
- We offer to stay after meetings
- Encourage members to put their contact information in zoom chat to offer fellowship

How are you helping those in OA who are struggling?

- Try to model at local meetings that “we” are the message
- To keep coming back, only thing needed is a desire to stop eating compulsively
- Check out Region 1 and World Service websites

What are you doing to encourage members to step up for service?

- Mention at meetings requests to sign up for chairing or hosting a meeting in the format
- Encourage members to attend intergroup meetings
- Extend the time of monthly Intergroup meetings to offer educational/fellowship opportunities.
- Intergroup Zoom room opens for fellowship 15 minutes before the meeting begins

What experiences from other Intergroup would you like to hear about?

- How they do Outreach
- What workshops they have offered
- How to attract newcomers
- How to encourage members to run for Intergroup service
- How to make Intergroup meetings FUN

Do you have any Tips and other News you'd like to share?

- Encourage all members to try a variety of new tasks
- Share the workload
- Always welcome Newcomers!

Submitted By: Lori D & Lori B

Intergroup: Oregon Intergroup

Mailing Address: PO Box 2429, Portland OR97208

Intergroup Phone Number: INFO LINE 971-317-6343

Chair Name: Pat O'Connor

Number of Meetings: 53 **Face to Face:** 17 **Virtual:** 36 online includes 3 Phone

Hybrid: 1

IG Information & Services: Tell us about the state of your intergroup and about your Intergroup's activities over the past year.

Our number of F@F meetings continues to grow. Some of our Zoom meetings have merged with others to consolidate our Zoom licenses (currently 5)

What is working for your Intergroup that you want to celebrate? We are seeing more in person workshops and meetings. We have established quarterly 15 Week Step Study Workshops (online). More people are stepping up to service.

What challenges is your Intergroup experiencing? Getting people back into F2F meetings.

Our Assembly theme this year is "Gateway into Recovery" How can Region One help your Intergroup return to face-to-face meetings to help strengthen your Intergroup? I believe holding the Assembly and Convention F2F is helpful.

Has your Intergroup participated in Region 1's Intergroup Renewal Process? Please tell us about your experience and outcomes. NOT YET, we are interested.

What are you doing to make OA known in your community? Are you interested in social media campaigns such as Facebook? We participated in the Region 1 campaign (thank you!) we continue our OA pens being lost all over town. We have done traditional Billboards twice. Probably not again.

How would you like to see Region One support your Intergroup? Financially? Through Board visits? Outreach Campaigns? Resources such as Workshop Scripts? It is all good. I like the Chairs Meeting with the Region 1 Chair even though I miss it more than I make it! Could Region 1 take on the issue of duplication of meetings. The fact that we have over 50 meetings online within one hour of 10:30AM on Fridays is just one example of where we could do better to support each other with larger (not mob scenes but 20 or so regulars) meetings to promote recovery.

How are you nurturing and retaining newcomers? Our online New to OA meeting has been ongoing every Sat at 6PM Pacific Time for 4+years. It works really well. We are anticipating merging with a Canadian meeting in Region 1 to allow rotation of service and reduce duplication.

How are you helping those in OA who are struggling? Our 15 week 12 Step Study Workshop is a fantastic tool for newbies and long time members. We experimented with “self led” groups and it worked great!

Do you have any Tips and other News you’d like to share? Just a BIG thank you to Region 1 for being so supportive!

Submitted By: Pat O’Connor