

Name of Intergroup: Catch the Wave Intergroup
General geographic area: Southern Oregon Coast
Number of Groups: 5
Intergroup Chair: Cynthia T.
Website address (if any):

News from our Intergroup: Our groups and IG have been struggling along but we sent a Representative to Region this year. We have had three guest speakers via two IG meetings and one in a combined meeting.

How has your Intergroup adjusted to the changing public health environment? We stopped having face to face meetings on the 13th of March. Two of us were to attend and had paid our fees to go to Twin Rocks retreat, which we attend most years, but reluctantly cancelled due to the Covid 19 orders and our own health issues which made us fear to travel so far and to partake of a weekend with others. The closure of meeting venues helped make many creative alternatives. Several came forward to set up Zoom meetings, phone meeting, and staying in touch with each other. We have elections and a meeting outside at a State Park once a year. That was cancelled as the number of infections started to go up. We will have a Zoom IG meeting in August or September.

Has the OA fellowship in your area been strengthened or weakened by the current public health environment? Why? Many of us would not normally travel to the meetings out of town more than once a week, but Zoom meetings enabled us to participate and spend time with other members in other communities. We also had a 12 step study group, but met twice a month and it was slow going if our leader was out of town or busy with other activities, since she spent so much time volunteering and also working. With things shut down, we set up a Zoom meeting and everyone was pretty committed to attending once a week. We have made leaps and bounds in our study and our relationships with each other.

Retreats and/or Events we have offered this year:

Other services our Intergroup offers: We have tried to stay in touch, via our very efficient Secretary, with members in all groups.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Yes. The outcome was that we set up a phone meeting so we

could reach each other so spread out. The intent was good, but the meetings were not well attended and we stopped the meeting after about six months.

What we are doing to make OA known in our community: Right now without meetings to physically attend we have not done much promotion. We have continued to talk to people who are interested or call the outreach number in our newspapers and offer to meet with them in person with social distancing, or invite them to a Zoom meeting.

What we're doing to strengthen our meetings and help our members recover: Sponsoring a 12 step workshop. Keeping in touch using electronic means. Attend other meetings and retreats in other areas by promoting via e-mail notification or at meetings to all our members.

We encourage members to give service by: Asking them to do things for the good of the group, but there are still members who do not step forward.

Tips and ideas we'd like to share with other Intergroups: Rural areas require sharing with each other about what is going on and available that each can attend.

We'd like to hear ideas from other Intergroups about: Promotion of the fellowship to others who might be interested in OA.

Submitted by: Cindy T., Chair

Date of Report: 7/26/2020