

Name of Intergroup: Central Oregon Intergroup
General geographic area: Bend/Redmond, Oregon
Number of Groups: 4 official, 2 unofficial
Intergroup Chair: Robin R.
Website address (if any): centraloregonoa.org

News from our Intergroup: Our intergroup meets monthly to support our five local OA groups. We continue to stay active and work to help our meetings be active and healthy during COVID-19.

How has your Intergroup adjusted to the changing public health environment? Our Intergroup meeting is conducted face-to-face, socially distanced with masks at an outside area adjacent to the Sr. Center. A member of our fellowship who has a Zoom account has offered to be the host for two meetings which need support. We are working toward opening a Central Oregon IG Zoom account for those to transition to.

Has the OA fellowship in your area been strengthened or weakened by the current public health environment? Why? The fellowship has been strengthened through the creation of Zoom and conference call phone meetings. These are well attended and at the beginning of the lockdown, our member participation actually increased. During these summer months, attendance has fallen but those who participate consistently do so. Two unofficial socially distanced meetings are located outside in public spaces in both Bend and Redmond. Once meetings resume inside public facilities, we want to include the phone-in option for members of intergroups that need more support. We have really enjoyed virtual and phone access but there are some members who do not like this format and don't participate. Facility access is an issue as the three facilities we met in prior to Covid-19 may not open in the near future. One facility asked us to move all our supplies, as the meeting room is too small for social distance. We are inquiring about the option of meeting in a larger meeting room in this facility.

Even though some members have been challenged by virtual or phone meetings, we have attracted one newcomer.

Retreats and/or Events we have offered this year: Before COVID-19 shelter-in-place, we had planned for an overnight May retreat at a local retreat center. We decided to cancel and conduct a Zoom event instead. The retreat was a success, with several speakers from Region One and over 150 participants across the United States. We continue to have issues with creating our Zoom account. Due to the expansion of Zoom in the private and public sectors, Zoom has not been able to respond to our issue/ticket to billing. PayPay also has given us issues we hope to rectify soon. Both of these technical issues impact our capacity to offer effective events.

Other services our Intergroup offers: We share information we receive from Region One, other Regions and World Service with our membership. We have created a phone and email list for all members in our Intergroup who are interested in receiving information. We offer a way for members to send in funds by check to our Intergroup post office box for Tradition 7. Contributions by check can be associated with a specific meeting whereas payment by PayPal cannot.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Not this year.

What we are doing to make OA known in our community: We host and maintain a website that is easy to find if someone searches for "Central Oregon OA."

What we're doing to strengthen our meetings and help our members recover: We continue to check in with IG meeting reps about what can be done to support meetings and our members and to make sure they have the support they need to continue conducting meetings virtually or by phone. We also have a monthly Newsletter, Food for Thought, that goes out to all members by email. Several members send out information about virtual events in other Regions.

We encourage members to give service by:

- 1) Letting all know that Intergroup monthly meetings are open to ALL members interested in learning about the OA recovery program;
- 2) Planning to conduct an IG meeting in Redmond once a quarter; and
- 3) Encouraging sponsorship.

Tips and ideas we'd like to share with other Intergroups: Zoom retreats have their challenges but participants are generally patient and forgiving when there are hiccups. We've learned that it can be done.

We'd like to hear ideas from other Intergroups about: How to get the word out to newcomers and conduct outreach.

Submitted by: Robin R., Chair

Date of Report: July 27, 2020