



Overeaters Anonymous
Greater Seattle Intergroup
24x7 Phone: 206-264-5045

Name of Intergroup: Greater Seattle Intergroup
General geographic area: Seattle
Number of Groups: 34
Intergroup Chair: Erin F.
Website address (if any): seattleoa.org

News from our Intergroup:

- We continue to offer and expand upon the 12-day newcomer program.
- We welcomed a new Men's focus meeting on Monday nights and added a Virtual Saturday night meeting that will continue to be a virtual meeting— regardless of our ability to meet in person.
- We are financially solvent.

How has your Intergroup adjusted to the changing public health environment? We are getting systems in place during this unprecedented time. We just voted on holding our intergroup meeting virtually as was dictated by our intergroup bylaws. We really leaned into Tradition 9 - "OA as such, ought never be organized...."

Most GSI meetings have moved to an online/virtual format. It was amazing to see how quickly we could pivot to virtual meetings when many of us had little to no experience with the different platforms. This unprecedented time has given GSI members the opportunity to visit meetings all over the world. We also welcome fellows from all over, including old friends we haven't seen for years as they moved out of the area. We are getting opportunities during this time that are amazing.

Has the OA fellowship in your area been strengthened or weakened by the current public health environment? Why? Strengthened. While so many of us miss meeting in person, there are many who were unable to get to in-person meetings that are showing up on line, after lengthy absences and many, many newcomers. It is a hopeful time despite the adversity.

Retreats and/or Events we have offered this year: We started the year off strong with another successful Winter retreat in January. We continue to see the partnership between “long-timers” and enthusiastic “newcomers” that make these events not only possible but also increasingly creative and diverse. This was followed by some of our special one-day events; our annual “Burn Party” and then “I love OA” and “Unity Day” in February.

We did cancel our annual spring/summer retreat but we’ve been seeing so many virtual events and workshops showing up throughout the regions; there has not been a dearth of recovery events.

We are getting ready for the 3rd Annual Sponstravaganza hosted by the Sunday night Ravenna OA meeting. A great speaker event/Q & A. Sponsors come and share their ES&H and those looking for sponsors have an opportunity to be in a room with many - and members having questions about sponsoring get a chance to ask their questions and receive support to become sponsors.

Other services our Intergroup offers: Inspired by last year’s Region One Convention, GSI made an attempt at answering the dilemma of what to do when there is a lack of available funds, literature, or sponsors. Our response was our first 15 week group facilitated step work workshop. The goal of this workshop was to help our fellows achieve or maintain abstinence through working the steps, developing and strengthening our daily practice, and connecting with others. The workshop was comprised of a mixture of readings from the Big Bok and the OA 12 and 12 alongside guest speakers and weekly reflection questions. While it was originally designed to be an in-person event we were able to quickly adapt it to an on-line format. We were pleasantly surprised to welcome fellows from as far away as England and Antigua, as well as local members in the surrounding rural and suburban area that would not have been able to attend the in-person version. It ran from March to July and we already have asks to run it again.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. December 12th, we hold our annual “12th Step within” event. In 2019 we held this event at four locations simultaneously, two in the city, one in the North end and to offer a South end option we partnered with a nearby Pierce county meeting. We would welcome any future possibilities of co-hosting events with other intergroups or meetings outside GSI.

What we are doing to make OA known in our community: Prior to the pandemic we were starting to discuss how to be present on social media and what benefits that may have to the still suffering compulsive overeater. We hope to continue this discussion with so much more information available virtually. We’ve had outreach place tear away fliers around the community as well.

What we're doing to strengthen our meetings and help our members recover: Many meetings have reinstated newcomer phone calls and staying after on line to chat with newcomers. We also have meetings that have breakout "rooms" virtually to provide a newcomer meeting while the regular meeting is in progress. We have been holding monthly information meetings to keep meetings up to date with each other and ensure our meetings have the resources they need to continue on. We continue to maintain an active speakers list.

We encourage members to give service by: Hosting virtual meetings, sponsoring (temporary and permanent), 12 Day temporary sponsorship, GSI representative to Assembly (we are having the nomination meeting this month as I write this and we have several members interested).

Tips and ideas we'd like to share with other Intergroups: Welcoming newer members into service positions above the meeting level continues to bring surprisingly creative ideas.

We'd like to hear ideas from other Intergroups about: Updating/freshening our website, events that were new and successful, what other groups have been challenged by during this time, new service positions that have come about directly due to the move to online meetings.

We would welcome the opportunity to partner with other intergroups on events, workshops, and other projects.

Submitted by: Erin F. and Cate O.

Date of Report: August 3, 2020