

Name of Intergroup: Alaska
General Geographic Area: Palmer, Alaska
Number of Groups: 4
Intergroup Chair: Randy
Website: alaska-oa.org



Placeholder for report.

Name of Intergroup: Anchorage
General Geographic Area: Southcentral Alaska
Number of Groups: 10
Intergroup Chair: Elizabeth M.
Website: oa-alaska.org



News from our Intergroup:

Retreat: Although it seems like a very long time ago, AAI hosted an OA retreat the weekend of October 25, 26, and 27 at a retreat center in Anchorage. Lawrie C. from Winnipeg, our guest speaker, shared his experience with the Big Book. We consider the retreat a great success on several fronts:

- 1) We had 40 people in attendance, which was more fellows than had gathered together in several years.
- 2) All of the 31 attendees who completed the evaluation form reported Lawrie's shared experience helpful and inspirational.
- 3) There was a renewed enthusiasm for OA.
- 4) Because attendance was twice more than budgeted for, there was excess revenue to add to AAI's operation account.
- 5) The first night of the retreat was a fundraiser. Between that and a silent auction during the weekend, \$1,400 was donated for outreach efforts.

Newsletter: For the first time in two years, the newsletter editor position was filled on our Intergroup Board. She published a quarterly electronic newsletter.

Region One Representatives Visit and Workshop: Two representatives from Region One visited Anchorage on January 31 and February 1. They met with AAI Board members to discuss outreach ideas and led a workshop with approximately 15 attendees on the topic "Each One, Reach One – Share the Hope." Participants in both events were inspired to connect/re-connect with one another and carry the message to others who still suffer from compulsive overeating.

How has your Intergroup adjusted to the changing public health environment?

To meet the needs of fellows during the pandemic, AAI opted to take advantage of Region One's offer of a free Zoom license. We quickly set up 11 weekly meetings and one 14-week workshop via Zoom. Two were new meetings that did not get support, so those were discontinued. The meetings that had a solid, yet small, base have continued to meet via Zoom successfully. We now host nine meetings a week via the Region One Zoom license and have decided to extend the Zoom meeting schedule through at least September.

However, with the changes that came with the pandemic, we have not been able to leverage the increased interest in outreach. Between additional work responsibilities and the COVID-related stresses of some AAI Board members, we have not implemented any outreach efforts.

We have researched online Seventh Tradition options, but due to cost of those platforms, the AAI Board voted not to offer such giving means. Groups promote manual options at Zoom meetings. To-date our Seventh Tradition totals are a bit higher than last year with only a handful of members giving.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Our meetings have retained their membership. However, because we haven't been able to do outreach the membership has not grown.

Retreats and/or Events we have offered this year:

Retreat, October 25-27, 2019 (see above for information)

Region One Workshop, February 1, 2020 (see above for information)

Other services our Intergroup offers: Our Intergroup rents a meeting room where literature is displayed for sale and four meetings a week are held. We call the space the OAsis. However, during COVID, we have closed the OAsis.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Yes, see above.

What we are doing to make OA known in our community: AAI maintains a website for the public which provides links to the Zoom meetings and many other resources. Because AAI shares rented meeting space with Al-Anon's bookstore, OA is more widely known within the Twelve-Step community. One of our groups meets at another facility used by several other Twelve-Step groups. AAI has information on the bulletin board there and has anecdotal evidence that those postings work. Some OA members post literature in their offices and take newsletters to personal doctors' offices.

What we're doing to strengthen our meetings and help our members recover:
Offer Zoom meetings.

We encourage members to give service by: Our quarterly newsletter lists service opportunities.

Submitted by: Elizabeth M., Chair, Anchorage Intergroup

Date of Report: July 30, 2020

Name of Intergroup: Big Sky
General Geographic Area: Billings, Montana
Number of Groups: 5
Intergroup Chair: Rotating
Website: montana-overeatersanonymous.org

News from our Intergroup: We have much to tell you, please read below.

How has your Intergroup adjusted to the changing public health environment?

We moved all our meetings to virtual by using Free Conference Call and Zoom.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Our Intergroup has been strengthened and expanded. We have added special out-of-town speakers to our Zoom meetings. We have added new members and more people are attending our virtual meetings than ever before. There are attendees from other states as well.

Retreats and/or Events we have offered this year:

A fall retreat was held at Red Lodge. A speaker from Idaho shared on Shame and Body Image. It was very well attended. A Candlelight Meeting was hosted the first weekend in January. The theme of the meeting was “How Free Do You Want to BE?”

Other services our Intergroup offers:

Our Intergroup offers a Twelfth Step Within meeting quarterly to help those struggling within OA. In an effort to connect better within our Fellowship we offer a quarterly speaker meeting in which members of our groups tell an in-depth account of their stories.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

We had an Intergroup Renewal scheduled for March but unfortunately it was placed on hold because of the virus.

What we are doing to make OA known in our community:

We are in the process of building a Montana OA web page. We update the Region One website meeting list regularly to make

sure our meeting information is current. We have shared meeting information and pamphlets with our local treatment facility and our Public Health Service Office.

What we're doing to strengthen our meetings and help our members recover:

We make sure the newcomer feels welcomed. We deliver in person or by mail the "Where Do I Start" pamphlet along with a copy of *Lifeline*. We as an Intergroup make it a priority to make reach out calls to newcomers and each other.

We encourage members to give service by: Our enthusiasm for service and recovery seems to be contagious. We "personally ask" others and we are grateful for a great Fellowship that is service-oriented and shows a lot of willingness to volunteer.

Tips and ideas we'd like to share with other Intergroups:

- Openly volunteering encourages others to volunteer.
- We co-chair a meeting with a new sponsee.
- We make reach out calls. We do well with welcoming newcomers.
- To keep our recovery fresh we have speakers from other areas share their experience, strength and hope.
- We connected with a neighboring Intergroup by sharing a weekly Zoom meeting together and participating in each other's Intergroup meetings.
- Rotating Intergroup Chair.

We'd like to hear ideas from other Intergroups about: Encouraging sponsorship.

Submitted by: Lynn K., Big Sky Intergroup

Date of Report: July 22, 2020

Name of Intergroup: Bitterroot
General Geographic Area: Western Montana
Number of Groups: 14
Intergroup Chair: Gail M.
Website: montana-overeatersanonymous.org



News from our Intergroup: Bitterroot Intergroup meets via Zoom on the 4th Wednesday of the month unless announced otherwise in advance. All of our Board positions are filled. Included are: Chair, Vice-Chair, Secretary, Treasurer, WSBC Delegate and Region One Representative. We have a Scholarship Coordinator, a new position since our last report, "Public Information and Outreach" Chair.

How has your Intergroup adjusted to the changing public health environment?

Our monthly Intergroup business meetings began to meet virtually in April. Previously, we used the Free Conference Call service, but when Region made Zoom accounts available to Intergroups, we took advantage of it so that we could see all of our faces. Most of our groups switched to Zoom meetings in mid-March when our Governor issued the stay-at-home directive. Some of our groups have returned to in-person meetings while most are still using Zoom.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

For the most part, our members like the Zoom format and we have had visitors from other parts of the country attend the meetings. In some ways, it has strengthened many areas around our part of Montana by having the benefit of different faces and experiences. One thing that may have suffered is our outreach to potential newcomers. We worry that people may not know where to find us.

Retreats and/or Events we have offered this year: Our annual spring retreat was postponed until May 2021. The annual Fall Retreat will be held virtually with a different format than we normally use.

Other services our Intergroup offers: We offer scholarships for members to attend our retreats. We also send our Delegate to WSBC and to Region One Convention when they are held in person.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

We have not hosted one yet.

What we are doing to make OA known in our community: One example of this is that our Bozeman groups asked for bulletin board and literature display space in a community recovery center. Members update the information and pamphlets regularly. Some members also spread the word to the professional community about what OA *is* and what it *is not*.

What we're doing to strengthen our meetings and help our members recover: We keep local Zoom meetings open for conversation after the regular meeting ends. Newer members can then ask questions, look for a potential sponsor, etc. during this time just as they would do after a meeting in person.

We encourage members to give service by: Opening meetings, making coffee, etc. At this time, hosting and chairing a virtual meeting is an alternative. We like to have as many people involved by serving as Intergroup Representatives, secretary, and other positions at the group level. With our small membership and large geographic area, it is sometimes work to get enough members to serve on the Intergroup Board or committees.

At our business meetings, we announce the Region One virtual sponsorship program and some of the groups have added it to their meeting format.

Tips and ideas we'd like to share with other Intergroups: We are collaborating with the Big Sky Intergroup, the Eastern half of Montana, on building an OA website for all of Montana.

We'd like to hear ideas from other Intergroups about: We would like to have more of our meeting Representatives attend our monthly business meeting. Most months, we have 1-3 attend out of 14. We send reminders and the agenda to all reps ahead of time.

Submitted by: Gail M., Chair, Bitterroot Intergroup

Date of Report: July 30, 2020

Name of Intergroup: Catch the Wave
General Geographic Area: Southern Oregon Coast
Number of Groups: 5
Intergroup Chair: Cynthia T.

News from our Intergroup: Our groups and Intergroup have been struggling along but we sent a Representative to Region this year. We have had three guest speakers via two Intergroup 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 the Twin Rocks retreat, which we attend most years, but reluctantly cancelled due to the COVID 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 meetings, 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 Intergroup 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 Twelve-Step study group which met twice a month. 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.

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, since we are 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 Twelve-Step workshop. Keeping in touch using electronic means. Attending other meetings and retreats in other areas by promoting via email 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 what is 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, Catch the Wave Intergroup

Date of Report: July 26, 2020

Name of Intergroup: Central Oregon
General Geographic Area: Bend/Redmond, Oregon
Number of Groups: 4 official, 2 unofficial
Intergroup Chair: Robin R.
Website: 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.

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 Senior 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 Intergroup 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 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 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. PayPal 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 Seventh Tradition. 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 Intergroup 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*, which 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 Intergroup 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, Central Oregon Intergroup

Date of Report: July 27, 2020

Name of Intergroup: Eagle Cap
General Geographic Area: Eastern Oregon
Number of Groups: 4
Intergroup Chair: Barbara S.

How has your Intergroup adjusted to the changing public health environment?

The meetings have been happening by telephone. There was one meeting that was on the phone prior to COVID. The other three meetings then did that, too.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

No real change. The phone meetings have sometimes included members from other areas.

Retreats and/or Events we have offered this year: We had a presentation at the local health fair in Ontario and in Baker City. We gave out information and talked to many people.

Other services our Intergroup offers: Encouragement to members.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

Attended Renewal in 2018. It helped the members to work together on the workbook.

What we are doing to make OA known in our community: Ads in the classified section of newspaper. Posters on store bulletin boards. Talk to people when appropriate.

What we're doing to strengthen our meetings and help our members recover:

Telephone and text members to keep connected.

We encourage members to give service by: Asking for members to put up posters and reach out as possible. We have a bookmark with the meeting information that we try to give other people.

Tips and ideas we'd like to share with other Intergroups: Our Intergroup has been struggling. At this time, we have only three elected officers. There are no other members who want to serve. The only reason for the Intergroup to continue is to have a possible growth. Region officers have helped us and we appreciate that.

We'd like to hear ideas from other Intergroups about: What others are doing to attract newcomers.

Submitted by: Barbara S., Chair, Eagle Cap Intergroup

Date of Report: June 24, 2020

Name of Intergroup: Emerald Empire
General Geographic Area: Eugene/Springfield, Oregon and surrounding area
Number of Groups: 9
Intergroup Chair: Paul R.
Website: oeugene.org

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

How has your Intergroup adjusted to the changing public health environment?

Our Intergroup meeting is done virtually. Members of our Intergroup who have Zoom accounts have offered to be the host for meetings who need support.

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 meetings by our ability for members in the Roseburg OA group to “attend” Zoom meetings in Eugene (Roseburg is 70 miles from Eugene). The virtual meetings have also given former members who have moved further away the option to join in, which has strengthened our Fellowship. We have really enjoyed that and would like to keep that access going even after COVID is not such a problem.

The Fellowship has been weakened by some members no longer attending due to either disliking virtual meetings or not having strong (or any) internet connections. We have also wondered how easy it would be for a newcomer to find us (although access information for our meetings is clearly listed on our website, which is where people previously found the face-to-face meetings).

Retreats and/or Events we have offered this year: Before COVID shelter-in-place, we had started to plan for in-person events. Since COVID, we decided to not host any events or retreats because we are excited to attend events hosted by larger Intergroups (e.g., LA Intergroup) or Regions.

Other services our Intergroup offers: We share information we receive from Region, World Service and other Intergroups with our membership. We are creating 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 Seventh Tradition (some members do not feel comfortable using PayPal or giving their credit card information over the internet).

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 “Eugene OA.”

What we’re doing to strengthen our meetings and help our members recover: Checking in with meetings to make sure they have the support they need to continue conducting meetings virtually.

We encourage members to give service by: Letting all know that Intergroup monthly meetings are open to ALL members interested in learning about the OA recovery program.

Tips and ideas we’d like to share with other Intergroups:

- We have proactively reached out to members and groups in our Intergroup when we have not heard from them.
- We offer to host their meetings on Zoom, if needed.
- We list on our website how to make contributions to Intergroup, Region, and WSO.

We’d like to hear ideas from other Intergroups about: How to get the word out to newcomers.

Submitted by: Paul R., Chair, Emerald Empire Intergroup

Date of Report: July 22, 2020

Name of Intergroup: Greater Columbia
General Geographic Area: Central Washington
Number of Groups: 9
Intergroup Chair: Deidre H.

Placeholder for report.



Name of Intergroup: Greater Seattle
General Geographic Area: Seattle
Number of Groups: 34
Intergroup Chair: Erin F.
Website: seattleoa.org

News from our Intergroup:

- We continue to offer and expand upon the Twelve-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 Nine—“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 had 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 online, 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. Members with 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 Book 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 online 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. Each year on December 12th we hold our annual Twelfth 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 online 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), Twelve 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., Greater Seattle Intergroup

Date of Report: August 3, 2020

Name of Intergroup: Jefferson State
General Geographic Area: Southern Oregon and Northern California
Number of Groups: 10
Intergroup Chair: Vickie N.
Website: oasouthernoregon.org

News from our Intergroup: We are still thriving. We have some person-to-person meetings, but most meetings are Zoom Meetings. Our Intergroup purchased a Zoom account for our meetings.

How has your Intergroup adjusted to the changing public health environment?

We are doing well, and our Intergroup is maintaining our monthly business. We use Zoom for our Intergroup meetings.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

We don't see any newcomers that I know of. There is not much action searching for meetings. We also offer a telephone service for people seeking a meeting.

Retreats and/or Events we have offered this year:

We have a yearly retreat, but this year it will be a virtual retreat. We have done all the events up to now in-person with great success, and we are planning a virtual sponsorship day.

Other services our Intergroup offers: We keep a sponsorship list and we have a phone service. We usually do fairs, but none this year.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

We had one a couple of years ago. That was what helped us establish a sponsor list sheet for our meetings.

What we are doing to make OA known in our community: Attending health fairs etc. but not this year.

What we're doing to strengthen our meetings and help our members recover:

We make sure we have literature and newcomer literature. We try to call them after meetings. We talk and ask them if they have any questions after the meeting.

We encourage members to give service by: Explaining how much it helps our program to be of service to keep our program working.

Tips and ideas we'd like to share with other Intergroups: It is very important to have an Intergroup to help support all your groups, to help when your group is struggling and to reach to Region and World Service. We have helped our groups with literature, speakers, and events to get everyone together.

We'd like to hear ideas from other Intergroups about: Rotation of service.

Submitted by: Vickie N., Chair, Jefferson State Intergroup

Date of Report: July 20, 2020

Name of Intergroup: Lake Country
General Geographic Area: Northern Idaho, far Eastern Washington, Southeast tip of British Columbia
Number of Groups: Around 20
Intergroup Chair: John B. (brand new)

How has your Intergroup adjusted to the changing public health environment?

We cancelled this year's Spring Retreat and got our meetings up online. Most of our meetings are online, especially Zoom.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

We have been strengthened. Some of the meetings actually have more participants, and most of the meetings appear to be still functioning.

Retreats and/or Events we have offered this year: There was going to be a Spring Retreat, which was cancelled due to COVID. The committee is planning a retreat for next year. We had one short workshop from nine to noon using Zoom.

Other services our Intergroup offers: We do not offer any other services at this time.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

No.

What we are doing to make OA known in our community: We were attending the diabetes events in Spokane and had a booth there. Some members distribute pamphlets to doctors' offices.

What we're doing to strengthen our meetings and help our members recover:

We helped each other set up the meetings in Zoom. One meeting was set in Microsoft Meetings, but has since switched to Zoom.

We encourage members to give service by: Attending meetings, doing service at Intergroup.

We'd like to hear ideas from other Intergroups about: Seventh Tradition. It is not happening in most of the meetings here.

Submitted by: John B., Chair, Lake Country Intergroup

Date of Report: August 9, 2020

Name of Intergroup: North Cascade
General Geographic Area: Northwest Washington
Number of Groups: 14
Intergroup Chair: Allen T.
Website: oa-nci.org



How has your Intergroup adjusted to the changing public health environment?

Our Intergroup offers to pay the Zoom fee for any of our groups wishing to meet via Zoom. Some are paying their own way; some have suspended the face-to-face meeting; one is continuing to meet face-to-face with masks and social distancing.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Strengthened; there is more of a sense of togetherness as we meet the new challenges.

Retreats and/or Events we have offered this year: Our face-to-face retreat in April was cancelled due to the pandemic. We have since had two quarterly Intergroup meetings via Zoom including speakers' meetings with both in- and out-of-area speakers. We plan to continue this way for the foreseeable future. Our October Intergroup meeting will incorporate a sponsorship workshop; January will focus on recovery from relapse.

Other services our Intergroup offers: We send out fliers received from other Intergroups and Regions of Zoom events; we purchased 100 of the newcomer pamphlets and are providing them to our meetings; we are looking into virtual methods whereby individuals and groups may make Seventh Tradition contributions to Intergroup.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

We had an Intergroup Renewal workshop in March 2019, wherein we determined several long-term goals. We are now focusing on and implementing those goals.

What we're doing to strengthen our meetings and help our members recover:

Holding workshops and Step study program.

We encourage members to give service by: We continue to have difficulty in this area.

Tips and ideas we'd like to share with other Intergroups: We've found that having a recovery event along with the Intergroup meeting helps increase attendance.

We'd like to hear ideas from other Intergroups about: Encouraging service at all levels.

Submitted by: Allen T., Chair, North Cascade Intergroup

Date of Report: August 24, 2020

Name of Intergroup: Northern Lights
General Geographic Area: Northern Alberta, Canada
Number of Groups: 18 (16 face-to-face and 2 registered virtual)
Intergroup Chair: Bev S.
Website: oaedm.com

News from our Intergroup: Stay informed of our Intergroup events by checking out our website: oaedm.com.

How has your Intergroup adjusted to the changing public health environment?

I'm grateful to share that NLI members have really adjusted well to attending Zoom meetings. We greatly appreciate Region One for taking the initiative to getting Zoom licenses out to Intergroups and having a workshop on Zoom for hosts.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Strengths: able to attend Zoom meetings that are located far away from each other, meeting members that we don't necessarily get to see outside of our "home" group meeting, our monthly Intergroup meetings are more inclusive to all members because they are being held through Zoom, able to plan events with speakers outside our territory with no travel costs etc., multiple events are being planned to keep members involved in OA and share our ES&H, virtual meetings have been registered to continue on after isolation.

Weaknesses: not all members have the capability to connect into Zoom meetings, members missing the emotional connection of having a face-to-face meeting, the uncertainty of what future meetings will look like, not able to have multiple hosts (not co-hosts, the host that is connected to the Zoom license) so that the hosting service can be rotated, not as many outreach calls being completed.

Retreats and/or Events we have offered this year: Body Image Workshop, Zoom Spring Retreat, Zoom "Road Trips" to meetings to encourage members to visit various meetings other than their home meeting, Zoom Jam Session (members shared their musical talents or read poetry), Service Marathon, Unity Day Marathon, multiple Step studies.

Other services our Intergroup offers: A Twelfth Step Within Committee was formally created for our Intergroup this year and is creating events to assist with having Zoom meetings.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. I believe it was in

2017 that Margie came to Edmonton and led an Intergroup Renewal workshop. Since that Renewal, I have noticed such growth both in membership and in service being done by members. We have more events taking place and there is a sense of community within our Intergroup, even with our group meetings being very spread out distantly.

What we are doing to make OA known in our community: Last year our Public Information position became vacant, but the outgoing member still assists members with PI. We do have “packages” created for professionals. (doctors, nutritionists, etc.) We were also able to get a free public announcement slot on a radio channel. Unfortunately, with COVID our Intergroup has been challenged with carrying the message. One meeting has put an ad in their local coffee news and on their local newspaper website. (Due to it being a small community, the ad costs are minimal.)

What we're doing to strengthen our meetings and help our members recover: Keeping events going through Zoom. Hosting Step Studies and reaching out to newer members. Announcing available sponsors at meetings and sharing contact information. Trying to have many Zoom meetings available to work with members' schedules.

We encourage members to give service by: Co-hosting meetings, leading meetings, creating and leading events, having members do service in Board positions that they are not fully qualified for as of yet.

Tips and ideas we'd like to share with other Intergroups: Have a "We Care" feature where a member is asked to provide the service of calling any of the newcomers, struggling members or any members that add their name and number to the chat function requesting a "We Care" call.

We'd like to hear ideas from other Intergroups about: How to encourage members to do service at the group level as well as at the Intergroup level.

Submitted by: Bev S., Chair, Northern Lights Intergroup

Date of Report: July 18, 2020

Name of Intergroup: Oregon
General Geographic Area: NW Oregon and SW Washington
Number of Groups: About 50
Intergroup Chair: Liz S.
Website: oregon-oa.org



<http://oregon-oa.org/>

News from our Intergroup: Hosting last year’s convention was a true learning experience and an enjoyable time for most of the attendees. We presented three keynote speakers for the first time—one each day—and that was met with very positive reviews. At least 18 workshops were given, along with a banquet and a variety show. Also, the Boutique was a huge success both in terms of the number of goods sold and with respect to revenue generated (~\$6,800). Had we had a bigger room for the Boutique, the numbers could have been higher!

Also we learned that we are adaptable and creative: one example was the Serenity Retreat that had no leader because of COVID, so each person pitched in and the retreat had a variety of volunteer speakers! It all went extremely well.

How has your Intergroup adjusted to the changing public health environment?

Thanks largely to Region One support, we have successfully moved over to a majority of meetings on Zoom. While a growing number of meetings are now going to a “face-to-face” format, the majority remain virtual. Both formats have their advantages. The monthly Oregon Intergroup meeting is now permanently on Zoom.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Strengthened, I believe. We have had so many out-of-area visitors and speakers at our meetings that local folks are getting an understanding of how other OA members practice the Tools of the program and have abstinence that works for them.

Retreats and/or Events we have offered this year: Serenity Retreat in early spring at Twin Rocks.

Other services our Intergroup offers: Our website is undergoing a major revision and improvement that will permit interactive maps to show you where face-to-face meetings are being held.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. No, we have not.

What we are doing to make OA known in our community: We are currently learning from our experiences in reaching out to new members through Facebook ads. So far, we have gotten several new members for a relatively small outlay of cash.

What we're doing to strengthen our meetings and help our members recover: We are rotating our service positions to ensure fresh ideas are introduced when needed. We are making our meeting more accessible by Zoom and reaching out via Facebook.

We encourage members to give service by: Participating in meetings, making outreach calls, attending workshops and seminars, acting as Intergroup Representatives, and acting as hosts for Zoom meetings.

Tips and ideas we'd like to share with other Intergroups: Get more people to attend Intergroup meetings by having them on Zoom or another interactive site.

We'd like to hear ideas from other Intergroups about: Their own experiences with giving workshops on Zoom.

Submitted by: Liz S., Chair, Oregon Intergroup

Date of Report: August 2, 2020

Name of Intergroup: Peninsula
General Geographic Area: Olympic Peninsula and Kitsap Peninsula, Washington State
Number of Groups: 12
Intergroup Chair: Rosie S.

News from our Intergroup: We are a small Intergroup located in a spread-out and mostly rural area. Our meetings are mostly small but we have many recovering compulsive overeaters grateful for recovery and working to bring recovery to others. Some meetings are struggling with membership and we are excited to begin the Intergroup Renewal process to our area to better help the still-suffering compulsive eater.

How has your Intergroup adjusted to the changing public health environment?

Most groups switched to a Zoom format right away. Some groups have grown because of this while others no longer meet. We miss the hugs and the in-person fellowship but we persist and are grateful for a chance to still attend meetings.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Strengthened in many ways, weakened in others. The ability to get to other meetings easily on Zoom is wonderful for our rural area. Also, our May Zoom workshop was able to easily attract out-of-area speakers, as they did not have to travel for hours and take a ferry to get here! In fact, at least one meeting will continue to meet on Zoom even when the restrictions are lifted. We are weakened in that some groups no longer meet at all and face-to-face meetings can be very powerful.

Retreats and/or Events we have offered this year: In February we held a Unity Day workshop in Sequim. In May Bainbridge Island hosted a Zoom workshop: “Staying Calm and Focused on Recovery in Challenging Times.” We are planning an IDEA Day workshop for November hosted by Bremerton.

Other services our Intergroup offers: We have a hotline phone number.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We are beginning

the Intergroup Renewal process. We are excited about the prospect of bringing new life and strength to meetings and compulsive overeaters who are suffering.

What we are doing to make OA known in our community: This is an area we need to work on.

What we're doing to strengthen our meetings and help our members recover: We are starting Intergroup Renewal, we encourage service work and Intergroup participation in all groups, and we encourage members to attend each other's meetings.

We encourage members to give service by: Attending meetings, taking a service position in your home group, calling newcomers, offering to chair a meeting, and attending an Intergroup meeting.

We'd like to hear ideas from other Intergroups about: The Intergroup Renewal process. In addition, I think it would be helpful to have a Zoom meeting of all Region One Intergroup chairs to share ES&H.

Submitted by: Rosie S., Chair, Peninsula Intergroup

Date of Report: August 7, 2020

Name of Intergroup: Pierce County
General Geographic Area: Central Pierce County, Washington
Number of Groups: Approximately 10
Intergroup Chair: Jill L.
Website: piercecountyoa.org

How has your Intergroup adjusted to the changing public health environment?

We haven't met in several months. We have no future projects in the works as of now as nothing is open.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

The OA Fellowship in our area has been strengthened during this time due to the many Zoom meetings that are offered. While the in-person meetings are not available for the foreseeable future, being able to have face-to-face contact via Zoom is important.

Retreats and/or Events we have offered this year: We had a retreat scheduled for late May but the venue cancelled due to the ongoing pandemic.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

We hosted a speaker workshop that was very well attended. The speaker was inspirational and motivational, injecting humor throughout. She was to be the speaker at our May retreat.

What we are doing to make OA known in our community: Our group provides current information through the Pierce County website that is managed by our webmasters.

What we're doing to strengthen our meetings and help our members recover:

- Keeping phone lists current
- Zoom meetings

We encourage members to give service by: Serving as reps for the PCI monthly meeting.

Tips and ideas we'd like to share with other Intergroups: Making the Rep positions for major meetings shareable.

We'd like to hear ideas from other Intergroups about: How they are surviving and thriving during this pandemic.

Submitted by: Jill L., Chair, Pierce County Intergroup

Date of Report: July 28, 2020

Name of Intergroup: Regina
General Geographic Area: Saskatchewan
Number of Groups: 9
Intergroup Chair: Candace M.
Website: oaregina.com

Placeholder for report.

Name of Intergroup: Sea to Sky
General Geographic Area: British Columbia (coastal mainland)
Number of Groups: 25 (13 currently on ZOOM)
Intergroup Chair: Lynne M.
Website: oaseatosky.com

SEA TO SKY INTERGROUP
"Inspire Recovery"

News from our Intergroup: At Sea to Sky, the Traditions are our focus. Whenever a member group raises a question or asks for input, we turn to the Traditions. We have ceased giving our opinions, for the most part. When an idea reaches the stage of a motion at Intergroup, we no longer use Robert's Rules and voting. We reserve those methods for special times when consensus has been sought, not found, and where a decision must be made quickly. There have been few times when we have felt this push to "counting." Mostly we have the time and the grace to seek HP's guidance and we are all the stronger for that. And we are all the healthier for this, I believe.

Member groups are continually at work spreading the message of recovery for newcomers and those still suffering. We have just completed two events: an Intergroup-sponsored Zoom marathon and one member group developed a Zoom-based weekend round-up of many speakers, many themes and much appreciation by members. The service that went into planning and executing both events was considerable and appreciated by all attending the events. More events are desired and being planned. June is our election month, and so begins another year.

How has your Intergroup adjusted to the changing public health environment?

Members led the way in starting up Zoom meetings. Thankfully, our website administrator (a member) and a member who has served in the past as our Treasurer worked closely and quickly to facilitate member groups as they established their presence online. She also created a virtual meeting directory quickly. Intergroup never missed a regular meeting date and also went online quickly. Living in British Columbia, I think that our provincial Health Officer, a physician and an epidemiologist led all of us to "Be Calm, Be Kind and Be Safe." We Canadians are rule followers and, hence, OA and most of our citizens have followed her recommendations for safe physical distancing. Thus, our changing health environment had a provincial leader guiding us all and our program of acceptance within OA allowed members to view Zoom as the safest venue for fellowship, for now. Isolation or a fear of a return to isolation is mentioned in meetings as is the gratefulness we hold that we have the Zoom option. Thanks to Tim, April, Jamie and many others for our Zoom meetings.

Has the OA Fellowship area been strengthened or weakened by the current public health environment? Why?

Yes, definitely, many hands have made for great work. Some digitally proficient members like Tim quickly identified the need for Zoom meetings. Our website administrator educated those who may never have used Zoom before by putting "how to" articles online and by offering 1-1 help.

I am of the opinion that we have been strengthened by all the Twelve-Step service that has gone on. Whatever the reason, we now have Intergroup members volunteering to consider and set up hybrid meetings as we enter Phase 3 in the pandemic.

Why have we been strengthened? Perhaps members stepping up to give novel service quickly is noteworthy to the membership. Perhaps the threat of a pandemic makes us all a little more grateful. Perhaps we have many recovered souls who truly understand the importance of service to the Fellowship.

Retreats and/or Events we have offered this year:

Sea to Sky offered a speaker marathon on June 6, 2020. Speakers from our Intergroup area, Oregon and Iowa answered our request that they come and speak online.

In the last weekend of May, a member group offered a weekend of speakers (similar to a round-up).

In December, another member group held its Holiday Speaker Event. This is an annual event.

All events were well attended and appreciated. And we are thankful to the many servants it takes to put on such events.

Other services our Intergroup offers:

This past year of June 2019 to June 2020 saw the following services delivered to member groups and to individuals:

- 1) Our monthly meeting of Intergroup that is available to any Intergroup Rep or visitor who might have questions about how to use program in decision making. This year saw us rely more and more on the wisdom in the Traditions. We saw less “discussion” and less ego-filled efforts to help.
- 2) A bi-monthly member meeting directory (paper and online).
- 3) A bi-monthly newsletter until we had to suspend this for some months.
- 4) Our literature service is ongoing, though slowed because of the pandemic. This saves members money since we bulk order from OA.org.
- 5) A telephone listing that helps interested people learn a bit more about OA. A committee responds to these phone messages.
- 6) Marathons and retreats. A system of bi-monthly events is being planned on special topics in recovery.
- 7) We offer member groups an easy way to donate to OA beyond Intergroup. Groups let us know how they wish their Seventh Tradition distributed and the Intergroup Treasurer does this.

The following services were not delivered due to persons not standing forward to serve in 2019-2020:

- 1) Secretary - although we had Interim Secretaries, some work got set aside
- 2) PIPO - vacant all year
- 3) Twelfth Step Within - vacant all year
- 4) Vice Chair - vacant all year
- 5) Archives - vacant all year

I think we had much praying about these service positions this year but realized that we could do only what we could do. And we practiced letting go of that which we had no control over. I pray that HP will show us the way forward. I am sure my other Intergroup colleagues did the same. I am hopeful, in HP's time, this will change.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

We were asked to co-host a Region One event but declined because our efforts needed to be put on the elected positions we did fill last year. Now, several months later, I am hopeful that member groups are feeling more like carrying the message of service. We are having members indicate they want to serve on committees this year, communicating, I think, the desire to serve and the hope they, too, hold.

What we are doing to make OA known in our community:

Zoom, unintentionally, has proved to be a PIPPO event. We are providing 17 opportunities per week, week after week, for visitors and newcomers to come to a meeting and learn about OA. Members made this happen. Very recently, members are thinking about (and bringing considerations to the Board) for an ongoing hybrid presence.

What we're doing to strengthen our meetings and help our members recover:

Using the Traditions at Intergroup as the main method of decision making. In a variety of ways, we are replacing Robert's Rules when consensus and enquiry are what is asked about. We are using the language of OA to replace "decision making" and "voting" with consensus-seeking at ordinary monthly meetings. When a Rep asks for guidance on an issue, we turn to the Traditions and ask all to suggest one Tradition that might be of help to that Rep and his/her meeting.

I hope we are being more explicit about the two pathways for recovery within OA, valuing both and suggesting both work.

Since members tell us that they are more interested in learning more about Intergroup and volunteering more, we may be doing HP's footwork to build fellowship.

We encourage members to give service by:

- 1) Helping members know that Intergroup has supportive processes in place if/when an elected position holder may have a "slip" or relapse. Since the sponsor-sponsee relationship is the primary tool for help, we are careful not to replace this. We simply ask for honesty and follow-up, once abstinence has returned. We have defined Interim Positions that allow a member to continue in service with the support of the Fellowship.
- 2) Having more committee work possible, as our various elected positions again have servants. This year ('20-'21) we have invited people to consider volunteering on committees and members have themselves suggested new work they would like to be involved with.
- 3) We are staying open to possibilities.

- 4) Our online presence is leading us to many possibilities for outreach, for education and for Twelfth Step Within work.

Tips and ideas we'd like to share with other Intergroups:

- 1) Openness to new digital ways of outreach
- 2) Ad-Hoc committees that respond to new ideas

We'd like to hear ideas from other Intergroups about:

- 1) Hybrid meetings.

Submitted by: Lynne M., Chair, Sea to Sky Intergroup

Date of Report: July 25, 2020

Name of Intergroup: Snake River
General Geographic Area: Idaho
Number of Groups: 15 (including the monthly Twelfth Step Within)
Intergroup Chair: Genna A.

News from our Intergroup: Snake River continues to grow and develop through the challenging public health environment. Intergroup meets quarterly via phone via FreeConferenceCall.com, and that has worked out so far. We had a “Day in OA” scheduled for June, but it has been rescheduled to September 2020 in a virtual meeting format. That event is currently in the early development stages.

How has your Intergroup adjusted to the changing public health environment?

Meetings have changed to phone or Zoom. Meetings have had business meetings to solicit group input regarding reopening their meetings, and most (if not all) have decided to continue with the current protocol until things settle. There was an initial “learning curve” with Zoom, but it has been very rewarding to watch folks adapt and grow, and in some cases, even attend MORE meetings and get to know more people than they did with face-to-face meetings.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

I would have to say BOTH. It has been strengthened, because I think people are becoming more willing to “pick up the phone” and reach out. In fact, some meetings have had an increase in attendance from the Fellowship because it is simple to just “dial-in” to a meeting from wherever you are. On the other hand, I think it has been weakened because we aren’t able to reach as many newcomers with the online/Zoom formats. I suspect there are a number of contributing factors for this: 1) no face-to-face meetings, 2) we are not publishing our Zoom/dial-in information on the website because some meetings have had problems with spammers (although we do list the person to contact for the virtual meeting info on the Region website), and 3) it can be difficult to “meet” people, find a sponsor, and work the Steps without traditional face-to-face connections.

Retreats and/or Events we have offered this year: Our “Day in OA” retreat was scheduled for June of this year, and then rescheduled to be hosted virtually in September. Normally, this full-day workshop consists of speakers, two or more individual tracks with different topics to choose from, and fellowship-building games, activities, and raffles. Our Sun Valley/Hailey groups plan to host this event virtually in September, and the specifics are currently being worked out.

Other services our Intergroup offers: We have a monthly Twelfth Step Within group that meets on the third Wednesday of each month. This meeting has evolved to an “open topic” format to allow each struggling member to receive individualized help specific to their current issues. Struggling members are encouraged to attend, as well as abstinent sponsors for an opportunity to share experience, strength and hope.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

Yes, we did last year and it was wonderful to have time getting to know our Region One sisters in recovery!! We had a full day of speakers, sharing, making connections, and activities. The event was hosted with perfect weather (thanks HP) in Hailey, Idaho, a wonderful mountain community, with about 30 members in attendance. One of our members is a professional caterer, so we were able to enjoy a wonderful and abstinent catered lunch (for those that wanted to partake). At the end of the day, we were all filled with a sense of fellowship, solution, purpose, and the knowledge that even though each of our journeys may be different, we share a common bond and we are never alone in this program.

What we are doing to make OA known in our community: One of our members has done an amazing job of keeping our online/Zoom phone list updated. Recently, she has included direct links in the document so that the members can quickly access the meeting with a simple click. This list is sent out to newcomers when they call each contact in hopes that we can reach them during this challenging time.

What we're doing to strengthen our meetings and help our members recover: In addition to the monthly Twelfth Step Within meeting (listed above), we encourage members to “hang out” after each virtual meeting for individual support/questions, etc. This is the time when people can get to know a potential sponsor, exchange phone numbers, etc.

We encourage members to give service by: Leading virtual meetings, taking care of the literature and arranging to drop off items to members as requested, updating the phone lists, being a meeting Representative, etc. We also encourage members to call and check on each other often, as so many are isolated right now.

Tips and ideas we'd like to share with other Intergroups: Be willing to adapt and explore other ways to connect. It wasn't easy (still isn't sometimes) to host virtual meetings for some groups, but it has been worth it. Periodically, we will do an informal “Zoom training” session for members who may be having a hard time navigating the application. Encourage participation in outside virtual events and workshops, too.

We'd like to hear ideas from other Intergroups about: How to get virtual meeting information online without giving out passwords, etc. What is working for others?

Submitted by: Genna A., Chair, Snake River Intergroup

Date of Report: July 31, 2020

Name of Intergroup: South Sound
General Geographic Area: Grays Harbor, Lewis, Mason and Thurston Counties in Western Washington
Number of Groups: 10
Intergroup Chair: Heidi BC
Website: oasouthsoundintergroup.org

News from our Intergroup:

- Adopted updated Bylaws and Policies & Procedures documents.
- Continue active public information campaigns to carry the message.
- LGBTQ+ friendly, newcomer, and recovery from relapse meetings continued.
- Quarterly speaker meeting produced four (4) podcasts.

How has your Intergroup adjusted to the changing public health environment?

Most meetings have switched to a Zoom or conference call format. Four meetings have closed temporarily. We use our website to post links and meeting participation instructions for our community.

Our Intergroup has subscribed to a Zoom account to share with meetings. We hosted an informal Zoom training to help attendees explore the platform.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Many of our meetings continue to thrive. Some meetings that were struggling in attendance and recovery have closed.

Retreats and/or Events we have offered this year: Inspiration and action from our 2018 Intergroup Renewal event continued with quarterly speaker meetings and nearly quarterly workshops. The event we had planned for spring 2020 has morphed into a virtual event for fall 2020.

Other services our Intergroup offers: With assistance from a Region One grant, we purchased Newcomer packets for our groups.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

SSIG hosted an Intergroup Renewal workshop in early 2018. Four sub-committees were created and updates are provided at each SSIG monthly meeting:

- Quarterly Speaker Meeting – Four speaker meetings were hosted between June 2019-July 2020. Podcasts are posted on SSIG website.
- Workshops – One workshop was hosted over the past year.

- Newcomer Meeting – a monthly 30-minute newcomer meeting was created. This meeting closed temporarily during the public health emergency.

What we are doing to make OA known in our community:

- Flyers available to members to post in public places.
- Bookmark OA flyers in library books campaign.

What we're doing to strengthen our meetings and help our members recover:

- Focus on recovery, not on meeting size.
- Move speaker meetings to meeting dates with low attendance.

We encourage members to give service by:

- Serving as a Representative or Board member.
- Using talents of members for outreach and special committees (marketing, budget, etc.).
- Sponsoring.

We'd like to hear ideas from other Intergroups about:

- Outreach ideas

Submitted by: Heidi BC, Chair, South Sound Intergroup

Date of Report: August 10, 2020

Name of Intergroup: Southeast Alaska
General Geographic Area: Southeast Alaska
Number of Groups: 4
Intergroup Chair: Cassie J.

News from our Intergroup: Southeast Alaska Intergroup now has a six-month Zoom subscription we use for two regular meetings and our monthly speaker meeting. We also have two conference call numbers we used as our only venue for meeting during the first couple of months of the COVID meeting adjustments.

Members in Ketchikan use a conference call format three nights a week to have thirty-minute check in meetings.

We discontinued the answering service we had for many years. We now have an email address we will use for outreach/communications. The email address is also part of our Intergroup listing on the Region One website. We are moving to electronic communications slow and sure!

How has your Intergroup adjusted to the changing public health environment?

Meetings went to conference call for a few months, and then went to Zoom for the last couple of months. We have decided to stick with Zoom through our six-month subscription. We have updated our meeting info at oa.org. One meeting is not meeting virtually and is suspended during the COVID adjustments.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Strengthened: Members have been trying out and learning how to have meetings on Zoom and staying connected through conference calls, more calls outside of meetings and texts.

Weakened: Ketchikan meeting has lost some attendance. In Juneau the attendance has dropped at the Saturday meeting and one meeting is suspended. People are struggling with abstinence at this time, and it may be a direct result of the public health crisis.

Retreats and/or Events we have offered this year: We had a spring retreat which was held virtually. Region One Board members Margie and Avi were our guest speakers and facilitated several workshops. Attendance was between 5 and 15 throughout the weekend.

Other services our Intergroup offers: We have an Intergroup email address and are using that (instead of individual member accounts) to email members information for Intergroup meetings (including agenda and minutes) virtual events and news of interest.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Yes, the retreat involved Region One Board members as guest speakers.

What we are doing to make OA known in our community: We are placing PSA's on the public radio around Southeast Alaska. Ketchikan has notices in two papers as well as the online *Sitnews* paper.

What we're doing to strengthen our meetings and help our members recover: The Ketchikan meeting decided to return to face-to-face meetings in mid-summer. A new location for the meeting was found at St John's Episcopal Church as the previous location cannot allow any non-essential traffic. The group will continue to host the conference call line for call-ins to this meeting as well as the three weeknight check in meetings.

All groups are encouraging members to give service by ensuring everyone has an electronic copy of meeting formats and common readings so that we all can take turns leading meetings.

The SAIG Twelfth Step Within committee is holding one speaker meeting per month in 2020. Many members are sharing their stories. We are all getting to know each other better. Some of us have never met in person—only over the phone—as we have members in several remote locations.

We encourage members to give service by: We are inviting all members to attend the Intergroup meeting each month. We will have Intergroup elections in September (we rotate service positions each year) and are actively inviting members to stand for Intergroup positions.

We'd like to hear ideas from other Intergrups about: We'd like to hear what Intergrups are doing to strengthen recovery, meetings and their Intergroup activities.

Submitted by: Cassie J., Chair, Southeast Alaska Intergroup

Date of Report: August 8, 2020

Name of Intergroup: Southern Alberta
General Geographic Area: Southern Alberta
Number of Groups: 12
Intergroup Chair: Alanna C.
Website: oa-southernalberta.com

News from our Intergroup:

Some of the highlights of the last year include:

- Development of a thorough and substantive set of Policies and Procedures by our devoted P&P committee
- Monthly marathons and Big Book and Step Studies to keep the recovery spirit alive
- A very active Public Information Committee which has launched an exciting healthcare professional outreach campaign
- Involvement in Eating Disorders Awareness Week and Recovery Day to help spread the word and message to those we may not otherwise reach
- OA pens and business cards!
- We have only one vacancy on our Board. Commitment to recovery in Southern Alberta is strong!

How has your Intergroup adjusted to the changing public health environment?

Some of the amazing and unexpected things that have come about as a result of COVID:

- Collaboration within the service body to get our meetings onto Zoom, and quickly
- Successful delivery of our first ever Zoom retreat, complete with international speakers, workshops, and yoga
- The first ever virtual World Service Business Conference attended by our WSBC delegate, Jodi B. She is excited to be a part of the 24/7 OA Welcome Room initiative as part of her role on the PI/PO committee
- Impressive numbers of newcomers attending our Zoom meetings. This has led to the launch of a special-focus Zoom meeting for newcomers and returning members which has been well-attended and has featured a number of long-time members sharing their personal recovery stories
- Cost-saving

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

The OA Fellowship has been strengthened by the current public health environment because:

- The availability of Zoom meetings has brought more newcomers into the "rooms," and we have responded by starting a newcomers and returning members meeting
- We have had to pull together and work creatively to adapt to the new environment
- the availability of Zoom meetings has allowed members to attend meetings they ordinarily would not attend when meetings were face-to-face

- Regular attendees at meetings from inside and outside our Intergroup, in Canada and international
- Retreats, workshops, and conventions offered outside of our Intergroup area, that would otherwise require travel, are now easily accessible over Zoom
- We have had international guests speak at our Zoom Spring Retreat at no expense to our Intergroup

Retreats and/or Events we have offered this year:

- Annual Spring Retreat over Zoom
- Marathons with the following topics:
 - Surrender
 - Nothing Changes if Nothing Changes
 - Isolation
 - Sponsorship
 - Spring into the Steps
 - Holiday Challenges
 - Burning Marathon (for burning Step 4's, old journals, etc.)
 - Unity Day

Other services our Intergroup offers:

- Literature sales
- Updated Intergroup-wide phone list
- Listing events from other Intergroups, Regions and World Service on our local website

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

Ours is upcoming in September, we are excited!

What we are doing to make OA known in our community:

A Professional Outreach initiative involving distribution of healthcare professional outreach packages which include OA business cards, the pamphlets *Is Food a Problem for You?* and *To the Health Care Professional*, the *Courier*, OA pens, and a personalized letter of introduction to local healthcare professionals. We are keeping track of the response we get to gauge the effectiveness of the initiative, and are providing the recipients of the material with the option of having OA members come and speak to them and their colleagues should they want to learn more. The OA Fellowship in Southern Alberta is very small proportionate to the population, and we are seeking the greatest return for our investment in terms of time, energy, and capital by reaching out to healthcare professionals who can help us carry the message and grow the Fellowship.

What we're doing to strengthen our meetings and help our members recover:

At our Annual General Meeting Sarah M. was elected as our new Twelfth Step Within Chair, a position that has remained vacant for quite some time. Her enthusiasm for strengthening recovery within our local OA Fellowship is infectious, and she has many great ideas for how to achieve this with the help of a Twelfth Step Within Committee including:

- the initiation of a new Step Study which will ideally form the basis for a new meeting with a special focus on Twelfth Step Within
- development of a consistent and structured method of reaching out to OA members who no longer attend meetings

Future plans for our Intergroup:

- Devotion of time at each Intergroup meeting to discuss the 12 Traditions and 12 Concepts of OA Service
- A service body inventory to celebrate what is working and to identify areas where we can change and grow as a service body
- Intergroup Renewal, which we are excited to have Region One deliver over Zoom in September
- Every position on our Intergroup Board filled by members who love OA!

We encourage members to give service by:

- Speaking at our new meeting for newcomers and returning members
- Serving on the Intergroup Board or committees, and/or attending Intergroup meetings, just to see what it is all about
- Hosting Zoom meetings and leading them
- Qualifying at meetings to make OA a program of attraction
- Identifying their availability as sponsors

Tips and ideas we'd like to share with other Intergroups:

- See above

We'd like to hear ideas from other Intergroups about:

- Initiatives for Public Information/Professional Outreach and Twelfth Step Within with which you have had success
- Topics/themes for retreat and marathons
- How are meetings in other Intergroups collecting Seventh Tradition in the current public health environment?

Submitted by: Alanna C., Chair, Southern Alberta Intergroup

Date of Report: August 11, 2020

Name of Intergroup: Southern BC Interior
General Geographic Area: Southeast British Columbia (Kelowna)
Number of Groups: 11
Intergroup Chair: Willa (Acting Chair)

Placeholder for report.

Name of Intergroup: Vancouver Island
General Geographic Area: Vancouver Island, British Columbia
Number of Groups: 20
Intergroup Chair: Lauren N.
Website: oaviig.org

How has your Intergroup adjusted to the changing public health environment?

We have ten Zoom meetings today. Three of the at-home meetings stayed open throughout. We have one meeting that closed in March and reopened June 13th with limited seating.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

The Zoom meetings were set up very quickly after the March 16 lockdown. That serviced those that were comfortable with online meetings as a replacement. Some members didn't go to any meetings as they didn't want to use the online option. So I would say the Fellowship suffered for those that didn't come to an online meeting, but for those that did come, it continued to be their lifeline. Most members I talked with discussed the isolation and loneliness of the situation and how that exacerbated their eating behaviors.

Retreats and/or Events we have offered this year: Our June retreat was cancelled and no other virtual retreats have been planned.

Other services our Intergroup offers: Currently, we don't have a literature person on our Intergroup. It is a large job and there wasn't anyone to take it on. We are not selling literature. We hoped to sell it at the retreat and other OA days that we likely would have hosted in the fall, but now that those are cancelled, we are just storing the literature until someone steps up to the position.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

We hosted one of these workshops a couple of years ago. Some groups are still using the First Twelve Days in OA pamphlet/study sheet that came from the work on that team.

What we are doing to make OA known in our community: We currently don't have a public information committee. However, our website receives a lot of hits.

What we're doing to strengthen our meetings and help our members recover:

- Ensuring Zoom meetings are posted and easy to access
- Providing online meetings where possible in place of face-to-face meetings
- Providing e-transfers for Seventh Tradition donations

We encourage members to give service by: We mention the vacant positions as well as needing group reps at our meetings. It is posted on our website along with the job descriptions. At our last Intergroup meeting one of our members came forward to be our Newsletter Editor after hearing about the need for service at their meeting.

Tips and ideas we'd like to share with other Intergroups: Zoom Etiquette - This was modelled for us by many of the online workshops. Most of our local meetings were pretty good but still I think if Zoom meetings continue asking attendees to keep themselves muted unless speaking, turn off the video if moving around or doing other things that are distracting (eating, making tea, checking on the dog etc.) and conducting ourselves the same way we would at regular meetings will be helpful.

Submitted by: Lauren N., Chair, Vancouver Island Intergroup

Date of Report: July 14, 2020