

Name of Intergroup: Northern Lights Intergroup
General geographic area: Northern Alberta, Canada
Number of Groups: 18 (16 face to face & 2 registered virtual)
Intergroup Chair: Bev S.
Website address (if any): 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 group 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 ESH, 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 group 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 12-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. (Dr's, 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 group meeting has put an ad in their local coffee news and on their local newspaper website. (Due to them 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 info to contact. Trying to have as many Zoom meetings available to work with members schedules.

We encourage members to give service by: Co-Hosting meetings, leading meetings, creating Events and leading them, 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 of Northern Lights Intergroup

Date of Report: July 18, 2020