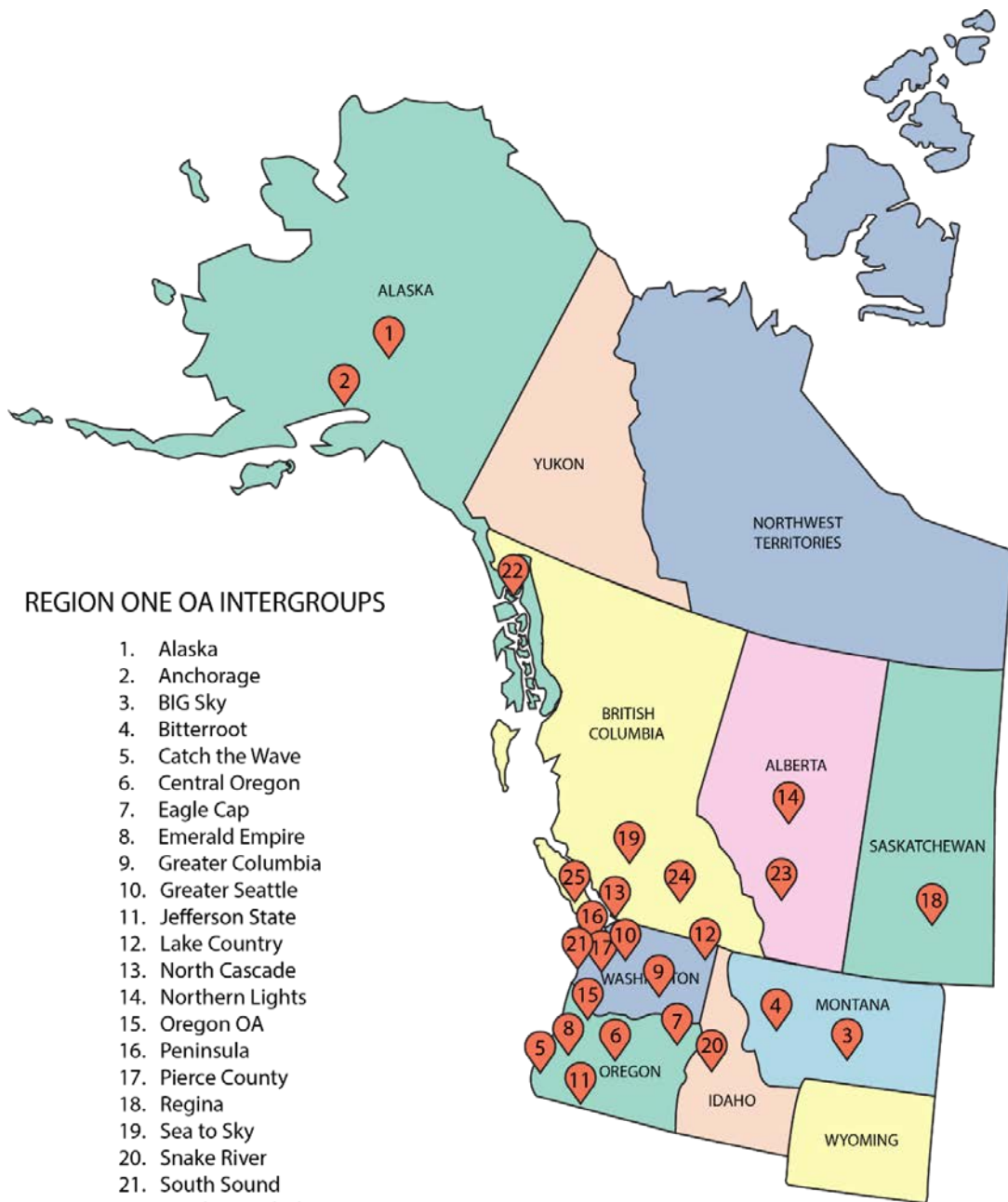


About Region One



REGION ONE OA INTERGROUPS

1. Alaska
2. Anchorage
3. BIG Sky
4. Bitterroot
5. Catch the Wave
6. Central Oregon
7. Eagle Cap
8. Emerald Empire
9. Greater Columbia
10. Greater Seattle
11. Jefferson State
12. Lake Country
13. North Cascade
14. Northern Lights
15. Oregon OA
16. Peninsula
17. Pierce County
18. Regina
19. Sea to Sky
20. Snake River
21. South Sound
22. Southeast Alaska
23. Southern Alberta
24. Southern BC Interior
25. Vancouver Island

Contact information for Intergroups may be found at oaregion1.org/intergroups.html.

Meetings may affiliate with any (or no) intergroup, but most often choose the closest intergroup to their meeting place.

2019 – 2020 Region One Board (as of August 2020)

NAME, OFFICE, EMAIL	TERM	LIAISON PROJECT TEAMS, INTERGROUPS AND OTHER ROLES
Cindy C. Chair chairr1@gmail.com	Interim appointment February 2020 to Assembly 2020	Audit, Intergroup Chairs, New Group Outreach, PIPO/Carrying the Message Emerald Empire, Jefferson State, Peninsula, Pierce County, South Sound, Southern Alberta
Open Vice-Chair vicechairr1@oaregion1.org		Nurturing Newcomers, Convention 2020
Avi R. Treasurer treasurer@oaregion1.org	Elected Assembly 2019 for 2 year term (first term).	Budget/Finance/Delegate Support (BFDS), Unaffiliated Group Outreach Alaska, Anchorage, Southeast Alaska
Alice W. Secretary secretary@oaregion1.org	Interim appointment April 2020 to Assembly 2020.	Bylaws, Board Outreach Visit Coordinator Big Sky, Bitterroot, Lake Country
Beverly M. Technology Coordinator webmaster@oaregion1.org	Interim appointment May 2020 to Assembly 2020.	Assembly Notebook, Board Calendar Updates, Website, Facebook Greater Seattle, Northern Lights, Regina, Southern BC Interior
Nadine D. Member-at-Large mal@oaregion1.org	Elected Assembly 2018 for a partial (one year) term. Elected Assembly 2019 for a 2 year (first) term.	Nominations, Strong Recovery, Speaker List Central Oregon, Eagle Cap, Greater Columbia, Oregon, Snake River
Margie G. Trustee regiononetrustee@gmail.com	Elected at WSBC 2020 for a 3 year (first) term.	Sponsorship, Journal Sales Catch the Wave, North Cascades, Sea to Sky, Vancouver Island

Region One Intergroup Roster as of August 2020

For more information visit oaregion1.org/intergroups.html

	INTERGROUP	CHAIR	WEBSITE	# OF MTGS*
1	Alaska (Palmer, Alaska – north of Anchorage)	Randy	alaska-oa.org	4
2	Anchorage Alaska	Liz M.	oa-alaska.org	14
3	Big Sky IG (Eastern Montana)	Rotating	montana-oa.org/ Coming Soon!	5
4	Bitterroot (Western Montana)	Gail M.	Coming Soon!	14
5	Catch the Wave (Southern Oregon Coast)	Cindy T.		4
6	Central Oregon (Bend)	Janice K.	centraloregonoa.org	5
7	Eagle Cap (NE Oregon, Baker City)	Barbara S.		4
8	Emerald Empire (Southern Oregon, Eugene)	Paul R.	oeugene.org	9
9	Greater Columbia (Central Washington)	Deidre H.		9
10	Greater Seattle	Erin F.	seattleoa.org	35
11	Jefferson State (Southern Oregon, Phoenix)	Vickie N.	oasouthernoregon.org	10
12	Lake Country (Eastern Washington, Northern Idaho)	John B.	Coming Soon!	18
13	North Cascade (Washington, North of Seattle)	Allen T.	oa-nci.org	15
14	Northern Lights (Edmonton, Alberta)	Bev S.	oaedm.com	19

Region One Intergroup Roster as of August 2020

For more information visit oaregion1.org/intergroups.html

	INTERGROUP	CHAIR	WEBSITE	# OF MTGS*
15	Oregon (NW Oregon, SW Washington)	Liz S.	oregon-oa.org	51
16	Peninsula (Washington, Bainbridge Island)	Rosie S.		13
17	Pierce County (Washington, Tacoma)	Jill L.	piercecountyoa.org	12
18	Regina (Saskatchewan)	Candace M.	oaregina.com	9
19	Sea to Sky (British Columbia)	Lynne	oaseatosky.com	29
20	Snake River (Southern Idaho)	Genna A.		15
21	South Sound (Washington, Olympia)	Heidi C.	oasouthsoundintergroup.org	10
22	Southeast Alaska (Juneau)	Cassie J.		4
23	Southern Alberta (Southern Alberta, Calgary)	Alanna C.	oa-southernalberta.com	11
24	Southern BC Interior (British Columbia, Kelowna)	Willa-Acting Chair		11
25	Vancouver Island (British Columbia, Victoria)	Lauren N.	oaviig.org	19
Total <u>affiliated</u> meetings in R1				349
Total <u>unaffiliated</u> meetings in R1				12
Total meetings in R1				361
*# of meetings reflects OA World Service records as of August 2020. If this number does not match your intergroup meeting list, please check to see some of your meetings need to affiliate with your intergroup, or if meetings that have been canceled need to be removed from the World Service list.				

Region One Unaffiliated Groups as of August 2020*

NUMBER	DAY & TIME	ADDRESS	CONTACT	PHONE	CLOSEST INTERGROUP
57184	Sunday 4:00 PM	Athol Community Center, 30355 3rd St, Athol, ID 83801	Debbie	208-755-8335	Lake Country
54802	Monday 6:00 PM	Nazarene Church, 2530 Elmway, Okanogan, WA 98840	Terry	509-322-6729	Lake Country
51503	Monday 6:00 PM	Opportunity Presbyterian Church, 202 N Pines Rd, Spokane Valley, WA 99206	Patty L.	509-921-6986	Lake Country
56220	Tuesday 10:00 AM	City Government Offices, 436 E 22nd Ave B, Community Conf Room 156, Torrington, WY 82240	Amy	307-338-0622	Region 3 - N Colorado IG
52250	Tuesday 12:00 PM	WA Edwards Family Centre, 333 4th Ave N, Community Seminar Room, Saskatoon, SK S7K 2L8	Barb	306-230-7979	Regina or Northern Lights
51533	Tuesday 7:00 PM	Melville United Church, 148 5th St E, Basement, Melville, SK S0A 2P0	Sami	306-760-1309	Regina or Northern Lights
52357	Wednesday 6:00 PM	Lions Den, Exabition Dr, Prince Albert, SK S6V 7B7	Kathy	306-764-8329	Northern Lights
53946	Thursday 5:30 PM	Christian Science Church, 1152 Nicola St, Kamloops, BC V2C 2S3	Cheri	250-879-0728	Southern BC Interior
51596	Thursday 7:30 PM	North Shore Alano Club (temp virtual mtg), 176 E 2nd St @ St Georges, N Vancouver, BC V7L 1C3	Susan	604-916-2247	Sea to Sky
47035	Friday 11:30 AM	St Peter the Fisherman Lutheran Church, 1226 SW 13th St, Meeting Room, Lincoln City, OR 97367	Winona	503-801-8309	Oregon
54491	Saturday 10:30 AM	Shalom Church, 1052 Valley Mall Pkwy, Prayer Room, East Wenatchee, WA 98802	Kathy	509-423-0031	Greater Columbia
56710	Saturday 11:00 AM	Northern Montana Hospital, 30 13th St, 4th Floor, Room 4A, Havre, MT 59501	Angi	406-262-3988	Big Sky

*Are there meetings on this list that are a part of your intergroup? Edit the meeting details at oa.org/add-a-meeting/edit-a-meeting to affiliate the meeting with your intergroup.

Reasons for your Meeting to Join (Affiliate with) an Intergroup

- ✓ Affiliated groups are **“in the loop” to receive information** about workshops, retreats, and other events offered by the intergroup, Region One, and the OA World Service Office (WSO).
- ✓ Affiliated groups have **access to resources from the intergroup** – newsletters, meeting lists, speaker lists, seed money for workshops, retreats, public information ideas, etc.
- ✓ When a meeting is connected with an intergroup, it has **a voice in how OA works** on the local, regional, and international levels. Your experience, strength and hope can make a difference to OA as a whole!
- ✓ Connection to an intergroup not only strengthens the group, **it strengthens personal recovery.**
- ✓ Affiliation offers **a connection to the rest of the OA Fellowship** so that has a personal, immediate means of answering questions or working through difficult situations.
- ✓ When your group affiliates, the intergroup will add it to their printed and online meeting lists, which can help **bring newcomers to your meeting and help your meeting grow!**
- ✓ Many intergroups provide **special assistance to help groups get started,** and also assign an outreach person to connect specifically with your group.
- ✓ **Intergroup’s job is to help your group thrive!** When groups are stronger, individual recovery is stronger. The primary purpose of intergroup is to help its groups carry the message.
- ✓ **OA is a WE program.** Just as in our individual recovery we do best when we work with others, groups benefit greatly by connecting with other groups. The way we do that in OA is by affiliating with an intergroup. We are stronger together!



Region One OA includes: Alaska, Alberta, N.W. Territories, Saskatchewan, Yukon, British Columbia, Oregon, Idaho, Washington, Montana and Wyoming. There are 25 Intergroups within Region One. (See map on next page).

Please reach out to your nearest Intergroup! Contact info is available at oaregion1.org/intergroups.html. Or, contact our Region Chair at chairr1@gmail.com.

How to Encourage Unaffiliated Groups to Join an Intergroup

1. Be sure you have information about the UAG group available for easy reference and notetaking.
2. Call the group's contact person. You could also visit the group during their meeting time. Telephone or in-person contact is usually more effective than email communication.
3. When you make contact with the UAG member, you can say something like:

“Hi, _____. I'm _____, a member of OA from the _____ Intergroup Outreach Team. I'm calling to connect with you about your group in _____, which is in our intergroup's service area. Is this a good time to talk?”

4. Ask the following questions. Keep track of the information they give you.
 - How is your meeting doing?
 - What day, time, and place are you meeting? (*Verify that all information listed on the OA website is correct – even if the group does not choose to affiliate, you can offer to help update any out-of-date information or give them directions on how to do so themselves*).
 - Are you still the contact person for the meeting? (*If not, get new contact information*).
 - Do you know that your meeting is registered with OA World Service, but that it is not affiliated with an Intergroup? (*Some groups do not realize they are unaffiliated*).
 - Tell them about your intergroup, and explain the advantages of being affiliated. Invite them to become a part of your intergroup. (*If the group is interested in becoming affiliated, assist them in the process of “Editing an Existing Meeting” online at the OA website*).
5. Share information and make follow-up plans, as appropriate:
 - When finished contacting your assigned groups, let your Intergroup know how the contact went and if any information needs to be updated.
 - Ensure that the Intergroup knows that the group has affiliated, so that they can include the group in their meeting list and “information loop”.
 - Notify Region One that the group has affiliated.
 - *Whether or not the group chose to affiliate*, make a calendar note to connect within the next month or two, if appropriate. Consider ways to support this group, regardless of affiliation.

If you need any help with this process, please email chair1@gmail.com.
Thank you so much for your time and service!

How to Edit a Meeting on the OA Website to Affiliate with an Intergroup in Region One

It is suggested that intergroups have an outreach person contact unaffiliated groups in its area and invite them to affiliate, explain the benefits of affiliating, then help edit the meeting on the World Service website if the group does decide to affiliate. Unaffiliated groups may also wish to reach out to an intergroup to discuss affiliation.

Often, groups remain unaffiliated because they:

- 1) Don't realize they are listed as unaffiliated,
- 2) Are quite a distance from the intergroup meeting, and don't realize they can affiliate even if they are not able to attend the meeting (or that they may be able to attend using technology),
- 3) Don't know about the resources available to them via connection with an intergroup,
- 4) Or, they simply don't know about the existence of the intergroup.

How to edit an existing meeting with the OA World Service Office:

- 1) First, gather the information you need to affiliate your meeting with an Intergroup:
 - Meeting number *OR* meeting location (country, state, city); location; day of the week; and time
 - Choose Intergroup: Determine which intergroup your meeting would like to join. Usually, this is the closest intergroup, but meetings may choose to affiliate with a different intergroup.
- 2) Edit the meeting online:
 - Go to oa.org/add-a-meeting/edit-a-meeting
 - Choose the type of meeting you want to edit (Face to Face, Online, or Telephone)
 - Edit the existing meeting online by selecting the appropriate meeting and then following the prompts, checking to be sure all information is up-to-date.
 - Select the appropriate intergroup from the drop-down list. (Note: many intergroups are active in more than one state or province, and the address on file with World Service may not be in the state or province you might expect. If the intergroup you wish to select is not visible, try changing the state or province and check the intergroup list again.)
 - Select Region 1 from the drop-down list (if not already selected)
 - Check the "I am not a robot" verification
 - Click submit
 - You will receive a verification email from the World Service Office, but changes may not show on the website immediately.

If you need any help with this process, please email chair1@gmail.com.
Thank you so much for your time and service!