

Name of Intergroup: Vancouver Island IG
General geographic area: Vancouver Island BC
Number of Groups: 20
Intergroup Chair: Lauren N.
Website address (if any): oaviig.org

News from our Intergroup:

How has your Intergroup adjusted to the changing public health environment? We have 10 ZOOM meetings today. 3 of the at-home meetings stayed open throughout. We have one meeting that closed in March and reopened June 13 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 on-line meetings as a replacement. Some members didn't go to any meetings as they didn't want to use the on-line option. So I would say, the fellowship suffered for those that didn't come to an on-line meeting, but for those that did come, it continued to be their lifeline. Most members I talked to discussed the isolation and loneliness of the situation and how that exacerbated their eating behaviours.

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 12 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 any 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 7th 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. Last intergroup meeting one of our members came forth 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 that took place. 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.

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

Submitted by:

Lauren N., Chair, Vancouver Island Intergroup

Date of Report: July 14, 2020