

Frequently Asked Questions

What Does Our Intergroup Do?

- Maintains a local OA Telephone Hotline for meeting information (518-292-0666)
- Publishes and distributes the Capital Region meeting list
- Publishes an online newsletter, *Together We Can*, where members can share experience, strength, and hope
- Purchases and distributes selected OA literature to individual meetings for free
- Leads meetings at hospitals and other institutions
- Sponsors marathons, workshops, and public outreach campaigns to reach all who suffer from compulsive eating
- Provides start-up assistance to new meetings

What Does Intergroup Not Do?

Intergroup does not set rules for individual groups or govern groups in any way. In accordance with Tradition 4: "Each group should be autonomous except in matters affecting OA as a whole."

What Would I Expect at an Intergroup Meeting?

Each meeting generally lasts a little over an hour.

- It opens with the Serenity Prayer, a reading of the OA Tradition and Service Concept of the month, and introductions of attendees.
- The minutes from the previous meeting are reviewed and voted on for approval.
- The Treasurer gives a report.
- Information from Region 6 and/or World Service is distributed.
- The rest of the meeting addresses committee work reports, unfinished old business, and new topics brought up by participants.
- Meeting lists, literature, and informational flyers are distributed to representatives to take back to their meetings.
- Members agree on a bulleted list summarizing the important points of the meeting for electronic distribution.
- Meetings close with the Serenity Prayer.

An Intergroup meeting is a safe and structured place to come and voice thoughts and feelings. Intergroup is guided by the 12 Traditions and 12 Concepts of OA Service; it utilizes Robert's Rules of Order. Intergroup's trusted servants (see the descriptions of these servants in this brochure) ensure that everyone is heard and that group conscience guides decision making.

How Can I Participate at Intergroup?

Come to a meeting! Any OA member is welcome to attend and to participate in discussions. Diversity of opinion is healthy for the OA fellowship as a whole. Whether you are a long-time OA member or new to the Fellowship, you are encouraged to come and share and thus strengthen our group conscience.

You can volunteer for a variety of service opportunities. Check for phone messages, pick up mail, work on a committee project or event, or even serve as a group representative.

You become a voting member of Intergroup by becoming an Intergroup Representative, an Alternate Intergroup Representative, or an elected Intergroup trusted servant.

What Is an Intergroup Representative?

Each member group, that is, each individual OA meeting, is eligible to send two representatives from their meeting to Intergroup. Groups may also designate an alternate to fill in when the regular representative isn't able attend a meeting.

What Are the Duties of an Intergroup Rep?

Intergroup representatives are expected to:

- Attend the monthly Intergroup meetings
- Participate in discussions
- Vote on motions
- Bring back to their meetings Intergroup news, hard copies of latest meeting list, and free literature

Optionally, representatives may also choose to:

- Serve on Intergroup committees
- Fill positions on the "key volunteers" list
- Help organize OA events
- Determine the group conscience of their group on issues before Intergroup

Who Is Qualified to Be an Intergroup Rep?

Each meeting decides the qualifications for its Intergroup Rep. Often, a commitment to attend the Intergroup meetings is sufficient, but some period of continuous abstinence is also suggested.

How Do I Become an Intergroup Rep?

Attend the business meeting for your group. Each meeting establishes its own procedure for choosing an Intergroup Rep or Alternate. A group might hold elections or simply use the volunteer method.

How Long Is a Term for an Intergroup Rep? How Many Terms Can They Serve?

Each member group determines both the length of term and number of terms a rep may serve; however six to twelve month terms are common.

Do You Have to Attend All the Intergroup Meetings?

If you are a representative, it is expected that you attend the meetings or make sure your alternate does. If you are not a representative, there are no requirements. You are always welcome and invited to attend as often as you can.

How Do I Give an Intergroup Report to My Group? How Often?

With the printed agenda, a Representative can take notes during Intergroup and immediately report to his/her entire group at their next meeting any time-sensitive items. Other announcements may be given on a monthly basis, often at the group business meeting. A bulleted list of high points from each Intergroup meeting is sent to each Rep to be shared with their groups.

If I Go to an Intergroup Meeting, Will I Be Pressured into Doing Service?

There is no pressure (except the pressure you may put on yourself) to do something you are not interested in, capable of, or comfortable in doing. You may hear about service opportunities, and you may be asked if you would be interested, but it will only be an invitation, not an expectation or mandate.

If I Want Intergroup to Discuss Something in Particular, How Do I Get That Item on the Agenda?

Any OA member may submit an item for the Intergroup by e-mailing or calling or writing the Intergroup trusted servants. You could also ask your meeting Intergroup Representative to put the item on the agenda.

Intergroup Trusted Servants and Delegates

Chairperson:

- Prepares the meeting agenda
- Presides over meetings
- Keeps meeting discussions on track, ensuring all participants are heard and that a group conscious results

Vice-Chair:

- Performs duties of the Chair in his/her absence

Treasurer:

- Manages Intergroup income and expenses and maintains its checkbook
- Pays bills (e.g., rent, Answerphone) and reimbursements (e.g., photocopying)
- Produces monthly reports

Recording Secretary:

- Records minutes of meetings

Corresponding Secretary:

- Distributes minutes and other materials to Intergroup representatives, trusted servants, and other attendees
- Maintains contact with more geographically distant meetings

Region 6 Delegates (or Alternates):

- Attends semi-annual Region 6 assemblies
- Represents our Intergroup's views through committee work and voting in committees
- Reports actions of the assembly back to Intergroup.

Key Intergroup Volunteer Positions

- Answerphone Messages Coordinator
- Answerphone Updates Editor
- Archivist
- Event Chairs
- Getting Started Contact List Coordinator
- Literature Coordinator
- Mailbox Key Holder
- Meeting List Coordinator
- Newsletter Editor
- Outreach Visit Chair
- Policies & Procedures Chair
- Public Information Chair
- Service & Inclusion Chair
- Webmaster

Intergroup Meeting Schedule:

Second Saturday* of the month;

Starting at 10:10 a.m. (immediately following the 9:00 a.m. recovery meeting at the same location):

Delmar Reformed Church
386 Delaware Avenue
Delmar, N.Y.

*Third Saturday if the second Saturday is on federal holiday weekend.

You can't keep it if you don't give it away.

The New York State Capital District Intergroup coordinates activities and services for the individual OA meetings within the broader NYS Capital District including those in Queensbury, Glens Falls, Saratoga, Saranac Lake, Granville, Clifton Park, Greenwich, Johnstown, Schuylerville, Schenectady, East Greenbush, Delmar, and Albany. Bennington and Arlington Vermont are also included.

NYS Capital District Intergroup
P.O. Box 38125
Albany NY 12203

www.oanyscd.org

518-292-0666

OVEREATERS ANONYMOUS

NEW YORK STATE CAPITAL DISTRICT INTERGROUP

An Open Invitation to All

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our OA Fellowship. Therefore, it is the most fundamental form of service.

Intergroup service offers you the opportunity to:

- make a difference
- strengthen your recovery
- obtain support from others

We give back what we have so generously been given. "A life of sane and happy usefulness" is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

By participating in Intergroup, you can:

- support and assure the continuance of local OA meetings
- help reach those who still suffer
- exchange ideas and suggestions
- voice concerns
- strengthen OA as a whole
- learn and practice the traditions and service concepts of recovery

You are invited to attend Intergroup!