

New York State Capital District Intergroup

Annual Report: Nov. 2018 - Oct. 2019

Our Goal: Strengthening Recovery within the Fellowship

- We sponsored two share-a-thons, a chat on carrying the message, and a workshop on sponsorship.
- We held four “Actions in Recovery” discussions.
- We held our second annual Just Ask Us (JAUS) event.
- We held a special Thanksgiving Day meeting.
- We maintained and distributed our *Getting Started* list—a list of members willing to help newcomers get started.
- We maintained and distributed quarterly a printed list of our recovery meetings to individual meetings.
- We communicated with local members through our community e-mail list.
- Our Service & Inclusion team worked throughout the year to enlist volunteers and mentor those already in place.
- We produced an updated version of the Intergroup brochure with a chart of service opportunities.
- We supplied individual meetings with *Anorexia/Bulimia* packets, *Is Food a Problem for You?* Pamphlets, and the new WSO *Where Do I Start?* booklet.
- We continued posting monthly *Important Dates for NYS Capital District OA Members*.
- We completed our annual budget cycle process and made some adjustments in the allocation method.

Our Goal: Spreading the Message of OA to those Outside the Fellowship

- Our website provides a .pdf version of the most recent meeting list and bullet points from our monthly IG meetings.
- We maintained our Answerphone service with an outgoing message allowing callers to get listings of individual meetings by day or by area; a team returns calls as requested; the service provides an OA entry in local telephone directories.

Our Goal: Representing our Constituency

- Local OAs created a Unity Blanket for auction at 2019 Region 6 Convention.
- IG and local meetings contributed to WSO’s special 7th Tradition appeal.
- Our Region 6 Reps participated at the Assembly and committee level.
- We collected and provided Intergroup input for the 2019 WSBC agenda.
- We sent one IG trusted servant to the 2019 IGOR training workshop.
- We continued our process of keeping logistical discussions to email and monthly Board meetings.
- We continue to promote and strengthen Intergroup participation through the distribution of *Introduction to IG Service* packets to new IG members.
- We completed a comprehensive update of our *Policies & Procedures*.
- We updated our bylaws to stay aligned with WSO and Region 6 according to IG group conscience.