

New York State Capital District Intergroup

Annual Report: Nov. 2019 - Oct. 2020

Our Goal: Strengthening Recovery within the Fellowship

- In an unprecedented pandemic, we made major changes to adapt virtual delivery of services.
- We initiated virtual Intergroup meetings, first via phone and then zoom.
- We sponsored two share-a-thons, one in-person (February 2020), one virtual (September 2020).
- We cancelled plans for the annual May 2020 chat.
- We held two in-person “Actions in Recovery” discussions in November 2019 and February 2020, with plans for the first virtual AIR coming in November 2020.
- We held our third annual Just Ask Us (JAUs) event in virtual format in September 2020.
- We held a special in-person Thanksgiving Day meeting in 2019, but plan a virtual meeting in 2020.
- 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 and then switched to a list of virtual meeting hosted at the times of the previously in-person meetings.
- We communicated with local members through our community e-mail list. The communications volume markedly increased as this became our main mechanism for communication during the pandemic including repeated updates and distributions of the virtual meeting list.
- Our Service & Inclusion team worked throughout the year to enlist volunteers and mentor those already in place. A slate of mostly new trusted servants and key volunteers was installed in October 2020.
- We circulated 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 during the in-person meetings.
- 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.
- We offered meetings the option of keeping their 7th tradition funds in the Intergroup bank account if the meetings did not have their own accounts.

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

- Our website provided a .pdf version of the most recent in-person meeting list and bullet points from our monthly IG meetings.
- We maintained our Answerphone service with an outgoing message allowing callers to get a return call or to have a list of the virtual meetings sent to them via email if requested.

Our Goal: Representing our Constituency

- A procedure was developed to provide incentive and financial support (scholarships) for individuals to attend the Region 6 Convention. The procedure was then modified to a rebate formula to accommodate the switch to a virtual 2020 convention.
- An e-card contribution was made to support the virtual 2020 Region 6 Convention.
- Our Region 6 Reps participated at the Assembly and committee level.
- We collected and provided Intergroup input for the 2019 WSBC agenda.
- We sent four IG trusted servants to the 2020 IGOR training workshop.
- We continued and adapted our process of keeping logistical discussions in the “background” and out of Intergroup meetings.
- We continue to promote and strengthen Intergroup participation through the distribution of *Introduction to IG Service* packets to new IG members at in-person meetings.