

# New York State Capital District Intergroup

Annual Report – Nov.2015-Oct.2016

## Our Goal: Strengthening Recovery within the Fellowship

- We sponsored two share-a-thons.
- We formally implemented our semi-annual “Actions in Recovery” discussion series.
- We updated and distributed our *Getting Started* list—a list of members willing to help newcomers get started.
- We implemented a Service & Inclusion action group that fits members with service opportunities.
- We maintained a printed list of individual meetings, which was distributed to those meetings several times a year and posted on our web site.
- We mailed communications to individual meetings who do not have IG Reps.
- We communicated with local members through our community e-mail list.
- We supplied individual meetings with *Newcomer* and *Anorexia/Bulimia* packets and the new *Introduction to Overeaters Anonymous* brochure.
- We provided literature funding for a struggling meeting.
- We sponsored a recovery meeting on Thanksgiving.

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

- We arranged for a public information flyer to be inserted in **34,000** *Times Union* newspapers (for Jan. 2017).
- We sponsored the 100 calls project.
- We continued our Answerphone service including: an outgoing message listing individual meetings; return calls; OA entry in local telephone directories.

## Our Goal: Representing our Constituency

- Our Region 6 Rep positions were filled, and all of our Reps participated at the Assembly and committee level.
- We sent two IG members to a Region 6 Intergroup Officers Training Workshop.
- We produced and distributed *Introduction to IG Services* packets.
- We produced and distributed our IG *Policies and Procedures* manual.
- We aligned our *By-Laws* with new requirements from WSO and Region 6.