

New York State Capital District Intergroup

Annual Report – Nov. 2017-Oct. 2018

Our Goal: Strengthening Recovery within the Fellowship

- We sponsored the annual January share-a-thon, a chat on retention of newcomers, and a discussion on Sponsorship.
- We held three “Actions in Recovery” discussions.
- We implemented our first annual Just Ask Us (JAUs) event.
- We maintained and distributed our *Getting Started* list—a list of members willing to help newcomers get started.
- We maintained and distributed a printed version quarterly to individual meetings.
- We communicated with local members through our community e-mail list.
- We completed a membership survey regarding events, and we adjusted our event planning accordingly, including shorter events and offering to bring events to individual meetings.
- Our Service & Inclusion team identified new trusted servants: Calendar Coordinator; Twelfth Step Within Coordinator and Volunteers; Web Share Coordinator.
- Upon request, our Chair shared with individual members a brief list (2016) of Region 6 members willing to be sponsors.
- We supplied individual meetings with *Anorexia/Bulimia* packets and *Is Food a Problem for You?* pamphlets.
- We established an annual budget process.
- We broadened our guidelines for financial support for meetings.
- We supplied financial support to a meeting to purchase literature.
- We broadened our efforts to find trusted servants for non-officer positions.

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

- We strengthened our website by posting monthly *Important Dates for NYS Capital District OA Members*.
- 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: an outgoing message listing individual meetings; return calls; OA entry in local telephone directories.
- A member spoke at a class for those studying to be addiction counselors.

Our Goal: Representing our Constituency

- Local OAs created a Unity Blanket for auction at 2018 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 had a WSBC Rep for the second year in a row and the Rep attended the 2018 conference.
- We strengthened our IG meetings by moving logistical discussions to e-mail and monthly Board meetings
- We promote and strengthen Intergroup participation through the distribution of *Introduction to IG Service* packets to new IG members.
- We began a comprehensive update of our *Policies & Procedures*.
- We keep our By-Laws aligned with WSO and Region 6 according to IG group conscience.