

---

---

## Vision

Our vision is an active, useful, and vital Intergroup that serves its members and contributes to the overall success of OA.

## Our Goals

1. Develop projects to spread the message of OA to those outside the fellowship.
2. Develop projects to strengthen recovery within the fellowship.
3. Represent our constituency at Region 6 and the World Service Business Convention.

## Membership

Intergroup consists of a Board of Trusted Servants, Region 6 Representatives, World Service Delegate, recovery meeting representatives, and numerous volunteers who serve on committees or perform specific support duties. The reverse side of this brochure lists service opportunities, abstinence requirements (if any), service terms, and brief duty descriptions.

## Meeting Representatives

Each member group, i.e., each individual OA recovery 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 to attend a meeting. These representatives:

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

## Intergroup Meetings

Intergroup's role is to help members recover. Intergroup meetings are where brainstorming takes place, ideas are generated, projects are prioritized, and group conscience decisions are reached concerning the vision and goals of Intergroup.

---

---

---

---

## Intergroup Meeting Schedule:

Second Saturday of the month; third Saturday if the second Saturday is on federal holiday weekend or conflicts with another OA event.

Starts 10:10 a.m. (immediately following the 9:00 a.m. recovery meeting at the same location) in January, March, May, July, August, October, and December.

Starts 10:50 a.m. (immediately following the *Actions in Recovery* discussion) in February, April, June, and November.

Starts at 11:00 a.m. (immediately following the *Just Ask US* panel) in September.

Ending time all months: 11:30 a.m.

Location: Delmar Reformed Church  
386 Delaware Avenue  
Delmar NY 12054

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 Albany, Delmar, Clifton Park, East Greenbush, Glens Falls, Johnstown, Queensbury, Saranac Lake, Saratoga, Schenectady, and Schuylerville. Arlington, Vermont, is also included.

## NYS Capital District Intergroup

P.O. Box 38125  
Albany NY 12203

[www.oanyscd.org](http://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!**

---

---

**NYS Capital District Intergroup**

**Service Opportunities**

<b>Position</b>	<b>Abstinence Requirement</b>	<b>Attend IG Meetings</b>	<b>Term Commitment</b>	<b>Brief Service Descriptions</b>
Intergroup Chair	3 months	Yes	1 year	Set agendas, lead meetings
Intergroup Vice-Chair	3 months	Yes	1 year	Back-up to chair, other projects as they arise
Intergroup Recording Secretary	3 months	Yes	1 year	Record and issue minutes
Intergroup Corresponding Secretary	3 months	Yes	1 year	Maintain community e-mail list and send out e-mail
Intergroup Treasurer	3 months	Yes	1 year	Make deposits, pay bills, create budget
Intergroup Meeting Representatives	Ask mtg	Yes	1 year	Liaise between Intergroup and your meeting
Region 6 Representatives	6 months	Yes	2 years	Liaise between Intergroup and Region 6 by attending biannual Assembly
Region 6 Alternate	6 months	Yes	1 year	Fulfill Region 6 Representative responsibilities when they are unable to
WSBC Delegate	1 year	Yes	1 year	Liaise between WSO and our Intergroup by attending annual Business Conference
Actions in Recovery Chair	No minimum	No	1 year	Suggest discussion topic, create flyers, find leaders for 4 AIR sessions a year
Answerphone Message Coordinator	No minimum	No	1 year	Train/schedule volunteers to check and return messages left on Intergroup phone
Answerphone Volunteers	No minimum	No	1 year	Check and return messages left on Intergroup phone
Answerphone Updates Editor	No minimum	No	1 year	Update outgoing messages on Intergroup phone
Archivist	No minimum	No	1 year	Maintain Intergroup's historical files and records
Calendar Coordinator	No minimum	Preferred	1 year	Gather and maintain Intergroup's list of important events and issue monthly
Event Chair	No minimum	Preferred	Varies	Lead team for an event, such as annual Delmar Share-a-thon
Event Volunteers	No minimum	No	Varies	Set up/take down, event treasurer, create flyer, registration desk, find speakers
Getting Started List Coordinator	No minimum	No	1 year	Update list every 6-12 months
Getting Started List volunteers	Current	No	1 year	Add your name to the list of OAs willing to help someone start their program
Just Ask US (JAUS) Chair	No minimum	No	1 year	Find panelists, moderator, time keeper, create flyer for September event
Literature Coordinator	No minimum	Preferred	1 year	Order and distribute literature from WSO
Mailbox Key Holder	No minimum	No	1 year	Pick up mail from Stuyvesant Plaza and distribute
Meeting List Coord	No minimum	Preferred	1 year	Maintain and regularly print list of recovery meetings in our area
Outreach Visit Chair	No minimum	Preferred	1 year	Organize on-site visits to recovery meetings in our area
Outreach Volunteers	No minimum	No	Varies	Make visits to recovery meetings in our area
Policies & Procedures (P&P) Chair	No minimum	Preferred	1 year	Update Intergroup <i>Bylaws</i> and <i>P&amp;P</i> as needed
Public Information (PI) Chair	No minimum	Preferred	1 year	Lead development team on projects to carry the message outside OA
PI Volunteers	No minimum	No	1 year	Develop projects to carry the message to the public
Resource Person	Current	Yes	Varies	Local OA member with long term recovery and service experience
Service & Inclusion (SI) Chair	No minimum	Yes	1 year	Lead team to help match OAs to service in their areas of interest/skill
SI Volunteers	No minimum	No	1 year	Help match OA members to service opportunities in their areas of interest/skill
Twelfth-Step Within Coordinator	No minimum	No	1 year	Develop & lead projects to support OA members missing in action
Twelfth-Step Within volunteers	No minimum	No	Varies	Work on projects for, or make calls to, OA members missing in action
Unity Blanket Crocheters/Knitters	No minimum	No	Varies	Group effort to make blankets for Region 6 Convention auctions
Webmaster	No minimum	Preferred	1 year	Develop a website that aids OA members in recovery
Web Committee Volunteers	No minimum	No	1 year	Work with webmaster in development of Intergroup website
Web Share Coordinator	No minimum	No	1 year	Develop & lead project to find OA members to submit Web Shares
Web Share Editors	No minimum	No	1 year	Edit submissions to Web Share page
Web Share Writers	Current	No	Varies	Submit personal stories of OA recovery to Web Share page

For more information, go to [www.oanyscd.org](http://www.oanyscd.org) or contact your meeting's Intergroup Representative.

3/15/2019