

Intergroup Representatives Welcome!

Welcome to Northern Virginia Outreach Intergroup! Thank you for your willingness to serve as a meeting representative. Intergroup expands your OA network and brings out talents you never knew you had. We value all of our members. If you have never been to an intergroup meeting before, you are embarking a new and wonderful path in your recovery journey. Here's a quick snapshot of what's in store.

We are delighted to have you with us and look forward to sharing in your journey to recovery. Service is indeed its own reward. If it seems a little strange at first, just remember how you felt the first time you walked into an OA meeting. Everyone who is serving as an officer or committee chair started out as a new representative and likely had many of the same questions and concerns. We've learned that being a rep is no different than being a member... "We can do together what we could never do alone." We'll help you every step of the way; Welcome home!

We want to hear your ideas and encourage participation. At Intergroup, we respect everyone's right to be heard. We raise our hands to be recognized before asking questions and sharing ideas. This cuts down on cross talk and interruptions.

What this folder includes:

Left Pocket

OA Handbook
Useful OA links
Region 7 Convention Flyer
A Step Ahead
Calendar

Center

Welcome & Table of Contents
Description of Committees
Intergroup Bylaws

Right Pocket

2007 Financial Report
Treasurer's Worksheet
Intergroup contribution form
Region 7 contribution form
WSO contribution form

What Is Intergroup?

We are members of Overeaters Anonymous working together to support our local meetings and fellow members. Our primary purpose is identical OA: to carry the message of recovery to the still suffering compulsive overeater. We do many things that cannot be done effectively by a single group.

- Publishing our local meeting list, the *Where and When*.
- Maintaining our local website, www.oanova.org.
- Coordinating special events such as retreats, marathons and workshops
- Helping new meetings get started
- Publishing our local newsletter, *Novation*.
- Distributing news within the fellowship about upcoming OA events.
- Carrying the message to the general public.
- Send local members to Region 7 assemblies and the annual OA World Service Business Conference.

Intergroup has four working committees:

- Communications Within
- Public Information
- Special Events
- Intergroup Operations

More information about each committee is on the next page. We allocate 20 minutes during intergroup for committees to meet, that is little time to make decisions and plan a course of action. Committee chairs and members often communicate between intergroup meetings.

What do Intergroup Representatives do?

- Attend the monthly intergroup meetings. (If you can't make a particular meeting, arrange for an alternate to take your place.)
- Join one of the established committees
- Share experience, strength, talent, and hope.
- Take meeting lists, newsletters, and event flyers back to your meetings.
- Bring back relevant news from the intergroup and announce it at your meetings.

SPREAD THE WORD! During your meeting, take the time to report on IG happenings and get their feedback on what members want from intergroup as well as what they will contribute. Meetings sponsor special events or fundraisers to support the local intergroup.

Northern Virginia Outreach Intergroup Committees

Communications Within Committee

Communications Within works to carry the message of recovery to members of the program and to also perform Twelve Step Within work to reach out to members who are struggling or in relapse. They work together to put together our newsletter *Novation*, and maintain our *Where & When*. They also manage our 24-hour hotline by coordinating with member volunteers to respond to calls. The volunteer members ensure the caller, whether a newcomer or visiting member, is made to feel welcome and supported.

Intergroup Operations Committee

Intergroup Operations is the real engine behind how intergroup operates. This includes periodic review of the By-Laws and proposing amendments as needed (changes are *not* made without the whole intergroup participating in the vote). They also oversee the treasury, review the minutes prior to intergroup and put together the agenda for the intergroup meetings.

This group is often the first to receive information from the World Service Office and Region 7 which they help to disseminate to meetings and members through the other committees. Lastly, this committee maintains the format and content for the "Intergroup Representative's Handbook" that is aimed at helping acclimate new representatives.

So that the intergroup officers can lend their support to the other committees, the Intergroup Operations Committee does not meet during the regular intergroup meeting; rather they meet between the regular intergroup meetings.

Public Information Committee

Public Information is committed to carrying the message of OA to the masses outside of our fellowship. To do this, they work to arrange press releases and public service announcements through the local media avenues available to us.

In addition to reaching the general public, this committee works to spread the word within the health care community to help educate them to the promises our program has to offer.

This can include providing an OA booth at health fairs or conventions of health care professionals. Most recently, the committee worked to donate OA literature to several libraries in the area and is currently working on getting old copies of the "Lifeline" magazine into doctors' offices.

Special Events Committee

As the name implies, the Special Events Committee is responsible for coordinating special events and retreats. Some of the truly rewarding gatherings we have had including the annual Promises Candlelight meeting, the Camp Highroad Retreat, 12th Step Within Workshops, Gratitude Celebration, and Unity Day have been borne of the labors of this committee.