

2008 Intergroup Inventory

Like a personal inventory, our Intergroup inventory tells us how we're doing and where we want to improve and/or focus our attention. We also use it as part of how we set Intergroup's goals each year.

This inventory is divided into three parts:

- A look at the function of the Intergroup
- Twelfth-step work within the fellowship
- Carrying the message to the still suffering compulsive overeater.

When you have completed the inventory, you will probably discover that your Intergroup has more strengths than you realized. After all, it takes commitment to be willing to do an inventory in the first place. You may also find some weaknesses. Just as in your personal recovery, appreciate your strengths. As for your weaknesses, remember that help is available to you both through your region and your WSO representative, the Region Trustee. *The following sets of questions are suggestions only. Their purpose is to evaluate the intergroup's present performance and to share some ideas from other Intergroups about service*

Groups' suggestions for tasks to meet our goals are appreciated. IRs, please bring them back to the April Intergroup meeting to be compiled with the other groups' input to generate the SEAZ 2008/2009 goals.

Preliminary Questions

1. ***Are we satisfied with the function of our Intergroup? If not why not?***

Yes, we have an active and dedicated group of people in our Intergroup. The Intergroup could function at a higher level if we had all our positions filled and an Intergroup Rep representing each group.

2. ***Have we ever taken an Intergroup inventory? If not, why not? If so, what were the results?***

Yes, past ~14 yrs; results are printed in the minutes following inventory; some become IG goals for the following year.

Part 1- The Function Of The Intergroup

1. ***What is the purpose of our Intergroup?***

Abbreviated from the SE AZ bylaws: "A. To aid those with the problem of compulsive eating and to serve, support, and represent the OA groups within the Intergroup area...; B. To further the OA traditions; C. To coordinate activities within the Intergroup region; D. To disseminate to the groups information from WSO and Region III; E. To handle necessary administrative duties; F. To serve as the clearinghouse for carrying the message of OA to those who still suffer; G. To support actively the delegates representing the Intergroup at WSO and Region III conferences and assemblies." Also, our World Service delegates/rr take the will of our membership to the WSBC and Region III assemblies.

2. ***Do we have a statement of purpose or bylaws?*** Yes

3. ***Do we use Robert's rules of order and our bylaws during our business meetings?*** Yes

4. ***Are we incorporated?*** Yes, since 1998 ***Do we have a nonprofit tax status?*** Yes, since

1998

5. ***Do we set realistic short and long-term goals?***

Yes, goals set by previous year's inventory. We strive to meet them all and review the status in IG.

6. ***Does our Intergroup have a need for regular steering committee or board meetings?***

Yes, monthly prior to IG mtg

7. ***How can we keep the WSO group registrations up to date?***

IRs/group secretaries are asked to keep their group listing current with WSO.

8. ***Do we choose our service people with care and consideration, placing principles before personalities?***

IRs announce vacant service positions and request volunteers. Requirements for each position are published in the by-laws (for Board positions) or in a separate sheet of paper distributed to the IRs for the committee chair positions (distributed at 02/08 IG). Applications are reviewed prior to election; IRs can ask candidates questions. While we would like to think that we choose people with care, the truth often is that we are happy when anyone volunteers to help. It is often difficult to get an IR when one leaves and many groups are not represented at IG as they have no IRs. It is also true that sometimes there are few volunteers for filling IG positions and sometimes they are vacant. We have voted people into positions by waiving some of the time criteria.

9. ***Is anonymity honored within our Intergroup?*** We believe so.

10. ***Is an opportunity given to each and every member to participate in the Intergroup's activities?***

IRs are asked at IG to announce opportunities at their meetings. Our concern is that there are meetings with no IRs and they might not get flyers, newsletters, and announcements. There is a shortage of people who serve at IG level. We think having our own website will help with information disbursement.

11. ***Do we have a budget which includes (a) a prudent reserve and (b) contributions to region and the WSO?***

(a) Yes; (b) No

12. ***Have we done all we can to provide an attractive and convenient meeting place?***

Yes and it is central to all Tucson-area groups and convenient to I-10 for out-of-town groups

13. ***Are we committed to participating in the region and world service structure?***

Yes, we usually send two region representatives/delegates. In September 2008 we are hosting the Region III Assembly and Convention. We have an active planning committee eagerly working on the convention.

14. ***Do we make every effort to fund our representative/delegates to regional assemblies and the WS Business Conference?*** Yes

Part 2- The Twelfth Step Within

1. ***Do all the groups in our geographic area know about our Intergroup and the service provided?***

Yes, as far as we know. It would be good to add a copy of the IG structure to Newcomer packets.

2. ***Do all the groups in the area belong to an Intergroup?***

Yes, according to the most recent information from WSO.

3. ***Do we keep in touch with groups that don't send representatives or contributions to Intergroup?***

If an IR attends an unrepresented meeting, he/she delivers newsletters/info; packets are mailed to other groups that are registered with WSO. The IG treasurer reviews donations during the year and discusses them with the groups' IRs or treasurers as appropriate.

4. ***Do we let all groups know how they can support the Intergroup through service and financial contributions?***

IRs announce service opportunities to their groups. Information about the donation distribution could be added to local meeting formats and it is in the WS Suggested Meeting Format.

5. ***Do we encourage the 60/30/10 contribution formula, making sure our area groups know about it?***

Usually this information is passed from former treasurer to current treasurer without discussion at the group level and this information is in the WS Suggested Meeting Format.

6. ***Do we inform all members/groups of the structure of OA?***

We last published the OA structure in our Oct-Nov 2006 Desert Recovery newsletter. A handout in the WSO newcomer packet describes the OA structure. We also have a link on our SEAZ website to the picture and explanation of the OA structure on the oa.org website.

7. ***Do we sponsor OA workshops and marathons for OAs in our area?***

Over the last year our SEAZ area has enjoyed the 12 Step Retreat, IDEA event, Thanksgiving marathon, Unity Day, and a 13 week Relapse and Recovery (AWOL) meeting.

8. ***Do we keep our meeting list current?***

Changes are submitted to the meeting list chair, announced at the IG meeting, and given to IRs to announce at their meetings. The meeting list is in the bi-monthly newsletter (available in hard copy and electronically) and the Meeting List chair coordinates the info with the newsletter chair and website contact. Those IRs who can, print out extra copies for meetings. The list is also included in the professional packets by the PIPO committee. Intergroup members, IRs, and meeting contacts update the OA.org meeting list quarterly.

9. ***Do we publish an Intergroup newsletter for the groups in our area?***

Yes. It is published every other month and the chair asks IRs to announce article submission information at meetings. The number of copies printed is limited due to budget and there is no process in place for feedback about the newsletter. Beginning August 2006 the newsletter has been distributed by e-mail to OA members who signed up for e-mail distribution and is also available at www.oasouthernaz.org.

10. ***Do we maintain a stock of OA literature for sale?*** No, that is each group's function, not IG's.

11. ***Do we encourage subscriptions and written contributions to Lifeline?***

We were without a Lifeline Chair in 2007. Some meetings continue to promote the use of Lifeline.

12. ***Do we help new members find sponsors?***

IG publishes a We Care sheet twice a year and sponsors are identified. Many meetings ask for a show of hands of sponsors.

13. ***Do we arrange a system for groups to obtain abstaining OA speakers?***

Yes, speakers are listed on the "We Care" list. Some meetings have a "Speaker Seeker".

14. **How do we help floundering groups?**

Announce_at Intergroup for IRs to notify members of need to support group by attending.

15. **Do we assist unaffiliated groups in nearby areas to form their own Intergroup?**

Two Yuma groups joined our Intergroup so they would have an affiliation. An Intergroup member assisted with the relationship. We also amended our bylaws in 2006 to geographically include the Yuma area in SEAZ.

16. **Do we address the special needs of our members, e.g.; newcomers/young people/people with disabilities, and try to find ways to meet their needs without isolating them?**

Our Men's meeting is in its 3rd year. A young people's meeting and a Spanish language meeting were canceled due to low attendance. We list any other need to know information like wheelchair accessibility and fragrance-free requests in the meeting list. Sierra Vista has a Newcomers meeting. The 13 week A Way Of Life relapse and recovery meeting started up again in 3/07. The TSW committee launched the Back To Basics 5 week workshops in February 2008. These workshops have been very popular in other cities and they focus on going through the steps in 5 weeks using the Big Book. In June 2007 we submitted a proposal to the OA Board-approved literature committee suggesting a packet be created of existing literature sources about bulimia and anorexia. This proposal was accepted and will be a project of the committee. In December 2007 our Intergroup submitted a WSBC motion for the WSO to sell recovery chips marked with years from 1-20.

Part 3- Carrying The Message

1. **Do we have a permanent address and a phone number that is answered 24 hrs a day?**

We have a PO Box and voice mailbox system that provides detailed meeting info. We have a telephone chair who ensures that messages are picked up daily by volunteers. In 2007 we launched our own website www.oasouthernaz.org

2. **Is our Intergroup phone number listed in the area phone books?**

Yes, in the Tucson, Green Valley, and Sierra Vista directories.

3. **Are we reaching compulsive overeaters in our community through:**

- a. *Meeting listings in local newspapers:* Sierra Vista and Green Valley have meetings listed regularly. The Sierra Vista yellow pages indicate the OA meetings in the meeting location's ad.
- b. *Radio & TV Public Service Announcements, calendar notices:* Tucson meetings are occasionally listed in the *Tucson Citizen* and the community calendar in the *Arizona Daily Star*. The 5:30 Going Sane group has notices in the online Daily Star Calendar as well as the Tucson Citizen Calendars. The group receives calls almost every week from newcomers or people who want to return to OA inquiring about the meeting. There was a brief TV segment on Nov 22, 2007 on KVOA regarding our Thank-A-Thon in Tucson. As of Feb. 2008, the KVOA website's home page continued to maintain a link to www.oa.org.
- c. *Newspaper and magazine articles:* In April 2007 Beth M. was interviewed for an article about *Battling Eating Disorders and OA* was written up as a Support Group resource. On Dec 16, 2007 the *Tucson Citizen* printed the SEAZ phone number [contact information about OA] in an article about how addicts stay healthy during the holidays. On Nov 8, 2007 we emailed a press release to 60 local news organizations. This resulted in a news spot on KVOA (see b above and d below). In January, 2008, the *Sierra Vista Herald* published a list of "Support Groups," which included Overeaters Anonymous and two local phone numbers.
- d. *News releases about special OA events:* There was a brief TV segment on Nov 22, 2007 on KVOA regarding our Thank-A-Thon in Tucson.

- e. *Bulletin board notices:* OA members are encouraged to post notices; some groups distribute these cards at meetings.
- f. *OA literature in libraries.* The PIPO committee donated 10 copies of the OA 12X12 to the Tucson-Pima library for circulation. A random check shows anywhere from 2-4 checked out at a time.
- g. *Special newcomer meetings:* Sierra Vista: Thursday 6:30 pm
- h. *Speakers at various community gatherings: SEAZ staffed a table with literature and OA members who can respond to questions at:*
 - i. Wingspan Health Fair at Gay Pride event on 10/13/07
 - ii. Annual Recovery Expo sponsored by the Community Partnership of Southern Arizona 9/08/07
 - iii. The annual Green Valley health fair 3/20/07
- i. *Other:* PIPO provides *Lifelines* with OA contact info for members to leave in doctors' offices and other public places and mails meetings lists to YMCAs and Pima County Parks and Recreation.

4. What have we done to bring the OA message to the attention of the professional community:

- a) *Medical professionals; physicians, nurses, dieticians, nutritionists, medical technicians, psychiatrists, psychologists, and counselors:* PIPO provides packets for members to take to professionals (IRs can get these free for group members) & mails meeting lists to 50+ requesting professionals (these people also receive the *Courier*, an OA newsletter for professionals distributed through the World Service Office). On October 25, 2007 PIPO had OA volunteers at an OA table to provide literature, meeting information, and answer questions at the Physician Assistants Education Association Forum held in Tucson.
- b) *Teachers:*
- c) *Social workers:* See "a" above.
- d) *Clergy:* PIPO mailing list, plus info packets for members to take to clergy (IRs can get these free for group members).
- e) *Military:* PIPO mailing list, plus some OA members take packets to military health-care providers (free for group members).
- f) *Employee assistance counselors:* See "a" above.
- g) *Other:*

5. What are we doing to carry the message to institutions:

- a) *Schools:* PIPO has provided meeting schedules and information packets at the Rec facility at UA. On September 5, 2007 PIPO presented 2 OA speakers at the UA med school behavioral health class. The 2 speakers were part of a 3 person panel. Meeting lists and literature were available
- b) *Hospitals:* See "a" above.
- c) *Training facilities:* See "a" above.
- d) *Nursing homes and retirement communities* Tucson: 2 meetings are held at Mountain View Retirement Village; Green Valley meetings serve local retirement communities.

Final Question: **What more can we do to carry the message and how can you help?**