

2010 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:

1. A look at the function of the Intergroup
2. Twelfth-step work within the fellowship
3. 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 and participation in their carryout are appreciated. IRs, please bring them back to the May Intergroup meeting to be compiled with the other groups' input to generate the SEAZ 2010/2011 goals and action steps.

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 functions more effectively and inclusively when we have all our positions filled and could be most effective if we had 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, yearly for the past ~16yrs; results are included with the minutes following inventory and are used to create our Intergroup goals.

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?*** In 2009 we created a five year plan of Visions and Goals for SEAZ to guide us in fulfilling our purpose. We review our Visions and Goals document at Intergroup meetings.
6. ***Does our Intergroup have a need for regular steering committee mtgs or board meetings?*** Yes, monthly prior to IG meeting.
7. ***How can we keep the WSO group registrations up to date?*** IRs/group secretaries with assistance from the SEAZ Meeting List Chair (as of 2009) are asked to keep their group listing current with WSO. In addition, in March 2009, we initiated having the IG secretary request a WSO meeting list on a quarterly basis to pass around for updates. Our Intergroup Meeting List chairperson produces a monthly meeting list with information from Intergroup Reps and reviews and updates the WSO meeting list quarterly..

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), on our website, or in a separate sheet of paper distributed to the IRs for the committee chair positions. Applications are reviewed prior to election; IRs can ask candidates questions. 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. The committee job descriptions are available on our SEAZ website.
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?*** Yes, 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. Having our own website helps 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) In our 2010 budget we did include Region 3 and WSO contributions.
12. ***Have we done all we can to provide an attractive and convenient meeting place?*** Our current meeting place is relatively convenient to I-10 for out-of-town groups and close to many of the local groups' meeting locations, but not all. The church meeting room we use is next to the sanctuary and sometimes noisy and we are occasionally moved to alternate space when our presence interferes with church activities. This space is relatively new for Intergroup use and it meets our needs better than our previous location.
13. ***Are we committed to participating in the region and world service structure?*** Yes, we consistently send two region representatives/delegates to Region 3 Assemblies and the annual World Service Business Conference.
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. IRs attend the Intergroup meeting or if no IR, information is sent to a group contact, where available. In Feb 2010, a mock Intergroup meeting was conducted in Yuma AZ with participants from the three Yuma meetings. The Intergroup senior delegate facilitated the meeting so the Yuma OA members would have an idea how an Intergroup meeting is run and the type of business conducted.
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. After the 2009 WSBC, our Intergroup delegates along with other OA members presented the new 7th tradition skit "What it's Worth" to 6 groups and also to the Yuma groups at their Feb, 2010 meeting the night before their PI event. We believe this had a significant impact on keeping donations healthy throughout 2009 and 2010.
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. The 60/30/10 guideline is also part of the format of a donation form available on the SEAZ website.
6. ***Do we inform all members/groups of the structure of OA?*** 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 Principles Retreat, IDEA event, Thanksgiving Thank-A-Thon, Unity Day, and a Sponsorship workshop, a

Prayer and Meditation workshop, and a Recovery from Relapse workshop.

8. **Do we keep our meeting list current?** Yes. The meeting list is updated monthly. A meeting list downloaded from WSO is passed around at Intergroup on a quarterly basis, so that IRs may check the accuracy of the current information. Changes are submitted to the meeting list chairperson, 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 chairperson coordinates the info with the newsletter chairperson and website contact. Those IRs who can, print out extra copies for meetings. We encourage groups to provide a meeting list with each Newcomer Packet that is handed out. 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 or as needed.
9. **Do we publish an Intergroup newsletter for the groups in our area?** Yes. It is published every other month and the chairperson asks IRs to announce article submission information at meetings. The number of copies printed is limited due to budget and there is now an email address available for submitting articles, listing events, receiving an email copy and giving feedback to the newsletter. Since August 2006 the newsletter has been distributed by e-mail to OA members who signed up for e-mail distribution and is also available on the SEAZ website.
10. **Do we maintain a stock of OA literature for sale?** No, that is each group's function, not IG's. The question arose at Intergroup this past year and was rejected as impractical at this time.
11. **Do we encourage subscriptions and written contributions to Lifeline?** The current Lifeline chair enthusiastically encourages group subscriptions to Lifeline. IRs are urged to get their groups to subscribe and to promote subscriptions by group members. . In 2008 a new Lifeline Discussion meeting was formed (The Over and Under Meeting of OA), where they also encourage submissions to Lifeline. Some groups purchase subscription to Lifeline for loan to members and/or to leave in a lobby/library/waiting area of the meeting place to carry the OA message.
12. **Do we help new members find sponsors?** IG publishes a We Care List twice a year and sponsors are identified. Many meetings ask for a show of hands for sponsors, and almost all meetings have a space on their own we-care sheet for people to note that they sponsor. In 2009 our Intergroup held a Sponsorship workshop.
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?** We announce at Intergroup for IRs to notify members of need to support group by attending. IG could spend a bit of time in some subcommittee brainstorming ideas about how to help "floundering" meetings. SEAZ regretfully removed one meeting from its meeting list this past year when no OA members could be found to support it.
15. **Do we assist unaffiliated groups in nearby areas to form their own Intergroup?** SEAZ has an extended geographic area which includes meetings in Yuma, Patagonia, and Sierra Vista.
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 5th year. A young people's meeting and a Spanish language meeting have been canceled in the past 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.

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 chairperson who ensures that messages are picked up daily by volunteers. In 2007 we launched our own website www.oasouthernaz.org. Our website includes our phone number and email address. Email queries are answered within 24 hours.
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, Yuma, 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 sometimes listed in the

community calendars of the *Arizona Daily Star* and the *Tucson Weekly*. Several copies of WSO PSA CDs were purchased and sent to radio stations serving SE Arizona.

- c. *Newspaper and magazine articles*: Article of an interview with an OA member in 2/2010 in Yuma paper in Desert Life section.–
- d. *News releases about special OA events*: Yuma paper article sharing info about OA and PI event 2/2010.
- e. *Bulletin board notices*: OA members are encouraged to post notices; some groups distribute these cards at meetings. We regularly have OA contact information, literature and meeting schedules at offices on the UA campus including the recreation center, campus health (students), and the work-life office (faculty and staff). A “cookie” poster was created with a plastic pocket attached to hold information cards.
- f. *OA literature in libraries*. We have 9 copies of the OA 12X12 in the Tucson-Pima library for circulation. Books have recently been donated to the libraries in Patagonia and Green Valley. 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. The annual Green Valley health fair – February 2010
 - ii. Table at UA event for National Eating Disorders Awareness week.
 - iii. OA “Fifteen Questions” pamphlet display at Wellness Depot in Sierra Vista.
 - iv. Table at Recovery Expo in Reid Park.
 - v. Participation in Health Fair at St. John in the Desert Church.
- 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 Health Professionals.

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). OA is listed in the Green Valley Health Services Directory.
- b) *Teachers*: No known contact in 2009.
- 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 and 3.e 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.
- b) *Hospitals*: See “a” above.
- c) *Training facilities*: See “a” above.
- d) *Nursing homes and retirement communities* Tucson: 1 meeting is held at Mountain View Retirement Village; Green Valley meetings serve local retirement communities. In 2009 we moved a meeting into Posada Del Sol which has many patients who could take advantage of OA meetings.

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