

## *Information for New or Prospective Intergroup Reps*

### *Welcome to Westchester United Intergroup (WUIG)*

As a New or prospective Intergroup rep, we hope this information will be of help to you. Please become familiar with the WUIG website (oawestchester-ny.org OR oahelps.org) and get yourself on our email distribution list if you are not already on it. If you have questions at any time, please ask the chair or any board member.

#### PURPOSE

The purpose of Westchester United Intergroup is to aid those suffering from compulsive eating and to serve its member groups.

#### INTERGROUP REPRESENTATIVE RESPONSIBILITY

As an elected intergroup representative, your responsibilities are to represent your group at WUIG meetings, act as a liaison between your group and WUIG, share information from WUIG with your group, and actively participate on committees and in the planning and implementation of events and other projects undertaken by intergroup.

At each WUIG meeting, it is your responsibility to pick up handouts for your group which includes the meeting agenda, treasurer's report, event fliers, newsletters, special reports or any other documents distributed.

#### MEETINGS

WUIG meetings are held the first Thursday of every month from 7:00-8:30 pm at Emanuel Lutheran Church, 197 Manville Rd., Pleasantville, NY.

- Meetings follow OA's Twelve Steps, Twelve Traditions and Twelve Concepts of Service.
- WUIG is governed by its own bylaws, OA's bylaws, and OA's Continuing Effect Motions which are worldwide group conscience decisions made at World Service Business Conference.
- In decision-making we strive for consensus, fairness, and an informed group conscience within the spirit of the Traditions and Concepts, loosely following Robert's rules to ensure that all voices get a fair hearing.
- Reps are asked to maintain the meeting decorum summarized on the back of the meeting agenda.
- Each intergroup representative shall have voice and vote for only one group.
- Alternates may vote only when the regular intergroup representative is not present.
- Visitors are always welcome. Visitors have a voice, but not a vote.

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### COMPOSITION OF INTERGROUP

- Intergroup representatives are elected by their groups by whatever method they choose. Groups should also select an alternate rep.
- WUIG's bylaws suggest "that IRs be selected for judgment, experience, stability, willingness to serve and commitment to the 12 Steps and 12 Traditions."
- The Intergroup Board (officers) includes the chair, vice chair, treasurer, corresponding secretary, recording secretary, and the World Service Business Conference Delegate (s). There is an abstinence and service requirement for officers.
- Region and World Service Business Conference delegates have additional abstinence and service requirements.
- Committee Chairpersons have abstinence and service requirements. Members of committees do not.
- The standing committees specified in WUIG's bylaws are:
  - Newsletter
  - Public Information
  - Speaker's Bank
  - Sponsor's Bank
  - Other committees deemed necessary to carry on WUIG work.
- Ad hoc committees are temporary committees formed for a project or event. They have a beginning and end.

### WUIG SPONSORED ACTIVITIES

Typical intergroup activities include hotlines, meeting lists, newsletters, marathons, workshops, retreats, health fairs, community events, distribution of information to health care professionals about OA, sponsor banks, speaker banks and more - all related to our primary objective of helping those still suffering from our disease.

### SUGGESTED GROUP DONATION PLAN

60-30-10: After regular group expenses are met (rent, literature, supplies), distribute 60% of the remaining amount to Intergroup, 30% to World Service and 10% to Region 6.

*Thank you for your willingness to do this important service.*

*Together we can!*

**WUIG**

*February, 2012*