

**Westchester United Intergroup Meeting
June 5, 2008**

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June 3, 2008

Hey Brothers & Sisters:

Carol Booth is back from a wonderful experience at the World Service Business Conference and there is a lot of great information she will be sharing with us this month. Another important item. I have been approached by people willing to do workshops and marathons. Going forward, we will have to figure out how we are going to get together and get the message of OA out there.

This month we have some decisions to make. We have positions open that need to be filled – committee chair positions and the hotline position are presently open. Also, as a group, we need to decide how, and if, we publicize the USA Today article.

Just a reminder – our meeting is starting at 7:00PM now. Please make your own copy of this document for the meeting. It would be great if you can come early to set up and greet newcomers.

For those interested, some members will be meeting at 5:30PM at the Magic Wok, 43 Wheeler Avenue in Pleasantville. All are welcome.

Thanks to All
Peace, Love & Joy

John B.
914 720 7785

AGENDA JUNE 5, 2008

- Serenity Prayer
- **Introduction – Please identify yourself and the group you represent if you are an Intergroup Rep and let us know if you are new at this. Please also share your length of abstinence and any anniversary and any recently completed steps.**
- **Preamble, 12 Steps, 12 Traditions and the 12 Concepts (Read only1-4)**
- *Pass around sign in sheet*
- *Pass basket - Our rent is \$1 but World Service suggests a donation of \$2*
- **Tradition of the Month: Review Tradition (6)**
- **Approve minutes of May Meeting**
- **New Business**
 - **Review World Service Business Conference**
 - **Discuss USA Today Story**
 - **Hotline Position Opening & PI Chair**
- **Announcements**
(IR's – Please refer to our website for current announcements)
- **Roseanne's Prayer – followed by high fives, hugs, and kisses.**

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness; no longer must we each depend on our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours and as we join hands, we find love and understanding beyond our wildest dreams!

Westchester United OA Intergroup May 2008 Meeting Minutes

Attending: John B., Debbie S., Gerry M., Beth T., Carolyn C. Catherine F., Linda E., Susan S.

Introductions

Preamble; Twelve Steps & Twelve Traditions, Twelve Concepts (7-12)

Tradition 5:

- **Debbie S.**
- **Traditions live in life every day.**
- **Carry the Message”**

Approve May Minutes

- **Motion to Discuss budget next month approved with no discussion or objections**
- **Minutes approved with no discussion or objections**

Continue discussion of publishing amounts meetings contribute (response when reps polled their meeting)

- **Past meetings this had been approved. Is there a need to discuss? Does publishing the info relate to publishing and explaining the budget? Letting people know where the money goes is important. Intention: To make it public so members have knowledge. Suggestion: explanation of why the info is being published to be included in the newsletter with the budget.**

Region 6 Assembly Update (John & Catherine)

- **Recap of what we learned at the meeting – treasurer issues, high level of service, etc. John- youth in OA, Catherine PI committee, Parliamentarian in action, PI committee, Recap of intergroups. Placemats are well known.**
- **Debbie S- 12 step within committee – let them know ideas for new meetings, what meetings need support, etc.**

Committee Chair Update and Plans for 2008

- **None present**

Clothing Swap?

- **For further discussion**

Announcements

- **Whole foods lunch May 22nd**
- **Susan-anonymity**

Closing & Prayer

World Service Business Conference 2008
May 5 – 11
Albuquerque, New Mexico

Theme: The Road to Recovery: A Team Effort

The Conference began Monday evening May 5th with workshops on Abstinent Members and Different Approaches to Program. On Tuesday, there were three more workshops: “Pedaling Together – How Sponsorship Strengthens OA as a Whole,” “Recovery through Literature – A Team Effort,” and “The Road Home – Carrying the Message Back.” All the workshops were quite interesting, particularly the one on literature. I purchased CD’s which I am donating to WUIG for distribution to any OA’ers.

Tuesday evening was another interesting workshop called “A Pack with No Leaders – An Anonymous Program, Not a Secret Society.” The efforts of the newly established Public Awareness Campaign were discussed. The Board is pleased with the new PR firm hired, who developed a media kit that was sent to nationwide publications with positive results. (See below for details) Five pod casts were developed and 3,000 PSA’s will be distributed across the US.

On Wednesday from 8:00 am – 10:30am, all delegates met for a presentation and brainstorming session on the 5-yr strategic plan called “The Map to Guide Our Way: How We Live OA’s Strategic Plan.” Using a bicycle image, we discussed how the abstinent member was the person on the bike, Higher Power the handle bars, the 12 Steps the seat, and the Traditions and Concepts the pedals. The front wheel contained 4 goals: (1) Strong meetings, (2) Committed Service Bodies, (3) Public/Professional Awareness, and (4) Financial Health. The back wheel contained the people and groups who are working toward the goals: Groups and meetings, Service Bodies, WSBC, Board of Trustees and World Service Office. This exciting forum was organized and presented by the 10 Region Chairs. During their presentation, I was reminded how WE – every one of us – make up World Services. This is not THEIR plan; this is OUR plan – because there are no THEM. The plan was made by US and WE are the ones who are the implementers.

After the presentation, the delegates broke into 20 predetermined groups (so there would be diverse representation) and each group discussed a different question regarding the plan. I thought the information was so worthwhile that I am attaching the results to this report and suggest its publication in our newsletter in sections.

The rest of Wednesday was spent at WSBC committee meetings. There are 8 standing committees (Finance, Literature, Public Information, Professional Outreach, etc) and each committee consists of 30 delegates with representation from each Region. I was appointed to the Public Information Committee and, in the afternoon, was elected as the Delegate Co-Chair for one year (a Trustee is the other Co-Chair). Our first goal is to support the Public Awareness Campaign and the second one is to gather and distribute PI ideas and materials from and to local Intergroups and Regions. We also established an ongoing exchange with the Professional Outreach Committee. It is very exciting to work with such dedicated members of OA, committed to doing service.

The Business session opened on Thursday morning with 15 Trustees, 181 voting delegates & 1 alternate present. It is always emotional for me to hear the Serenity Prayer in different languages, reminding me that we are a worldwide organization! This morning it was said in Portuguese and English.

Reports from the Managing Director, Officers and the WSBC Committees that had met thru the year were presented. Some of the highlights that I thought were noteworthy: (1) In 07 there were 6,476 meetings in 74 countries – this number has remained stable for the past few years, (2) Lifeline operates at a \$40,000/yr loss – number of issues were cut rather than increasing price, (3) The Philadelphia Convention had nearly 1,250 attendees & netted highest revenue ever, (4) In 2008, WSO will conduct an initial survey of all registered groups to determine current membership, mailing out the survey after WSBC. WATCH FOR SURVERY AND PLEASE RETURN IT!!!, (5) the Professional Awareness Campaign (PAC) has sent out press releases and received exciting inquiries from newspapers/TV such as the Chicago Tribune, NY Times, Family Circle, Hazel den, and the Tyro Banks Show. The PAC has raised over \$37,000 from membership, (6) recent meeting with AA, NA, DA, & OA unprecedented and (7) our Diner placemat program was met with excitement throughout the fellowship – it had never been done before!!

The motions began with the revised pamphlet, Treatment and Beyond, which received the Conference Seal of Approval (a 2/3 majority). Next we adopted a proposal to permit the Executive Committee to discontinue printing of conference approved literature that was not selling, which was amended to include that these documents would be available to download from the website. Then there were several motions involving Public Information policies –to create an OA Media Policy, an OA Public Relations policy, an OA Public Service Announcement policy and an OA paid ads policy. All were passed. However the motion to combine the Professional Outreach Committee and the Public Information Committee was defeated. I had thought it was a good idea because at the local and regional levels there is no distinction. However, many spoke against it = particularly the trustees involved - because it was felt that each committee had so much work to do on the World Service level.

Thursday evening was a wonderful presentation by members from other countries - Costa Rica, Israel, French speaking Canada, Sweden, Brazil, Spain, Italy, Mexico and Belgium - highlighting their need for funds to translate materials and books into their native languages. They passed out a paper for us to read which had the OA preamble, Tradition 3 and other essential information about OA. The only problem was that no one could read a word of it; it was in Greek!! Now I know how our international members feel when they our documents in English. Imagine an international delegate receiving the WSBC motions - a 60 page document - and having to translate into his/her language, send it to all the meetings and then receiving answers which have to be translated back into English to be sent to WSO. The message was loud and clear; there is a desperate need to finance translation of OA materials to become a truly worldwide fellowship. Up to now, WS did not provide funds for this translation. (Their presentation really hit a cord with so many of us that on Saturday, the Board of Trustees passed an emergency motion to put \$20,000 in the budget for translation for 2008-09).

Friday was Day 2 of Business. First we voted for the open trustee positions. Five were from Regions and two were applying to General Service Trustee positions. Their applications had been enclosed in our packets so that each presentation was brief followed by a question and answer period. All were elected on Saturday and included Eve C. (Region 1), Wanda S. (Region 3), Teresa K. (Region 4), Donna A. (Region 7) and Esti O. (Region 9). GST's are Robert F and Kayla W. Since there is a vacancy of a GST position, the BOT will appoint one from applications submitted by July 1st.

While we waited for the count, the trustees responded to the "Ask It Basket" questions that had been submitted by delegates. I love this part because of the many interesting questions. For example, there was the question of how to respond to a fellow OA'r who referred to his by-pass surgery as a tool? The trustee referred to pgs 84 & 103 about love and tolerance. There was also a question about finances. The trustee reported that being over 50% dependent on literature sales for our funds, we are not self-sufficient. WS wanted to do TV PSA's but had to remove them from the PAC budget due to lack of funds. When I began OA in 1976, the suggested donation was \$1 – When that basket passes in front of me, I need to remember my last abstinent meal and what it did for me!!

After the trustee results were announced, we returned to the business motions. Following Roberts Rules and the OA Bylaws, each motion is debated by 3 pros, 3 cons and then 20 minutes of questions. If there are amendments to a motion, each amendment gets 2 pros, 2 cons and a 20 minute question time as well. If there are 3 amendments to any motion, the motion gets sent to the Reference Committee to work out a compromise. Friday was quite an experience. Every type of motion was used – several times a request for the Serenity Prayer was made – and, and once said, that cut the tension. Also Dodie, the chair, has a fabulous sense of humor. Looking back, it is a fascinating process but sometimes when you are in it, it is quite tedious and long. It definitely gives everyone a chance to practice patience and tolerance. I tend to want to get things done – take the vote and get on with things – but I was really reminded that the beauty of OA was that we value the PROCESS – each person has a vote, we value differing opinions – and in the end, it is a group conscience that decides. What a gift we have in these rooms!!!

Here were the results from Friday's voting:

- A. Proposal F - endorse a "Compulsive Overeaters Awareness Week" was Referred to Reference Committee - (after much discussion)
- B. Proposal G - selling recovery chips was referred to Reference Committee - due to 3 amendments (again after much discussion)
- C. Proposal I - about changing name of Unity with Diversity to Special Concept was also referred to Reference due to 3 amendments (I thought all of these were non-controversial; who knew???)
- D. Proposal L - Statement on Abstinence - Defeated
- E. Proposal H - Review the last 10 years for "lack of qualified people of color" = Defeated
- F. Proposal J - was split into 2 motions - luckily because we might still be there (only kidding because we had end for dinner!) The first part of the motion adding "people of various cultural backgrounds" – Adopted. The second

part - not attending special-focus meeting when a general meeting is nearby
- Defeated

Saturdays Business Session began at 8:30am and was supposed to end at 11:30am
- but due to much business, it was extended to 12 noon.

Motions/Results were as follows:

A. First we dealt with the proposed By-Law Amendments which require 2/3
Vote (the motions require a majority)...

B. Proposal 1 was adopted with no debate.

C. Proposal about the Virtual meetings - Items 4 -9.- Margaret Ann, our R6
trustee, who was Chair of the committee who worked on this for the past year,
presented some interesting info. A person from England shared that he found
OA thru a Virtual meeting without which he might still be isolated in his
room. The virtual groups have not led to the isolation that was feared.
Sometimes people live in an area where there are few face-to-face groups with
little abstinence and due to a phone meeting can find abstinent people and
bring this abstinence back to the local groups. Some virtual groups are
beginning to affiliate with Intergroups. The Syracuse Intergroup has bought a
cell phone with speaker and a rep from the virtual group is part of the
intergroup meeting. Wild, isn't? Some virtual groups already donate to WS -
and some virtual groups have even done retreats. All motions adopted.

D. Item 2 referring to a new wording was then adopted.

F. Then we went back to 2 proposals that had been sent to the Reference
Committee the day before - An amendment to establish a "Compulsive
Overeaters Awareness Week" was changed to an "Overeaters Anonymous Awareness
Week", which was defeated. (Delegates felt it sounded too much like
promotion...we weren't talking about the disease.)

G. Then we voted on another proposal that had been referred to the Reference
Com yesterday - selling OA recovery chips. Original proposal stated 1 -20 yrs
and then 3 amendments later, the final proposal read 1 - 20 yrs, 25, 30, 35,
and 40 yrs. (One OAer has 37 yrs!!!!) Adopted.

H. There were emergency items that we did not have time for - One
Item was so important that a decision was made to handle it in the BD of
Trustee's meeting at 1PM. - This involved setting funds aside for the
translation of OA documents in other languages, which I mentioned above.
\$20,000 was be earmarked.

H. The business session ended with the Green Dot ceremony when newcomers to
WSBC take off their Green Dots from their badges - always bring tears to my
eyes!!!

Just after lunch, an informal group of delegates who run or are
Interested in learning how to run a Web page for their Intergroups met. I
will share with Beth - and anyone else interested - the details.

In late afternoon, the WSBC Committees met. I must say that the PI
Committee was very organized. We had minutes from Wed, a roster, and a copy
of the Diner placemats to hand out. We have a great group of

members - 31 from every Region including a delegates from Australia, Brazil and Austria - we have our work cut out for us- and our first Conference call is set from 2pm Sat July 12th. Exciting!

At night was the Banquet and Dance. The Region Chairs put on a hilarious skit about OA'ers eating out in a restaurant - it was hysterical- Then Margaret Ann and Bob F led us in an OA sing-along - DELILA, I WANT TO HOLD YOUR HAND - and a favorite to YMCA - WHY NOT OA!!!

I will end with this great quote - "WE do SERVICE to PRACTICE RECOVERY and if we want to keep growing in recovery, we need to keep practicing!!!"

This was a fantastic experience and I want to thank you for electing me as Your Delegate!

In loving OA service,
Carol B.

Forum Brainstorming Results 5/08 WSBC

PUBLIC & PROFESSIONAL AWARENESS – Forum Brainstorming Results 5/08 WSBC

1: What actions can the WSBC & its committees take to promote Public & Professional Awareness?

- Make certain that outreach/PI pamphlets and info are produced in French, Spanish, German, Hebrew, Italian, Portuguese, Etc.
- WSBC committees create a specific list of actions and ideas to be sent to Regions/NLSB/Sd/IG's that can be carried out by members.
- Send mass mailing of the new pamphlet, *Is Food a Problem for You* (great job that pamphlet), Abstinence, Dignity of Choice to magazines, media, health professionals.
- Ads and/or articles place in national and international magazines and electronic media. Make sure Google and Yahoo have us at the top of their search lists.
- Mailings to obesity surgery professionals.
- "Slick up" our outreach literature, more attractive the better, colorful, EXCITING!!!
- On front of pamphlets, provide a space for local OA meeting info and phone numbers.
- Send free lifeline copies to doctors, dieticians, etc. Use over-runs/back issues from WSO
- WS delegates speak at local events to carry this PI & PO message of what OA is doing to raise awareness

2: What actions can Regions/Assemblies take to promote Public & Professional Awareness?

- Region 7 paid for professional development of exhibit board to be used at trade shows, health conferences, etc. Other regions have also developed exhibits. (R7 will be used for NEA)Can be borrowed by OA groups & Intergroups.
- Handouts carry the message. (pens, literature, business cards, etc)
- Work with PO committees/chairs
- Publicize on Region website – create links to other websites.
- Develop guidelines for use – work with the P.I manual for clarity
- Regions can work with Intergroups and groups based on a general calendar of events locally. Tap into

WSO to get some info on this.

- Access to professional PI materials is easier – can now be ordered via literature form.
- Put a line item at Region level budget to support the Public Awareness Campaign.
- Support Intergroups to develop PSA signs for buses with 800 #
- Evaluate projects over time. Keep records to help others rotating into service – be aware of what works and what doesn't.
- Region reps from Intergroups can follow through on activities and work in sync with the 1, 3 and 5 year goals of strategic plan.

3: What actions can the Intergroups and National Language Service Boards and their committees take to promote Public Awareness?

- Have committee for Public Information and Professional Outreach roles:
 - o Put packets in doctor's and clinic offices
 - o Approach high school guidance counselors and staff
 - o Participate in health fairs
 - o Send Lifeline subscriptions to doctor's offices.
 - o 15 Questions and business cards in libraries, book stores (Stick them in the diet and self-help books) doctor's offices, supermarkets
 - o Purchase literature for libraries
 - o Support local
 - o PSA's TV, movie theatres, free advertisement venues, newspapers, placemats in restaurants.
 - o Encourage to communicate use Public Information Service Manual
 - o Survey to find out how people in area are coming in to OA.

4: What actions can Groups and Meetings take to promote Public and Professional Awareness?

- Distribute the Courier to professionals in your area and give a point of contact. Make copies of the Courier and have them available for members to take to professionals.
- Invite professionals to open meetings.
- Have a public and professional awareness night. Speaker shares their story and gives out information.
- Make available Intergroup newsletter to the professionals and put them on your mailing.
- Distribute OA information cards to shop counters and libraries or wherever possible.
- Donate OA literature to libraries and put contact information on the literature.
- Order past copies of Lifeline – they are no cost, put your contact information on them and distribute to doctor's offices, etc.
- Give information to schools, hospitals universities, etc.
- Invite people from working recovery units to meetings
- Make posters with tear off phone numbers

5: What actions can Abstinent OA members take to promote Public/Professional Awareness?

- Distribute informational OA business cards on bulletin boards in stores and libraries.
- Take information and literature to health care professionals.
- Read Lifeline in public places and answer questions.
- Distribute literature to local churches that already host other 12 step meetings.
- Answer questions from immigration authorities – where were you & what were you doing?
- Appear on local radio programs and take call-in questions.
- Send articles to local newspapers.
- Get interviewed by a local newspaper – especially near the new year when people make resolutions.
- Distribute meeting information to group members with a thumb tack to put on store bulletins. This makes it easier to do service.

- “You carry the message – Higher Power delivers it!”
- “Take the mess to your sponsor; take your message to the meeting”
- Be willing to share your program

STRONG MEETINGS – Forum Brainstorming Results 5/08 WSBC

1. What actions can the WSBC & its committees take to promote Strong Meetings?

- Rekindle/create enthusiasm for focus on traditions at meetings
 - o Through Lifeline and more articles
 - o Focus on Traditions.
- Already good literature in existence. (12th Step Within, Traditions, Sponsorship pamphlets, group handbook, etc). Facilitate more audio recordings of literature. Perhaps remove copyrights on some, so that the groups could download and feature on their own website.
 - o Promote *designated downloader* at Region/Intergroup level to facilitate access to literature/events.
- Ask OA webmasters to promote concepts of strong meetings on their websites.
- Provide ‘job descriptions’ for 12th Step Within committee or Intergroup Reps so they can visit local meeting and have a ‘check list’.

2: What actions can Regions, Assemblies & committees take to promote Strong Meetings?

- Adopt a meeting to help support back-to-back abstinence. Be an attraction, go to different meetings.
- Regions and Assemblies can lead by example. Region Reps can report back to each individual group personally with written and verbal.
- Don’t hesitate to let people know you are abstinent or if traditions are being broken.
- Develop and utilize speaker/sponsor lists.
- Work at WSBC – purpose of this function is for information to get disseminated respectively in our areas.
- Bring this information back to your area & ask reps to report it during announcements.
- Promote use of the PA handbook (for groups/Intergroups) each group use it’s seventh tradition to buy one.
- Region Trustee can develop a workshop and present it at Intergroup and group level.
 - o Skits – road show for strong meetings
 - o Sponsorship/abstinence: carrying ESH
 - o Service and Traditions
- Region boards submit a report to Intergroups who are unable to send a rep. Regions need to strengthen their contact with Intergroups.
- Encourage Abstinence First and have meetings where steps and traditions are studied. Either monthly or weekly. Use IDEA Day and Unity Day for half day meetings with special topic interest.
- Involvement needs to improve from two times a year @ Assemblies to improve communication between meetings times by:
 - o Tele-conference calls, emails, newsletters, websites, personal TC’s – the phone is a tool..
 - o * Bi-lingual translations, * trade exchange speakers from one area to another

2: What actions can Intergroups, National Language Service Boards and their committees take to promote Strong Meetings?

- Ensure format focus in a newcomer meeting is on Steps and Principles (tools are the handrails in the staircase)
- Intergroup board members present Service and Traditions information to meetings.
- Intergroup reps attend non-represented meetings to say “hi” and invite group to send reps – do not interfere with format.
- Encourage all meetings to send reps.

- Powerless over sick meetings – it is okay to let them go.
- Work to get members excited about recovery and going to meetings again – provide events, like retreats, marathons, etc. Variety works.
- Intergroups provide newcomer packets, sponsorship packets, welcome back pamphlets to meetings.
- Physical recovery attracts!
- Take a group inventory on your intergroup – intergroup health is critical!
 - o Hold 20 minute workshop at intergroup each quarter in select topics
 - o Keep meeting lists current. (choose not to include sick meeting on your directory)
 - o Provide literature at all events – make it easy for groups to get literature.
 - o Publish a newsletter

3: What actions can the Groups & meetings take to promote strong meetings?

- Group inventory once a year and plan for the year.
 - o Know what to do from week to week
 - o Schedule for meetings and topics
 - o Get a member from another area (or another intergroup) come and facilitate.
- Newcomer follow-up plan
 - o Greeter
 - o Volunteer or committee
 - o Newcomer's meetings before or after regular meeting.
 If newcomer there – meet with the person to go through newcomer meeting.
 - o Format of meeting changes to speaker meeting if beginner is present.
- Celebration of abstinence at meeting – open speakers meetings
 - o Medallions every five years
 - o Card for years in-between signed by group.
 - o When someone is celebrating, they have their sponsor or someone else speak.
- Fellowship meetings before the meeting – once a month.
- Regular business meetings – once a month – revisit the format to ensure that we strengthen the meeting with a plan for limiting time for shares.
- Valuable information in *A Step Ahead* – designated downloader also reports on *A Step Ahead*.
- Bring up changes in a slow process for major changes to meeting formats, etc. to allow every member to evaluate and participate.
- “member-at-large” – to talk about individual issues that members may have (contact)
- Each meeting should foster adherence to traditions.

4: What actions can the Abstinent OA members take to promote Strong Meetings?

- Maintenance meeting – sponsor attends, newcomers invited. Suggested that people sharing are maintaining abstinence, practicing tools and steps. It creates a strong group of members who go out and carry the message.
- Develop strong 12th Step Within committee – put on workshop monthly. They get people involved to address returnees who are abstinent. Celebrate with chips to recognize the importance of abstinence – give a plant.
- Speak up at traditions violations – familiarize ourselves with traditions.
- If someone has a negative pitch, counter it with a positive one.
- Commit to going to all meetings, if they are only a few in your area, show up!
- Make telephone calls to get people to meetings.
- Phone newcomers, offer to answer questions.
- Being abstinent and maintaining it is the best service.
- We care book – abstinent members take numbers and call.
- Have a home group, show people importance of showing up and continuously needing program – show

how it works.

- Attraction rather than promotion.
 - Abstinent members take responsibility for the welfare of the meeting. Speak up. Volunteer for service positions. Show up for business meeting.
 - Sponsor to promote service. To go to meetings.
 - Insist sponsees come to Intergroup to see what is going on - great way to get inspired.
 - Use the tools to acquaint the members with what they are, work the steps, show by example.
 - Go to live meetings and get away from phone and online meetings if you have meetings in your area.
 - Have Region Trustee come to your area for a Service & Traditions workshop.
 - Begin special focus groups – step study, big book, traditions, don't wait for someone else to do it.
 - Abstinent members to share story at retreats
 - Don't say "NO" to service.
 - Thank abstinent members who share their story - let newcomers see your appreciation.
- Summary – don't wait for anyone else to do any positive thing that comes to mind. Speak up in meetings about breaks in traditions. Take responsibility for the strength of the meetings we go to.

COMMITTED SERVICE BODIES – Forum Brainstorming Results 5/08

1: What actions can the WSBC & their committees take to promote Committed Service Bodies?

- Communication
 - o Language – all languages – need to expedite
WSO office hiring a native Spanish speaking employee to serve that population in member services department
WSBC send thank you notes to members attending conference to return to their service bodies. (can send in packets)
- Expedite the translation of conference materials to those languages we serve.
 - o Bylaws
 - o Form for translation should be in the native language (currently in English)
- Proactive to Intergroups that haven't sent delegates to be aware of work.
- Encourage Abstinence First and have meetings where steps and traditions are studied. Either monthly or weekly. Use IDEA Day and Unity Day for half day meetings with special topic interest.
- Involvement needs to improve from two times a year @ Assemblies to improve communication between meetings times by:
 - o Tele-conference calls, emails, newsletters, websites, personal TC's – the phone is one of our tools.
 - o * Bi-lingual translations, * trade exchange speakers from one area to another

2: What actions can the Regions, their Assemblies & committees take to promote Committed Service Bodies?

- Intergroup outreach funds Region and WSBC PI – made display Table, speakers list, etc
- All levels maintain speakers list (update bi-annually)
- Intergroups who rarely attend: regularly appoint people to call and talk to chair, secretary, etc. Have list of questions on how to help and ask what the problems are.
- Individual 1-on-1 most effective, approach person focusing on strengths, ask to serve.
- Break jobs/positions down to manageable tasks, less intimidating.
- Assemblies move around to accommodate each state/country – hosting group calls each missing intergroup.
- Each committee chairman calls each committee member or email at least two times in-between meetings.
- Each committee member commit to some part of goal (each person exchange numbers and call to remind)
- Email list – notify all when newsletter available – Courier, Lifeline – Region, Intergroup

- Trustee Road show – service and traditions workshops
- Do intergroup inventory

3: What actions can Intergroups, National Language Service Boards & their committees take to promote Committed Service Bodies?

- Have two reps from each meeting attend intergroup.
- Intergroup board volunteers to go to smaller, non-represented meetings and ask how they can help. Encourage representation at intergroup (packets given – beginner, welcome back, sponsor packets)
- Groups should have:
 - o Regular group conscience meetings
 - o Encourage rotation of service positions (avoid cliques)
 - o Hard to get volunteers – personalities? (need to be perfect, fear not being good enough)
 - o Previous service person trains new.
 - o Sharing position – co-chairs of positions
 - o Encourage your friends, or people who are sponsors
- Encourage your sponsees into service.
 - o Bring your sponsee, sponsor to meeting, door prizes (new book – Spirituality)
- Survey members – what could be better?
 - o Task force – committee from meetings
 - o Email distribution list
 - o Workshop on service and traditions (who, what, why)
- Inventory intergroups (questions in the 12 Step Within Handbook)

4: What actions can Groups & Meetings take to promote Committed Service Bodies?

- Groups – make sure we have group representatives, alternates & funding to Intergroup.
- Commit to doing Intergroup service, get each member in group to lead, do literature, etc and each member rotate service and then can go on to intergroup.
- Tell members how wonderful your intergroup service has been and how much we have grown. Be enthusiastic in your service ... if you are too tired, don't show it. Don't show a victim attitude. Love what you do! Show it! Work through an inventory on your attitude and enthusiasm
- As a sponsor, encourage sponsees to go and share in service. Go with them!
- Do a group inventory & invite someone from your Intergroup to facilitate the inventory meeting.
- Personally 1-on-1 ask, "Could you do this service for a time - as a temporary representative?"
- Be a mentor; say "I'll be here to help you."
- Put in your format, "You don't do service to get recovery, but to practice recovery."
- Remember, it is a program of action.
- Could your group pay for the gas mileage to attend Intergroup?
- If someone asked you to sponsor them, say, "I expect you to give service." If they so, "I don't have time to do service", then you say, "I don't have time to sponsor you."

5: What actions can the Abstinent OA members take to promote Committed Service Bodies?

- Remain abstinent! Yet!
- Encourage committee participation within Intergroup without having to be an Intergroup rep.
- Sponsors need to encourage sponsees to do service above meeting level
- Plan an open house to teach other members about service in Intergroup.
- Present positives on service work – show your passion for service!
- Promote your intergroup to other OA members – acknowledge their work and service.
- Plan and provide Service and Traditions workshops in your area.
- Form touring Intergroup members to share their experience with all meetings within Intergroup.
- Make conscious effort to attend all meetings within our Intergroup.

- Websites – post minutes from intergroup or other service meetings
- Hold intergroup meetings before/after strong OA meeting.
- Conference calls for intergroup meetings.

FINANCIAL HEALTH – Forum Brainstorming 5/08 WSBC

1: What actions can the WSBC & its committees take to promote Financial Health?

- Individual delegates personally take the hand book re financial contributions goals to the individual groups (recommend online) describing that currently less than 25% of income comes from contributions and our goal is to increase by 12% by 2010.
- Revise the suggested meeting format 7th tradition paragraph.
- Create skits/stories emphasizing contributions and the things that are provided by the contributions. Distribute messages by website Lifeline & service & tradition workshops. People are more receptive to the message in skits and stories.
- Create a flyer asking for contributions for distribution in meetings.

2: What actions can the Regions, their Assemblies & committees take to promote Financial Health?

- Co-treasurers, as a model account or internal auditor. Rotation treasurer and plan for transition.
- Communication of status and financial goals to intergroup.
- Quarterly newsletter from region with specific topics & needs
- Financial graphics, if possible.
- Each would suggest an explanation for each meeting to know what the financial goals are.
- Region reps carry message to intergroups.
- Tie the 7th tradition to the promise of freedom from fear of people and economic insecurity.

3: What actions can Intergroups, National Language Service Boards and their committees take to promote Financial Health?

- Communication and education from Intergroup level to meeting level.
 - o Don't be afraid to talk about money.
 - o Suggest to groups to let members know that higher contributions are required.
 - o Can't depend on literature sales alone.
 - o Articles in newsletters about finances.
 - o Intergroup writes to each group about service.
 - o Contributions several times a year.
- Specific Actions by Intergroup
 - o 7th tradition @intergroup and intergroup functions.
 - o Fundraising:
 - Conventions, Retreats, Workshops, Marathons, Auctions, Raffles, Flea markets, Clothing exchange
- Visual aid geared toward OA finance
 - o What we used to be like, what happened and what it is like now
- Publicize gifts are welcome up to \$5,000 a year and no limit on bequeaths.

4: What actions can Groups and Meetings take to promote Financial Health?

- Education
 - o Regular treasurer's reports in group
 - o Reasonable prudent reserves – need not to hold funds
 - o Describe what the money is used for
 - o Describe what each service body does (presentations)
 - o Show W S financial information and have group follow up with contributions

- Anniversary/birthday meetings/celebrations, suggest that each member who celebrates contributes at least one dollar per year of abstinence
- Slogan contest – meetings suggest slogan winner (replace *It Takes Two*)

5: What actions can Abstinent OA members take to promote Financial Health?

- Fundraisers – members participate in developing, creating and financially supporting target fundraisers and challenges.
- Members get involved and excited about planned projects.
- Members participate in re-edit meeting format to explicitly detail what funds are used for. Remember what we've spent on food.
- Members restate frequently that we put in the 7th tradition as much as we can afford. Let the newcomer know this is your standard.
- Members celebrate and publicize reaching specific financial goals through intergroup minutes, websites, Lifeline, etc.