

INTERGROUP RENEWAL

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WHY RENEW YOUR INTERGROUP?

- Want better function but don't know where to start?
- Want more members involved at Intergroup level?
- Want to know what do members/groups want from IG?
- Want an IG that supports stronger meetings?
- Want an IG that provides opportunities for OA members to strengthen their personal recovery and Carry the Message to the still suffering compulsive eater?
- Want help in this effort?

DOES ANYTHING WORK? YES!!!

- Some Intergroups (with support from their Regions) have used a process that we are calling Intergroup Renewal
- Those using the process have seen positive results:
 - Higher participation levels
 - Stronger Intergroups
 - Stronger meetings
 - Increased attraction & retention of newcomers
 - More personal recovery
 - OA growth
 - Carrying the Message to more suffering compulsive eaters

A BRIEF OVERVIEW OF THE PROCESS

BASIC REQUIREMENT: A dedicated leader or group of leaders who walk the walk, talk the talk and attract through their personal recovery.

1. Intergroup Inventory: Use OA wisdom. Don't overthink it. Just do it!
2. Membership Survey: Get the wisdom of the group!
3. Option: Choose an IG to "sponsor" your IG. Compare / Contrast / Improve!
4. The results will provide the cause, suggestions and recommendations
5. Recruit a team: It can be small
6. Establish goals / priorities with supporting activities and budgets
7. Set responsibilities / commitments / accountability
8. Distribute information at EVERY STEP
9. Review progress
10. Celebrate achievements – HAVE FUN!!!

NOTE: You can ask for help

A REGION 8 EXAMPLE

- IG Chair wanted to know:
 - What do members want IG to be?
 - How can we get more people interested in IG?
 - What do people want from IG?
- The IG conducted a survey
- Region 8 Chair was asked to analyze the data, compile the results and provide suggestions that could be considered unbiased.
- **One question and the results are shown on the next slide.**

A REGION 8 EXAMPLE

Question #5: Do you think IG is responsive to our meeting's needs?

Total Responses: 25
Yes: 11 / 44%

I Don't Know: 12 / 48%
No: 2 / 8%

Some Comments:

- Yes:
 - IG will respond if they know what our needs are.
 - Yes, but our group is not responsive to IG needs.
 - Supports any group that needs new members by putting the info in the minutes.
 - Keeps up the meeting list for our group.
- Neutral / I Don't Know:
 - I'm grateful for the office but don't know how IG relates to Region or World Service affects my meeting.
 - Don't know what needs have been brought to IG.
 - There is miscommunication on both sides.
- No:
 - Not enough PIPO in our area. Should be higher priority.
 - Need more Outreach.

• Suggestions:

- Teams of OAs could visit all meetings to assess needs, such as speakers and bringing workshops to outlying areas.
- It would be good if the IG meetings could use conference calling. For example, ZOOM is free and would make it easier for IG reps to attend via phone.
- Don't see the point of monthly IG meetings.

• Reviewer Comments:

- High percentage of "I Don't Know" responses may relate to people not knowing what IG is or does.

• Reviewer Suggestions:

- There seems to be an opportunity to improve communication between IG and meetings. Please review and consider the **Suggestions** listed above for ways to improve.

A REGION 8 EXAMPLE

- Early Results:
 - Problem areas revealed
 - Many actionable solutions received
 - Large turnout to review results. Usually meetings are not well attended.
 - High interest in Suggestions and Recommendations
 - Completed some immediate “go do” items like updating the website
 - Formed a 3 person Task Force to bring back the top 3 things from each question
- Next: Setting responsibilities / commitments / accountability

REGION 1 EXAMPLE

- Region 1 uses the outlined process
- In addition, the Region 1 board travels to IGs to assist in the process
- Intergroups apply for an Intergroup Outreach Visit
- Over a Friday to Sunday weekend the board leads an Intergroup Renewal Retreat / Workshop / Marathon
- Results
 - Higher participation levels: 50% OF IGs attend Assemblies
 - Stronger Intergroups
 - Stronger meetings
 - Increased attraction & retention of newcomers
 - More personal recovery

IS YOUR INTERGROUP INTERESTED?

Questions / Comments