

INTERGROUP POSITIONS:

DIRECTORS

- Chairperson
- Treasurer
- Secretary
- Region 6 Representative
- World Service Business Conference (WSBC) Delegate

CHAIRS OF COMMITTEES

- Literature
- Telephone and Email Service
- Publications
- Public Information
- Special Events
- Bylaws
- French-English Liaison
- Intergroup Renewal

GROUP REPRESENTATIVES

Group Representatives (Group Reps) represent about 30 OA meetings from a wide range of locations, including: Belleville, Brockville, Combermere, Cornwall, Eganville, Kingston, Ottawa, Pembroke, and Renfrew in Canada, and Canton, Cape Vincent, Clayton, Massena, and Potsdam in the United States.

We give back what we have so generously been given. The Program promises us a life of sane and happy usefulness as the result of working the Twelve Steps. Service helps us to fulfill that promise.

Intergroup service offers you the opportunity to:

- Make a difference
- Strengthen your recovery
- Obtain support from others
- Support and assure the continuance of local OA meetings
- Help reach those who still suffer
- Exchange ideas and suggestions
- Voice concerns
- Strengthen OA as a whole
- Learn and practice the Twelve Traditions and Twelve Concepts of OA Service

Intergroup holds its meeting on the 4th Saturday of each month (except December), from 10:15 am to 12:00 pm.

All OA members are welcome.

Please direct Intergroup correspondence to:

OTTAWA DISTRICT INTERGROUP
Westgate Postal Outlet
P.O. Box 35036
1309 Carling Ave.
Ottawa, ON, K1Z 1A2
Phone: 613-820-5669
Email: oaottawa@hotmail.com



OTTAWA DISTRICT INTERGROUP

Ottawa District Intergroup

What is it?

How can it improve my recovery?

“Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

- OA Preamble

Here are a few things Intergroup does to help carry the message:

Intergroup maintains:

- A website www.oa-ottawa.ca
- Telephone answering service (613) 820-5669
- Email service oaottawa@hotmail.com
- Meeting lists (OA meetings are available every day)
- A newsletter called The Sunshiner
- Telephone/Service list published quarterly

Intergroup sponsors:

- An annual retreat
- Regular minithons and workshops
- Public Information events
- Workshops for Health Care Professionals

Intergroup provides:

- Ads on buses, in The Ottawa Citizen, on TV, and on the radio
- Literature in libraries and in Health Care Professionals' waiting rooms
- Information packets for Health Care Practitioners

Intergroup also liaises with l'Intergrupe OA Français de l'Outaouais in Gatineau, and networks with other intergroups at Region 6 Assemblies and at the World Service Business Conference.

“Our leaders are but trusted servants, they do not govern.”

- Tradition Two

FREQUENTLY ASKED QUESTIONS

WHY DOES MY GROUP NEED A GROUP REP?

Having a Group Rep means YOUR group—the group you enjoy going to the most—is connected to all the other groups in the Ottawa District, Region 6, and even the world.

WHAT DOES A GROUP REP DO?

- Be a regular OA member who attends that group.
- Attend all Intergroup meetings or send an alternate.
- Bring news or any issues from your group to Intergroup.
- Bring your group's 7th Tradition financial contributions.
- Mail or bring back completed Telephone/Service lists to the Intergroup Telephone and Email Service Chair.
- Announce Intergroup news to your group.
- Vote on issues concerning OA as a whole in the Ottawa District.
- Bring *Sunshiners*, Telephone/Service lists and Meeting lists back to your group.

Group Reps may also choose to:

- Serve on Intergroup committees
- Help Organize OA events
- Encourage participation in these events and committees among members of their group

IF I GO TO AN INTERGROUP MEETING, WILL I BE PRESSURED INTO DOING SERVICE?

Too late! By going to an Intergroup meeting, you ARE doing service! You may hear about service opportunities, and you may be asked if you would be interested, but it will only be an invitation, not an expectation or mandate.

WHAT CAN I DO TO HELP INTERGROUP EVEN IF I CANNOT ATTEND THE MEETINGS?

- Lots! Announce the Intergroup meetings at all the groups you attend.
- Listen to your Group Rep's Intergroup report each month and share ideas with him/her to bring back to the Intergroup meeting.
- Bring 7th Tradition contributions.
- Join one of the many committees.

HOW DO I BECOME A GROUP REP?

Attend the business meeting for your group. Each meeting establishes its own procedure for choosing a Group Rep and/or alternate. Each meeting decides the qualifications for its Group Rep. Often, a commitment to attend the Intergroup meetings is sufficient, but Intergroup suggests a period of continuous abstinence (3 months).

“To extend the hand and heart of OA, for this I am responsible.”

- OA Responsibility Pledge