



INTERGROUP POSITIONS

DIRECTORS

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

CHAIRS OF COMMITTEES

- ◇ Publications (website)
- ◇ 12th Step Within
- ◇ French-English Liaison

GROUP REPRESENTATIVES

Group Reps represent about 20 OA meetings in eastern Ontario and northern NY.
(Zoom and in person)

Most positions can be fulfilled virtually and don't have a large time commitment

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

OA Responsibility Pledge

OTTAWA DISTRICT INTERGROUP

❓ What is it?

❓ How can it improve my recovery?

Intergroup is a service body that exists to support the local groups it serves. 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 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 12 Traditions & 12 Concepts of OA Service

Some services our Intergroup provides to help carry the message:

⇒ A website www.oa-ottawa.ca

⇒ Telephone answering service **(613) 820-5669**

⇒ Email service info@oa-ottawa.ca.

⇒ Meeting lists online

⇒ A monthly bulletin

⇒ Sponsorship list

⇒ Regular minithons, workshops, and a retreat when possible

⇒ Occasional Guest speaker

⇒ Intergroup gives groups a voice at Region 6 Assembly & World Service Business Conference

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, and it will only be an invitation, not an expectation.

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. Or join one of the many committees.

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

Tradition Two

Please direct Intergroup correspondence to:

**OTTAWA DISTRICT INTERGROUP
Shoppers Drug Mart Postal Outlet**

P.O. Box 35036

1309 Carling Ave.

Ottawa, ON, K1Z 1A2

Phone: 613-820-5669

Email: info@oa-ottawa.ca

Intergroup meets on Zoom on
the **4th Saturday** of each
month (except December)

10:30am to 12:15 pm.

All OA members are welcome.

Group Reps Matter!

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.
- Announce Intergroup news to your group.
- Vote on issues concerning OA as a whole at the Ottawa District Intergroup meetings.

Group Reps may also choose to:

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

Why does my group need a Group Rep?

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

How do I become a Group Rep?

Volunteer at the business meeting for your group. Each meeting decides the qualifications for its Group