



## Information for New, Prospective or Experienced Intergroup Reps

Welcome to Ocean & Bay Intergroup (O&B Intergroup)! As a new or prospective Intergroup rep, we hope this information will be of help to you. Please become familiar with the O&B Intergroup website ([oceanandbay.org](http://oceanandbay.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 O&B Intergroup is to aid those suffering from compulsive eating and to serve its member groups.

### **INTERGROUP REPRESENTATIVE RESPONSIBILITY**

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

At each O&B Intergroup 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**

O&B Intergroup meetings are held the first Tuesday of every month at St. Patrick Catholic Church, 2068 Cranston Street in Cranston, RI. Literature is sold from 7:00 PM to 7:30 PM, and the meeting runs from 7:30 PM to 8:30 PM.

Meetings follow OA's Twelve Steps, Twelve Traditions and Twelve Concepts of Service. O&B Intergroup 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.

### **COMPOSITION OF INTERGROUP**

- Intergroup representatives are elected by their groups by whatever method they choose. Groups should also select an alternate rep.
- 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. Committee members do not.

- The standing committees are:
  - Newsletter
  - Website
  - Answering Service & Email
  - Meeting List
  - Region 6 Reps and Alternates
  - World Service Reps
  - Public Information & Professional Outreach (PI/PO)
  - Prison Initiative
  - Other committees deemed necessary to carry on O&B Intergroup work.
- Ad hoc committees are temporary committees formed for a project or event. They have a beginning and end.

### **INTERGROUP 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!*