

### Consider doing service in Intergroup!

Intergroup exists because its members are trusted servants from each of the meetings. Intergroup reps are elected by their own meeting and are the link between the meetings and Intergroup. The board officers are also members of individual meetings and are elected to perform essential functions. Unlike typical organization structures, members of Intergroup answer to those they serve (the meeting groups) ~ together they work for the fellowship in central Iowa.

*"I have noticed in my home groups that people who remain in recovery are people who continue to give service."\**

Each December, board officers and coordinators are elected to serve for a term (see list below). Group reps are elected on a timeline determined by their individual meetings. It is important to the health of OA to rotate service (as Tradition 7 encourages us to do). When someone announces open positions for Group rep, a board office or coordinator, we suggest you pray to your Higher Power and talk with your sponsor about doing service. Consider being an alternate for your Group rep as a way to do service and get to know Intergroup.

#### Board Officers (meet certain abstinence requirements)

- Chair
  - Vice Chair
  - Secretary
  - Treasurer
- } 1 year term
- Region Representative
  - WSBC Representative
- } 2 year term

#### Coordinators

- Newsletter Coordinator
  - Web Manager
  - Virtual Office Manager
- } 1 year term

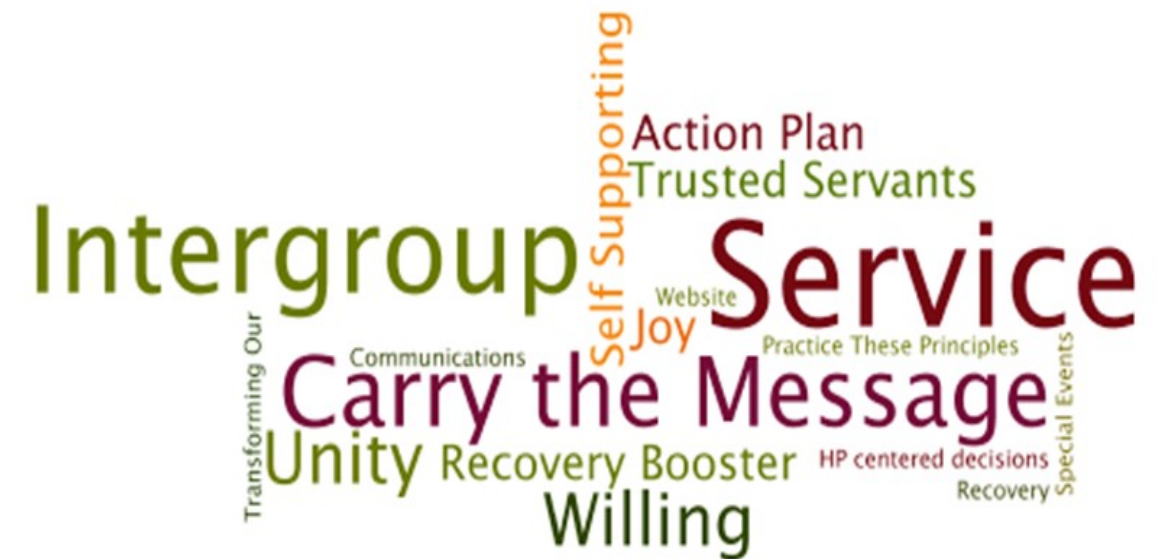
*"Service in OA has been a surprisingly powerful factor in our recovery."\**

#### Learn More!

- Central Iowa Intergroup: <http://cii.oaregion4.org>.  
Check out our:
  - ✓ Calendar and special events
  - ✓ Meetings in our area (click Meeting List)
  - ✓ Intergroup and service roles (click Contact Central Iowa Intergroup)
- Region 4: <http://oaregion4.org>
- WSO and WSBC: [www.oa.org](http://www.oa.org)



Central Iowa Intergroup



The primary purpose of Central Iowa Intergroup is to *carry the message* of recovery to those with the problem of eating compulsively...

- by fostering the practice of the Twelve Steps and Twelve Traditions of Overeaters Anonymous,
- guided by the Twelve Concepts of OA Service; and
- to serve and represent member groups and/or Intergroups.

*Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.\**

This literature has been locally produced by Central Iowa Intergroup. The content reflects the experience, strength and hope of our local members. It is not OA Conference- or board-approved and does not represent OA as a whole.

\* All quotes are from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, copyright 1998 or *Voices of Recovery*, copyright 2002 by Overeaters Anonymous, Inc. Reprinted by permission of Overeaters Anonymous, Inc.

\* All quotes are from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, copyright 1998 or *Voices of Recovery*, copyright 2002 by Overeaters Anonymous, Inc. Reprinted by permission of Overeaters Anonymous, Inc.

## What is Intergroup?

Intergroups consist of two or more groups (meetings). Intergroups are usually formed of meetings within a general geographic area. Central Iowa Intergroup (CII) was formed in 1983. It covers meetings in the central section of Iowa, Minn. to the Mo. border. CII is a not-for-profit organization, 501(c)3.

*(When we) "simply allow our Higher Power to serve others through us, we receive an abundance of joy and strength." \**

## What does Central Iowa Intergroup do for your meeting?

- Serves as pipeline to communicate directly with other Intergroups, Region 4, and World Service Office (WSO).
- Sends a representative to Region 4 where **representatives and officers** share effective ways to build abstinence, retain members, enhance sponsorship and other vital issues through Region 4 Assemblies & Conventions.
- Sends a representative to World Service Business Conference to be our Intergroup's voice in decisions made at WSBC that affect OA at all levels of our fellowship.
- Maintains a post office box, a website, and supplies for communications within the Intergroup and externally with other Intergroups, Region 4 and WSO.
- Offers special events each year to support members' abstinence, sponsorship, and learning about the 12 steps, traditions and spiritual principles of our OA program.

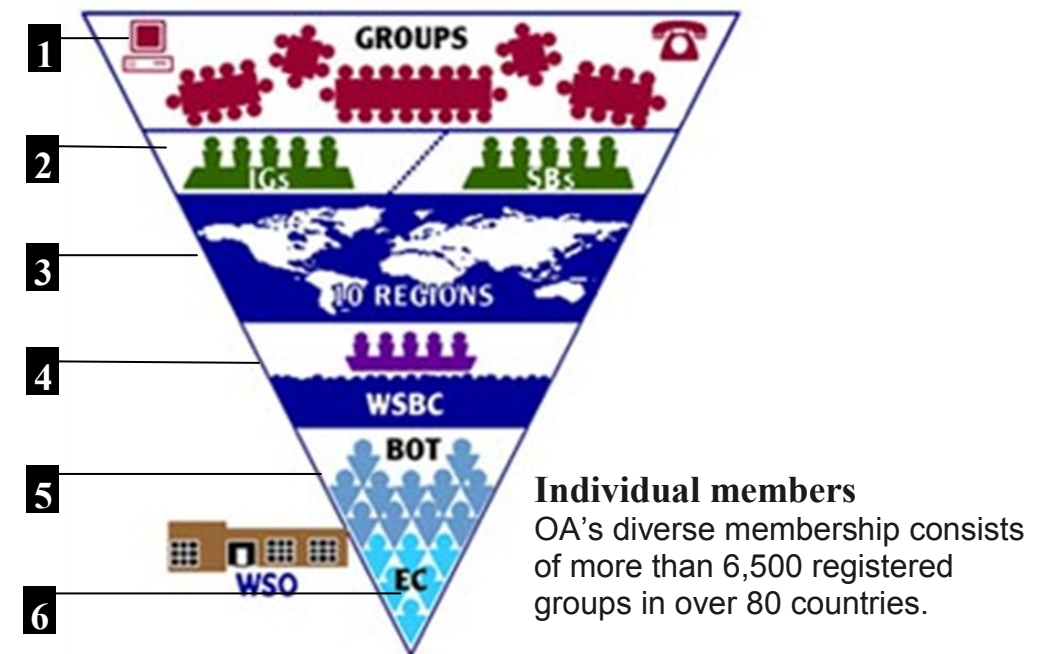
*"The joy we receive as we carry the message is a positive force in our lives today, sustaining us through good and hard times, transforming us and our companions in recovery."\**

## What can your group do for Central Iowa Intergroup?

- Volunteer to serve as host for a special event: OA Birthday, Unity Day, IDEA Day, etc. Co-host it with another meeting to strengthen the "We" of our program.
- Send a representative to Intergroup each month to provide a voice for your group and to help carry out the work needed to spread the word to suffering compulsive eaters in our Intergroup.
- Ask your Intergroup representative to share the news from Intergroup and have your group discuss needed topics and/or take action. It is a two-way street between your meeting and Intergroup!
- Remind fellow OA members that the group can help the work of making OA known by contributing money beyond your prudent reserve to the service structure of OA. Use the **60/30/10 formula** of giving 60% to Intergroup; 30% to WSO and 10% to Region 4. [Tradition 7 Self-Supporting]

*"We've also found that service has worked out best for us when we had no expectations regarding the outcome... God finds many ways to help people through us as long as we are willing to do what we can, when we can and keep ourselves on the path of spiritual progress."\**

\* All quotes are from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, copyright 1998 or *Voices of Recovery*, copyright 2002 by Overeaters Anonymous, Inc. Reprinted by permission of Overeaters Anonymous, Inc.



## OA Service Structure

- 1 Groups**  
A group consists of two or more people. Each group practices the **Twelve Steps** and **Twelve Traditions** of OA, guided by the Twelve Concepts of OA Service.
- 2 Intergroups and Service Boards**  
Intergroups consist of two or more groups. Intergroups are usually formed of meetings within a general geographic area. Meetings in our area formed Central Iowa Intergroup in 1983. Service Boards are service bodies that provide support for groups and/or
- 3 Regions**  
OA has 10 regions worldwide (we are in Region 4) that maintain direct communication with groups and Intergroups/service boards. Regions sponsor local conventions and assemblies.
- 4 World Service Business Conference**  
The World Service Business Conference (WSBC), attended by delegates from around the world, meets annually each May to conduct the business of OA and to elect the 17-member Board of Trustees.
- 5 Board of Trustees (BOT)**  
The BOT acts on behalf of all members of the OA Fellowship. The **World Service Office (WSO)** works with the BOT to provide quality support and services to the entire OA Fellowship (manages oa.org website; tracks all meetings, Intergroups, service boards and regions; prints OA literature; etc.). The BOT has delegated to its **Executive Committee (EC)** the responsibility to administer the OA World Service Office (WSO).