

Overview of Seacoast OA Intergroup Representative Position

(Updated April 2014)

The Seacoast Intergroup Representative (Rep) plays a critical role in our local OA doings. Reps are a liaison between the OA meeting that they represent (“home meeting”) and Seacoast Intergroup (SIG). Reps are voting members and bring the voice of their home group to SIG and information back to their home group.

Being a SIG Rep Is Important to Your Recovery, Your Home Meeting, and SIG

Being a SIG Rep helps sustain recovery while giving back to the program and the meetings that have saved our lives. It is a privilege to give service and be trusted with the opportunity.

According to SIG’s by-laws:

Reps should be selected for their willingness to serve and for their commitment to the Twelve Steps and Twelve Traditions of OA, guided by the Twelve Concepts of OA Service.

The primary responsibility of the rep is to represent their group at all meetings of this Intergroup...to see that all communications pertaining to the Intergroup are made available and, where requested, read aloud to the group.

Service is one of OA’s 9 Tools, and service is part of 12th Step work:

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship.... Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery.... There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. “A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

—“Tools of Recovery”

12. 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.

—The Twelve Steps and Twelve Traditions of Overeaters Anonymous

OA is run by the members in its meetings. SIG Reps, Officers, and all others are trusted servants with a duty to the members of OA.

What Intergroup Does

In a nutshell, SIG coordinates with our local meetings to support their needs, and to carry the message of recovery to a larger audience.

- It provides **basic services** to meetings such as meeting lists, a telephone hotline, and a website.
- It ensures that 7th Tradition money flows to OA’s regional and World Service levels.
- It gives financial assistance to new meetings and helps struggling meetings with group inventories when asked.
- It provides additional special services such as hosting recovery workshops and special events, organizing initiatives (such as 12th Step Within drives), and generating additional public information opportunities beyond the group level.

What Reps Do

Between SIG Meetings

- **Attend your home meeting regularly.**
- **Take note of feedback from your meeting.** Note issues, concerns, feedback, ideas, questions, etc. that your home meeting expresses via regular meetings, business meetings, or individual conversations.
- **Inform chairperson of any agenda items if necessary.** If you have specific items that you wish to have discussed, alert the chairperson prior to the meeting. Issues, concerns, feedback, ideas, questions, etc. from your home meeting may be brought up and will be addressed by the Intergroup.
- **Address emergent situations with a SIG board member.** If your home meeting requires immediate Intergroup attention, email, call, or talk to a SIG board member.
- **Review SIG meeting materials.** Prior to the meeting, familiarize yourself with SIG reports and communications that are sent ahead via email.
- **Get a substitute/alternate if you can't make a SIG meeting.** If you can't attend a SIG meeting, inform the chair and secretary and arrange for an alternate or substitute.
- **Announce the next SIG meeting.** Usually a week before.

During SIG Meetings

- **Attend SIG meetings.** SIG meetings are held on the second Saturday of each month unless otherwise mentioned. They begin at 10:30 AM at York Hospital's Ellis Conference Room (same location as the Saturday morning York meetings).
- **Take notes** on the discussion, decisions, event information, etc. so that you can later share that information with your home meeting.
- **Participate in discussions, vote as necessary, and offer service** by volunteering to do needed tasks during the meeting and outside it. Although personal opinions will certainly be present, it is important to remember that you are primarily representing the needs, wishes, and concerns of your home group during the Intergroup meetings. All members are reminded that the Steps, Traditions, and Concepts guide our decisions.

After the SIG Meeting

- **Tell your home meeting** about all relevant discussions, decisions, event information, etc. from the SIG meeting to your home meeting ASAP. Do so verbally during the announcements portion of your home group's. Some items may be better suited for discussion at your home group's monthly business meeting.

Another Helpful Tip

- Often newcomers and attendees of our home meetings may not know about the SeacostOA website, www.seacoastoa.wordpress.com, or the World Service OA site, www.oa.org. It can be helpful for the Intergroup Rep to remind their home meeting of the great information available on these sites.

Thank You for Your Service!