

SWFL OA

Intergroup Board

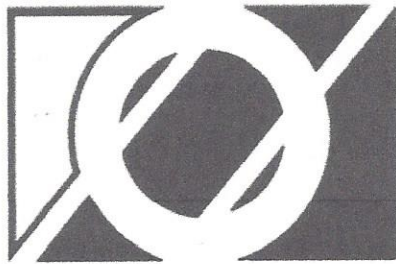
Our Trusted Servants

Chairperson	Margie P.
Vice Chairperson	Roz S.
Secretary	VACANT
Treasurer	Maxine G.
World Service	Steven K.
World Service Alt.	Sandra D.
Region 8 Rep:	Roz S.
Newsletter:	Peg E.
12 Step Within:	VACANT
Public Information:	Sandra D. Pat H.
Audio Library:	Sandra D. Debbie J.
Webmaster:	Jill B.
Meeting List Coordinator	Ellen B.

Please consider becoming a SWFL OA Intergroup member if you have met the service requirements.

Your help is needed!!!

Overeaters Anonymous, Inc.
PO Box 44727 Rio Rancho, NM 87174-4727 USA
Phone: 1-505-891-2664 Fax: 1-505-891-4320
Email: info@oa.org
Website: oa.org



SWFL OA Intergroup Elections

coming up on

NOVEMBER 2, 2019



WINGS

Volume 10, Issue 1

SERVICE

October 2019

TOOLS OF RECOVERY – “SERVICE”

By Margie P., Intergroup Chair

We hear it at meetings all the time ... the tools...a long list of things to help ourselves. By the time the list gets to Service, most of us have tuned out. Most of us tell ourselves, “I don’t have time to help plan a workshop or a retreat. I don’t know enough about OA to be an Intergroup rep and attend a once-a-month meeting for a whole hour and ten minutes on a busy Saturday. I am only on step 3, how can I sponsor somebody else?”

I know this attitude well because it has been one I have held at times, throughout my almost 34 years in OA. And yet, despite these feelings, almost two years ago, after moving to SWFL, I volunteered – VOLUNTEERED!?!?—to be your Intergroup chairperson.

I did not want to be chairperson. I did not have time to be chairperson. But the same few people had been steering our Intergroup in and out of retreats, special workshops and celebrations of Unity and Recovery and I thought... “Girl, it’s your turn to pitch in. It is your turn to give back what you have so generously been given.” And I have been given a lot.

The biggest thing I have been given is “a life of sane and happy usefulness” which is what the program promises me as THE result of working and living it. So I sponsor. I start meetings. I make phone calls. I volunteer for things that I would rather someone else did for me so I could just take what I need and let someone else do the work.

Now, the purpose of my message is not to make anyone to feel guilty or to incite you volunteer out of guilt. The purpose is to stimulate us in the SWFL OA fellowship to up our game, to step up our program, to show our gratitude and to help make for others the same safe recovery opportunities that were made for us.

So please, talk to yourself ... pray or meditate about it...write a letter to your higher power ...ask your sponsor...make a phone call...ask for the willingness and the ability to find and grow your recovery by helping out. We all do not have to be IG chair, though someone will have to take over in November. But can we make more phone calls, reach out to people whom we haven’t seen at meetings lately, sponsor someone up to the level of our own recovery, sign up to lead a meeting, attend a business meeting or Intergroup and see where help is needed...and extend the hand and heart of OA to each other.

Our Intergroup needs more active members. Our intergroup needs sponsors. Our Intergroup needs YOU! Remember, service is slimming. It’s also an active way of showing gratitude and saying “thank you”.

SERVICE OPPORTUNITIES “What Do Officers and Reps Do?”



SW Florida Intergroup Officer and Representative Duties

The chairperson presides at all regular and special Intergroup meetings, and is responsible for establishing the agenda for all Intergroup meetings. The chair may cast the deciding vote to break a tie, but may not otherwise vote on Intergroup matters, including votes requiring ballots. The chair may attend all standing committee meetings (but is not required to do so). The chair is the conduit to the World Service Office and, as such, receives and disseminates, as appropriate mail and communication from World Service Office and Region 8.

The vice chairperson serves in the absence of the chairperson. The vice chair also serves as Intergroup liaison with all meetings in the Intergroup by contacting meeting representatives electronically, by phone or face to face, or by attending a group's meetings.

Additionally, the vice chair initiates contact with Intergroup Meeting Representatives within Lee, Collier and Hendry counties, who are not and have not been available for intergroup monthly meetings. The vice chair also contacts all board members prior to the next Intergroup meeting.

The treasurer maintains a bank account as needed, for disbursement of Intergroup funds, submits financial reports each month at Intergroup meetings. Additionally, the treasurer serves as cosignatory with one other executive board member or an appointee of the board on all Intergroup checks, and performs all other financial duties involving Intergroup.

The secretary maintains minutes of all Intergroup meetings and submits copies of minutes to each Intergroup board member and sends a copy of the minutes to our SWFLI website. Additionally, the secretary maintains a file of all minutes of past meetings, and performs all other duties as described for Intergroup, such as, informing Region regarding future retreats.

serv·ice ^{ˈsɜrvɪs/} - Noun

1. the action of helping or doing work for someone.

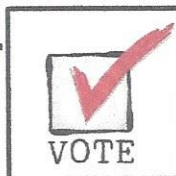
Intergroup representatives are appointed or elected by their individual home meetings to attend each Intergroup meeting, held the first Saturday of each month (unless meetings are canceled, as sometimes occurs in the summer). Representatives take information from Intergroup, Region 8 and World Service Office and report it to group members during announcement or business meeting times. Each group determines length of a representative's service and abstinence requirement.

Region 8 representative/alternate attends semi-annual Region 8 business assemblies (at least partially subsidized by Intergroup) and writes and promptly submits reports to Intergroup on information received at OA conferences and business meetings. Region 8 representative/alternate shall have at least six months of current abstinence.

World Service delegate attends the annual spring World Service Business Conference in Rio Rancho, NM (partially subsidized by Intergroup) and writes and promptly submits reports to Intergroup on information received at OA conferences and business meetings. The World Service Business Conference Delegate/alternate shall have at least one year of current abstinence.

QUALIFICATIONS FOR INTERGROUP BOARD:

- A minimum of 30 days of current abstinence.
- Commitment to working the Twelve Steps of OA.
- Commitment to follow the Twelve Traditions of OA.
- Commitment to be familiar with the Twelve Concepts of OA Service



**Officers Are Elected for
ONE YEAR Terms**