

OA-ALASKA

ANCHORAGE INTERGROUP RENEWAL WORKSHOP

The Workshop began with meditation to set the tone.

INTRO.- Martha - why renewal? So, AAI can focus on creating healthy members which will enrich the groups and therefore our Area as a whole. Besides the business of OA, AAI's best position is to inform and give aid to members as much as we can. Also, we need to encourage more face-to-face ways to communicate. Our OA pledge states, "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." Martha shared that this will be added to all publications and public notices from here on.

SUMMARY – Elizabeth – This process began in November of 2021. We watched our numbers decrease and knew our whole area needed reenergizing. We also knew this change for good needed to start at the top so AAI decided to do an intergroup inventory. Everyone was invited and the process took 3 years. Elizabeth has 8 pages of notes. Here are some conclusions:

- Organizationally we are in good shape.
- We need to attract and keep newcomers
- We need more current members involved in service
- We need a better way to be in communication with each other

Details of these findings were sent out asking for input from the members and there were only 2 or 3 responses.

Consensus:

- We need to make more information about OA available to newcomers.
- Spark more interest in participation in AAI and its Committees.
- AAI needs to let groups know what their needs are.
- We need to increase support to individual groups, especially those that are floundering.

BREAK-OUT GROUPS; COMMUNICATION, SERVICE AND OUTREACH

SERVICE – Paula (Chair), Kathleen, Janis, & Jody J.

WHY IS SERVICE IMPORTANT?

1. We began by setting goals which are specific, measurable, attainable & relevant.
2. Service keeps us in the center of recovery, it gives us a sense of belonging and self-worth, and feelings of inclusion and connectedness.
3. Appoint a designated member caller.
4. Service also enhances communication.

IDEAS AND GOALS

1. Plan and execute workshops.
2. If you sponsor people, encourage them to give service (ex: chair a meeting)
3. Develop simple lists of the duties of group service positions
4. Develop 2 new service positions at the group level: designated member caller, and designated information giver. (details for both to be fleshed out later)

5. Remember to personally ask people to serve and be specific; rather than a general, “we need...”
 - Create a list of current sponsors within our entire area. – Kathleen volunteered.
 - Create a list of small service tasks. (Some ideas are: chair a meeting; call someone you haven't seen recently; or ask them to be a designated reporter who checks web sites and reports what's going on at WSO, Region 1 or AAI.
 - Call the sponsors and ask them to contact their sponsees asking them to do a small service task.

OUTREACH – Martha (Chair), Diane, Lori, & Roger

GOALS

1. Libraries – donate an OA 12 x 12 to each and have available some meeting schedules with phone numbers.
2. Optimize our search engine on our web site using words such as overeating, fat, or lose weight.
3. Plan and schedule a fall event. (Suggestion: 12 Steps in the 12 days prior to the Holidays)
4. Create and generate business cards to hand out with web site or meeting info.
5. Local advertising – like OA info at coffee houses or on shopping carts in grocery stores.

COMMUNICATION – Eliza (Chair), Jody L., & Jan

GOALS

1. Identify effective ways of communication with members and with groups.
2. Help groups to better support and communicate with newcomers.

ACTIONS

- Explore the idea of a texting platform that is private and inclusive and can be one on one or one to the group.
- Some kind of phone tree?
- Use our web site as a blog source for communication and information.
- Stress the importance of individual group representation at our AAI meetings. This can be done at announcement time. We can be attending different meetings than we do usually.
- Have a definition of anonymity and its importance added to each meeting's format.

FINAL THOUGHTS

- A lot was accomplished today.
- Our area will benefit from today's efforts.
- Each of our small groups should get back together to discuss progress and any new action plans and we should invite other members to join us.
- Let's keep moving forward!!!!