

## **INTERGROUP 2 INTERGROUP SUBCOMMITTEE REPORT**

March 7, 2026

Region 5 Assembly

Chair – Ali

Secretary – Beverly B

Review of last Assembly meeting's minutes. Goals accomplished:

1. Unaffiliated groups were contacted to encourage affiliation with an Intergroup.
2. Survey of Intergroups who had not attended Region 5 Assemblies in 2024 were surveyed in 2025.
3. Presentation of key findings were presented by Beverly. The Key Findings report will be posted on the R5 website. Most people said that getting people to give service was the biggest hurdle.

DISCUSSION: How do we get people to do service? Perhaps we should be asking, how do we make giving service attractive, so they want what they see. Some of the key ideas are:

1. Sharing the “gifts of service” by members of Intergroup 2 Intergroup to Intergroups and/or meetings.
2. Offering workshops on how to build on other Intergroup's best practices.
3. Dispelling the financial myth that one Intergroup had that accepting assistance from R5 Delegate Scholarship Fund goes against the Tradition of a meeting being fully self-supporting.
4. Creating best practices and how to's about successful PI/PO initiatives – like billboards and attending farmer's markets with a table.

GOALS FOR 2026:

1. Develop a Mentorship Program where one Intergroup “adopts” another intergroup
  - a. Help with events
  - b. Show how to meet PI/PO objectives

2. Step One in this process – Contact Intergroups and ask what their strengths are which they would be willing to share

3. Step Two in this process – develop a survey with very specific questions on what groups could share.

NEXT MEETING:

Saturday, May 2, 2026 12:30 CT/1:30 ET for 90 minutes. Pam to set up Zoom access.

## Region 5 OA – PIPO Subcommittee

### Meeting Minutes

**Date:** March 7, 2026

**Time:** 3:30–5:00 p.m. CST

**Location:** Zoom

**Recorder:** Tess Mc

#### Attendees

Kevin F; Tess; Gerri; Barb H; Suzy R; Lynn H; Martha D; Hudson S; Brent H; Mary Ann P; Norma B

#### Top three takeaways

1. The group approved the Louisville Metro Billboard funding request. Sample below



2. Kevin F is coordinating with a public relations professional to design Region 5 posters to be used by IG
3. The remaining time was spent on attendees exchanging ideas IGs are locally doing for PIPO.

#### Topics Discussed

##### 1. Public Information / Public Outreach (PIPO) Initiatives

- Milwaukee OA Intergroup hired a special worker to create and manage a public relations campaign, including a logo, posters, and a recognizable branding strategy shared on Facebook.
- Several Intergroups are collaborating to staff farmer's markets as public outreach opportunities.
- Some farmer's markets offer reduced table rental fees, and church hosted markets may provide free table space.

##### 2. Outreach Materials and Messaging

- Holiday themed posters related to food and overeating (Valentine’s Day, Thanksgiving, Christmas) were discussed for use on websites and Facebook pages, with periodic rotation.
- Suggested shift in outreach language:
  - “Do you know someone who has a problem with food?” instead of “Are you having a problem with food?”

### **3. Regional Collaboration**

- A proposal was made to invite the Milwaukee PR special worker to speak with the Region 5 PIPO Subcommittee to assist with posters and other PR tools. A virtual meeting is being coordinated.
- Hudson presented a proposal for a billboard outreach initiative.

### **4. Upcoming Meeting with Special Worker**

- **Date:** Wednesday, April 8
- **Time:** 6:00 p.m. Central Time
- **Zoom Meeting ID:** 607 888 5381
- **Passcode:** FXHL41

### **5. PIPO Kits and Intergroup Resources**

- Norma reported that her Intergroup created a mobile PIPO kit stored in rolling duffle bags, including two easels and two posters for indoor and outdoor events. Weights are needed for stability. The approximate cost was \$300.
- Norma’s Intergroup is willing to share information about the mobile PIPO kit as a resource for other Intergroups.
- Suzy noted that Region 5 has funds available to assist Intergroup PIPO projects, and that some Intergroups already have mobile PIPO kits.

### **6. Financial Assistance and Policy**

- Discussion was held regarding how PIPO funds are disbursed and the need for clear policies and procedures.
- Barb H reported that the Region 5 Finance Committee has established a policy delegating authority to the PIPO Committee to disburse funds. A financial request form is available on the Region 5 website.

### **7. Louisville Metro IG Funding Request**

- Hudson reviewed the Louisville Metro Intergroup request for Region 5 OA funds to support a PIPO project using freestanding posters placed near busy streets in four quadrants.
- Posters are planned for installation during the second week of October.
- **Motion:** Approve \$1,000 in funding for the Louisville Metro IG Holiday 2026 campaign
  - **Second:** Martha D
  - **Result:** Motion carried

### 8. Additional Outreach Ideas

- Hudson suggested collaboration with colleges for public outreach initiatives.
- Gerri shared efforts to place OA 12 & 12 books in local libraries; some libraries do not accept books older than five years.
- Hudson purchased and placed OA books in four libraries across different quadrants.
- Other Intergroups have conducted mass mailings to healthcare professionals; physical therapy groups were suggested as a potential outreach audience.
- Norma noted plans to attend health fairs and shared that materials are available for members to take to doctor appointments, including *The Courier* published by WSO.

### Assigned Tasks & Responsibilities

- **Vice Chair:** Coordinate a virtual meeting with the Milwaukee PR special worker for the Region 5 PIPO Subcommittee.
- **Kevin F:** Provide Zoom information for the April 8 PIPO Committee meeting.
- **Barb H (Region 5 Treasurer):** Send the approved \$1,000 in funds to the Louisville Metro Intergroup.
- **Norma:** Share information and details about the mobile PIPO kit with other Intergroups upon request.

### Adjournment

Motion made by Gerri to adjourn the meeting. Closed with Norma's personal dinner prayer and Serenity Prayer.

## The Region 5 Twelfth Step Within for Saturday March 7, 2026

Acting secretary: Liz Z.

Chair: CarolAnn M.

Other members: Betsy D., Allen B., Marilyn D., Chris B., Barbara K., Barbara D., Juliette R.

Notes:

Did a great workshop on 12/12/25. Don't need to recreate anything. We could use the format of the event we did and make it available to other intergroups. Intergroups could make a request and we could do it for them. Extend an invitation to intergroups that are not currently coming to R5 and offer it to them. Can we access something 12<sup>th</sup> step within on other region websites?

What are the needs we see in terms of 12<sup>th</sup> step within?

- Emotional sobriety and getting upset about external things that are happening
- Emotional sobriety topic was one of the biggest draws at Convention
- Group does a marathon meeting every year. That is what they chose for their topic. Remaining abstinent no matter what. Putting principles before personalities no matter what is going on. 'Principles over personality in life today'.
- Life on life's terms. New theme will be 'OA is the solution for life' after the 'Power of We' theme has concluded. 'The OA solution is for life'.
- My abstinence is not based on circumstances. OA is the solution for life. Recovery: when life is life-ing.
- Step 12 wraps everything into one: Spiritual awakening, service and practicing principles in all our affairs.
- Emotional abstinence through sickness, death of a loved one, job losses, etc. Could have people sharing on how program was the strength to get them through. Also, positive situations (weddings, birthdays, babies, new jobs, celebrating by overeating, retirement).
- Marilyn heard a 'experience strength and hope' talk recently talking about when they were celebrating a win and everyone was partying and wanting to be a part of the celebration.
- Can also be the little things – flat tire? call suicide prevention.
- Emphasis on experience, strength and hope. And how we help each other.
- Having had a spiritual awakening – must do the first 11 steps first.

- So many reasons to pick up, but no excuses. If you pick up, that is an additional problem to deal with. Reason so pick up = 0. Reasons to recover = 1-12.

Do another workshop or marathon on the solution and staying abstinent through good and bad? How would picking up help you? Food is not the solution to whatever you are feeling.

Principles of steps 11 and 12: spiritual awareness and service. This must be a design for living that works all the time. Allergy of the body and disease of the mind. This is a life recovery program because I am not normal when it comes to food. When I pick up, all bets are off. If I pick up, it will compound my problem. Reaching out to the people who are no longer coming to meetings.

Membership retention is key. Once they are here, encourage, nurture, nourish them to stay. Make OA attractive rather than promoting it. The 12th step within is to carry the message that recovery is possible no matter what is going on. OA is the only recovery. Make the call and leave the outcome to HP. If they answer, that is a surprise party. If they don't answer, leave a message with a reading. I have done my part and got the value from it. Don't ask for a call back.

Silent phone calls are calls in my mind that don't actually happen. Even short connections can make a difference. Person came back years later because of quick calls.

Make calls without expectation of return. The value is in reaching out. One on one connections make a big difference.

"I need to talk about food; you go first". "Here is what I'm not overeating over today".

Don't have to wait for 12/12 to do something. There is a 12<sup>th</sup> of every month. Do 12 calls every month on the 12<sup>th</sup>.

Idea to have a list of openers for people who are shy about the phone. Anything to ease people into calling. Script of different opening lines or messages to put on voice mails. Could be shared with intergroups or put on the R5 website.

Come up with a list of what do we do so I stay in recovery. How do I support someone else in their recovery? How do we support each other as a result of that? For the next meeting: list of things we do that work. 2 different kinds of relapse: someone who leaves and doesn't come back for a long time; someone who is in the rooms struggling. Then there are those that are doing program.

Send out a blast on the 11<sup>th</sup> of every month with a suggestion to call someone and a prompt they could use.

Do a campaign encouraging people to call someone. Use the compiled list of openers and pick a favorite each month. Electronic calendars – set myself a task to make a call, and then mark it as complete when done. If I think of someone, I think of it as a prompt from HP.

Buddy up with someone to make outreach calls. Work with sponsees to encourage each other.

Who have I called? What is my part? Accountability.

Next steps: Regular meetings 2<sup>nd</sup> Monday afternoons 2:30 Central, 3:30 Eastern. Next meeting on April 13<sup>th</sup>.

Next time:

- Work on conversation starters for OA calls and how to keep call focused on program and recovery.
- How to share that info.
- CarolAnn will contact Kerry about Zoom link.
- On the 12<sup>th</sup> of March and April, committee members make outreach calls and report on how it went at next meeting.

