

**Greater Cincinnati Intergroup of
Overeaters Anonymous**

P.O. Box 222, Cincinnati, OH 45201

Website
www.cincinnati.ia.org

Answering Service
513-921-1922

Email
cincyoa@gmail.com

OA World Service Organization
www.ia.org

What is the Greater Cincinnati Intergroup of Overeaters Anonymous?

What is an Overeaters Anonymous Intergroup?

Intergroups are regional groups of Overeaters Anonymous (OA) members that provide overarching, broad services to local meetings and their members. They spring from a grassroots need to provide service for local meeting groups, and better information about OA to compulsive eaters. It's the easiest, most efficient way of getting OA jobs done well.

Greater Cincinnati Intergroup (GCI) of Overeaters Anonymous

GCI is our local group in the greater Tri-State Area. They meet monthly to gather updated information to share with its members. GCI also develops local events and programming to support your meetings, and your abstinence.



Greater Cincinnati Intergroup FAQs

Who attends meetings?

All are welcome at these business meetings! Attendees include: the Intergroup Board, Committee Chairs, Representatives, Delegates, and anyone else interested in learning more about GCI.

What is an Intergroup Representative, and what do they do?

Each OA meeting is encouraged to elect 1-2 Intergroup Representatives. They have 3 basic functions:

- ▶ Attend monthly GCI meetings, and pass along information to their OA meetings
- ▶ Vote as needed on intergroup issues
- ▶ Assist a committee as needed

How is GCI funded?

Financial support to an intergroup by its member meetings is voluntary and not a requirement for membership. Local OA meetings oftentimes forward a portion of their donations to GCI.

“Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.”

— Tradition Five of Overeaters Anonymous

Where and when are meetings held?

Third Sunday of each month
4:00-5:00 p.m.

Good Samaritan Hospital
8th Floor
Room 869.8

How can local meetings and OA members support GCI?

- ▶ Become an Intergroup Representative for your meeting
- ▶ Volunteer to take calls for the Intergroup
- ▶ Become a Committee Member
- ▶ Attend Intergroup activities
- ▶ Place your name on the Intergroup speaker and sponsor lists
- ▶ Vote to contribute a portion of the meeting's excess funds to Intergroup

BENEFITS OF GETTING INVOLVED

Strengthen meetings by sharing info

Create stronger connections with active members

A great way to provide service

Reinforce your own program

Stay current on OA news and events

How do I know whether I should volunteer for service beyond the meeting level?

- ▶ Do you have continuous program involvement and abstinence behind you?
- ▶ Are you willing and able to give dependable service?
- ▶ Are you convinced that service is its own reward, and are not pursuing praise?
- ▶ Do you have a good familiarity with OA and AA literature?

Discuss possibility with your sponsor today!

For more information, check out our GCI website – cincinnati.oo.org.

Valuable information is also available about the OA World Service Organization on their website oa.org.

GCI BOARD

A term is one calendar year. Members are nominated each fall.

The four offices include: **Chair, Vice Chair, Treasurer and Secretary**

GCI COMMITTEES

There are multiple committees that you might be interested in: **Bylaws, Communication, Membership, Public Outreach, Special Events and Ways & Means.**

HOW GCI SUPPORTS OUR FELLOWSHIP:

- ▶ Maintains a local OA meeting list, and listings in local directories
- ▶ Sends email notifications and maintains website to distribute information (meeting list, OA events, resources, etc.)
- ▶ Maintains lists of abstinent OA members available to speak or sponsor
- ▶ Handles inquiries from the public
- ▶ Organizes and funds OA workshops, retreats and special events to assist member recovery

- ▶ Distributes Twelfth-Step service work to support our fellow compulsive overeaters
- ▶ Handles questions from local media, arranges media spots, and furnishes OA speakers for outside organizations
- ▶ Performs outreach in the fields of health, counseling, eating disorders and related areas
- ▶ Sends representatives from our area to regional assemblies, the World Service Business Conference (WSBC) and OA's annual business meeting