



# FLASH

A Region 6 PI/PO Newsletter for Intergroups and Service Bodies

## Announcements

Visit the PI/PO Table at the Region 6 Convention  
"Rooted in Recovery" White Plains, New York, October 18-20, 2019

Join us for an online interactive PI/PO workshop on November 17, 2019 2-4 P.M.  
on [zoom.us](https://zoom.us) meeting code 983476164

Click <https://zoom.us/j/983476164> to start or join a scheduled Zoom meeting.

**Did you know your Intergroup can host a "Carry the Message" Workshop?**

Members of the R6 PI/PO committee invite you to an interactive workshop with ways to carry the message of recovery. They will also share past successful "Blitz" projects.

For more information or to book a workshop: Call or email Claire M-(516) 509-9926  
[gabesblade@aol.com](mailto:gabesblade@aol.com)



### Suggestion:

At your next IG meeting or meeting's business meeting we suggest you consider adding the following topic for discussion:

*What is our IG/ meeting doing to Carry the Message?*

### PI/PO News from World Service

New pamphlet: "When Should I Refer Someone to Overeaters Anonymous?" SKU #770

Use this colorful OA pamphlet to reach out to referring professionals, such as doctors, therapists, nutritionists, teachers, the clergy and others. With answers to such questions as What is OA? and How Do Members Achieve and Maintain a Healthy Weight?, this pamphlet explains how OA complements professional care. OA's Fifteen Questions are included to help the professional know if referring the person they're concerned about is appropriate. This pamphlet replaces OA pamphlets *Introducing OA to Health Care Professionals* and *Introducing OA to the Clergy*.

INTRODUCING  
OVEREATERS ANONYMOUS

WHEN SHOULD I  
REFER SOMEONE  
TO OVEREATERS  
ANONYMOUS?

To Members  
of the  
Helping Professions



## What is a "Blitz"?

Every Spring and Fall Assembly, Region 6 sets aside funds for groups and service bodies, who might otherwise financially be unable to carry the message of OA to the public arena or professional community. The funds are then awarded upon the recommendation of the PI/PO committee and the approval of the Region 6 Board.

1. To find the application form go to [oaregion6.org](http://oaregion6.org). On the menu bar click on About, and scroll down to PI/PO. Click on PI/PO and choose "Blitz" application. The PDF is a fillable form.

2. By submitting the PI/PO Blitz application form to the R6 Coordinator 60 days prior to the next R6 Assembly, you start the process in motion.

(Example if Fall Assembly is September 28th the application must be received by the R6 Coordinator no later than July 28th)

## Past Blitz Reports

In Spring of 2017 Cape Cod Intergroup applied for Blitz funding to "Carry the Message" to the Cape Cod Massachusetts. Their goal was to visit 27 Cape Cod libraries using OA literature, posters, and other materials they could inform the community about the solutions found in the Twelve Steps.

### A Description of what they did:

The PI committee recruited 17 volunteers from IG representatives and larger meetings on Cape Cod. They targeted 25 of the most high traffic libraries and printed out the information about each library from their consortium website. Each IG volunteer received information about the libraries they were to visit along with sheet describing the three major goals of the project and some talking points for meeting with the librarians. They were also given copies of *Overeaters Anonymous, Third Edition* and several copies of OA's color poster "Put an End to Yo Yo Dieting" with contact information for Cape Cod Intergroup. The PI Committee also affixed a label with contact information for the IG in each of the books donated. After meeting with librarians, volunteers were encouraged to send thank you notes, and were given a sample thank you note to copy in their volunteer packets.

### Results:

By July 1, 2017, the project coordinator (who is a Cape Cod Librarian) found 18 libraries had *Overeaters Anonymous, Third Edition* listed in their collections. Equally important the book had been checked out 13 times at 7 of the libraries. Since the books were placed in April, this data represents only the first 4 months.

In addition, data about newcomers to Cape Cod Intergroup meetings is gathered quarterly using a brief "How did you hear about us?" survey attached to newcomer packets. The survey was created before this project, so a poster or book at the library was not one of the survey choices. However, the number of responses from newcomers approximately doubled over previous quarter.

**Total Cost** of the project was \$392.64 for the books and posters and labels. Three hundred dollars was paid by Region 6 and the balance was paid by Cape Cod Intergroup.

### Would you recommend to other IGs that they try this form of outreach? Why?

Cape Cod Intergroup answered yes, we would recommend outreach through public libraries, and in particular placement of the book *Overeaters Anonymous, Third Edition* in local libraries. Almost all libraries include *Alcoholics Anonymous* (the Big Book) in their collections and most librarians understand its importance. It is simple to make the case that *Overeaters Anonymous, Third Edition*, is similarly important. Public Libraries are free to all and respect the privacy of patrons. This makes them a particularly democratic means of reaching out, which seems to be in the spirit of the Twelve Traditions. Also this method reaches people who are not tech-savvy or do not own computers or other devices.

### This project inspired the following:

At the Spring Assembly 2018, South Coastal Mass. IG applied for Blitz funds to do the exact same project in the South Shore area of Massachusetts.

Volunteers visited 27 libraries in our area and donated books to each. The books each had a book plate inside with IG contact information. The OA Posters, "Stop Hurting Yourself with Food", were used with IG contact information labels on each. Again thank you notes were sent to each librarian.

**The Results:** By June 2018 all the *Overeaters Anonymous, Third Edition* books were in the library collections and follow up with librarians indicated that books had been checked out 11 times. In addition IG received calls to their hotline requesting information about meetings because they had seen the posters at the libraries.

**The Total Cost** of the project was \$349.50 which was paid by Region 6.

At Spring Assembly 2019 Ocean and Bay IG applied for "Blitz" funds to undertake a similar project in Rhode Island and South eastern Massachusetts. The results of their project will be available after the 2019 Fall Assembly on the Region 6 Website [oaregion6.org](http://oaregion6.org). go to the PI/PO page.