

Addendum 3: Excerpts from Opening Remarks & Other Comments—MHIG Inventory, Nov 3, 2019

1. “It is said that we relapse in the reverse order than which we recovered: most of us first recover physically, then we clear up mentally and emotionally, and finally we find “spiritual abstinence.” When we relapse or slip, we first lose our spiritual connection (consciously or unconsciously), then our mental or emotional abstinence falters, and finally we lose our physical abstinence. We are at the end of the slip when we pick up the fork or the behavior with food, not at the beginning.” This statement is from the downloadable PDF ***From Slip or Relapse to Recovery*** from the Twelfth Step Within Committee at WSBC (<https://oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf>). There are many resources from the **Twelfth Step Within** committee at <https://oa.org/documents/#collapse26>.
2. There has been immense value that I have found for both my personal growth and recovery and in what I am able to bring back to my intergroup by attending Region Assemblies and the WSBC. The business at these events is awe-inspiring in the example that it provides of group conscience and our collective Higher Power at work for the good of OA as a whole, and the workshops, networking, and support I receive is invaluable. Being present at the WSBC workshops and OA meetings to share ideas and enthusiasm with others who have the same dedication to abstinence and recovery is priceless.
3. MHIG is not alone in anything they want to do; there is help available from other IGs, from Region, from the Region Trustee, and from the World Service Office...all you need do is ask! The R6 Twelfth Step Within Committee is offering five (5) \$200 scholarships to any intergroup that applies with a scheduled workshop in place welcoming back those in relapse ([Welcome Back: A New Beginning](#)). The workshop is turnkey, including the format, the ask-it basket discussion questions and workshop suggestions to help organize the event. Go to <http://oaregion6.org/en/resources/12th-step-within/> and scroll down to *Welcome Back: A New Beginning* for more information.
4. The *Call to Service* form that WUIG has used allows members to provide their talents and skill sets with the time that they have available so that MHIG can call on members from the area fellowship to co-chair committees and workshops. Ask if they can proofread flyers and newsletters; go online to look for articles for newsletters from other intergroups and service bodies; be a greeter or clean-up person for a workshop or special event; set up remind.com if you decide to use it; layout the newsletter (divide the newsletter job into many jobs so that no one person has to do it all). See Addendum 6.
5. Intergroup Report: We’ve learned to keep it short and just give the top 5 announcements. We mail it out to the membership within a few days of the meeting and we’ve just begun using a new, FREE texting service called [remind.com](#). It’s geared toward the education sector but WUIG contacted them to ensure that we’re allowed to utilize the service. It allows us to provide short announcements and reminders, with the ability to link to PDFs.

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6. WUIG workshops and Step studies are geared toward helping members maintain personal recovery on all three levels; this is how the IG can combine all, based on goals and what the membership wants and needs
7. Service is not optional; it's the 12th Step.
8. As it says in *Our Invitation to You*: "If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!" OA is a haven that most of us have never known before. If you find that most of your members don't have "home groups"; perhaps a campaign utilizing this theme would remind the fellowship how important it is to *make a commitment* and give back what has so freely been given.
9. MHIG is welcome to link to the **OA Newcomer Orientation** video on WUIG's website landing page which describes 12-step recovery program, including the addiction cycle involved in compulsive overeating; we recommend that all of our newcomers watch it to get an education about the disease with which they struggle. We put neon stickers on our newcomer packets (or used to) with information directing them to the website link. Our website is oahelps.org.